

SELF- MASTRY

A guide to self- transcend through self- awareness so that you can enter among
sages.

SELF- MASTERY

DEDICATION

I would like to use this singular honor to thank the following people:

-Mrs. Angie Diale, you had believe, confidence and trust that i can make it in the humbleness when i was fresh from writing, thank you.

-my mom, and younger brother, you became my mentors to me, when i was going through rough times, i don`t know how to express myself, but i am truly motivated thank you

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CHAPTER 1

WHAT IS SELF- MASTERY ALL ABOUT

Self- mastery is often defined as self-control, the ability to exert a strong will against our impulses to steer our future to one of our choosing. But this is only one aspect of the term. Self- mastery requires having a vision for your future self. And harnessing the will to realize that vision. We learn to master ourselves by getting out of our own way. We strip away what we are not to realize who and what we really are, actualizing our potential in the process.

Ten Self Mastery Secrets for Achieving Peak Performance

- 1) Accept Your Resistance
- 2) Create a Compelling Vision
- 3) Commit to Long-Term Practice
- 4) Expect Backsliding
- 5) Live by the Principle of Moderation
- 6) Lighten Up
- 7) Set Mini Goals
- 8) Cultivate Physical Energy
- 9) Be Honest
- 10) Establish Empowering Rituals

What is Self-Mastery?

Self- mastery is a path, an orientation one chooses to hold toward oneself and the world. It's a commitment to never-ending improvement; it's a process of becoming. It's based on the realization that there are parts of us that will always try to hold us back. Our biggest naysayers aren't "out there." They are within us. Someone committed to this path of self-mastery is willing to find ways to transcend their fear and break through their resistance. Personal mastery implies that one possesses the self-awareness necessary to identify the source of one's resistance and the creativity to find ways beyond it.

A common belief about self- mastery is that it's about controlling your basic impulses. This, I believe, leads many people astray. Self- mastery isn't about controlling yourself or dominating those fearful, aggressive, and nasty parts within us. It's about getting to know these parts, but then transcending them. Resolving these inner tensions, you can find wholeness and allow the natural process of development to take hold.

In *Tales of Power*, Research explains self- mastery through the path of the warrior:

A warrior must cultivate the feeling that he has everything needed for the extravagant journey that is his life. What counts for a warrior is being alive. Life in itself is sufficient, self-explanatory and complete. Therefore, one may say without being presumptuous that the experience of experiences is being alive.

Self- Mastery is Our Destiny:

You must want to be a first-class psychologist, meaning the best, the very best you are capable of becoming. If you deliberately plan to be less than you are capable of being, then I warn you that you'll be deeply unhappy for the rest of your life. You will be evading your own capacities, your own possibilities. Although many of us refuse the call to adventure, developing our innate capacities is our destiny. Fighting this destiny brings depression and anxiety. Embracing this destiny leads to freedom and fulfillment. We all have an intrinsic motivation toward growth. This drive toward growth is easily observable in an infant's will to master walking, basic motor skills, and language. But what do we observe in most adults? In some adults, we find curious individuals who remain committed to developing their brains and bodies, forging new skills for both work and play. We find self-actualizing people in virtually every field of interest, including business professionals, artists, musicians, philosophers, painters, doctors, psychologists, athletes, and martial artists. Many adults aren't committed to continuous growth and development, but many of us are. We simply become consumed by life's countless demands. Sometimes, we give ourselves excuses to forego our developmental path. We say things like:

I don't have time.

I'm too tired.

I'm just not sure what I want.

But is there something else driving us away from growth, blocking our personal evolution?

Two Powerful Sources: Growth and Safety

In *Toward a Psychology of Being*, Research explains there are two powerful sets of forces within the human condition: a drive for growth and its opposing force, a drive for safety. Growth propels us forward toward wholeness of Self to discover our uniqueness (what Carl Jung called the individuation process). An opposing force leads us to defend our current self, clinging to safety out of fear of the unknown. The force of safety keeps us where we are now, clinging to the past and afraid to take chances in order to improve our current conditions (internally and externally). This safety seeking side is afraid of independence, freedom, and separateness—the very things our growth side is demanding.

The Delight of Growth and the Anxiety of Safety What we focus on tends to guide the direction of our lives. If we focus on the dangers of growth, our need for safety wins the day. But if we minimize the dangers of our emerging uniqueness and fuller expression of the Self while enhancing our attractions toward growth, a world of new possibilities presents itself. We are confronted with an ongoing series of choices throughout life between safety and growth, dependence and independence, regression and progression, immaturity and maturity.

In *Toward a Psychology of Being*, he writes:

We grow forward when the delights of growth and anxieties of safety are greater than the anxieties of growth and the delights of safety.

The Dangers of Growth

There is a valid reason to fear growth. In addition to the rewards and gratifications, growth also brings pain. Each step forward brings us into the unfamiliar, into possible danger. Each step forward requires us to give up something familiar and satisfying. Growth can mean a separation, a death and rebirth as well as the grief and mourning that comes with loss of the old. We grow toward greater complexity. This means when we grow, we might have to give up something easier and simpler. The path of growth often means taking on more demands and responsibility; it can mean a more difficult life.

Is there any wonder anyone would avoid such a path?

When Safety Trumps Growth Does this mean we must throw aside our concern for safety in the service of our development? Absolutely not. Safety is a more basic human need than growth. In the absence of a feeling of safety, the will to grow is not generally present. Consider, for example, a young child clinging to her mother's leg while she attempts to walk for the first time. If the mother abruptly exits the room to answer the phone, the child would likely terminate her herculean effort. Sometimes, choosing safety is wise and appropriate when it helps us to avoid more pain than we can bear in that moment.

But ultimately, we know that if we consistently choose safety over growth, in the long run, we find ourselves in a state of disappointment. If we cling to safety for too long, we wake up one day and look back on a life that never was—an unconscious life filled with regrets and missed opportunities. Moving in the direction of safety, we deny our unique destinies. Indications along the Road to Growth (and Safety) how do you know when you're on the road to growth? There are numerous subjective indicators:

You're more likely to experience feelings of happiness or euphoria, of a zest in living, serenity, joy, and calmness. You feel confidence in your ability to handle the inevitable problems along the way and the stresses and anxieties that accompany them.

When the force of safety dominates us, we show signs of self-betrayal and regression and we become fixed and rigid out of fear. Here, we are consumed by a different set of emotions: anxiety, boredom, despair, inability to enjoy, aimlessness, emptiness, a lack of identity, intrinsic guilt, and intrinsic shame. Fear and the need for safety won't go away, nor should they. The drive for safety helps support our survival. But courage and the need for growth are also part of what it means to be human. In courageously walking the path of self-mastery, we can realize our true potential and live a uniquely meaningful life.

How Homeostasis Influences Our Growth and Development

We know that most people have a fear of failure. Those who do have a fixed mindset. In a fixed mindset, failure can evoke emotions of shame, embarrassment, humiliation, frustration, worthlessness, and defeat. It damages an already fragile self-esteem. But did you know that many of us fear success, too? The reasons for this one isn't as obvious. Success can bring a sense of achievement, internal and external rewards, and greater confidence. It can also bring us a better quality of life and new opportunities. So why fear success? And why do we often subconsciously self-sabotage our development? In Mastery, aikido master George Leonard offers a powerful reason: homeostasis.

What is Homeostasis?

We fear success for the same fundamental reason we fear failure. Movement in either direction—up or down—means moving out of the known and into the unknown. Our internal systems are designed to maintain homeostasis. We are biologically wired to stay in balance, to stay within what is known and comfortable. Our bodies, brains, and behavior have built-in mechanisms to stay within a narrow range and return to equilibrium when they move outside these narrow limits. Homeostasis refers to the body's automatic efforts to maintain a constant, "normal" state. In our blood stream alone, homeostasis regulates the content of water, salt, sugar, fat, protein, calcium, and oxygen. What would happen if your blood-sugar level dropped by 10 percent? Big trouble!

All self-regulating systems have ways of maintaining homeostasis and keeping us in familiar and safe territory. Keeping human beings in a state of homeostasis takes billions of interconnecting electrochemical signals coursing through our brains, nerve fibers, and bloodstream.

Homeostasis

To better understand homeostasis, consider your home's heating system. You set the temperature at, for example, 65 degrees. When the temperature drops below 65, a signal is sent through the system to kick the heat on until the environment returns to the set temperature. Homeostasis is a vital function in all self-regulating systems. Keeping human beings in a state of homeostasis takes billions of interconnecting electrochemical signals coursing through our brains, nerve fibers, and bloodstream.

The Study of Homeostasis

The challenge is that homeostasis doesn't distinguish between "change for the better" and "change for the worse." Homeostasis resists all change. In a way, we each have a pre-installed biological mechanism designed to hinder our growth. For example, let's say a 40-year-old man named Peter has lived a sedentary lifestyle without any exercise, stretching, or movement for many years. He knows this isn't good for his long-term health, and he's beginning to feel its effects.

Peter decides to go for a light jog in his neighborhood. He's proud of himself for taking action, but around the third block, something happens: Peter starts feeling sick and a little dizzy, with a slight sense of panic. He feels like he's going to die. Peter stops running and slowly walks home. "I tried," he tells himself. "Perhaps I'll join the gym one day." The sensations Peter experienced were homeostatic alarm signals detecting measurable changes in respiration, heart rate, and metabolism. His internal systems were telling him to stop what he is doing immediately. Remember, homeostasis is designed to maintain your current state. After years of sedentary living, a light jog throws Peter's internal systems into high alert. Because Peter didn't know about homeostasis, he interpreted those signals as a threat. And unfortunately, he opted out of installing good routines and making beneficial life changes.

If Peter understood the principles of homeostasis, he could have persisted through the discomfort, slowly shifting his "normal state" to a stronger, healthier set point.

Homeostasis in Social Environments Homeostasis isn't just biological; it operates in social and cultural spheres as well. Let's say Peter's peer group tends to be sedentary. They all avoid physical exercise at all cost. When he decides to engage in physical activity, his friends will likely exert a social pressure to stop his efforts. Not only does Peter have to contend with his biological resistance, but he must also overcome the gravity of his social group. Whenever you adopt a new, empowering behavior, you can experience this downward pressure. Although you might expect

your family or friends to support your new changes, group homeostasis often exerts pressure to maintain old patterns. This process operates unconsciously, that is, they may not even be aware of their unsupportive behavior. Despite the best intentions of your loved ones', those closest to you may try to keep you where you are.

When you grow, you're different. The homeostasis of your environment, including friends, family, and co-workers, is affected. Growth can cause pressure and discomfort for others (since they have an unconscious desire for growth, too). People in your environment may look at you differently. They may admire your changes; your efforts may inspire them. But a part of them also may envy you and secretly despise you. Your friends and family may prefer the "old" you.

By being aware of these tendencies, you can allow yourself to feel these social pressures without enabling them to influence your behavior. It can also help you become more compassionate toward yourself and others.

The Psychological Fear of Growth

The path of self-mastery, of evolution, creation, and growth, can be a lonely one. Discovering a great talent within yourself that demands nurturance can be exhilarating, but it can also bring feelings of danger and responsibility.

It may require you to stand alone, cultivating inner strength instead of seeking support from your environment. (Although you can find those that will support your efforts, too, especially if they are on their path to self-mastery.) Standing strong can feel like a heavy burden, a thankless endeavor we might consider avoiding at all costs. The path to growth and self-mastery is invariably difficult at times. It's uncomfortable moving out of the known into the unknown. Even if the known is not ideal or even desirable, it's familiar to us. And since all humans have a need for safety, there will always be an attraction to staying within the familiar. Make peace with homeostasis, but continually challenge yourself to establish higher homeostatic set points.

Ten Self Mastery Secrets for Achieving Peak Performance

Once you understand the psychological drivers that block our growth, we can turn our attention to ways of overcoming them. Here are ten self-mastery secrets for breaking through resistance and building momentum on your path to higher self-actualization.

1) Accept Your Resistance

Accept the fact that you have a resistance to positive change. It's easy to beat ourselves up when we see that we're standing in our way. Feelings of shame and guilt, however, only delay our progress because when we feel bad, we tend to reinforce bad habits. In contrast, self-acceptance and self-compassion allow us to take note of our resistance without judging or criticizing ourselves. You're going to need to find ways to negotiate with your resistance to change if you want to stay on the path to self-mastery.

The Willpower Instinct

2) Create a Compelling Vision

A clear vision will serve you in whatever areas you're seeking growth and improvement. Without vision, your efforts will be aimless and tend to meander. *Compelling* is the operative word; make the vision something you *want* to move toward, something that inspires *you* (and not something you just *think you should* move toward).

3) Commit to Long-Term Practice

Understand that lasting transformation doesn't happen in a moment; it requires consistent practice. No matter whether you're learning a new instrument, practicing communication skills, or meditating, every new skill requires your brain to make new connections and enforce those connections through repeated practice. Our brains are like a muscle, but as we age, it takes longer and longer to make lasting changes. Repetition through daily practice yields results.

4) Expect Backsliding

Even when you know about the process of homeostasis, it will still influence you. Backsliding is inevitable on the path to growth and self-mastery. If you know this, you'll be less discouraged when you observe it in yourself. Here again, self-kindness, self-acceptance, and self-compassion will serve your efforts; getting down on yourself will halt your progress.

5) Live by the Principle of Moderation

We often demonstrate lots of enthusiasm and excitement when we begin on our growth path. We see a world of possibilities and positive change at our doorstep. In these moments of excitement, we often push things too hard, triggering a homeostatic response on a high alert. Self-mastery is not a sprint; it's a

long-distance run. In Qigong, they teach you to practice with 70% of your capacity. When you push or strain yourself, you induce involuntary tension in your nervous system.

Operating at 70% helps you stay relaxed and engaged while avoiding injury. This same principle will serve you in most areas of your development.

6) Lighten Up

If you take yourself (or the process of growth) too seriously, you'll invariably derail your efforts. Your inner animal, or the primitive parts of your brain, will eventually revolt against you, sabotaging your efforts. So take a light-hearted approach. Be willing to laugh at yourself. Be playful and find ways to make your practice something you enjoy doing (while still accepting the fact that it will bring discomfort at times).

7) Set Mini Goals

In any path to mastery, you learn to practice for practice's sake, not to achieve any particular objective. But while a compelling vision keeps you focused and inspired, mini goals can help you measure your progress. Your attention shouldn't be on just achieving these aims; setting mini goals can help you stay engaged in your practice.

8) Cultivate Physical Energy

No matter what road to mastery you walk, you need a healthy reserve of physical energy to help manage stress, overcome resistance, and follow through. Our willpower has a kind of fuel tank. It gets depleted when our energy supply runs low. If you commit to daily practice in the morning, you'll be more likely to follow through because you have more energy after a good night's rest. After a long day of work, our egos get depleted of their mental energy. Practice becomes more difficult. Conscious effort in cultivating physical energy through proper diet, sleep, exercise, posture, breathing, and stretching will greatly serve you on your path to self-mastery.

9) Be Honest

Self-assessment is essential for anyone pursuing self-mastery. We invest a tremendous amount of energy lying to others and ourselves. It's easy to fall prey to ego inflation (seeing ourselves as bigger than we are) and ego deflations (seeing ourselves as less than we are). Self-honesty and integrity free up all the energy our egos expend keeping up our house of lies. Start by honing in on your true feelings. Try keeping a private journal where you can express your hopes, dreams, fears, and other emotions you may not feel comfortable sharing.

10) Establish Empowering Rituals

All great athletes have rituals for getting into a peak state to perform at their best. Establishing rituals that you perform at the beginning of your practice sessions can be helpful. Developing a daily practice is perhaps the most powerful ritual in itself.

Resistance to Self- Mastery

The path toward self- mastery would be straight and narrow if it wasn't for resistance. Resistance takes various forms. When you understand the source of your resistance, you can navigate around and through it. Seeking Passion and Excitement those who achieve personal mastery learn how to avoid extremes. They don't seek passion and excitement regarding their development, living in moderation and making steady progress each day.

Why You Should Let Your Passion Die

The Rigidity of a Fixed Mindset Only with a love of learning and a resilience through innumerable plateaus can we actualize our potential. We truly must believe—with a deep conviction—that we can achieve greatness. We must know in our heart that we have potential to actualize and the will and grace to make it so. To have this resolve, we must first change your fixed mindset.

How to Change Your Fixed Mindset

“I Know How to Do That” Another thing that blocks the process of learning and development is the mind's belief, “I know.” This single belief stops learning, destroys creativity, and inhibits personal mastery.

How to Adopt a Beginner's Mind to Improve Learning and Creativity

“I'm Just a Lazy Person” Laziness is something every person wrestles with to varying degrees. When you understand the “voices” behind laziness, you're more able to navigate through it.

However, if you repress your laziness by trying to deny it and push through it, in the end, your laziness will hijack your personal development and peak performance.

KNOW YOURSELF

The world we live in is governed by laws, and principles: these are laws that determine how things should function. We can complain over ideas but we can't argue against the law of attraction. Ideas sometimes work but laws work every time. Laws are eternal. When you be thyself which one truly is, you start transcending the ordinary to enter among sages. A dimension that you never thought existed. A new reality awaiting to be discovered. You are the master of your mind, body, soul, others may have put you where you are but it's up to you to decide where you will be in the next 3 weeks from now. We are all products of the consequences of others but we not slaves of an outcome set by others. We determine whether we want to be successful, poor, or tread a road of dissatisfaction, and strive. Life is inherently painful but we can make it bearable through pursuing and constricting an authentic self. We have what it takes to achieve what we want. The worst tragedy of life is when a person loss their identification, fail to know who they are. When this happens dreams turn into nightmares, aspirations turn into perspiration, visions turns into hallucinations. You have a choice in life. You must choose between failure and success, right or wrong, and negative or positive. 90% live the hard life while 10% transform the hard into tomorrow's successes for others. "Arise and shine." you will never shine unless you arise.

UNDERSTAND YOUR LIFE STORY

The story we tell ourselves about our lives don't just shape our personalities, they are our personalities. Your weakness from achieving many great things while your strengths are something that comes very easily for you to take. You should take ownership in assessing yourself because it is for your own personal development. We need to listen to our intuition all the time; the inner you that is honest it speaks with us without fear or favor. We have drowned the voice of our hearts by fear and worry and being too philosophical with the issues that pertain to life.

RELATIONSHIPS

Before you understand others, you need to understand yourself first. How can you ever expect anyone else to enjoy your own company? Do you treat yourself the way you want other people to treat you? If you want others to love you, you have to first love yourself, and then love others. Look for positives in you, and you will see more of the same. Begin with prolonged thought of something good about you. In relationships we are used to complaining about

other people. But for relationship to really work, we need to focus on what we appreciate about the other person. Then you find more of the same. Even if you having a bad a relationship you can still turn it around. Take a piece of a paper, and for the next 30 day sit down write all the things you appreciate about the other person. Think about all the reasons that you love them. The only person in charge of joy is you. Others can only share in your happiness. Love everything, everyone you can. Focus on the things you love, and you will experience love coming to you- multiplied. Universe is doing everything for you, and moving every good person to you. Developing your self-awareness helps you learn more about yourself and what you're capable of. There are some great ways you can work on your self-awareness, but what you do then is entirely up to you.

This can help if:

You want to know more about yourself, you want to develop good self-esteem. You don't understand other people's reactions to stuff that you're doing. Boy leaning against wall why does self-awareness matter? Self-awareness is really just about being aware and confident of who you are. It can relate to knowing your own values, beliefs, personal preferences and tendencies. You know how famous people always say, 'Stay true to yourself'? This is really important advice, but it's not easy to stay true to yourself if you don't know who you are. By becoming self-aware and understanding your strengths and limitations, you open up opportunities that just aren't available otherwise. You're also able to have more honest and genuine relationships because the people that you're attracted to will be attracted to you for who you actually are.

Regulate Your Behavior

Whether the temptation is drugs, food, or scrolling through Twitter instead of working, everyone has domains of life in which they wish they could exercise a little more willpower. How can an individual build this critical skill? Recent research points to the use of rewards, routines, and mindfulness practices as possible ways to establish better habits and regulate behavior over the long-term. Another approach is to develop awareness of the triggers that derail self-control. The sights and smells emanating from a neighborhood bakery as one walks by can weaken determination to maintain a healthy diet, but taking a different route that avoids the bakery can fortify it. Strengthening willpower may not always be easy, but doing so can significantly improve health, performance at work, and quality of life. We probably all know people, either at work or in our personal lives, who are really good listeners. No matter what kind of situation we're in, they always seem to know just what to say – and how to say it – so that we're not offended or upset.

They're caring and considerate, and even if we don't find a solution to our problem, we usually leave feeling more hopeful and optimistic. We probably also know people who are masters at managing their emotions. They don't get angry in stressful situations. Instead, they have the ability to look at a problem and calmly find a solution. They're excellent decision makers, and they know when to trust their intuition. Regardless of their strengths, however, they're usually willing to look at themselves honestly. They take criticism well, and they know when to use it to improve their performance. People like this have a high degree of emotional intelligence. They know themselves very well, and they're also able to sense the emotional needs of others.

Improve Your Emotional Intelligence

The good news is that emotional intelligence can be learned and developed. As well as working on your skills in the five areas above, use these strategies:

- Observe how you react to people. Do you rush to judgment before you know all of the facts? Do you stereotype? Look honestly at how you think and interact with other people. Try to put yourself in their place, and be more open and accepting of their perspectives and needs.
- Look at your work environment. Do you seek attention for your accomplishments? Humility can be a wonderful quality, and it doesn't mean that you're shy or lack self-confidence. When you practice humility, you say that you know what you did, and you can be quietly confident about it. Give others a chance to shine – put the focus on them, and don't worry too much about getting praise for yourself.
- Do a self-evaluation. What are your weaknesses? Are you willing to accept that you're not perfect and that you could work on some areas to make yourself a better person? Have the courage to look at yourself honestly – it can change your life.
- Examine how you react to stressful situations. Do you become upset every time there's a delay or something doesn't happen the way you want? Do you blame others or become angry at them, even when it's not their fault? The ability to stay calm and in control in difficult situations is highly valued – in the business world and outside it. Keep your emotions under control when things go wrong.
- Take responsibility for your actions. If you hurt someone's feelings, apologize directly – don't ignore what you did or avoid the person. People are usually more willing to forgive and forget if you make an honest

attempt to make things right.

- Examine how your actions will affect others – before you take those actions. If your decision will impact others, put yourself in their place. How will they feel if you do this? Would you want that experience? If you must take the action, how can you help others deal with the effects?

Although "regular" intelligence is important to success in life, emotional intelligence is key to relating well to others and achieving your goals. Many people believe that it is at least as important as regular intelligence, and many companies now use emotional intelligence testing to hire new staff. Emotional intelligence is an awareness of your actions and feelings – and how they affect those around you. It also means that you value others, listen to their wants and needs, and are able to empathize or identify with them. Everyone knows that faith plays a significant role in our spiritual growth, but practically speaking it either occupies too much or too little of our understanding. If our conception of spiritual growth is nothing more than self-effort we will not experience life transformation. But if every spiritual pothole is paved with “just trust God,” we will also miss out on true spiritual growth. This is not to detract from the centrality of faith in becoming more like Christ, only to understand its role, so we can better coach those whom we disciple. In the Christian life there are certain truths that are either so formative, or so fragile, that your disciple may require special assistance in learning to hold them in the shopping cart of faith. As a mature Christian we are used to toting these truths around like a handbag (such as the security of our salvation), but young Christians need to develop the spiritual muscles that we take for granted. What follows is a partial list of these foundational truths that require the exertion of faith, and may require your assistance. It is in these areas that the need for faith is most acute and where the lack of it will have the greatest ramifications.

Differences between the True Personality and the Ego

It is during the mental confusion and emotional turmoil that the differences between the True Personality and the ego become obvious. Become aware of the conflict. Understand the dynamics of personal growth. Know that as the ego begins to weaken it will struggle to gain prominence. Anger and fear and depression may increase. Confusion results because the ego cannot understand what is happening. It is too limited. As the ego fights to regain its position you will find yourself thinking only of yourself, attempting to glorify your achievements of newfound knowledge that you are only beginning to glimpse. This is a trick of the ego. This is an attempt by the ego to take what is universal and make it personal. During this time you must be your most disciplined and ever vigilant. Do not judge yourself, but simply be aware and learn. Take time to question the ego's influence on your spiritual life. Some thoughts may be quite subtle, convincing you that what you

want is of a spiritual nature, whereas, it appeals more to the ego than to the heart. Simply remember the criteria of the ego. Remember its need for self-preservation, its concerns with physical well-being, and its hunger for personal power. If your thoughts are centered on fear and worry and self-defense, know it is of the ego. If you wish to glorify yourself to the world, it is of the ego. Because you are still a child you may not recognize the ego at work. Therefore, carefully take small steps. The beginning of spiritual awareness may seem wobbly. You may be unsure which foot to put forward. You may easily fall. But if you are sincere in your desire for spiritual growth there will be someone to catch you. You will again have the opportunity to stand and walk.

Allow yourself times of conflict. They are growing pains. Allow yourself to fail at times. You will learn from the experience. On this path of evolution be willing to stumble and fall. Be willing to again stand up and walk. A child is willing to crawl before learning to walk. A child does not give up should he or she fall. The child continues to learn as helping hands support the attempt. Soon the child learns to run. So it is with spiritual evolution.

DISCOVER THE POWER OF YOUR MIND

How you are a victim of your circumstances' you are the creator of them. Do you know that you are the creator of your reality, you are a creator of your pain, feelings, and emotions? You are a creator of life. You see physics says "the reality is created from your perception." Neuron science "says your brain controls your bio- chemistry. Spirituality "says life doesn't happen to you it happens from you." Religion say "we are created in the image of the creator." If you have created your own hard ship, maybe you can uncreated them. Invest in your own mind, self- heal and become self- reliant. What does this mean? It means you can create better results in your bio- chemistry using your own mind. Repair your television with books, and improve your relationship with the self, fiancé and budget. Write down your goals. Visualize what kind of a reality you would like to live. Practice, practice, and practice to become the person you were designed to become. You see you might be statically distend to loss. You might be statically as a failure. Spastically as someone who is suffering from numerable mental disorders. But you can decide to change your life, and the only way to change your life is by being thyself which truly is. I remember many, many, many years ago a friend of mine told me that "people don't really value their mind until they see someone who has lost their mind." Let me ask you- do you value your mind because your mind is the most powerful asset that you have.

Focus on what you want to achieve. What your dreams, hopes, and values are. What your goal is and stick to it. This is not the time to get practical. "I think oh I would love to," I would love to do this but." How am I going to this, or I talk to someone

and someone talks me out of it. Don't be practical. This is just about focus, clarifying what you want, and make sure that you write it down. Get very specific on what you want to achieve. Because the brain will give you what you want. You see most people the focus on their problems, and they get more problems. Why? Because what you focusing on you direct your energy. So focus on what you want to achieve. Ideas change the world, everything on this planet besides nature was once an idea in the mind of the human being. Self-mastery. What do you believe about the things that you want, course you see life doesn't give you what you want, it gives you what you believe. If what you want is abundance and your believe is focused on abundance, then you will get abundance every single time. So self-mastery is by knowing how you feel. What do you believe, because you are designed to win but programmed to loss. It is so important what you believe in. and your self- mastery only you can do that. Focus on yourself, and be all that you can be. What you believe in is very important. Self- mastery this is your inner work only you can do this work, but it is worth it. So before bed today "think about what do you really want to achieve." Where your beliefs are your job is to light them up because you always get what you believe.

KNOW THYSELF

Know thyself speaks to this keystone of emotional intelligence; awareness of one's own feelings as they occur. It might seem at first glance that our feelings are obvious; more thoughtful reflection remind us of times we have been all too oblivious to what we really felt about something. Psychologists use ponderous term metacognition to refer to an awareness of thought process, and met mood to mean awareness of one's own emotion. I prefer the term self- awareness, in the sense of an ongoing attention to one's internal states. In this self- reflection awareness mind observe experiences itself, including the emotions. This quality of awareness is an evenly hovering attention, and which he commended to those who would do psychoanalysis. Such as takes in whatever passes through awareness with impartiality, as an interested yet unreactive witness.

The capacity of self- awareness that allows thyself to monitor his own reactions to what the patient is saying, and which the process of free association nurtures in the patient. Such emotional intelligence would seem to require an activated mind. Self- awareness is not an attention that get carried away by emotions, overreacting and amplifying what is perceived. Rather it is a neutral mode that maintains self- reflectiveness even emotions.

At its best, self- observation allows just such an awareness of the self or turbulent feelings. At minimum, it manifests itself simply as a slight stepping- back from experience, a stream of consciousness that is Meta; hovering above the main flow, aware of what is happening rather than being immersed and lost in it. It is the

difference between, for example, being murderously enraged at someone and having the self- reflexive thought this is anger I'm feeling even as you are enraged.

This awareness of emotions is the fundamental emotional competence on which others, such as emotional self- control, build and discipline. Self- awareness in short, means being aware of both our mood and our thoughts about the behavior.

Self-awareness can be a nonreactive, nonjudgmental attention to inner states. Typical thoughts bespeaking emotional self- awareness include I shouldn't feel this way, imp thinking good things to cheer up, and, for a restricted self- awareness, the fleeting thought "don't think about it in reaction to something highly upsetting. Although there is a logical distinction between being aware of feelings and acting to change them.

Self- awareness has more powerful effect on strong, aversive feelings; the realization this is anger I'm feeling offers a greater degree of freedom. People tend to fall into distinctive styles for dealing with their emotions;

-Self- awareness. Aware of our moods as we are having them, we understandably have some sophistication about our emotional lives. Our clarity about emotions may undergrad other personality traits; we are autonomous and sure of our own boundaries, we are in good psychological health, and we tend to have a positive outlook about life. When we get into a bad mood, we don't ruminate it, and we are able to get out of it sooner. In short, our mindfulness helps us to manage our feelings and emotions.

The true self

Within each of us three is a potential for true creativity which is most likely initially to communicate through dreams. This true self first appears as a figure belonging to the future, but as the other aspects becomes properly synthesized the individual in his wakening life may be able to manifest within himself or herself the complete, real, many sided self. When the dreamer learns to work with archetypal images and is prepared to make the effort to understand them, the dream figures play their role in helping to create a sustainable reality that manifest in the real world in the form of a better relationships increased opportunity for success and a happier way of living. They will then have accomplished their task and are less likely to appear in dreams, except in times of stress and trauma. The inner self is packed with potential which, given the right stimulus, may be used as power. Using the true self to gauges one's own abilities results in a more efficient use of the energy which is inherent in each of us.

CHAPTER TWO

CREATIVITY FOR LOGICAL THINKERS

I'd love to be creative; said king, a participant, at one of our workouts, but I'm not. When pressed for an answer as to how you could spot a creative person, king was clear. Purpose he said, a long messy hair. Outrageous clothes, suggested a fellow participant. Temperamental, offered another.

Kings perception of what a creative person looks, and behaves like is a common one. It's also wrong. The description he and his clients came up with isn't of a creative person; it's of a caricature. The good news about creative people is that the way they are just as likely to look like king, with his short hair and shirt and tie, as anyone else.

This chapter explores what logical thinkers have to do to think creatively and offers two tested tools that require structured thinking to generate creative ideas.

The number one challenge for logical thinkers who want to think creatively

As logical thinkers, we have one natural advantage when it comes to thinking creatively, and one disadvantage. The key strength is the ability to follow the process. This is exactly what is needed and gives us an advantage over less structured thinkers. The key danger is our ability and appetite to continually assess and evaluate. In many situations this is a great asset; however, it gets in the way when we want to think creatively. Our biggest challenge therefore is to ignore this instinct to assess. When we come up with an idea, we will want to evaluate it; we may like it or, more likely, we may find some fault with it. This is a temptation we need to resist if we want to be creative.

But how? Here are some tips and strategies that may help;

1 we can put a limit on how long we spend generating ideas and so relax, confident that assessment will happen in due course. The logical thinker is usually positive and happier when differing judgment rather than postponing it indefinitely.

2 remember, there is no risk with having creative ideas. The risk comes with the evaluation and even more, with implementation. Any ideas that come up with in this idea development phase can be thrown away. There is no chance that something will go wrong as a result.

3 time pressure. Too much makes us panic but some can be a good thing as it means there isn't enough time to evaluate on the go.

4. Put aside time just for coming with ideas. Promise not to consider whether this is a good use of time until it is over. You cannot evaluate who has won a football

match until the final whistle blows and, similarly, you cannot tell whether you have come up with a good idea until your time is up (and often not even then).

Thinking about an idea without evaluating or judging it can be particularly difficult at first. It may take practice to get used to it.

Tool 1; outrageous opposites

Opposites attract. Every action needs an equal opposite’s reaction. Positive has negative, good has bad, and heroes have their villains. Whether were talking laws, physics or cliché (there’s two sides to every story), they all suggest that there is an opposite.

This is exactly how this strategy works. It consider the normal and traditional way of solving a problem and then uses the opposites as a springboard to create new ideas.

A different meaning of opposite

They key part in using this creativity tool is generating opposites. At first glance this is easy enough, as we consider the literal opposites. Below are three examples and three for you to answer.

TRADITIONAL	OPPOSITE
Black	White
Rich	Poor
Tall	Short
Positive	
High day	

The challenge is to come up with as many other opposites as possible. The trick is not to stick to the literal opposite, but to find other alternatives to the traditional ideas.

CREATIVITY FOR WANNABE DAYDREAMERS

The economist has for many years run a series of iconic poster adverts that illustrate

the sharp thinking behind its writing. Great minds like a think' was one slogan. But then there was another series; carefully positioned near train lines, the poster read 'no one ever got successful staring outside the window'.

Daydreaming and watching the world go by are not normally seen as the best way of getting ahead in life. But one person often found staring into space was Einstein; indeed, this was when he got his best ideas. Many other great thinkers are also at their most creative when in fact they aren't really working at all.

How come? It's all about putting our conscious train of thought to one side and tapping into our conscious mind.

Three different modes of thinking.

The first is wits. Have you ever noticed how you are able to navigate a busy shopping precinct without having to think about it? We adjust our stride, pace and direction according to the movement of hundreds of people around us without thinking. Indeed the moment we start thinking about what we are doing, we can't seem to stop bumping into people.

THREE

CREATIVE ABILITY

Your imagination is your creative ability! Only man has imagination. Dogs cannot imagine, sheep's can't and no other beast can. Angels can't imagine. Man can imagine. Imagine! We are blessed with the unique gift of imagination. This imaginative power is your creative ability!

In the beginning god created the heavens and the earth. Then it goes on to say, and the earth was without form, and void; and darkness covered the face of the deep. And the spirit of god moved upon the face of the waters. The best word to describe the situation of the world at this time is CHAOTIC. The world was a chaotic mass and the creator had to do something about it. Your home may be in chaos today and your thoughts may have brought you chaotic conditions of life. it may seem as though there's no end to your troubles and this causes your heart to beat faster than normal.

So we see that as the spirit of god was moving upon the face of the waters; god was brooding and conceiving something. God was incubating the beauty of the light and creation, brooding on what the earth would look like. He desired the earth to be beautiful, that there should be light. God brought it fourth with his word; he spoke the beauty of the earth into being.

The Power of positive desire

We operate in a spiritual principle; but everyone is tempted, when he is drawn away of his own lust, and enticed. Then when lust has conceived, it brings anxiety; and anxiety when it is finished it brings depression. Fear is the product of lust, and lust actually means a strong, urgent, negative desire. Yet we find this principle does not only work in the negative realm but also in the positive. When a man is tempted, his lust, that is, the wrong desire tries to pull him away. Finally when he aggress with the wrong desire in his own mind, he is enticed. Initially the seed is sown when the man is drawn away by his own lust. This law does not only work in the negative realm. And of course you should expect better results when good desire conceives. Love is stronger than death, positive thinking is better, greater and powerful than negative thinking. This is another law; everything manifest its own kind. So you see, what you think about is what you physically get.

Follow Your Passion - Following your passion is all about doing what makes you feel alive and in tune with the universal life force. There are things that evoke strong positive emotions and these things are your passions. No matter what your passion is, the Law of Attraction can help you follow it. Whether you love gaming,

painting, writing, technology, science, or anything else, following your passion is the gateway to success. Don't judge yourself for loving what you are passionate about. If something compels you to act, allow yourself to do it. Of course there are obvious exceptions to following your passions. You don't want to be passionate about anything destructive. When judging whether a passion is a passion rather than an obsession or addiction, ask yourself if it is making a positive difference or a negative one. That will help you become clear about what your passions truly are so that you can devote your focus to them. Never allow obsessions and addictions to remain in your life. Fuel your passions by learning everything you can about them and taking action to make them possible.

Be honest with yourself about what you are passionate about rather than others to persuade you otherwise. If you enjoy something and it brings you great happiness, this is what you should focus on pursuing. You can always be outstanding at something when you have passion behind it. Keep this in mind when you close your eyes to begin visualizing. Think about yourself as an older version of you that has accomplished turning their passion into something that generates wealth, happiness and all of the things that you want. Envision yourself going through a day as this version of yourself and pay close attention to how you act, what you feel, who is with you and what you are doing. Now think back as if looking through memories and ask yourself how you got there? Let your mind lead you towards the path and welcome the answers to your success in following your passion. Repeat this exercise daily until you are sure of your plans to pursue your passion.

UNDERSTAND THINGS FROM THE OTHER PERPCTIVES

If we want to learn something about the reality we meet, we should know something about the way we capture it or how the meeting with reality is constructed. This work, however, doesn't just look at a neuroanatomical, cognitive-psychological description of receptors and mechanisms of sensory reception, but also offers deeper thoughts about the conditions and mainly about the consequences of higher cognitive processes tied to perception. The text thus walks a line between general and cognitive psychology and philosophical epistemology while trying to map not only the origins of percepts, what influences them, but mainly where and how our perception convictions originate and the total concept of reality we live in. The obvious intention of this exploration is not only to present a package of basic facts and theories, but also to encourage the reader to think about and to problematize the perception processes and consequences. Key words: internalism, externalism, phenomenism, the subject of the theories of perception what do the theories of perception study? Cognition may be studied from many diverse points of view. We can ask what cognition is, what its conditions, validity and limits are, what the mechanisms by which we acquire it are, or what de-terminus it, etc.

One of the weightiest questions in epistemology is the question of the origin and sources of cognition. What are the sources of our cognition? Most thinkers are convinced that the sources of cognition can be divided into two basic groups according to whether the sources exist within the subject or outside of it. Proponents of the first approach are called internalists. The internalists are convinced that pieces of knowledge or their sources and principles can be found within the subject, and cognition is nothing else but discovering them or developing already existing (a priori) pieces of knowledge. For example, Descartes who believed in innate ideas, is the proponent of this approach, as well as Plato, who asserted that **know-edge is nothing else but recollecting already acquired contents**. Internalism postulates an approach which enables us to explain the existence of intuitive and innate cognition, but at the same time it does not clarify how, from where and why the ideas themselves get into the mind, why we all do not have the same knowledge, why 1. The theories of perception — what, why and how to study? The starting point and the source of any sensual or intellectual cognition will therefore be the subject of our thoughts. 1.2 Why study the theories of perception? To study the world means to study perceptions and ideas we created, and the world is mainly the world of perceptions, images or ideas. Thus, when we want to study something, first we should know where, when and how to meet and learn it. But that is not enough. John Locke and the entire epistemological tradition following him was convinced that if we can find the answer to the question about sources and procedures of cognition, we will be able to relevantly answer the questions about its legitimacy, validity, nature and limits. Actually, the certainty of any statement is based on the trustworthiness of the authority that postulates it. Thus, if we want to believe our knowledge, we must know, where it is coming from, how it was being formed and how it was subsequently being proliferated. As said in Descartes style: we must verify the knowledge principles themselves. In the first meditation of *Meditations on first Philosophy*, Descartes indicates that our senses sometimes lie to us. As an example, he talks about a stick dipped in water or objects in the distance. But how do we know the senses are lying to us? We do this again only by senses, either the same ones (when I take the stick out of water, using my eyesight I can see it is not broken) or through other senses (for example touch). But may I trust them now? How do I know they are not lying right now? After all, if they lied to me once, they can do it again. But is there a safer authority than one's own senses? One may claim that the human brain is such an authority. But the problem is, that the brain and its thinking about the world is based on data which arrived via senses. Then, if we want to build on someone else's testimony, there is nothing we can do but to trust or to verify it. But how may the testimony of senses be verified? We are not aware of it already at birth and why we have sensibility at our disposal, although the pieces of knowledge or their principles do not necessarily require the influence of sensibility.

In contrast to internalism, there is an opposite approach; externalists who adhere to it, are convinced that all our knowledge has an external source — experience. The

externalists assert that the mind is more or less a blank sheet of paper (*tabula rasa*) and all knowledge is being imprinted in us from external reality. The main problem of this approach is (besides problems of existence of necessity and universality in cognition) the explanation of how external reality is being perceived and imprinted in the subject. This problem, in fact, is the main determinant of whether something will be the subject of cognition, how and in which way it will present itself to us and how it is possible to comprehend it. And this issue of “meeting” with information which represents the substrata of knowledge is in fact the key question of the theories of cognition sources. Both basic theories — externalism and internalism — face the question of how to explain the awareness of new reality in our consciousness, how information (external or internal) is elicited or, in other words — how we meet the world.

Some critical philosophers are actually convinced that the world is a sum of information surrounding the subject. What we call the world is nothing else but a set of various perceptions, feelings and ideas. For example, phenomenologists adhere to such a point of view. They believe that only our perceptions are the subject of our cognition. What we perceive are only perceptions and there is nothing else accessible to us except perceptions. What we assume is behind our perception and what allegedly causes it, is just a rational construct. Besides perceptions, we thus possess images, rational constructs and ideas we create ourselves. The question, however, is what we created them from, on what basis and how we perceive these ideas, how we understand them. These cornerstones of knowledge — perceptions as objects which form the content and diversity of the world, but also and by verifying if he had really seen (perceived) what he described in his testimony.

By this process we paradoxically satisfy requirements of all three above mentioned possibilities. Firstly, step by step, by observing the chronology of the testimony's formation, we figuratively move into a position of a witness and we experience the maker being assessed as if by our own mind. The testimony of (for example another person's) senses places the maker right in front of us so that we can experience it by our consciousness as if by “inner sight”. Since senses offer us the possibility to view facts by “inner sight” they, at the same time, enable us to confront individual sensory experience with our own perception. In this step, we are cross-examining the submitted testimony by our own perception. We verify the evidence and trust it only if we can see/hear/feel (by inner sight) that such evidence produced by senses is true. Actually, we compare what was seen with what we are seeing ourselves in this conveyed place. We verify what we see and what anybody else sees, we verify the validity of the testimony in comparison with the testimonies of other senses. Thus we move towards the third step.

That means we verify the trustworthiness of the witness itself (senses) by means of confrontation with other sensory experiences, individual specifications and personal history. If we want to study the trustworthiness of our testimonies, we must study

the circumstances of their formation, but also the nature and personality traits of the witness that offers the testimony. This can be done by studying the structure and abilities of the witness and the mechanisms, by which it acquires, evaluates, and later conveys information. In order to know these factors, it is necessary to know the anatomy of our receptors, the way they work, their limits and functional determinants as well as the way of evaluating acquired data via higher cognitive processes. Moreover, it is necessary to know the conditions in which senses are able to receive information, that is later contained in their testimony and if or to what extent the truthfulness of information is limited. It seems, there are at least three ways of verifying testimonies. The first one is: I verify data myself. But in situations when I have to substitute my senses by a certain device this is not fully possible.

CHAPTER 3

SELF- TRANSFORMATION

What would it take to transform your life? To transform your environment? To transform your universe? In this chapter I am going to share with you three steps that I used to transform any area of my life. Is what my family, my friends, and my clients use to transform the health, to improve mirage, to become effective leaders, to be good managers, and to choose career options and maximize their potential so that they can achieve whatever they want. I will share with you why it is also relevant in today's complex world.

Discover the power of your mind

How you are a victim of your circumstances you are the creator of them. Do you know that you are the creator of your reality, you are a creator of your pain, feelings, and emotions? You are a creator of life. You see physics says "the reality is created from your perception." Neuron science "your brain controls your bio-chemistry. Spirituality "says life doesn't happen to you it happens from you." Religion say "we are created in the image of the creator." If you have created your own hard ship, maybe you un- create them. Invest in your own mind, self- heal and become self- reliant. What does this mean? It means you can create better results in your bio- chemistry using your own mind. Repair your television with books, and improve your relationship with the self, fiancé and budget. Write down your goals. Visualize what kind of a reality you would like to live. Practice, practice, and practice to become the person you were designed to become. You see you might be statically distend to loss. You might be statically as a failure. Spastically as a someone who is suffering from numerable mental disorders. But you can decide to change your life, and the only way to change your life is by being thyself which truly is. I remember many, many, many years ago a friend of mine told me that "people don't really value their mind until they see someone who has lost their mind." Let me ask you- do you value your mind because your mind is the most powerful asset that you have.

3 Formula step towards self- transform any area of your life

Step 1: focus and attention equals to creation

Most people they fail right here in step one. Step one is important for you to focus on what you want to achieve. What your dreams, hopes, and values are. What your goal is and stick to it. This is not the time to get practical. "I think oh I would love to," I would love to do this but." How am I going to this, or I talk to someone and someone talks me out of it. Don't be practical in step 1. This is just about focus, clarifying what you want, and make sure that you write it down. Get very specific on what you want to achieve. Because the brain will give you what you want. You see most people the focus on their problems, and they get more problems. Why? Because what you focusing on you direct your energy. So focus on what you want to achieve.

Step2: your ideas are very powerful, please cherish them

Ideas change the world, everything on this planet besides nature was once an idea in the mind of the human being. Step two is yourself mastery. What do you believe about the things that you want, course you see life doesn't give you what you want, it gives you what you believe. If what you want is abundance and your believe is focused on abundance, then you will get abundance every single time. So self-mastery is by knowing how you feel. What do you believe, because you are designed to win but programmed to loss. It is so important what you believe in. and your self- mastery only you can do that. Focus on yourself, and be all that you can be. What you believe in is very important. Self- mastery this is your inner work only you can do this work, but it is worth it. So before bed today "think about what do you really want to achieve." Where your beliefs are your job is to light them up because you always get what you believe.

Step 3; take action but wait

Imagine you go forward 5 years from now and everything in your life is 10/10. Your health, your biz, your relationship. You have abundance, you are successful, happy and you are loved than ever you have been. Would you think, feel and act differently than you do today? The answer is usually yes. What I suggest is you act from that plane of consciousness don't wait for 5 years to feel like that. You can feel like that today and then you can now take action. Then you take the next step- just one step towards your individual goal. If you want to be a manager or leader... Act like manager/leader, because leadership is attitude. Work extra hard, have a good attitude, stay behind later, and arrive on time. Train to become a leader. You can achieve whatever you want, you can create whatever changes you want to develop in this country. Only if you focus, align your emotions, beliefs and then take action. Step 3 is about imagining you've already got it, from that this conscious awareness then you take action. Why am telling you all this anyway? I'll share with you something's that helped me understand this little better and I will tell you why

this is relevant in south Africa today. Negatives thoughts and emotions they awaken your immune system. So judgment, bitching and moaning any negative emotions weakens your body. Scientist say we have 50 to 7000 thoughts per day. But 90% of them are the same ones you had yesterday. The problem of that is the same thoughts create the same emotion that creates the same action which goes the same results, and then you get the same thoughts on and on till the circle continues. You see most people they wait for outside circumstances to change for them to change. But life is total opposite you must change on the inside in order to see change on the outside. Let me tell you something. Imagine you have a device, now I tell you that the email am sending you has virus that will destroy all the data on your device. Would you open or download that virus?

But you download virus into the most important computer in the world. “Your brain.” Negatives thoughts are like a virus, it is very important that we become aware of our own thoughts. The more negatives programs that we watch the more they train you, they train your thoughts, they train your beliefs, they train your expectations that this is the life. It’s called television programming for a reason. Yes it can be used for good sometimes however what would happen if you just switch off your television for 30 days? What would you do? I don’t know maybe you would read books, maybe you would write down your goals or maybe you might find hobbies with interest. You see everyone want society to change. Everyone wants social transformation without individual transformation. A few years ago it was i saw Africa go from here to there and then drop again so drastically because as wonderful as it was to see more development there was one fact left out the whole equation that minds and development of people when it comes to negative programming it’s very aware, very important that we become aware of it because only then we can change it. The history of South Africa is as riches as the land. You know from nature, waterfalls and mountains, natural springs and the list can go on. We know the meaning of South Africa. We know what Africa is today but where are we headed, and who gets to decide

What would happen if there was self-transformation in the hearts of every human?

A revolution of self- transformation and self- development because self- education. What would happen, because is it right that that we know about people more than we know our own bodies and brain? What about there are liquor stores in the world more than book stores? You know I read a shocking static that said 90% of the people they are not happy with the way they look. So what is the benefit of our society? Of the youth whose generation they are being trained and programmed to be a car without engine. When are we going to stop ignoring the fact that our youth is committing suicides in Africa today? What about our women, our mothers, and

our parents who are setting there for hours and hours watching television programs that plays with their emotions. That making their bodies I'll from lack of mobility. What's their option? A shame from them to do anything. You see I know the meaning of South Africa but who gets to decide the future? Something has to change for things to change. The world isn't too extreme. Extreme poverty, extreme distraction, extreme diseases, and extreme abundance, extreme opportunities and the inter connection we have never seen before in the history of the entire face of our earth. Thanks to technology. What the future was the reflection of you? Because you see I believe we can have profit but we can still look out for the people, and look after our beautiful environment. What if the future was the reflection your thoughts, your emotions, your action, and your consciousness? Because it is. The future won't be what you want it will be who you are and what you believe. Go for what is in your heart. And before you sleep today apply these 3 steps to any area of your life and watch it transform. Focus on what you want, do the inner work for only you can do because self- mastery- once you master yourself you can master anything. Go for what's in your heart, belief in yourself, belief in what you want and never stop taking action towards your goal.

CHAPTER 4

REACHING BEYOND OURSELVES

Our hearts know the path to happiness and inner peace. Spiritual practices such as meditation and prayer remind us of what we already know. When we forget our hearts message and fall into life's ruts and crevices, we feel unfulfilled and unhappy. We get depressed and anxious. We have blurred our perspective, forgotten the bigger picture, and lost the way. The remedy is simple. Take the time to remember your divinity, your spiritual nature. Remember why you are here. Meditation is one way of triggering your memory. Meditation is the art of quieting the mind so the endless chatter that normally fills our consciousness is stilled. In the quiet of the silent mind, the meditator begins to become an observer, to reach a level of detachment, and eventually, to become aware of a higher state of consciousness.

"Precise intentions are like looking through binoculars. You must know what you are looking for, and in order to spot your target you have to have a general idea where it's located. Even when you are looking straight at your target, in order to see more detail, you need to zoom in. That is what precise intention does, it locates and magnifies that which you want. If you are focused with laser precision on what you want, and are taking action to move towards it, you'll get it." Isaiah refers to a study by research, which revealed that our words and thoughts impact every cell in our bodies. Words are very powerful, with the ability to affect our entire being in either a negative or positive fashion. Whatever follows the word "I" will dictate our feelings and actions. Therefore, research suggests that instead of saying weak comments like, "I don't know if I can get this done", start using empowering statements such, "I am committed to having the best month of my life."

Visualization

With a few decades of experience under my belt, I truly believe that our outer world is just a reflection of our inner world. We are where we are in life, because for the most part that's exactly where we want to be. Use of Visualization—a practice which he believes helps to rewire the subconscious mind. While he presents an overview of the many different techniques for using mental imagery, research suggests: "By getting in the habit of tapping into where you will be one year from now and going to that spot through visualization, you will be rewiring your subconscious—increasing your belief in yourself and seeing your success as possible. Believing in your intentions, and taking the appropriate action towards attaining these goals will ensure that a world of opportunities open up—you will

begin to meet the right people, and will find yourself being in the right place at the right time.”

Meditation

Meditation has grown rapidly in recent years as more and more studies show that it can help reduce stress levels, lower blood pressure, strengthen your body’s immune system, improve cognitive functioning, increase productivity and stimulate creative thinking. Isaiah believes meditation is also a powerful strategy for success, allowing you to easily and effortlessly go after that which you seek. He suggests that when meditating, we should, “Bring an image of your dream or goal to mind so that it can be planted in the fertile soil of the subconscious, programming plans for you to achieve it.”

ENERGY SCANNING

Whatever impression or sensation emerges into your consciousness is valid. In this exercise, let your imagination run free. This all for learning and growth. Before working in groups of two, the participant practice becoming aware of their own energy fields. with their eyes gently closed and in a relaxed state, they are instructed to bring their hands together slowly, palms facing each other, beginning with the hands about two apart. As their hands draw together, people often become aware of tingling in their palms, of increasing heat or thermal changes, and of a subtle resistance, like some sort of barriers felt before the hands actually touch. This beginning exercise is repeated several times. In groups of two, the receiver slowly scans the body of his or her partner, who stands or sits quietly during the exercise. The scanning is done by the hands, at a distance of several inches from the body of the other person. The scanner does not actually touch the partner.

The entire body should be scanned from all the sides, and the scanner should become aware of the temperature changes, such as areas of heat or cold. Any thoughts, sensations, or impressions are noted and remembered. Any variations in the energy field should also be acknowledged.

Alter several minutes, the roles are reversed. The scanner becomes the scanner or receiver. After the process, the partners then spend several min sharing the entire experience, with all their observations. Often stunningly accurate medical diagnoses are made during this exercise. Confidential information can be somehow transferred to the scanner. Our intuitive minds once again can be activated during this brief experiential exercise.

I’ve been thinking a lot about how and when we grow. When was the last time I felt myself grow? It’s easy to say that it was when I was traveling, or in college. But what about recently? Even more importantly, how can I experience more moments of growth in my day to day? Where do these moments of growth come from? This

chapter is about those moments of real growth. It's about how real growth only happens when we 'reach beyond ourselves' and how every interaction with another person is an opportunity to do just that. I also explore how to apply deliberate practice to cultivate more moments of growth. How Do We Grow? When We Reach beyond Ourselves In a beautiful podcast episode about growth and reaching beyond yourself, research says that "real growth happens when we reach beyond ourselves.

This is the beauty of our world, and our life — that we have the power to reach beyond ourselves. To change and do one thing, and suddenly become someone else. So how do we reach beyond ourselves? "You don't reach beyond yourself by reading a book, by learning or even listening.

Even after you read a million books you'll still be yourself." You reach beyond yourself when you take advantage of moments and opportunities to do something for another person. But this doesn't apply to just any moments and opportunities. Doing something for another person can mean being a good friend, or doing someone a favor. But this is not reaching beyond ourselves. This is right and legitimate.

This is within our limits. So what is reaching beyond ourselves? Reaching beyond yourself — 'Throwing Away the Mind' Reaching beyond yourself means having compassion for someone when they don't 'deserve' it. It means moving past the fact that you're right and that your feelings are legitimate in favor of being kind to someone else. In short, it means overcoming your ego — the desire to assert yourself, to prove that you are right. For example, imagine that you have a chance to yell at someone that should be yelled at. That you have the opportunity to be angry, to rightfully yell at someone and tear them apart. That this person deserves it. But you don't. You resist. This is reaching beyond yourself. Why? Because your mind (your ego) is telling you that you are right, that this person deserves to be yelled at. That your anger is legitimate and justified. But instead you choose to let emotions control you, to 'throw away your mind.' To move past what your mind is telling you about being right and legitimate. To resist being angry and humiliating this person. You instead choose to really see the person in front of you, to be kind and compassionate.

This is reaching beyond yourself. Because being right and legitimate doesn't bring you to the place beyond yourself, to real growth. Choosing kindness and compassion, when it's most difficult to do so, does. The teachers say that it takes the earth and sky to hold back from being angry. Moreover, they say that when you insult someone you take away twenty-two years of their life. Thus, if you can overcome anger — especially when you are completely justified — and resist insulting someone, then you are reaching beyond yourself. And you've grown far more than it would have taken you to grow in 10 years. It doesn't mean that you don't talk about the mistake or the wrongdoing.

It does mean that you resist the urge to assert yourself and self-righteousness, that you resist the urge to tear someone apart — not because they don't deserve it, but because you're connected to something deeper, something higher. This is true growth. Every Interaction Is an Opportunity for Growth Reaching beyond yourself is not just about resisting anger — it's about knowing yourself and reaching beyond your limits, beyond your ego, beyond your default settings. It's about resisting the urge to assert yourself and prove that you are right.

For example, if you have a tendency to gossip then every moment that you resist this urge is an example of reaching beyond yourself. Every moment that you resist your mind's rationalizations — i.e. the gossip is true, you have a 'right' to gossip, it's no 'big deal', etc. — is a moment of growth. But you can reach even further. You can replace the gossip with a kind word about that person. Even when you don't want to. This is true growth. And every moment like this should be celebrated, you have reached beyond yourself.

The same is true if you're in a relationship. Every moment that you resist the urge to assert yourself, to be right, or to 'punish' your partner is a moment of growth. Every moment that you reach beyond yourself and actually say a kind word in the moment of anger, is reaching beyond yourself. (Yes I know this is much easier said than done). In this way, we have opportunities for growth all the time. Every interaction is a test, an opportunity to overcome our ego and be better, act kinder. It's hard as hell, but it's true.

And this is the beauty. Growth doesn't only manifest in times of extreme change — like travel or grief — but also in the day to day moments of our life. These moments for growth happen all the time, we're just too scared, or unaware, or ego-driven or ambivalent to take advantage of them. We often just let them pass us, instead of seizing them as opportunities for deep growth. Using Deliberate Practice to Reach Beyond Ourselves

So now that we know how to reach beyond ourselves and grow, how can we improve our ability to identify and take advantage of these moments of growth?

This is where deliberate practice comes in. Deliberate practice is a technique used to achieve optimal performance. It was popularized by K. Anders Ericsson, who showed that what makes someone great, or an expert, is not talent, but rather expert-level practice — deliberate practice.

Deliberate practice involves gaining new skills and expertise by focusing on tasks beyond your current level of competence and comfort. It requires taking baby steps and continuously repeating them until they become second nature. And it relies on lots and lots of practice. Just like personal growth. What if we could view every interaction with someone as practice?

As an opportunity to refine our capacity for kindness and compassion. As a way to perfect this skill of reaching beyond ourselves. The key word here is deliberate — it's about being deliberate in our thoughts and actions, about the way we move through and interact with this world and others. Like I wrote, every interaction is an opportunity for growth. So I started applying deliberate practice to these interactions.

It's simple, this is how:

Every Interaction is an Opportunity to Grow: This is a game changer. I've started to view every interaction as a 'test' — an opportunity to either reach beyond myself, or not — and it makes a difference. Just try it.

Be ready for the Test: Before I enter a difficult interaction, i.e. a conversation I know may lead to anger, I tell myself to 'Be ready for the test'. It's not magic, but it does help me view this interaction as an opportunity.

Breathe: During difficult situations (with a partner, colleagues, etc.) I tell myself to breathe before speaking. To take my time, to pause. Again, very far from magic, but it helps.

Recap: After difficult interactions I assess how 'well' I did. Was I as kind as I could have been? Did I help the other person feel seen and understood?

Celebrate: This stuff is hard as hell. Most of the time I fail miserably. Most of the time I curse this 'reaching beyond yourself' she*t and wallow in self-righteousness. But sometimes I don't. And when I manage to 'reach beyond myself' — I celebrate this victory. And it feels good, and it gives me the confidence to try even harder next time.

As usual, my goal is to provide a practical application of these concepts. So when you wake up in the morning, think about the steps above. Think about the ways you can 'reach beyond' yourself today. One of the "hardest of the hard" sayings of Jesus is today's story. Jesus knows how to speak to the depths of our need and our greed. He sees us in our total condition—rich one, poor one (beggar and thief)—and he does not turn away. He has a healing vision for all of our many selves, the ones needing comfort and consolation as well as the ones needing the fiery stripping away of pretense. I see in this story the high-faulting' parts of us strutting past the poverty stricken parts of us, refusing to see, refusing to stop and attend to the ghetto neighborhoods within our own souls. The Lazarus parts of us also cannot see. They keep begging for a handout from the same old stockpiles of wealth, prestige and social approval that have never been able to satisfy fully, regardless of how we keep layering them on, more and more. Neither sees the truth—that the only real wealth will be found in reaching beyond one's self to the still point, the meeting ground, of mercy. Lazarus thinks this wealthy man in his fine robes who feasts sumptuously

every day is the answer to his need, so he begs of him a bit of this and that. All the while, the wealthy man is starving, too. Both of them, starving for food that will last, for the food that is Life. They have no idea that the feast of true nourishment lies right there between them. Not in Lazarus in his poverty—oh, how tempting it is to romanticize poverty!—and not in the rich man with all his advantages. The feast of mercy is found only when they finally see each other, when they meet across a bridge of compassion. Seeing each other changes everything.

We are not told the rest of the story, but surely the conversation continues. Surely healing has begun. My brother, of whom I spoke last Sunday, received the healing mercy of death on Monday afternoon. One of the gifts of his abbreviated life, as with this “hard saying” of Jesus, is the warning it leaves behind. See what is really real, what is true wealth, now. Do not walk past your life, failing to notice the condition of your many selves. Don’t delay walking across whatever bridge of compassion is right now waiting for you. Do not pass through this life without having lived. The growing information and distraction overload, sometimes it is difficult to stay focused and motivated to work. This hinders not only our productivity, but also our happiness, as we sometimes reach the end of our day feeling unaccomplished.

Motivating Yourself to Push beyond Your Limits

Here you’ll find some actionable tips to help you motivate yourself to work harder:

Motivating Yourself to Push beyond Your Limits

1. List your MITs

If you want to start your day with right foot, start your day the night before; write a short list of the Most-Important-Things (MITs) to go through the next day. These are the tasks that if performed will make your day Try to keep the list between three to five items, adding more than that will make it unattainable and it will ultimately defeat its purpose.

2. Eat your frogs first

If you leave the most difficult tasks for the end of the day, you’ll have ego depletion and will end up pushing the task for the next day, day after day, thus procrastinating. What best than crossing off the most impactful task, which will probably be the “The ONE Thing” that could render the other tasks easier or unnecessary. So eat your frogs first! Start with the most difficult thing on your list.

To do this, you need to steer away from things that will lead to you procrastinate, so make sure you avoid distractions at all cost.

3. Avoid distractions

Our brain doesn't have the capacity to work on more than one thing at a time, so when we claim to "multitask", we are actually switching between tasks. It may take up to 23 minutes for our brains to fully recover the lost concentration after getting distracted. These distractions could be coming from people interrupting you, or coming from your devices in the form of popup notifications, sounds or vibrations. Part of the problem is that we feel we are being productive while multitasking, so we get a positive dopamine release as a reward, which reinforces the bad habit of multitasking. Avoid distractions to stay engaged with your work, it will help you be more effective and keep you motivated. You can let others get a hint by closing your door every now and then, or by using headphones while working. Another way to maintain a laser focus is by working on a single task, a good way to structure this can be accomplished if you batch your tasks.

4. Batch Tasks

Batching tasks means grouping similar tasks and working on them in batches. This concept is not new, and it's commonly used on operations management as an integral part of maximizing the production. Whenever there is a task, there is a preparation (*miser en place*) required to do it. For instance, you set up a time, place or event to start doing it. By batching tasks by similarity, you utilize the set-up time for multiple purposes, instead of having to set-up multiple times again and again, wasting valuable time and energy.

The activity batching will greatly differ from job to job. Here are a couple of examples:

Batch email reading/writing: Instead of constantly opening your email client, or email tab, dedicate one or two windows a day where you check your emails. Usually, 1.5 hours after you've started your work day is a good time to run the first batch.

Batch reporting: If you have to write or read reports, do not do that as they come, batch the whole process and allocate a part of you day to do it. In my case, I used to designate one day a week for this purpose.

In general, batching is something that can be tailored to specific jobs. It doesn't

have to be an identical subject, topic, activity, etc. But it has to share similarities (in skills and set up required).

Find what works best for you and schedule yourself. Commodore (and other time-restricted techniques) are great for task batching as well, we'll go through it in the next point.

5. Use the Commodore Technique

The Commodore Technique is used for time management and it was developed by Francesco Carrillo in the late 1980s. It basically consists of creating Working Intervals of 25 minutes and then taking a 5 minute break, after which a new 25 minutes working interval would start. Normally, it is recommended to take a longer, 15-min break, after 4 Commodore intervals.

Studies have shown that we tend to lose focus and drop productivity if we sustain long periods of continuous work. So it is important to take regular breaks, and hopefully do some sort of physical activity like walking, to increase concentration by supplying more blood to the brain, as well as enhance our energy levels and work better. This time-restriction technique benefits from the Parkinson's Law (work expands so as to fill the time available for its completion), assigning short periods of time to push yourself to go through the tasks more effectively. But just completing tasks more effectively isn't enough to stay motivated, this is something that can be tackled by finding some purpose behind these tasks. In our next and final point we'll discuss just that.

6. Find purpose

People respond 30% more to requests when they are given a reason, even if the reason doesn't make much sense. Having a clear purpose of why we need to do certain things, even if we don't like doing them, helps us get motivated to carry them out. If you get assigned some work that seems irrelevant to you, try talking to your manager so he can help you connect the dots and see the big picture, and how that work you're about to do will be part of something greater. By following these simple tips, you'll find yourself more motivated to work harder and better. You just need to remember to start your day the night before by listing your MITs, then starting the actual day by completing the most difficult and impactful task (the

frog!), hopefully doing that while working on Pomodoros, without any distractions, and with a clear understanding on how by completing that task you're building towards something greater than itself. Motivation isn't a one-time thing. To be successful in business you must continually monitor your motivational self-awareness to ensure that you stay motivated. This involves a system of personal checks and balances that keep you focused, on task and moving forward in a goal-oriented fashion.

1. Put your short- and long-term goals in writing and post the list where you can see it on a regular basis. Glance at the list at least once a day and remind yourself that you need to stay on track to get where you want to be.
2. Post pictures of your motivators around your workstation. Images could include your kids, your family, pictures of your dream vacation or your perfect house. Surrounding yourself with these images can make you continually self-aware of the things that are driving you.
3. Take stock of your attitude at the start of the day. Ask yourself what you want to accomplish that day and why that accomplishment is important. At the end of the day, repeat the exercise. Make a mental list of everything you achieved and remind yourself you're that much closer to achieving your goals.
4. Employ a motivational buddy. This can be a friend, a colleague, a family member or a spouse. Agree to connect with each other on a regular basis for a motivational self-awareness checkup. As part of the exercise, agree to talk to each other about areas of your professional life that are flourishing as well as those elements that are bringing you down. Use this time to focus on tactics that cause you to feel excited about tackling the problem areas and put a plan into action immediately.
5. Challenge yourself. Push yourself to new professional heights. Apply for promotions, submit your name for industry awards and take on more responsibility in your workplace. This constant feeling of forward motion keeps you continually aware of your goals.
6. Mentor others. Sometimes helping others achieve their goals can mentally motivate you to keep pushing forward with your own.
7. Ask for frequent evaluations from your boss. Hearing regular feedback about your performance helps you stay self-aware about where you are and where you're going.
8. Take time to re-energize and care for yourself. Highly motivated people often find it hard to stop and take a break, but recharging your mind and body is another aspect of motivational self-awareness. Institute a regular exercise plan or schedule time for an activity that relaxes you. This gives you a regular boost in the mental

and physical energy department.

Two Powerful Forces: Growth and Safety

In **Toward a Psychology of Being**, there are two powerful sets of forces within the human condition: a drive for growth and its opposing force, a drive for safety. Growth propels us forward toward wholeness of Self to discover our uniqueness (what Carl Jung called the **individuation process**). An opposing force leads us to defend our current self, clinging to safety out of fear of the unknown. The force of safety keeps us where we are now, clinging to the past and afraid to take chances in order to improve our current conditions (internally and externally). This safety seeking side is afraid of independence, freedom, and separateness—the very things our growth side is demanding.

The Delight of Growth and the Anxiety of Safety

What we focus on tends to guide the direction of our lives. If we focus on the dangers of growth, our need for safety wins the day. But if we minimize the dangers of our emerging uniqueness and fuller expression of the Self while enhancing our attractions toward growth, a world of new possibilities presents itself. We are confronted with an ongoing series of choices throughout life between safety and growth, dependence and independence, regression and progression, immaturity and maturity.

In Toward a Psychology of Being:

We grow forward when the delights of growth and anxieties of safety are greater than the anxieties of growth and the delights of safety.

The Dangers of Growth

There is a valid reason to fear growth. In addition to the rewards and gratifications, growth also brings pain. Each step forward brings us into the unfamiliar, into possible danger. Each step forward requires us to give up something familiar and satisfying. Growth can mean a separation, a death and rebirth as well as the grief and mourning that comes with loss of the old. We grow toward greater complexity. This means when we grow, we might have to give up something easier and simpler. The path of growth often means taking on more demands and responsibility; it can mean a more difficult life. Is there any wonder anyone would avoid such a path?

When Safety Trumps Growth

Does this mean we must throw aside our concern for safety in the service of our development? Absolutely not. Safety is a more basic human need than growth. In the absence of a feeling of safety, the will to grow is not generally present. Consider, for example, a young child clinging to her mother's leg while she attempts to walk for the first time. If the mother abruptly exits the room to answer the phone, the child would likely terminate her herculean effort. Sometimes, choosing safety is wise and appropriate when it helps us to avoid more pain than we can bear in that moment. But ultimately, we know that if we consistently choose safety over growth, in the long run, we find ourselves in a state of disappointment. If we cling to safety for too long, we wake up one day and look back on a life that never was—an unconscious life filled with regrets and missed opportunities. Moving in the direction of safety, we deny our unique destinies.

Indications along the Road to Growth (and Safety)

How do you know when you're on the road to growth?

There are numerous subjective indicators:

- You're more likely to experience feelings of happiness or euphoria, of a zest in living, serenity, joy, and calmness.
- You feel confidence in your ability to handle the inevitable problems along the way and the stresses and anxieties that accompany them.

When the force of safety dominates us, we show signs of self-betrayal and regression and we become fixed and rigid out of fear. Here, we are consumed by a different set of emotions: anxiety, boredom, despair, inability to enjoy, aimlessness, emptiness, a lack of identity, intrinsic guilt, and intrinsic shame. Fear and the need for safety won't go away, nor should they. The drive for safety helps support our survival. But courage and the need for growth are also part of what it means to be human. In courageously walking the path of self-mastery, we can realize our true potential and live a uniquely meaningful life.

How Homeostasis Influences Our Growth and Development

We know that most people have a fear of failure. Those who do have a **fixed mindset**. In a fixed mindset, failure can evoke emotions of shame, embarrassment, humiliation, frustration, worthlessness, and defeat. It damages an already fragile self-esteem. But did you know that many of us fear success, too? The reasons for this one isn't as obvious. Success can bring a sense of achievement, internal and external rewards, and greater confidence. It can also bring us a better quality of life and new opportunities. So why fear success? And why do we often subconsciously self-sabotage our development?

What is Homeostasis?

We fear success for the same fundamental reason we fear failure. Movement in either direction—up or down—means moving out of the known and into the

unknown. Our internal systems are designed to maintain *homeostasis*. We are biologically wired to stay in balance, to stay within what is known and comfortable. Our bodies, brains, and behavior have built-in mechanisms to stay within a narrow range and return to equilibrium when they move outside these narrow limits. Homeostasis refers to the body's automatic efforts to maintain a constant, "normal" state. In our blood stream alone, homeostasis regulates the content of water, salt, sugar, fat, protein, calcium, and oxygen. What would happen if your blood-sugar level dropped by 10 percent? Big trouble! All self-regulating systems have ways of maintaining homeostasis and keeping us in familiar and safe territory. Keeping human beings in a state of homeostasis takes billions of interconnecting electrochemical signals coursing through our brains, nerve fibers, and bloodstream.

CHAPTER FIVE

INCREASING YO AWARENESS

For those who are meeting me for the first time, a few words of introduction are needed. I have come a long way from a fateful day when I, a self-made business leader, and an author of two books, and a cognition speaker, realize that we can listen to only one voice at once had led me to believe. After our birth in the physical state, our main source of learning is through experience, through the relationships, joy and pain of interaction with other people. We progress on our spiritual paths in order to learn about love from all sides. Relationships are the living laboratory, a field test to determine how we are doing whether our lessons have been learned, to discover how close we are to our pre-determined life plan. In reality our emotions are evoked, and we react. Have we learned to turn the other cheek, or do we retaliate to violence? Do we reach out to others with understanding, love, and compassion, or do we react with fear, selfishness, or rejection? Without relationships we would not know; we could not test our progress. They are wonderful but difficult opportunities to learn.

We're here in the existence to learn and to grow. We learn traits and laws such as consciousness, love, compassion, creative thinking, hope, faith, forgiving, pride, fear, imagination, shy, risk-taking, inventing, and meditation, kindness, and hatred. It is primarily through relationships that we learn these lessons. More learning can occur when there are many obstacles than when there are few or none. A life with difficult relationships, filled with obstacles and losses presents, the most opportunity for the soul's growth. You may have chosen the more difficult life so that you could accelerate your spiritual progress. Sometimes a negative event such as losing a job, may be the hand opening the doors to a much better opportunity. We should not grieve prematurely. Destiny may need a little more time to weave its intricate tapestry. In addition to pain and hardship, there is also love, joy and peace in this world. We are here to be in a community, learning about love by being amidst other human beings who are in the same path, learning the same lessons.

Love is not an intellectual process but rather dynamic energy flowing into and through us at all the time, whether we are aware of it or not. We must learn to receive love as well as to give it back. Only in community, only in relationship, only in experience we can truly understand the all-encompassing energy of love.

Increasing your awareness of self and the other. "What is revealed to me is what is

important to me, what concerns me. Each person must be concerned with himself or herself. With making him or herself whole. We have lessons to learn. Each one of us. They must be learned one at a time. In order, only then can we know what the next person needs, what he or she lacks or what we lack to make us whole." Understand the nature of the inner self, the real self which is important and immortal. This understanding will help you keep things in the proper perspective. Know thyself, so that you can see clearly, without the distortions of the conscious mind or the subconscious mind. Practice meditation and visualization, detached loving kindness or creative thinking. Cultivate this state. Know your thoughts, know what you believe in, realize that you have swallowed them whole. When you generalize into groups or stereotypes, you stop seeing the unique individual.

Relationships need nurturing and attention. Detach from your fears, your negative emotions. When you need to talk, or communicate, reset your priorities. Devote time and energy to the other person. Bring full attention to the relationships and its problems. The relationship is more important than television, media, newspaper or magazines. Eliminate distractions. Turn off the television, put the newspaper. Respect the other person. Do not take anything for granted. Do not stay in your comfort zone. Renew the relationship through loving actions. The now is living, alive in the present. It is not a thing of the past. Allow the soul to enter the relationship through awareness and understanding.

Self-transformation

Humans are not meant to stop growing. In fact, no living thing on earth is meant to stop growing. We are all alive, reaching for the sun. Progress in life is all about reinvention. I am going to preface all of this by saying that reinvention is not the same thing as endlessly seeking reward or achievement. There is a difference. Seeking an achievement usually implies an "end." You win the trophy and then you're "done." That's not what you want to aim for--because as soon as you say you're "done," you are no longer reaching and stretching yourself, which means you stop growing. Reinvention, however, leaves the end open--which is actually a good thing. Reinvention is what allows you endless opportunities to continue exploring new parts of yourself. Exploration is growth, and growth in this sense is not outward facing but inward.

Whenever you find something about yourself you want to change, you need to look for a way to reinvent it.

1. See yourself outside yourself.

Imagine you are a sculptor. A sculptor looks at his or her piece of stone and endlessly questions new ways to shape it. And if he or she thinks of something to change, there is no emotional attachment. They just do it. This is how you need to see yourself--as a work of art, always in progress. No need to get upset, or come

down hard on yourself when you see something you do not like. Instead, like an artist, just get to work.

2. Find the habit associated with the thing you want to change.

Far too often, people focus too much on the thing they want to change instead of the habits that formed the thing in the first place. For example: They try to solve being overweight with doing a lot of abs exercises, without acknowledging that the problem is their poor diet. To truly reinvent aspects of yourself, you have to find the habit that created that trait in the first place--and then adjust the habit.

3. Practice every day, no matter what.

Change is not something you do some days and then take a break from other days. Change is a shift in lifestyle. It requires daily dedication, to the point where that new habit takes the place of an old one and no longer requires conscious effort.

4. Set realistic goals.

You can't just wake up one morning and say, "I'm not going to be impatient anymore!" Yes, you are. And you actually help yourself by acknowledging that a bad habit like that won't be solved immediately. Instead, set the goal to be more patient during your team meeting that happens every morning. Use that as an isolated practice space and subconscious reminder of what it is you want to practice. Focus on that for a few weeks, and then go from there.

5. Constantly look in the mirror.

Things get dangerous when you refuse to stop and really look at yourself--when you avoid self-reflection. There is a time and a place for "go" mode, and then there is a time and place for reflection mode. Both are necessary. And you will quickly find that unless you take the time to ask yourself the tough questions, you will fall off track and not know how you got there.

6. Surround yourself with people who will tell you the truth.

If everyone around you is telling you "yes," then you have a serious problem. You need people who are going to challenge and question you. You need people who won't be afraid to tell you the truth. Tough feedback is essential for personal growth.

7. You have to take risks.

You will never become the person you want to be by continuing to be the person

you currently are. Growth's only request is that you step out of your comfort zone. That's it. And unless you are willing to take that risk, to take that uncomfortable leap into the unknown, you will forever stay exactly where you are.

There is a reasoning soul in this machine

The mind and body are separate. The body is a material mechanical machine. The mind is immaterial, but seated in the pineal gland of the brain. The mind can control body by causing animal spirits to flow through the nervous system.

The idea that the mind and body are separate and different dates back to research, and the ancient philosophers who first described it in detail the mind-body relationship; the non- material mind, or soul is seated in the brains pineal gland doing the thinking while the body operates by animal spirits flowing through the nervous system to cause a movement. This idea had been popularized in the 2nd century by research that attached it to its theory of the humors; but it in detail, and to emphasize the separation of the mind and body.

The pineal gland is the seat of thought, and so must be the home of a soul, because the one cannot be separated from the other. This was important because otherwise the soul would not be connected to any solid part of the body, but only to the psychic spirits.

Isaiah imagined the mind and body interacting through an awareness that were to flow through the body. The mind, or soul, residing in the pineal gland, located deep within the brain, was thought to sometimes become aware of the animal spirits, which caused conscious sensation. In this way, the body could affect the mind. Likewise the mind could affect the body by causing an outflow of animal spirits to a particular region of the body, initiating action.

Pineal gland

It's a single organ in the brain ideally placed to unite the sights, and sounds of the two eyes and the two ears into one impression.

Analogy for the mind

Taking his inspiration from the books that he reads with their principles of human knowledge that supply ideas, research describes the spirits of the body operating the nerves and muscles like the force of water and by this means to cause motion in all the parts. There is a rezoning soul in this machine; it has its principal site in the brain, where it is like fountained who must be at the reservoir, whiter all pipes of the machine are extended, when he wishes to start,

stop, or in some way alter their actions.

While researchers argue as to whether the mind and brain are somehow different entities, most philosophers equate the mind with the workings of the brain. However, in practical terms, the distinction between mental and physical health is a complex one; the two being closely linked when mental stress is said to cause physical illness, or when chemical imbalance affect the brain.

SIX

FAITH IN GOG'S GOODNESS

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11). If you go back to the Garden of Eden, (which is probably now a parking lot in downtown Baghdad) you will notice that the first sin was a distrust of God's goodness. Adam and Eve became convinced that God was holding out on them. Eating from the tree was in their best interests. The foundation of most sin is a lack of faith in God's goodness, and disbelief that His plans for us are really best. When things are going wrong, we justify our sin with self-pity. We find ourselves thinking, “Well, I'm going to do this because God isn't taking care of me anyway, and rather than helping, He's allowing my life to disintegrate.” Such reasoning is designed by our scheming mind to bring us to a sense of entitlement to sin. More innocuously, many of us fall prey to pessimism and distrust that what lies in wait over the time horizon is anything but good, often brought on by a nagging sushi- coin that God never did forget our sin, and payday is right around the bend. We must fight the battle to deny or disbelieve God's goodness, with faith, never giving an inch. Everything God does in our lives is motivated by love, and any minor deconstruction of that truth is a lie that can have serious ramifications. In helping your disciples with this struggle, you might ask some questions to discover if their mind has a proclivity to move down this path. You might also share in what ways you tend to doubt the goodness of God. Intimacy with Christ is the best answer to any and all doubts of His goodness. When we feel close to Christ, we sense that He is on our side, and when we feel distant, we come to suspect that He is not. Memorizing scripture is great, but passages of scripture are animated by our intimacy with Christ.

IDENTITY THEFT

In a series of ads for Citibank's identity theft program, the viewer sits and listens to the thief who, having stolen the person's credit card number, recounts their various bizarre purchases and exploits. What makes the ads humorous as well as memorable is the thief's story is told (lip-synced) through the identity theft victim, sitting forlornly mouthing the words. In some way we are all

victims of identity theft. Having trusted Christ, we are heirs with Christ of all that is in Him. Most of us never fully grasp what God's Word says is true of us in Christ, or worse, we simply don't think about it. We are children of God, chosen before time to be in the family of God, yet these concepts don't make it to the starting line-up of thoughts that propel us into the day. In the movie *Cheaper by the Dozen*, the youngest child is treated as the family outcast. The other kids call him "FedEx" because they suspect he was adopted and simply delivered to the family, not born into it. Over the course of time he begins to believe it, rumors become a lie, and the lie grows in power until he runs away from the family believing he has no place within it. There's a message from an otherwise boring movie: our identity matters. Our faith in our identity in Christ is absolutely foundational to our lives. Faith is fed by reading the Bible. "The Daily Affirmation of Faith" was written to provide a concise, clear statement of the truth of God's Word as it applies to our victory in Christ (what is true of us in Him). Commend it to your disciples for daily reading particularly during times of deep trials and temptation when they are most prone to forget who they truly are, and believe things about themselves and God which are not true.

THE DAILY AFFIRMATION OF FAITH

Today I deliberately choose to submit myself fully to God as He has made Himself known to me through the Holy Scripture which I honestly accept as the only inspired, infallible, authoritative standard for all life and practice. In this day I will not judge God, His work, myself, or others on the basis of feelings or circumstances.

ONE

I recognize by faith that the triune God is worthy of all honor, praise, and worship as the Creator, Sustainer, and End of all things. I confess that God, as my Creator, made me for Himself. In this day, I therefore choose to live for Him. (Revelation 5:9-10; Isaiah 43:1, 7, 21; Revelation 4:11)

TWO

I recognize by faith that God loved me and chose me in Jesus Christ before time began (Ephesians 1:1-7).

THREE

I recognize by faith that God has proven His love to me in sending His Son to die in my place, in whom every provision has already been made for my past, present, and future needs through His representative work, and that I have been quickened, raised, seated with Jesus Christ in the heavenliest, and anointed with the Holy Spirit (Romans 5:6-11; 8:28; Philippians 1:6; 4:6,7,13,19;

Ephesians 1:3; 2:5,6; Acts 2:1-4,33).

FOUR

I recognize by faith that God has accepted me, since I have received Jesus Christ as my Savior and Lord (John 1:12; Ephesians 1:6); that He has forgiven me (Ephesians 1:7); adopted me into His family, assuming every responsibility for me (John 17:11,17; Ephesians 1:5; Philippians 1:6); given me eternal life (John 3:36; 1 John 5:9-13); applied the per- fact righteousness of Christ to me so that I am now justified (Romans 5:1; 8:3-4; 10:4); made me complete in Christ (Colossians 2:10); and offers Himself to me as my daily sufficiency through prayer and the decisions of faith (1 Corinthians 1:30; Colossians 1:27; Galatians 2:20; John 14:13-14; Matthew 21:22; Romans 6:1-19; Hebrews 4:1-3,11).

FIVE

I recognize by faith that the Holy Spirit has baptized me into the body of Christ (1 Corinthians 12:13); sealed me (Ephesians 1:13-14); anointed me for life and service (Acts 1:8; John 7:37-39); seeks to lead me into a deeper walk with Jesus Christ (John 14:16-18; 15:26-27; 16:13-15; Romans 8:11-16); and to fill my life with Himself (Ephesians 5:18).

SIX

I recognize by faith that only God can deal with sin and only God can produce holiness of life. I confess that in my salvation my part was only to receive Him and that He dealt with my sin and saved me. Now I confess that in order to live a holy life, I can only surrender to His will and receive Him as my sanctification; trusting Him to do whatever may be necessary in my life, without and within, so I may be enabled to live today in purity, freedom, rest and power for His glory. (John 1:12; 1 Corinthians 1:30; 2 Corinthians 9:8; Galatians 2:20; Hebrew 4:9; 1 John 5:4; Jude 24).

OUR SALVATION

We'll conclude with the most fundamental of truths, and ground zero for faith. All things build upon this. Yet to all who received him, to those who believed in his name, he gave the right to become children of God (John 1:12). I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life (1 John 5:13). In describing our spiritual armor, Paul uses a helmet to illustrate the truth of our salvation: that which protects the mind, and protects us from a fatal blow. We make it a critical part of basic follow-up, because scripture affirms that it is. Let your disciples doubt that Iraq had weapons of mass destruction. Let them doubt that the Cubs will ever win a

World Series. But, rehearse this with them until that helmet cannot be pried off their head.

HOW FAITH GROWS

Faith is like a muscle; it grows by lifting weights. Weights are the resistance—the doubts, mental whispers, and circumstances that tell us the opposite of what faith must believe. When God seems absent and horrible circumstances swirl around us, everything seems to shout, “God isn’t here! And if He is, He certainly doesn’t care.” In those circumstances, faith curls the barbell toward the heart and says, “No, God is good. He is for me. He has a plan.” Thus, it is the circumstances adverse to our faith that become the vehicle for our growth—they are the weight on the barbell. And so all disciples are periodically tossed into a boat and sent out into a raging storm, where God is conspicuous by his absence. We are not trying to rescue our disciples from the situations and circumstances that will cause faith to grow. Our role is to come alongside them, strengthen their feeble arms and help them to curl the heavy weights that will cause their faith to bulk-up. (I think I just described a steroid.) God provides the weight (adverse circumstances and trials), but they must continue to lift the weight. We must spot them helping them push out more repetitions than they thought possible while making sure the barbell doesn’t pin them to the bench-press. Alternatively faith grows through new challenges and we serve our disciples well by calling them into circumstances where they will need to trust and rely on God. They take courageous steps, God shows Himself faithful, and their faith grows. Through the stress and strain of faith development, the truths discussed in this article are the most common fracture points, and the places your disciples may most need your encouragement to wind their way up the hill of faith.

. Attract Happiness - You can have all of the things you ever wanted in the world and without happiness, they will mean nothing to you. This is why attracting happiness should come first on your list of powerful ways to use the Law of Attraction. What to do: Act as if you are happy by putting a smile on your face. This tells the universe that you are accepting happiness and focusing on it. In return, you will be rewarded with happiness around every corner! If you begin to feel especially down for any reason, use positive thinking and affirmations to build your happy level back up. A good laugh also sends out strong signals that you want to attract more happiness. This is why you should definitely spend a few minutes a day doing something that makes you giggle or even roar with laughter such as watching funny YouTube videos or a comedy film. Goofing around with friends will magnify happiness for everyone involved as well.

Happiness Affirmations:

- I am happier with every day that goes by
- I gain happiness in everything that I do
- My friends, family, and daily activities bring me great happiness
- I am so grateful to live in a world full of contagious happiness
- this life I have brings me so much happiness that I can't help but smile

Happiness Visualization Technique:

When you wake up in the morning or whenever you begin to feel your happiness dwindle, get into a place where you can be alone for a few minutes. You don't have to be sitting or lying down to visualize, but it does help. First, close your eyes and breathe deeply. Slowly begin to focus your mind on a moment where you were completely happy, or on a place that makes you feel very happy. Whatever that is for you, imagine it in your mind's eye. Think about how happy it makes you to be there in that moment and let everything else disappear. Allow yourself to feel the smile on your face. Let your senses come alive and use them in your imaginary world to taste, touch, smell, see, and hear your surroundings. When you feel your happiness begin to recharge, imagine yourself in your life now, feeling just as happy as you do in your happy place. In circumstances that normally make you feel unhappy, picture yourself going through them happily as ever. Think about how much happiness you have and how there is an abundance of happiness for you at all times. Open your eyes feeling refreshed, wonderful and above all, very happy! Repeat as needed.

CHAPTER 6

LEADERSHIP

Quality keys of a great leader

I know that there many talks about leadership and wanting to become leaders. I don't think anybody should try and become a leader it's quite up seen that I want to become a leader, that means all of us should be what? I don't know. It's not about you wanting to become a leader because of the certain thing that you have done within yourself, it might be a level of observation, or it's an intelligence, or its experience. You are able to see something that most people can't see, the moment you are able to see something then people will naturally look up to you and say you are a leader, because you see something that they are not able to see. And if you become a leader- there many ways to become a leader you can get selected, you can get elected, you can work it out, or you can even pull other people down and become a leader, or simply people will rise you as leader because they see that you are able to see something they can't see. I feel this is the way that leadership should happen. You can call it that someone can do, and see something that others can't. So everyone wishes he must take charge of the situation because naturally he will be able to do something that others will not be able to do.

So what is the quality of leadership?

Leadership means once you plant a seed you should nurture it better than anyone otherwise you will make a ridiculous fool of yourself. Like nations and the things that have been happening, somebody plants a seed and he doesn't nurture it, the seed won't grow it will die and "he looks like a fool immediately." So it's not about you wanting to become a leader set a goal and see it from its roots, not because of you want to have power over everyone else. You must get to the root. I don't think there is ant quality of leadership. One thing is a leader means his since of life is beyond himself. Somebody becomes a leader because he is willing to think, feel and act for more people than himself. If you act for yourself you call yourself self-center if you just act for the sake of $\frac{3}{4}$ people together in the form of family you named a leader. If you identify yourself than the entire of the nation or the world you will be looked in a different way. Eventually your leadership will come from

the right contexts, depending on what you have identified yourself with. Because everybody needs an identity. What sort of identity of you have taken will determine the quality and contexts of your leadership.

The more you learn is the more you earn

Look at successful people like speakers, soccer players, actors and all the successful leaders. They are successful because they spend their time reading, they are successful because they are lifetime learners, and they commit to learning to learning new things every single day. Marcus one of the wealthiest human on the planet is famous for reading more than 5 hours a day, well opera she's just obsessed with books. Notice a common theme here. Successful people never stop learning. Think about this you have 100 to spend every single day but when the day is over more money disappear. You can't get it back wouldn't you try to spend all of your money before it goes away? Wouldn't Ou try a see it wisely? Use it as best as you can.

The sad part is we only have 846 00 seconds in a day and most people take this time for granted. Most people let this time go away without a second of thought. We never going to get this time back. We must use it wisely! We must be productive, we must use our time doing the things we enjoy the most, or use it to set up our life so that we can spend our future doing more things we want to do. Instead of wasting our time on meaning less things, use it to learn new things. The time you spend playing games, or partying with your friends will never come back. Once you use that time it's gone forever, use your time to read books, make money, study hard, and learn as much as you can. Most people give up on their dreams because it gets hard, a lot of students stop chasing their dreams because of one failed test, as a matter of fact, most students don't even try their best when they take the test. Why because in their minds they have already failed the test. They stop believing in themselves, and once the belief is killed- THE DREAM BECOMES DEAD TOO. So don't stop learning. Learn to earn.

Understand how you are perceived

Being self- aware and understanding how you are perceived by others are important components of personal growth and development of your potential. Some might ask what the importance of sled awareness is. Well self- awareness will help you improve yourself, establish your own identity and will help you have a harmonious relations. Thus developing self- awareness takes a lot of practice and effort. It requires a person to pay attention on his own personality and behavior

Create a daily habit of self- reelection and develop a daily practice of setting aside at least 20minuets to reflect on your life. This practice enables you to focus on the important things on your life not just the immediate direct correlation between mindfulness and changes in the brain away from anger, anxiety and toward a sense of calm and well- being. Reflection takes many forms, some keep a journal, some

pray, and others take a long walk or job. Personally I use daily meditation as my mindfulness habit. By centering into myself, I am able to focus my attention on what is really important and develop an inner sense of well- being.

Improve your life

- 1- Motivate yourself. Whatever has to be done is always a choice. Sometimes you might feel heavy as you rise and it is hard to get a thing. However, feeling less motivated too often has unhealthy. Motivating yourself and viewing life in positive side will help you develop your potential and self-awareness. In addition awareness of your psychological needs can increase your motivating by helping you understand and seek out the reward that you desire.
- 2- Meditate. Meditation is a practice of improving your moment by moment awareness. Meditation is usually begins with appreciating of, focusing on, inhaling and exhaling. However this doesn't need to be formal or ritualistic. Jest simply find a few seconds to focus on your breathing often before you sleep. Also meditation can be helpful if you ask yourself set of questions like: "when can I do to change?" what am I trying to achieve? Or how am I going with my fears?
- 3- Keep an open- mind. One of the most difficult things to practice is to keep an open mind. Understand someone's point of view even if you disagree can change and free your mind. Change the way you think and don't get stuck in a mindset that makes you frustrated and hopeless.

Take action

So let's look at what separates the 10 percent who DO achieve their goals from the vast majority who don't? The answer has everything to do with ACTION. The people who achieve great success in life are the ones who are willing to take consistent action toward realizing their dreams. They're the ones who jump out of their seat to get the ball rolling — on the new project at work, the new skill they want to learn, or the promotion they want to get. They consistently take steps to make their goals happen, no matter what others may think or say about it. Most importantly, they realize that the decisive moments of their lives aren't just in the big, once-a-year big scary leaps of faith and goal-setting. They're in the countless small decisions they make and actions they take every single day that keep them on target toward achieving their dreams. Because without regular and decisive action, your goals simply are not going to be achieved. Period. No matter how ambitious your goals, or how brilliant your plans are for achieving them, if you're not prepared to take regular consistent action to reach them, they're not really goals at all—they're just wishes, fantasies and daydreams.

Fulfill your true personal potential

“Precise intentions are like looking through binoculars. You must know what you are looking for, and in order to spot your target you have to have a general idea where it’s located. Even when you are looking straight at your target, in order to see more detail, you need to zoom in. That is what precise intention does, it locates and magnifies that which you want. If you are focused with laser precision on what you want, and are taking action to move towards it, you’ll get it.” Tom refers to a study by Dr. Masaru Emoto, which revealed that our words and thoughts impact every cell in our bodies. Words are very powerful, with the ability to affect our entire being in either a negative or positive fashion. Whatever follows the word “I” will dictate our feelings and actions. Therefore, Ledford suggests that instead of saying weak comments like, “I don’t know if I can get this done”, start using empowering statements such, “I am committed to having the best month of my life.”

Visualization

With a few decades of experience under my belt, I truly believe that our outer world is just a reflection of our inner world. We are where we are in life, because for the most part that’s exactly where we want to be. Research advocates the use of Visualization—a practice which he believes helps to rewire the subconscious mind. While he presents an overview of the many different techniques for using mental imagery, “By getting in the habit of tapping into where you will be one year from now and going to that spot through visualization, you will be rewiring your subconscious— increasing your belief in yourself and seeing your success as possible. Believing in your intentions, and taking the appropriate action towards attaining these goals will ensure that a world of opportunities open up—you will begin to meet the right people, and will find yourself being in the right place at the right time.”

Meditation

Meditation has grown rapidly in recent years as more and more studies show that it can help reduce stress levels, lower blood pressure, strengthen your body’s immune system, improve cognitive functioning, increase productivity and stimulate creative thinking. Meditation is also a powerful strategy for success, allowing you to easily and effortlessly go after that which you seek. He suggests that when meditating, we should, “Bring an image of your dream or goal to mind so that it can be planted in the fertile soil of the subconscious, programming plans for you to achieve it.” The prospect of advancing to the top of one’s field is what makes it possible for many people to keep plugging away at their jobs, honing their skills, and taking on new projects. But after a certain point, career development depends on more than technical skills and a willingness to work hard. You also need a few soft skills, not the least of which is the ability to take on a leadership role. Some people are natural leaders, but anyone can develop the skill set needed with some practice. If you want to take your career as far as it can go, then you have to be willing to put in the work. Here are 9 strategies to help you develop your leadership skills and keep advancing

your career. Find out your ideal leadership style based on your personality here: Which of These Leadership Style

Practice discipline

A good leader needs discipline. Developing discipline in your professional (and personal) life is a must in order to be an effective leader, and to inspire others to be disciplined as well. People will judge your capacity to lead by the amount of discipline you display at work. Demonstrate discipline at work by always meeting deadlines, keeping appointments, and ending meetings on time. If you are naturally disorganized, then you may have your work cut out for you, but you can always start small: try implementing good habits at home, like waking up early and getting daily exercise, and work your way up from there.

Take on more projects

A great way to develop your leadership skills is to take on more responsibility. You don't have to take on more than you can handle, but you do need to do more than simply what's covered in your job description if you want to grow. Stepping out of your comfort zone is the only way you will learn anything new, and doing so will get you noticed by executives as someone who takes initiative.

Learn to follow

A true leader has no problem yielding control to another person when appropriate. You should not feel threatened when someone disagrees with you, questions your thinking, or puts forth ideas of their own. Keep an open mind and give merit where merit is due. It won't always be easy, but if you learn to value and respect others on your team, they'll be more likely to step up to the plate for you.

Develop situational awareness

A mark of a good leader is someone who can see the bigger picture, and anticipate problems before they occur. This is a valuable skill to have when handling complex projects with tight deadlines. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader. This ability also helps you recognize opportunities that others overlook, which will certainly earn you recognition.

Inspire others

Being a leader means you are part of a team, and as a leader you should be able to motivate and inspire those you work with to collaborate as best they can. When a team member needs encouragement or guidance, offer it. Sometimes, all a person needs is someone to listen and be sympathetic. Keep learning

CHAPTER SEVEN

LOVE AND COMPASSION

The majority of us do not live our lives as if we were aware of our spiritual nature. We act as if we are just physical objects, with neither souls nor spirit. Otherwise we would never do the insane things we keep doing. More than 90% of us believe that there is god, that heavens exists, and that we go to another realm when we die. But our behavior belies these beliefs. We tread each other rudely and violently. We still commit genocidal acts and fight incessant wars. We murder, rape, we torture and steal. We continue to behave in very crude and selfish ways. Fear prevents us from recognizing our true spiritual essence.

Spiritual beings such as we are should be practicing love and charity, not murder and robbery. We have so many fears.

If you think in terms of reward and punishment, consider that you will be abundantly rewarded for thoughts and acts of love. You will be invariably punished for acts of violence and hatred. Still we don't seem to understand this; instead, oftentimes we find the expression of love more frightening. We fear being rejected, being labeled, being humiliated, being detected as weak, being foolish.

Yet these fears are false; we are always loved and always protected. We are spiritual beings in a vast spiritual sea, populated by innumerable other spiritual beings. Some are in physical form, but most are not.

Love is the water of this sea.

Love is an energy, the highest and most pure energy. At its highest vibrations love possesses both awareness and wisdom. It is an energy that unites all beings. Love is an absolute it never ends.

When physicists in their laboratories measure the energies that healers emit, whether they direct this energy toward patients, bacterial cultures, or

elsewhere, i believe these energies are related to the energy of love [spiritual energy]. Healing energy is a component of spiritual energy.

When physicians talk about mind-body connection, i believe love is the connecting energy. When religions talk about the nature of god, love is always mentioned. This unites all of us. One characteristic of energy is its vibratory pattern. Gas molecules vibrate more rapidly than molecules of solids.

It is not far- fetched to imagine that there is only one pure energy, that which we call love. As its vibration is diminished, its state changes. We are the ether form.

Two of our main goals during our lifetime are redemption and inner peace. By redemption i mean freedom. Redemption implies the overcoming of karma, through our actions and through grace. THERE are many path to redemption. When we are redeemed, we have reclaimed our souls Destiny

I can say with confidence that the moment a person truly starts down the path of self-discovery, they will never turn back. Many may ask the question, “What is self-discovery?” or “What do you mean you don’t know who you are?”

Research defines self-discovery as follows:

“A becoming aware of one’s true potential, character, motives, etc.”

Ignorance towards my true self is something I lived with for a long time. Self-discovery means many things. It means finding your purpose in life (we all have a purpose), it means digging deep into your childhood and revealing the experiences that shaped you... good and bad. It means realizing what your beliefs are and living by them. The effects of self-discovery include happiness, fulfillment, clarity and maybe even enlightenment! The journey however is not always an easy road. The journey includes fear, confusion, misunderstanding, doubt and literally re-visiting all your choices in life. I like to refer to it as spring-cleaning of the mind, your emotions and your surroundings (including the people in your life). It requires making some tough decisions and sticking to them. My journey so far has seen me cut people out of my life. I call them the “takers.” They were takers because I allowed them to be and it wasn’t until I realized that many of these relationships were one-sided — self-discovery — that I decided to cut them out. It has also seen me completely change the course of my life and start to follow my true passion and purpose (this blog). I have also started to set intentions and no longer have expectations from others — okay... this one is really hard for me and it’s a work in progress — but instead I have started to look within for answers. I’ve had several setbacks along the way and I have no doubt I will have many more but, I’m not giving up.

What I know for sure is that the journey is worth taking. I am slowly becoming calmer, more aware and more tolerant. I am learning how to pay attention to my feelings and understand myself better. What I know for sure is that I have been very

hard on myself for most of my life. I have not been truthful with myself and have had unrealistic expectations therefore, setting myself up for disappointment. Why do we do this? Why do we lie to ourselves? And more importantly, why do we allow ourselves to get away with it? When someone else lies to me and I find out about it I freak out. “How dare he lie to me? Does she think I’m stupid?” but, we lie to ourselves profusely and even cover up our own lies by accepting them as truth in order to reassure ourselves that it’s okay?

For example: I have body image issues. I have always had body image issues yet covered it up by lying to myself. When I was 14 I even tried to starve myself thin. I would convince myself that I was happy with the way I looked when deep down I knew I wasn’t. I worked so hard to cover up how I really felt by masking my true feelings. “I’m happy with my hips” I would tell myself and “I like my perky butt,” even though deep down I hated the way I looked. I’m not implying that what I was feeling was a good thing but, it was what I was feeling and ignoring it, or pretending it didn’t exist was doing no good to me — or my body image issues. Eventually, it became exhausting. Recently, I started working on accepting the fact that I have body image issues and acknowledging my feelings towards them. I am not suppressing the feelings I have any more instead, I am admitting to them therefore diminishing the threat they once held upon me and reducing the hold they had on my life. There comes a freedom with accepting your feelings and emotions. It’s like a release of some sort. Like you’ve identified the elephant in the room and waved at him so you no longer have to pretend he’s not there. Once you acknowledge the elephant in the room he doesn’t bother you anymore. You learn to co-exist and be okay with his presence and not allow him to control how you act and feel anymore.

What I know for sure is that being true to my feelings and acknowledging them as well as validating them has released so much fear in me. It has released my fear of not being good enough as well as my fear of not living up to the expectations I set for myself. What I know for sure is that we are usually our own worst enemy. We hold ourselves back in so many ways and I am ready to move away from that pattern. I’m not suggesting that these fears no longer exist within me because they certainly do and, I don’t think they will ever go away but now that I am aware of my true feelings and now that I am becoming conscious of my real beliefs, they no longer have a strangle hold on my life. Instead, I have a hold on how they can or cannot affect me.

My message is this... Stop being your own worst enemy! Stop lying to yourself about your emotions and feelings and start accepting them and allowing yourself to feel whatever is it you feel. The freedom you will feel within yourself is reward enough however, the universe will give you back the love that you have finally and justifiably started to give yourself. This I promise you! “When I discover who I am, I’ll be free.”

Inner Transformation

Many of life's answers are sought in the outside world, through people, things, and experiences – but when you pause and connect inward you discover that all the answers and clarity you will ever need, lay deep within you. There is an abundant source of strength, wisdom, creativity, peace, and joy inside of you. All it takes is the motivation to self-inquire, the wisdom and guidance of an expert, and a safe, supportive environment where you are completely at ease. When you retreat with us, that's exactly what you experience at our serene mountaintop sanctuary. Personal transformation is possible.

Explore Your Greatest Potential

There are a host of life scenarios and experiences that can prompt the inward journey of self-discovery. Perhaps you're at a crossroads, dream of finding your purpose or are inspired to shift your life in a new direction but unclear of the way forward. Maybe you're seeking tools to manage stress or enhance your self-esteem. Or you've realized through life's twists and turns you've accumulated unhelpful thought patterns. Maybe you're simply feeling stuck. Whatever it is, when you choose to self-inquire you make an important step in removing these blocks to living your greatest potential!

Insight & Expertise

When venturing into new territory, a map can be your best friend. In the realm of self-discovery, a trained professional in their field is your 'map' and expert guide. Whether it be a life-coach, spiritual guide, body-worker, psychologist, professor or medical professional, there is a wealth of expertise waiting to help you unravel the layers to your true, authentic self. They provide you with everything you need – from skills, wisdom, and techniques to inspiration, support, and understanding. You begin to tap into limitless resources within and gain insight to help you move forward in the direction you've been seeking. The retreat experience extends beyond the facilitator too, you connect with a community of like-minded individuals giving invaluable inspiration, friendship, and comfort on your inward path.

Make the choice to live a happy, fulfilling, and authentic life. Feel confident and empowered and know what it really means to feel alive and connected to the best version of you!

Our signature Happiness Retreat is a year-round program that equips you with self-empowering tools for greater joy, increased confidence and abiding happiness

Self-discovery is a life-long journey and commitment to oneself. It is an inner healing process of getting to know who you truly are and not who you've been told you are or what your ego tell you are. Self-discovery is for individuals seeking to find the answer for themselves; those who are willing to question even their own thoughts; those who are willing to tackle issues which before they were afraid to tell

even to themselves. Many people often wait for something bad to happen for them to start to pursue self-discovery. This should not be the case for you; you can start this journey at any time. It will be worth the effort.

What it is about

It's about knowing your every emotion and honoring every aspect of your being. I have to mention though, self-discovery isn't easy. If there isn't some connection/belief in a Higher Power/Being/Intelligence. It's also about discovering how to love who you are, respecting who you are and becoming authentically sanctioned from the core of your being. It is indeed a journey of discovery, and what you are discovering is your genuine self.

You Are Unique

Each person's journey will be different and unique because we all have different life lessons to learn and different issues to heal within us. You move at your own individual pace, in your own uniquely, individual way. There is no one method that works for everybody. You are different; you approach life in your own unique way. It sounds daunting doesn't it? Don't worry. There is no rush. I was a slow traveler, but that was the rate that was right for me. I soon found out that there are no neat little boxes to tick; no one RIGHT way; no rules and no absolutes.

Summary of Self Discovery

Acknowledge that there are issues in your life that need better understanding and thereof sorting.

Accept and take on this issue without feeling guilty or judging yourself

Respect the issues enough to want to invest the time to sort them out

Have confidence, faith and respect that your higher self will be able to sort things out.

Obstacles and Challenging

Be prepared to meet obstacles and challenging some of which will originate from your conditioned thinking. The rule here is to Focus, Focus, and Focus. To be able to achieve success in discovering yourself, you must be disciplined. Passion is the single fastest way to catapult yourself to massive success.

Benefits of Self Discovery

It allows one to burst through self-imposed restrictions and be the person he dreamed of being. It gives you courage to be honest and open to yourself you will inspire in others a desire to learn more about the world we live in, which will lead to their self-exploration and self-discovery. You will discover the illuminations and the gifts of your emotional self you will find something you do well which others find difficult. In other words, your talent it can lead to personal development, personal growth, self-awareness, improvement and understanding.

It Is Your Decision

Remember this that no advice in the world can make you embark on this journey until you make up your mind and determine that you want it drastically. You are the most critical variable in determining the success you can enjoy in discovery the person you already but has not been given the chance to shine through.

Who I Am - The Past and the 'I'

By the age of about three years old, a child learns the emotional meaning of the word 'I' with its close cousins 'my' and 'mine,' and he or she becomes obsessed with them. He or she would cry, plead and pester the parents to buy them 'that' toy. When it is bought, it then becomes 'my' toy to them. It is now even more important than when it was in the shop window. If separated from 'my' toy or given to somebody else to play with it, crying and tantrums follow. As you get older, this conditioning continues, the content i.e. the toy changes to house, car, etc. and 'I' identity becomes stronger. The pain and suffering you experience when you lose or are threatened with losing anything that has a connotation of 'I' or 'my,' is acute.

The Ego

An online dictionary defines ego as the 'I' or 'self of any person; a person as thinking, feeling, and willing, and distinguishing itself from the selves of others and from objects of its thought'. By the time you are an adult, you're thinking structure has been conditioned by your upbringing, culture and religious background. How you think, your opinions, viewpoints, reactions and emotions are almost automatically set for you. So the ego, or 'I', sets you apart from 'others' and you will use whatever weapons you can to fend off any attacks, even if doing so is not the best thing to do. There is a part that would rather be right than at peace. This is why it is a lot easier to see faults in others but not in you. You will always have reasons for actions but others only have excuses. This is the reason why relationships fail because the ego need to be right is much important than to love. Defending the ego gets in the way of you experiencing the real you. You use the

excuse 'this is who I am' to quash any further questions.

'I' - Is the Ego

'Man is not disturbed by events, but by the view he takes of them'

You need to recognize that 'I' in your natural defense of 'I know who I am' is programmed or wired to defend, protect and reinforce the limited ego-based identity. In answering the 'Who Am I' question, you will find that the mind defined is only a small aspect of who you truly are.

Beware Of 'Who I Am' - The Ego

Unless you know how to recognize the workings of the ego, you will miss it, even doubt it exists. It will trick you into identifying with it again and again. It is like being possessed with by another person. The more you make your beliefs your identity then the more cut off you are from the spiritual dimension within yourself. 'Who I am' - the ego, confuses your opinions and viewpoints with facts. It tells you that what happens to you is the full picture and their no other version. The truth is, what you *perceive* to have happened is only a small part of the whole picture. The sooner you recognize that what you call 'Who I am' is a master of selective perception and distorted interpretation the quicker the power of ego will diminish. The ego is part of you that professes to want peace but in reality wants drama and conflict. I know this may sound unpalatable but it is true. Just think about things you have done you have not been proud of. Continuing need for superiority is the unconscious fear of inferiority. Some things when they are said in private, you don't mind as much as if they are said in public. When you actually recognize the ego for what it is, the awakening process has begun. Most thoughts are never spoken; if they were most of would be psychiatric ward somewhere. Spoken or not, words have hypnotic spell on you. Almost every minute of you are awake, you are engaged in a self-talk - an internal thought language. The unconscious compulsion to enhance one's identity through association with objects is built into the very structure of an egoist mind. So what happens? Eckhart Tolle in his book 'A New Earth – Awakening to Your Life's Purpose' puts it very well 'you try to find yourself in things, never quite make it and you end losing yourself in them.'

Awakening From 'I am who I am'

The first step to recognizing the ego and its machinations is to be conscious. It means accepting that all that you perceive, experience, think about are only the surface layer of reality. Underneath, everything is not only connected but follow universal laws such as the law of attraction. It is difficult at the beginning to be fully aware of the ego because up to now, you probably didn't know anything about this ever-present, limited 'Who I Am.' Becoming aware of the power that is concealed in the present moment followed by being in the present is the best way to

diminish the ego. By being present, the past, which the ego thrives on, have no power.

You're in a Spiritual Battle...But Do You Really Know Who You're Fighting?

We are all in an *invisible, spiritual* battle – a cosmic conflict that has eternal implications – in which souls of people of all over the planet are at stake. Yet, most of us as Christians don't *really* know our enemy.

Our greatest foe, Satan, is on a mission to destroy God's people and discredit the cause of Christ. But who is he? He is a fallen powerful angel who led a rebellion of a third of the angels of Heaven and now seeks to destroy all that is good and God ordained.

Created as one of the highest angelic beings (Ezekiel 28), Satan had more power, intelligence and beauty than anything or anyone in the universe except God. But Satan wasn't satisfied with what he had and his downfall was pride. He wanted to *be* God. So he fell from Heaven and has been at enmity with God and God's creation ever since.

Despite Satan's real presence and existence, many Christians either don't acknowledge that he exists or they give him way too much credit and blame him for everything that goes wrong in their life. The danger as we approach this is to think that everything has to do with Satan and demons or that nothing has to do with Satan and demons.

Instead, we need an accurate and balanced perspective of our enemy and a better understanding of his goals and tactics so that we can have *victory* over the spiritual battle he wages against us.

For although God has already *won the war* when Jesus broke the power of sin and disarmed Satan at the cross, the battle we fight against Satan and his demons *still rages here on Earth*. In the book of Ephesians, the Apostle Paul tells us we're in a spiritual battle and we have a very real enemy who has specific schemes and plans of attack against us.

"Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." (Eph. 6:11-12)

In this passage, Paul commands us to prepare ourselves in the strength of the Lord and to be aware of our struggle, which is "against the spiritual forces of evil." He makes it very clear that this real struggle or wrestling match isn't against physical, material adversaries but against a hierarchy of *demonic forces* doing battle in the spiritual realm.

Does this mean we need to fear Satan and his demonic forces? No, but it does mean we need to develop a healthy *respect* for them. We need to become *acutely aware* of Satan's "methods" and "schemes" of attack on our lives, yet not be *preoccupied* by them.

1 Peter 5:8 says, "*Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*"

Satan's plan is to deceive us, tempt us, cause hardened hearts, break marriages, split churches, and bring about depression. And he'll do this gradually by getting an *unnoticeable* foothold in our lives by triggering relational conflicts, weighing us down with fear and anxiety, and tempting us with escape mechanisms such as drugs and alcohol. We cannot be ignorant anymore of Satan's schemes and evil strategies.

Although I want you all to know that Satan and his tactics are very real and dangerous, we don't need to be discouraged or fearful either! We have a God who is *greater* than our enemy and He's greater than all of the evil in the world. We don't have to fear Satan because Christ has already destroyed Satan's works on the cross. So as believers, we don't fight "for" victory; we fight "from victory."

This week we're starting the series The Invisible War. This series will help prepare us to do spiritual battle with the enemy of our souls. We'll explore in depth this invisible but very real war we're fighting. And we'll discover what God has to say about Satan's goals and tactics, as well learn about the "spiritual armor" God offers us so we can be confident of our certain victory over the scheming enemy.

Sacred Symbols for Personal Power

We are blessed with our ability to attain deep understanding from simply looking at symbols and geometric configurations. Through the ages, sacred symbols have been able to convey and merge intangible and supernatural rays of truth into single graphic images that take us to a point of knowing without using our cognitive skills. We just know the meanings behind the images we are being shown. A single viewing of a symbol can transform consciousness, behaviors, understanding, and wellbeing. We are forever changed by the symbols we gaze upon.

Each of our chosen 16 symbols represent ancient spiritual lineages that were established in past ages of enlightenment. Using Sacred Symbol Blessings on water containers helps bring earth-based mystical significance to present times via the resonance of that alignment as it permeates the molecules of the water we charge. This helps give us a deeper esoteric knowing than words can explain.

The symbols associated with religions have evolved over time and once came from ancient wisdom traditions that honored the highest manifestations possible. In using them, think of a longer history than the more recent manifestations of modern religions. These symbols have been used since the days of cave dwellers, so we

aspire to use them with great humility, for they carry profound messages from our ancestors.

Some of the symbols cross over and can be used with more than one tradition. Using them on your water glass or drink bottle reminds you of your ancient connections to earth and life wisdom. Use the definitions that fit your desires. Use one symbol or many at the same time. No symbol represents evil intentions. We give our symbols all the meaning they have for us. If you're chosen symbols represent the highest attainable consciousness that is what they will provide to you.

Ankh - Regeneration of Life through Water

This Egyptian symbol represents eternal life and provides magical protection, also represents the regeneration of life through water. Many other wisdom traditions use this symbol with some variation in the vertical and horizontal cross. Often the loop at the top is used to represent holy water circulating the body.

Baguio

Balance in All Relationships

The center of a balanced life and the health of the home is attained using this Feng Shun symbol. Each position represents a specific life correlation to the health of the individual and the home.

Feminine Wisdom Eyes of Buddha - Through these eyes we are reminded to look at the world with deep compassion as experienced through the divine feminine. The Third Eye represents spiritual awakening. The Sanskrit symbol below the eyes shows us the unity of all things.

Buddha Peace - The rebirth of peace happens inside there is no path to peace. Peace is the path. The lotus flower represents peaceful rebirth which can be a change of ideas and a renaissance of beliefs or the ability to see past wrongs.

Dharma Wheel - The 8 fold path to enlightenment

In the Buddhist tradition these paths are represented by this wheel. The paths are, right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Using this symbol strengthens the devotion.

Double Happiness - Romance & Relationships

This symbol is like a magnet to attract a special relationship, romance, and bliss. Place it where you can see it all the time to strengthen the vibrancy of an existing relationship.

Earth Medicine Wheel - Harmony and Earth Peace

A Native American symbol that represents the harmony and peaceful interaction between all beings and the four elements of the earth. Use it to manifest spiritual energy and an outward expression of inner vision. Meditate on this symbol to instill deep earth love and personal power.

The Four Directions and Earth Love - The four directions guide us to consider the interaction between all beings and the four elements of the earth. Loving the earth and all its forms of life leads us to spiritual balance and wellness.

Flower of Life/Seed of Life - The Pattern of Creation

This symbol represents patterns of life as they emerge from the great void. Everything comes from thought by the Creator. As expansive creation continues, so do the interlocking rings. This symbol is found in all cultures on the planet and variations of it have been used to represent equations that define mathematics, music, religion, evolution, and medicine.

Galati Mantra - The Illumined Mind and Universal Knowledge

This symbol represents the illumined mind and far-sighted wisdom. The words and sounds of the Galati Mantra comprise the most powerful of Vedic affirmations. Using this symbol removes the possibility of making wrong choices in life by empowering all truth. It vocalizes complex and cosmic wisdom about all earth elements, plants, trees, animals, insects, fishes and birds, making an understanding of the whole life creation. Enhances the ability to sharpen one's intellect and spiritual awareness. Used on water, it carries the harmonic resonance of the wisdom of all life. On a larger, universal scale, the use of the Galati Mantra and the sacred symbol, the Galati Mantra, representing those enlightened sounds, radiates vast and powerful knowledge to all beings.

The Universal Flower of Life - The most important and sacred pattern in the universe. This is the source of all that exists. It is found in everything ranging from the human body to the galaxies. Found in DNA, molecular structures, minerals, tissues, and plants.

Hexagram or Star of David - Union of Opposites

In Judaism, it symbolizes the connection between God and Man with the up-pointing and down-pointing triangles overlaid. It can also mean the union of male and female. The center represents the heart of power. It is used in occult

circles and Kabbalistic practices to represent the union of opposites, and also the spiritual energies of heaven pointing down, and man pointing up. It also represents pagan occult references to fire (upward) and water (downward). Finally the triangles represent sacred chalices, the downward chalice pouring divine love to earth dwellers from the heavens, and the upward chalice receiving the blessings of God.

Lotus - From the Mud Comes the Divine

this powerful image symbolizes harmony, spiritual illumination and unlimited potential. The lotus is a water lily which rises from the sludge of muddy waters. It reinforces the concept of resurrection. Use as a reminder that "this, too, shall pass." It symbolizes forgiveness, gratitude and compassion and invites a balance between humility and pride.

Luna Goddess - An ancient symbol of the life-giving, regenerative forces of the Cosmos. She is the keep of wisdom and all magical powers on earth with deep connection to the moon, tides, and waters. She is the sacred feminine gateway to the divine, and the light within darkness.

Om - Sacred Sound of Creation

The Mother of All Mantras is the primordial sound by which the earth was created. The past, present and future are all blended in this one all-inclusive sound. When chanted, Om or Aim frees the consciousness to remember its natural state of connection to infinite source energy or Creation. By using this image, the concept of infinite love and creation is conveyed beyond the limitation of words or ideas.

Peace - Peaceful Waters Stimulate Creativity

Balance between opposing forces creates peace and beauty. This Chinese symbol represents the peaceful flow of waters that calm, heal, and inspire.

Pentagram - This star encased in a circle, always with 5 points (one pointing upward), has its own meaning. The upward point of the star is representative of the spirit. The other four points all represent an element; earth, air, fire, and water. All these things contribute to life and are a part of each of us. It is used in the Celtic and other mystical traditions, as well as many religions.

The Sri Mantra - This is a Hindu or Sanskrit symbol of aspects of divinity and the creative forces of the universe. It has a powerful effect on the mind and can generate increased coherence in our brains when we meditate on this symbol, creating a balancing and calming influence.

Spiral - The oldest symbol known to be used in spiritual practices. It reflects the universal pattern of growth and evolution and represents the goddess, the womb, fertility and life force energy. Reflected in the natural world, the Spiral is found in human physiology, plants, minerals, animals, energy patterns, weather, growth and

death. It is a sacred symbol that reminds us of our evolving journey in life. When used as a personal talisman, the Spiral helps consciousness to accept the turnings and changes of life as it evolves.

The Tirade, Trickle, or Triple Spiral - This is an ancient Celtic symbol related to earthly life, the afterlife, and reincarnation. It is drawn in one continuous line, suggesting a fluid movement of time. Tirades are one of the most common elements of Celtic art. They also evoke the universal concept of the domains of material existence- earth, water, and sky; body, mind and spirit; and the eternally spiraling cycles of time.

Taoist symbol of the interplay of forces in the universe. This represents the unity between all opposites – the masculine and the feminine; the darkness and light. Yin and Yang symbolize the primal cosmic forces. Yin is receptive, passive, cold, feminine energy. Yang is masculine, movement, force and heat. The dark and light represent knowledge and ignorance. In a spiritual practice, use the Yin Yang to help maintain a balance between opposites and instill unity personally and globally. In seeing the opposites, it is noted that each has a little of the other, which is often overlooked in life.

The Water Hamas - In Hebrew or Muslim faith, it offers protection against the evil eye. In this application it offers protection for water, all water on the planet. It monitors the waters of the world and radiates protection from negative intent.

“Come as you are, as you were, as I want you to be.” Nirvana’s famous song lyrics that mimic society’s false presentation of the “be yourself” motto. The meaning behind this lyric is how society constantly tells people to be themselves, then get labeled as an outcast for not fitting the mold. From the time I was a little kid I was always told to be myself, so I did exactly that. There were always times where people I knew did not approve of who I was and still am. It is something that happens to everyone, but a little more to the kids labeled as “weirdoes.” I am completely guilty of judging, but we all are. Of course, little kids have the reputation of bullying, but coming from a small town I have seen it from every age. If anything, young adults and older adults are the worst. We are coming to a time where we see the importance of the individual’s personality and how vital it is to a functioning society.

Everyone has their own personal experience with being singled out for a quirky characteristic. When I was a kid, I remember a classmate being picked on because he had a different personality. He was random, goofy, the typical kid in the back of the classroom listening to scream. I’ve never seen someone so shunned just for being comfortable with themselves. The preppy girls really liked to whisper and laugh about him while the jocks were shamelessly awful to him. They used him as their entertainment source. The only great thing that happened was how our teacher was so great with this kid. He always made sure he felt included in class

discussions. The greatest part about this individual was when called on to speak, the most brilliant things I had ever heard came out of his mouth. The only things I ever heard come out of the jocks mouth were three things: something unbelievably sexist, sports related hooey, and how they are the greatest thing to ever happen to this world. Yet these idiots were the ones singling out the brilliant one. I don't know about you, but this kind of story sounds all too familiar. This kid and his brilliance are going to go places because he thinks differently and is a little eccentric. As far as I'm concerned, the kids that picked on him are probably living on their parent's couch until their football career becomes a reality. The point of this story is to show that these sorts of people have a point in society. Some force you to view the world through a different lens. Because of people like this, I have viewed certain subjects completely differently than I did before.

Individuality is a base of psychology (not a scientific one) and shows how important it truly is. An infamous example of this is the Stanford Prison Experiment. Twenty-four men were given the opportunity to participate in a psychological experiment at Stanford University in 1971. The study was meant to show the effects of power and prisoners. It was played out in an office building that was turned into a metaphorical prison for the purpose of the study. Half the men were to play the role of prison guards and the other half were meant to play the role of prisoners. It started by giving twelve of the men prison uniforms that were long shirts with numbers on them. The men were supposed to be put in this "prison" for two weeks. The study only lasted six days due to severe psychological trauma on the prisoners. This was not due to physical violence since it was not allowed. What the psychologists did was strip the prisoners' individuality away by having the guards treat them all the same and giving them a number in place of their name. Also, by giving them long shirts as uniforms, it made it look as if they were wearing dresses. The intent was to emasculate the prisoners. The guards also were given all the power and said to discipline the prisoners in any way they please so long as it did not involve physical violence. The guards taunted the prisoners by not allowing talking and referring to them as numbers. A prisoner even sent a letter to his parents and signed his number instead of his name. A prisoner was removed from the study since he did not feel well and the guards even taunted him after he was removed. He could hear the guards and prisoners chant "prisoner x did a bad thing" repeatedly. He broke down in a sob and the psychologists called off the study.

The significance of this study shows that if you strip away the individuality of the individual, they become traumatized and eventually numb to themselves and others. They view themselves as slaves to authority. This is exactly why we need to encourage individuals no matter how eccentric we perceive them.

People who aren't happy with who they are can be incredibly ruthless and mean when it comes to others who are happy with themselves. We need to be more accepting to one another in order to continue an enjoyable and functioning society.

Encouraging others to be themselves may seem like a cliché thing, but it really is something we are terrible at. A personality-diverse society is how we get great music and art. It is how we get new business ideas and ways to save the planet and its people. It's how the human race has stayed alive for this long. If everyone was the same, the world would be a disastrous, boring, and close minded place

CHAPTER EIGHT

The pursue of happiness

The only place to find true happiness is within yourself. The reason why there are so many unhappy people is because most people try to find happiness outside themselves and they never look within. Happiness is always with you and you can access it anytime – even if you are deeply depressed. However, if you keep looking in the wrong direction you simply won't be able to feel and experience happiness in your life. Acquiring wealth, prestige, power, fame... may be exciting the moment you get those things, but it is surely not a recipe to happiness. You fight and struggle for years to get your dream villa and once you have it, you realize that life isn't much different than it was before. So, was it really worth, wasting all those years fighting and struggling just for a short moment of excitement?

On the other hand, if you follow your heart and do what you love, you will feel great every day and you will be connected constantly with the happiness within you. On top of that you may acquire wealth, fame... and all sorts of other little gifts at the same time without really making any particular effort. You are already happy, fulfilled, and abundant... within, you may just not be able to experience it, because all sorts of negative thoughts and beliefs may block the doorway to your inner treasures. What can you do to push away those clouds of negative thoughts and beliefs in order to access your inner happiness?

Calm down, relax and let go. Let go of everything for a moment – your past, what needs to be done today, what may happen tomorrow... dive within and disconnect from your mind for a moment. Once you let go, you will suddenly feel it – a glimpse of happiness, a deep inner peace, a sudden strength you never experienced before... That's who you really are: Happiness, love, peace, freedom... Anything else you may think about yourself is a mind created illusion. An illusion you have started taking for real and therefore became reflected in your outer experiences and circumstances.

Take a few moments every now and then to go within and become aware of your true nature. Close your eyes, calm your mind and dive within. Simply observe and BE. Don't expect anything in particular and don't judge whatever might or might not happen. The easiest way to experience your true nature – happiness, peace, love, fulfillment... – is in deep silence, when your mind is absolutely still. It is not complicated, but it will need some practice to calm your mind. Every day, take a few minutes and go within. Make it a daily routine, even if it is difficult sometimes and even if you have the impression that nothing special is happening.

All you've ever been looking for in life is already within you and that's also the only place where you can find it. It's impossible to fulfill your deepest yearnings on

the outside. Once you connect with your true nature within, abundance, love, fulfillment... will also manifest in your material world, because your outer circumstances and experiences are only a reflection of your inner state of being. As long as you are not aware of your “inner happiness”, accumulating material things, titles, honors... won’t make you happy. Even after you’ve done all the hard work and accomplished whatever you desired, you will still feel more or less the same. For someone on the outside it may look like your life has changed completely, but to you it won’t really feel that different.

Once again, make it a habit and go within, into deep silence for at least a few minutes every day. Just watch and observe without spinning your mind, without judging and reflecting – simply BE. Within, in deep silence you will find whatever you’ve been longing for and even much more. Did you ever dare to dream big? I mean, really, really big? Why not? Because, it’s unrealistic, because you think you can’t do it, because it’s too overwhelming, because you have no clue how it could be done...? Of course, it’s unrealistic, overwhelming at first, unbelievable, outrageous, maybe even completely crazy... but you CAN do it. If you can imagine it, if you can feel it, if you can move into this energy, if you can dream it up... YOU CAN DO IT! Yes, you may not be able to do it by next week or next month, but most likely you will get there in 3 or 5 years. And even if it takes 10 years, it still would be amazing, wouldn’t it? Time is flying and 5 or even 10 years is nothing. Those years go by in the blink of an eye. Close your eyes and imagine yourself 10 years from now having realized your wildest and craziest dreams...

Wow, what a feeling – don’t you agree?

And something else most people don’t understand: It’s not even so much about reaching your final goal 5 or 10 years from now, it’s all about the crazy, exciting, fascinating... ride to get there. It’s all about the process, it’s all about living YOUR life to the fullest – every single moment. Yes, that’s exactly why you came here: To live your life to the fullest and to realize crazy and unrealistic dreams – especially when everyone around you is saying you can’t do it.

But, how will you get there?

You know, it’s much simpler than you may think right now. You don’t get started having every single step already mapped out – no one ever did. You get started with a big dream. You get into the energy of your big dream. You imagine yourself having already achieved what you want to do, you feel the excitement, the passion, the energy... – that’s easy, I know you can do it. Then you take your first brave steps. Now your path already becomes a bit clearer and you know what needs to be done next and you simply take those little baby steps that need to follow. Now, you dream a bit more. Again, you get the energy flowing and you will know what to do next. And you simply do it. You take one little and easy baby step after another and you enjoy those baby steps.

Now you are alive. You are not just dreading and existing, you are fully alive and you enjoy it. Also, your confidence in your unlimited potential starts awakening. Now you know that you can do it – can you already feel the excitement?

Taking one giant step from where you are now to where you would like to be is scary, overwhelming and yes, unrealistic. But, thousands of little baby steps? Of course, you can do it. I don't even have the shadow of a doubt.

It's really not that complicated:

- You only need a big dream to get started
- You only need to take those first, simple baby steps
- You only need to keep on dreaming big
- You only need to take more and more easy, little baby steps
- You only need to remain in this energy of excitement, passion, and love for what you do...
- You only need to be constantly connected with your big dream
- You only need to keep on repeating those simple steps without getting distracted by your occasional obstacles, challenges and failures, which are part of the process.

Come on, it's not really that simple, isn't it?

Yes, it is! You only have to get out of your little box and leave everything behind you that sounds like:

- I can't do it
- It's too difficult
- This is not realistic
- Stop dreaming and get real
- Get a proper job and stop with all that nonsense
- I've never been successful in anything...
- What will my friends think about those crazy ideas?

Succeeding in something simple isn't really easier than succeeding in something really big. Bigger goals probably need more time, but the actual process of consciously creating what you want is the same. Society has given you those limited beliefs, but now it's maybe time to drop them. Yes, just drop all those limiting beliefs and exchange them for bigger ones, for beliefs that are more fun and that suit you better. It's really that simple and it won't even cost you a dime. This is your life and you came here to fully express your creative genius and to have fun doing so. Your intention never was to come here, to get by and survive for 70 or 80 years and to die without having ever expressed your full potential, the real YOU.

All big achievers, all extraordinary people were dreamers, they were unrealistic, and they were called crazy (at least at the beginning), and they approached life differently than the masses... Otherwise they would never have achieved what they achieved. And you can do the same. All you need to do is to make that shift in your mind from small, limited, realistic... to big, exciting, everything is possible, I can do it and I will do it... Don't be afraid of dreaming big and living your life to the fullest, be only afraid of never expressing your full potential. Just do it! Nothing is more exciting than becoming aware of your unlimited potential and expressing more of it every day.

Stop Confusing Yourself with the Reflection in the Mirror

The world you witness on the outside is not real, it is only an illusion, like a reflection in the mirror. If you keep on looking into that "mirror" and believe that you are that reflection, then you remain stuck in the same energy patterns and you keep on creating the same mirror reflection again and again... And, you may say, that is just reality that is how the world works. However, if you distrust that illusionary reflection in the mirror and if you start being someone else, someone you prefer over what you currently see and experience. Maybe, someone who is filled with love, abundance, well-being, joy... because you know that you can be anything you want to be. Then that reflection in the mirror will change as well. The reflection will start taking that form and shape of your new state of mind. Why? Because the reflection is not real. It is not the "real deal", it is only a reflection and it can only reflect the underlying essence – your state of being, the only thing that is real.

People skills

Do you think you're qualified for a particular job, fit to lead a team, or entitled to a promotion because you have extensive experience and highly developed technical skills? Well, it turns out that while those things are crucial to your professional success, it's imperative that you also have great soft skills--more commonly known as "people skills." "People skills are, in short, the various attributes and competencies that allow one to play well with others," explains says David Parnell, a legal consultant, communication coach and author. "While on the surface these may be summed up by notions such as 'likeability,' or having a 'good personality,'

when you start to look at what makes one ‘likable,’ for instance, you’ve opened Pandora’s Box.” But more often than not, these attributes come in the form of effective, accurate and persuasive communication, he says. “People skills come down to how people interact with each other, from a verbal and/or non-verbal perspective; they are non-technical in nature. When we think of people skills, words such as personality, empathy, and tonality come to mind.”

Leadership

Having good people skills means maximizing effective and productive human interaction to everyone’s benefit, Manage Childish Boss Behavior and Thrive in Your Job. “People want to connect on a humane level in the office; the alternative is a sterile environment with low productivity. So, the more you demonstrate these abilities, the faster your career will advance. It’s the ‘office diplomats’ with strong emotional intelligence who are most likely to be strong, effective corporate leaders. They realize that trusting relationships built on diplomacy and respect are at the heart of both individual success and corporate productivity. An ounce of people sensitivity is worth a pound of cure when it comes to daily human interaction and mitigating conflict. By developing these skills, you’ll reduce bad behavior in the office, and your positive approach will be contagious. “Wise managers know that they need a team with strong people skills. “Given the choice between a savvy job candidate or, similarly, an employee seeking promotion - the one with excellent people skills and less technical ability will usually win the prize versus the converse.” Having good people radar is harder to teach than technical skills, but is a requisite for long term, effective leadership.

Here are 20 “people skills” and attributes you’ll need to succeed at work:

The ability to relate to others. “Having the ability to relate to others and their position or viewpoint is crucial in business. “By having a well-rounded personality and set of experiences, it’s usually possible to relate to almost anyone.” Sometimes being able to relate to others simply means that you’re willing to agree to disagree with mutual respect; letting them know you understand their position. Strong communication skills. This is the most fundamental people skill because it encompasses your persona and ability to get along with other colleagues, persuade others to listen to your ideas, and much more. “If you have a gift for the spoken and written word, you will always put your best foot forward. Being articulate is highly prized in today’s workplace, when time is at a premium and technology requires constant communication.”

Articulation is a very important “people skill.” “Illusory transparency refers to the notion that as we speak to others, we believe that they are of the same

mindset as us, and are processing things exactly as we would. Even if this were possible - which it's not - it would be incredibly challenging because of semantic ambiguity,” he explains. “Universal quantifiers for instance - all, any, every, etc. - are systematic violations of accurate communication in that they are rarely true in a literal sense, and leave significant room for translation. Effective communicators are very careful to understand these systematic violations, and avoid them or accommodate them when necessary.”

Patience with others. “If you're patient with others and can keep a level head in stressful situations, it will definitely be noticed by management and perceived as a very strong asset,” says Amy Hoover, president of Talent Zoo. “When your boss is forced to deal with a situation where people have lost their cool he or she will certainly remember the troublemakers when the next promotion comes available.”

The ability to trust others. You can only accelerate your career if you're trustworthy. “Without it, you can't get projects done or get cooperation. “No one can operate in a vacuum for long.” Knowing how and when to show empathy. “Having the ability to place yourself in someone else's shoes is a key people skill.” It allows us to create relationships with others, provides insights into people's motives and allows us to predict responses.

“Offer support, sympathy and feedback in your daily business life. “ It will bring you positive emotional returns – part of ‘corporate karma.’” If you contribute to a dehumanized company, both you and your employer will have limited growth potential. Things are not always black and white, and in order to have effective relationships with others we need to show compassion where appropriate. “In a perfect world there would be no hiccups, but life happens and knowing when to show compassion when others face challenges is important.”

Active listening skills. Hearing someone and actively listening to them are two different things, most people hear someone speak and start to form a response in their mind (or worse, starting talking) before the person finishes what they're saying. “The key is to actively listen, which takes more time but produces better results. It means you listen without interruption and then take the time to think and form a response before replying. It takes practice, but it pays off.” “We were given two ears and one mouth” speaks volumes. “Be a good listener and remain sensitive to the needs of your workers and boss. This people skill can be practiced; and once honed, you'll see the difference in the positive reaction of those around you.”

Genuine interest in others. People know when you're truly interested in them, “If you're not showing a genuine interest – asking thoughtful questions and considering about their answers – your interaction can actually have an

opposite effect to the one intended. Take care to remember names, dates and important life events.”

Flexibility. Being "likable" or having a "good personality" are highly contingent and context dependent attributes. “Your prison-bound uncle's personality may not be likeable at the Thanksgiving table, but it may serve him well once incarcerated. Supreme communicators have a keen ability to shift gears when the context calls for it, and a deep well of communication options to choose from. This way, they can respond accordingly to what the current situation requires.” “If you can bend your own rules and beliefs, you are by definition a ‘good people person.’”

Good judgment. Good judgment is a key people skill that comes directly from learning, listening to others and observing the world around you, “It allows you to wisely select friends and associates, determine reactions and responses, and make sound decisions.” “Pay attention to your gut - it often has something valuable to say.”

The ability to persuade others. There’s a good chance that at some point in your career you’ll have to sell others on your ideas, products or services. Whether you’re up for a promotion, pitching a project, or selling clothing in a retail store, you need to be able to form a strong, convincing argument for why you, or your products, are the very best, or the “right” one.

Negotiation skills. Good negotiating skills are beneficial with both internal and external discussions, “Internally, job offers and salary discussions greatly benefit from solid negotiating, as well as when it's time to pitch a new idea or sway coworkers to your way of thinking. Externally, both vendors and customers often require negotiations and you can really become the hero when you are successful in either scenario.”

The ability to keep an open mind. “To create trust and respect in others, people need to know that their point of view and feedback will be considered and used,” Being known as someone who keeps an open mind also makes you more approachable and easier to work with.

A great sense of humor. “Who doesn’t enjoy laughing? It’s ‘the great diffuser’ of tension and conflict. If you can jam the system of tension or routine with levity, you will thrive in your job. “It was once said that ‘nobody ever died of laughter,’ and if you can retain some lightheartedness in your job, you’re likely to get more air time during meetings and overall.”

Knowing your audience. Knowing what, how, and when to say things to others is critical. For example, if someone just loss their job, it’s probably not a good idea to talk about your promotion. This seems trivial, but it’s one of the

primary reasons why people encounter communication breakdowns with each other.

Honesty. The saying, “honesty is the best policy” is not only true, it’s essential in building trust among your colleagues. “Once you lose it, it’s almost impossible to regain. People want to work with those that they know they can trust. “Honesty is the foundation of any relationship, particularly in business.”

Awareness of body language. The importance of body language cannot be emphasized enough, since it makes up the majority of how we communicate with others. “The reality is, we’re communicating with people all the time even when we’re not speaking. Being mindful of what our gestures, expressions, voice, and appearance are communicating can greatly help or harm our people skills.”

Proactive problem solving. Work is a series of problem solving situations, but if you’re proactive, you’ll take the pressure off your boss and colleagues, this is a great people skill to have in the workplace.

Leadership skills. If you can motivate a team and help those around you do their best work, you’ll be more successful even if you’re not in management.

Good manners. “Using ‘please’ and ‘thank you’ goes a long way in the realm of people skills.” While seemingly obvious, some need little reminders. Keeping a post it with a smile or another icon can remind us that work is more than getting something accomplished, it’s how we get it accomplished.

The ability to be supportive and motivate others. “People want others to believe in them, regardless of how successful they might be. By showing support in the form of encouragement, you can put someone back on track or keep them headed in the right direction.”

“Not only should you praise and recognize your staff, all the while being accessible and upbeat. You should also be motivational around your boss and colleagues. Employees at all levels want to be around enthusiastic people with drive and high energy.”

“When workers know how to conduct themselves with people sensitivity, their career outlook is much more enhanced. “Employees who are aware of the ‘human factor’ in the workplace understand how to get things done.” Assuming the work is satisfying, it’s how people feel at work that will determine their loyalty and contributions. In an increasingly technological world, people first think of building technical skills when trying to make themselves employable. However, people skills — how you communicate with others, behave in a team environment and accept personal responsibility — top lists of employability

skills. This is true not only on job websites for first-time job seekers, but also for sites like AARP.

Five of the most important interpersonal skills for the workplace.

1. Listen attentively

"When people ask me about the top skills for today's job market, active listening always tops the list," said Mark Babbitt, management consultant and CEO and founder of You Turn. The most important thing you can do to be a better listener is look directly at the person speaking. The advice your mom gave you is the same that management consultants like Babbitt give their clients. "Too often, rather than being fully engaged in the conversation we're in right now, our brains are set on multitasking mode," he said. "Our eyes are on a device or laptop. Our minds are onto the next project. To set yourself apart, attentively and enthusiastically listen to the human conversation happening right in front of you." You should also focus on the speaker's intent, said Brit Paulson, psychologist, leadership development expert and author of "Clarity Compass" (Vision Creation, Inc., 2017). He recommended paraphrasing what the person said to make sure you're getting his or her meaning. "What you want to focus on is the reason for their speaking. Paraphrase in a way that reflects the primary reason for their talking," Paulson said.

2. Project a positive attitude

A positive attitude does not mean being a "yes man or woman" or a Pollyanna, but rather being up to the challenge, Babbitt said. Being positive in a "glass-half-full" way "does nothing to show me how someone will respond to an opportunity, challenge or potential crisis," said Babbitt. "Instead, I look for someone with the confidence to say, 'Hey, we got this. Let's go to work.'" Projecting optimism in the workplace isn't always easy, said Babbitt, and it's simple to tell when someone's faking it. When you're feeling less than positive, find ways to refocus your energy, he said. "Take a walk around the building. Breathe. Think. Deliberately bring yourself back to why you're here, your specific role and the mission of your team," Babbitt told Business News Daily. "Once you're fully and sincerely able to help produce a positive outcome and are ready to lead by example, walk up to your team at a determined pace — and get to work." Having an attitude of gratitude can also boost your positivity at work: "Using 'please' and 'thank you' goes a long way in the realm of people skills," national workplace expert Lynn Taylor wrote in a Forbes magazine article. Politeness can make a difficult task easier, and sincere gratitude makes people feel good about themselves and the work they did, Taylor said.

3. Communicate clearly

Communication breakdowns can result in interpersonal conflict as well as errors that cause company projects to fail. Paulson emphasized the importance of knowing your reason for talking at that moment. "It comes back to intentions," said Paulson. By knowing your intentions, you can stay focused and keep from going off on tangents. Babbitt noted that communicating with colleagues comes down to three critical points: State the challenge and provide the context. Provide actionable inspiration. Drive toward a solution. For example, you can say, "As I understand the situation, our challenge is X and the impact is Y. We have the right team in place. All the stakeholders are present. So let's set our focus on solutions. How do we meet this challenge?" "This ... works exceptionally well, both verbally and in writing," he said. "It also works well when injecting clarity into an ongoing conversation. Take this approach, and you'll not only be seen as a great communicator, but [you'll also be seen as] a great leader, even if that isn't your current role."

4. Improve your team-building skills

Team players become team leaders, so if you want to move up in your career, team-building skills are essential, Babbitt said. "Leadership today is not based on titles, seniority or the amount of gray in our hair. It is based on who will get the job done," Babbitt said. "More specifically, it is often based on who builds the best team to get the job done." Monster.com reported that among senior executives, the most frequently mentioned quality of a good team player was getting work done on time. It's a simple, obvious thing, but it's crucial for ensuring others can get their work done, too. You should also keep your focus when working on a team project, Babbitt said. "Whether or not you are in a leadership role, ask yourself, 'Are we all focused on the mission at hand? Are we collectively working toward the right goals?'" Babbitt advised. "It will add context, perspective and a proper sense of urgency."

5. Take responsibility

The National Institute for Professional Practice (NIPP) listed this as one of the top five communication skills for the 21st century workplace. "Employers want to hire workers who are honest and can manage themselves," noted the AARP Foundation Work Search Information Network website. To understand what's at stake, the NIPP suggested that you learn the legal and ethical issues related to the technology you use in your job. Of course, this also applies to your duties; if you messed up, own up to it, Babbitt said. "When stuff is hitting the fan and the blamers are doing their worst, take two steps up," said Babbitt. "Confidently look them in the eye, and say, 'I didn't meet your expectations today. I failed. But I know what I did wrong. I know what

CHAPTER 9

LAW OF EFFECT

The law of effect is a psychology principle advanced by Research in 1898 on the matter of behavioral conditioning (not then formulated as such) which states that "responses that produce a satisfying effect in a particular situation become more likely to occur again in that situation, and responses that produce a discomforting effect become less likely to occur again in that situation." This notion is very similar to that of the evolutionary theory, if a certain character trait provides an advantage for reproduction then that trait will persist. The terms "satisfying" and "dissatisfying" appearing in the definition of the law of effect were eventually replaced by the terms "reinforcing" and "punishing," when operant conditioning became known. "Satisfying" and "dissatisfying" conditions are determined behaviorally, and they cannot be accurately predicted, because each animal has a different idea of these two terms than another animal. The new terms, "reinforcing" and "punishing" are used differently in psychology than they are colloquially. Something that reinforces a behavior makes it more likely that that behavior will occur again, and something that punishes a behavior makes it less likely that behavior will occur again.

Animals, like humans, think things through when dealing with a new environment or situation. Instead, Thorndike hypothesized that animals, to understand their physical environment, must physically interact with it using trial and error, until a successful result is obtained. This is illustrated in his cat experiment, in which a cat is placed in a shuttle box and eventually learns, by interacting with the environment of the box, how to escape

This principle, discussed early on by research, is usually associated with the connectionism of happiness, who said that if an association is followed by a "satisfying state of affairs" it will be strengthened and if it is followed by an "annoying state of affairs" it will be weakened.

The modern version of the law of effect is conveyed by the notion of reinforcement as it is found in operant conditioning. The essential idea is that behavior can be modified by its consequences, as Thorndike found in his famous experiments with hungry cats in puzzle boxes. The cat was placed in a box that could be opened if the cat pressed a lever or pulled a loop. Thorndike noted the amount of time it took the cat to free itself on successive trials in the box. He discovered that during the first few trials the cat would respond in many ineffective ways, such as scratching at the door or the ceiling, finally freeing itself with the press or pull by trial-and-error. With each successive trial, it took the cat, on average, less and less time to escape. Thus, in modern terminology, the correct response was reinforced by its consequence, release from the box

Definition

CHAPTER 10

BE GOAL DRIVEN

Little things have pre-occupied in our minds, sifting our minds from doing or concentrating on what is right. We turn to put our energy on negative than positive things. They say time wasted will never come. Things like anger, revenge and wanting to prove a point has stolen our quality time to do well. People who live a life that is driven by goals, and vision must be the top dogs. Criticism is not ours is the Gods to make. You must rise above being a negative thinker and being logical thinker with your mind.

The word magnanimity means to be generous or forgiving. According to the research mag is the ability to control your emotions and actions in the response to indignities done by others. A manganic is a person who rejects following non-critical thinkers for the path of awakening, self- mastering and the truth and transcends above negativity while in pursuit of knowledge and happiness. People who control themselves are those who normally just speak without thinking. They think with their feeling and not applying with the brains in what they are to say, no matter what. And old saying says, an empty tin makes a lot of noise. You must be slow to talk, but be quick to listen.

The prospect of advancing to the top of one's field is what makes it possible for many people to keep plugging away at their jobs, honing their skills, and taking on new projects. But after a certain point, career development depends on more than technical skills and a willingness to work hard. You also need a few soft skills, not the least of which is the ability to take on a leadership role. Some people are natural leaders, but anyone can develop the skill set needed with some practice. If you want to take your career as far as it can go, then you have to be willing to put in the work. Here are 9 strategies to help you develop your leadership skills and keep advancing your career. Find out your ideal leadership style based on your personality here: Which of These Leadership Style

Practice discipline

A good leader needs discipline. Developing discipline in your professional (and personal) life is a must in order to be an effective leader, and to inspire others to be disciplined as well. People will judge your capacity to lead by the amount of discipline you display at work. Demonstrate discipline at work by always meeting deadlines, keeping appointments, and ending meetings on time. If you are naturally disorganized, then you may have your work cut out for you, but you can always start small: try implementing good habits at home, like waking up early and getting daily exercise, and work your way up from there.

Take on more projects

A great way to develop your leadership skills is to take on more responsibility. You don't have to take on more than you can handle, but you do need to do more than simply what's covered in your job description if you want to grow. Stepping out of your comfort zone is the only way you will learn anything new, and doing so will get you noticed by executives as someone who takes initiative.

Learn to follow

A true leader has no problem yielding control to another person when appropriate. You should not feel threatened when someone disagrees with you, questions your thinking, or puts forth ideas of their own. Keep an open mind and give merit where merit is due. It won't always be easy, but if you learn to value and respect others on your team, they'll be more likely to step up to the plate for you.

Develop situational awareness

A mark of a good leader is someone who can see the bigger picture, and anticipate problems before they occur. This is a valuable skill to have when handling complex projects with tight deadlines. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader. This ability also helps you recognize opportunities that others overlook, which will certainly earn you recognition.

Inspire others

Being a leader means you are part of a team, and as a leader you should be able to motivate and inspire those you work with to collaborate as best they can. When a team member needs encouragement or guidance, offer it. Sometimes, all a person needs is someone to listen and be sympathetic.

Keep learning

The best path to becoming a good leader is to always keep learning new things. It keeps your mind sharp, and your skills fresh. It primes you for new challenges that may come your way, which is always a good thing in a leader.

Empower your teammates

No one is the best at everything, and the sooner you realize that, the sooner you can learn to be a good leader. Delegating tasks to others not only frees you up for things you do well, it also empowers other people on your team.

Resolve conflicts

Don't be a manager from hell! Not everyone will get along all the time. Instead of ignoring interpersonal conflicts, hoping they will go away, address it by talking to

those involved privately. Also, be open to reassigning team members if the conflict can't be resolved. What makes a good leader? Everyone has a different definition of a 'good leader', but for me a good leader is someone who leads and let others lead him. One who provides effective communication? While a leader's actions may be scrutinized when things are going bad, it is their leadership qualities that shine through the worst of times. A good leader learns something new every day and is open to improvements. Sitting in my office one day, I was wondering whether I'm a good leader for my subordinates. The question got glued to my head and I kept wondering throughout the day. Being in the development management sector, I understand the need for great leaders and very frequently discuss it with my colleagues. That day I decided to not just speak about being a good leader, but educate my students on building their leadership development skills that will make a difference. I then realized what leadership means to me: "I will be a great leader if I am able to make my students even better leaders than I ever was".

So, here are some tips on how to develop your leadership skills:

1. Be an Inspiration

Being a good leader depends on how you get things done. An effective leader should be able to motivate others and drive them to do their best in the worst situations. Great leaders move us and inspire us to do our best work. The best way to become a great leader is train yourself to become better and better every day; not only help others learn and grow, but also make sure *you* learn and grow as the organization grows.

2. Keep Learning

Some say that some people are born leaders. I somewhat agree, some people indeed have inbuilt qualities and a great talent to lead others. But, for me, experience also makes good leaders. We learn and grow every day. We follow and we lead. It all comes around in a circle. If today I am learning from my leader, tomorrow I can be myself a leader and make others learn. A great way to develop your leadership skills is to take on more responsibility: with responsibilities comes more experience. If you have a great leader to look up to, you too can become a great leader whom others will look up to.

3. Communicate, Communicate, Communicate

Communication is one of the most powerful tools. You can solve most problems and overcome most obstacles if you are a good communicator. Even someone who excels in many aspects of leadership will probably hit a ceiling if he or she is not a good communicator. A good communicator is not just a great speaker but a great listener too, so that nothing said can get misunderstood or misinterpreted. It's important to keep a tab on everyone involved in your team and make them feel

equal. It's important to schedule weekly meetings to maintain a good line of communication to avoid problems which might occur later due to miscommunication.

4. Always See the Bigger Picture

Remember that if you're a good leader, you must have the ability to overcome unpredictable challenges. You must have a contingency plan ready ahead of any situation or circumstances. A trait of a good leader is the ability to see the bigger picture and foresee problems before they occur. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader.

5. Let Your Actions Speak For You

We all remember good leaders. We all in our lives have come across a leader who has always motivated us in some way or another. As they say, you will probably remember a good leader but a great leader is truly unforgettable. Our actions define who we are. A great leader is someone who leads their team and motivates them to perform at their best, but he is also someone who challenges them and persuades them to move out of their comfort zone and at the same time make them work as a team. A great leader is someone who helps his/her team members grow personally and professionally, strategically nurtures future leaders, and at the same time realizes the importance of providing emotional support at the right time. A great leader is not someone who brings out the best from the best, but someone who has the ability to bring out the best from the worst.

Self-control—or the ability to subdue one's impulses, emotions, and behaviors to achieve long-term goals—is what separates modern people from their ancient ancestors and the rest of the animal kingdom. Self-control is primarily rooted in the prefrontal cortex—the planning, problem-solving, and decision-making center of the brain—which is significantly larger in humans than in other mammals. The richness of nerve connections in the prefrontal cortex enables people to plan, evaluate alternative actions, and ideally avoid doing things they'll later regret, rather than immediately respond to every impulse as it arises. The ability to exert self-control is often referred to as willpower. It allows people to direct their attention despite the presence of competing stimuli, and it underlies all kinds of achievement, from school to the workplace. It benefits relationships as well.

CHAPTER 11

POWER OF THE BRAIN

The human brain is an intricate organ. At approximately 3 pounds, it contains about 100 billion neurons and 100 trillion connections. Your brain is command central of all you think, feel, and do. Your brain is divided into two halves, or hemispheres. Within each half, particular regions control certain functions. The two sides of your brain look very much alike, but there's a huge difference in how they process information. Despite their contrasting styles, the two halves of your brain don't work independently of each other. Different parts of your brain are connected by nerve fibers. If a brain injury severed the connection between sides, you could still function. But the lack of integration would cause some impairment. The human brain is constantly reorganizing itself. It's adaptable to change, whether it's physical or through life experience. It's tailor-made for learning. As scientists continue mapping the brain, we're gaining more insight into which parts control necessary functions. This information is vital to advancing research into brain diseases and injuries, and how to recover from them.

The left brain/right brain theory

The theory is that people are either left-brained or right-brained, meaning that one side of their brain is dominant. If you're mostly analytical and methodical in your thinking, you're said to be left-brained. If you tend to be more creative or artistic, you're thought to be right-brained. This theory is based on the fact that the brain's two hemispheres function differently. This first came to light in the 1960s, thanks to the research of psychobiologic and Nobel Prize winner Roger W. Sperry. The left brain is more verbal, analytical, and orderly than the right brain. It's sometimes called the digital brain. It's better at things like reading, writing, and computations.

According to Sperry's dated research, the left brain is also connected to:

- logic
- sequencing
- linear thinking
- mathematics
- facts

- thinking in words

The right brain is more visual and intuitive. It's sometimes referred to as the analog brain. It has a more creative and less organized way of thinking.

Sperry's dated research suggests the right brain is also connected to:

- imagination
- holistic thinking
- intuition
- arts
- rhythm
- nonverbal cues
- feelings visualization
- daydreaming

We know the two sides of our brain are different, but does it necessarily follow that we have a dominant brain just as we have a dominant hand? A team of neuroscientists set out to test this premise. After a two year trusted research they found no proof that this theory is correct. Magnetic resonance imaging of 1,000 people revealed that the human brain doesn't actually favor one side over the other. The networks on one side aren't generally stronger than the networks on the other side. The two hemispheres are tied together by bundles of nerve fibers, creating an information highway. Although the two sides function differently, they work together and complement each other. You don't use only one side of your brain at a time. Whether you're performing a logical or creative function, you're receiving input from both sides of your brain. For example, the left brain is credited with language, but the right brain helps you understand context and tone. The left brain handles mathematical equations, but right brain helps out with comparisons and rough estimates. General personality traits, individual preferences, or learning style don't translate into the notion that you're left-brained or right-brained. Still, it's a fact that the two sides of your brain are different, and certain areas of your brain do have specialties. The exact areas of some functions can vary a bit from person to person

GAINING POWER THROUGH THE "MASTER MIND"

The "Master Mind" may be defined as: "Coordination of knowledge and effort, in a spirit of harmony, between two or more people, for the attainment of a definite purpose." No individual may have great power without availing himself of the "Master Mind." In a preceding chapter, instructions were given for the creation of PLANS for the purpose of translating DESIRE into its monetary equivalent. If you carry out these instructions with PERSISTENCE and intelligence, and use discrimination in the selection of your "Master Mind" group, your objective will have been half-way reached, even before you begin to recognize it. So you may better understand the "intangible" potentialities of power available to you, through a

properly chosen "Master Mind" group, we will here explain the two characteristics of the Master Mind principle, one of which is economic in nature, and the other psychic. The economic feature is obvious. Economic advantages may be created by any person who surrounds himself with the advice, counsel, and personal cooperation of a group of men who are willing to lend him wholehearted aid, in a spirit of PERFECT HARMONY. This form of cooperative alliance has been the basis of nearly every great fortune. Your understanding of this great truth may definitely determine your financial status. The psychic phase of the Master Mind principle is much more abstract, much more difficult to comprehend, because it has reference to the spiritual forces with which the human race, as a whole, is not well acquainted. You may catch a significant suggestion from this statement: "No two minds ever come together without, thereby, creating a third, invisible, intangible force which may be likened to a third mind." Keep in mind the fact that there are only two known elements in the whole universe, energy and matter. It is a well-known fact that matter may be broken down into units of molecules, atoms, and electrons. There are units of matter which may be isolated, separated, and analyzed.

Likewise, there are units of energy.

The human mind is a form of energy, a part of it being spiritual in nature. When the minds of two people are coordinated in a SPIRIT OF HARMONY, the spiritual units of energy of each mind form an affinity, which constitutes the "psychic" phase of the Master Mind. The Master Mind principle, or rather the economic feature of it, was first called to my attention by Andrew Carnegie, over twenty-five years ago. Discovery of this principle was responsible for the choice of my life's work. Mr. Carnegie's Master Mind group consisted of a staff of approximately fifty men, with whom he surrounded himself, for the DEFINITE PURPOSE of manufacturing and marketing steel. He attributed his entire fortune to the POWER he accumulated through this "Master Mind." Analyze the record of any man who has accumulated a great fortune, and many of those who have accumulated modest fortunes, and you will find that they have either consciously, or unconsciously employed the "Master Mind" principle.

GREAT POWER CAN BE ACCUMULATED THROUGH NO OTHER PRINCIPLE!

ENERGY is Nature's universal set of building blocks, out of which she constructs every material thing in the universe, including man, and every form of animal and vegetable life. Through a process which only Nature completely understands, she translates energy into matter. Nature's building blocks are available to man, in the energy involved in THINKING! Man's brain may be compared to an electric battery. It absorbs energy from the ether, which permeates every atom of matter, and fills the entire universe. It is a well-known fact that a group of electric batteries will provide more energy than a single battery. It is also a well-known fact that an

individual battery will provide energy in proportion to the number and capacity of the cells it contains. The brain functions in a similar fashion. This accounts for the fact that some brains are more efficient than others, and leads to this significant statement--a group of brains coordinated (or connected) in a spirit of harmony, will provide more thought-energy than a single brain, just as a group of electric batteries will provide more energy than a single battery. Through this metaphor it becomes immediately obvious that the Master Mind principle holds the secret of the POWER wielded by men who surround themselves with other men of brains

Senses of wisdom

The SIXTH SENSE is that portion of the subconscious mind which has been referred to as the Creative Imagination. It has also been referred to as the "receiving set" through which ideas, plans, and thoughts flash into the mind. The "flashes" are sometimes called "hunches" or "inspirations." The sixth sense defies description! It cannot be described to a person who has not mastered the other principles of this philosophy, because such a person has no knowledge, and no experience with which the sixth sense may be compared. Understanding of the sixth sense comes only by meditation through mind development *from within*. The sixth sense probably is the medium of contact between the finite mind of man and Infinite Intelligence, and for this reason, *it is a mixture of both the mental and the spiritual*. It is believed to be the point at which the mind of man contacts the Universal Mind. After you have mastered the principles described in this book, you will be prepared to accept as truth a statement which may, otherwise, be incredible to you, namely: Through the aid of the sixth sense, you will be warned of impending dangers in time to avoid them, and notified of opportunities in time to embrace them. There comes to your aid, and to do your bidding, with the development of the sixth sense, a "guardian angel" who will open to you at all times the door to the Temple of Wisdom. Whether or not this is a statement of truth, you will never know, except by following the instructions described in the pages of this book, or some similar method of procedure. The author is not a believer in, nor an advocate of "miracles," for the reason that he has enough knowledge of Nature to understand that Nature *never deviates from her established laws*. Some of her laws are so incomprehensible that they produce what appear to be "miracles." The sixth sense comes as near to being a miracle as anything I have ever experienced, and it appears so, only because I do not understand the method by which this principle is operated. This much the author does know--that there is a power, or a First Cause, or an Intelligence, which permeates every atom of matter, and embraces every unit of energy perceptible to man--that this Infinite Intelligence converts acorns into oak trees, causes water to flow downhill in response to the law of gravity, follows night with day, and winter with summer, each maintaining its proper place and relationship to the other. This Intelligence may, through the principles of this philosophy, be induced to aid in transmuting DESIRES into concrete, or material form. The author has this knowledge, because he has experimented with it--and has EXPERIENCED IT. Step

by step, through the preceding chapters, you have been led to this, the last principle.

If you have mastered each of the preceding principles, you are now prepared to accept, *without being skeptical*, the stupendous claims made here. If you have not mastered the other principles, you must do so before you may determine, definitely, whether or not the claims made in this chapter are fact or fiction. While I was passing through the age of "hero-worship" I found myself trying to imitate those whom I most admired. Moreover, I discovered that the element of FAITH, with which I endeavored to imitate my idols, gave me great capacity to do so quite successfully. I have never entirely divested myself of this habit of hero-worship, although I have passed the age commonly given over to such. My experience has taught me that the next best thing to being truly great, is to emulate the great, by feeling and action, as nearly as possible. Long before I had ever written a line for publication, or endeavored to deliver a speech in public, I followed the habit of reshaping my own character, by trying to imitate the nine men whose lives and life-works had been most impressive to me. The balance theory defines wisdom as the use of one's intelligence, creativity, common sense, and knowledge and as mediated by positive ethical values toward the achievement of a common good through a balance among (a) intrapersonal, (b) interpersonal, and (c) extra personal interests, over the (a) short and (b) long terms to achieve a balance among (a) adaptation to existing environments, (b) shaping of existing environments, and (c) selection of new environments. First, wise decisions do not just require intelligence and explicit knowledge, they typically draw on or tacit, or implicit, knowledge gained through experience as well (see discussion of tacit knowledge under theory of practical intelligence).

Second, the definition draws heavily on the idea of *balance*: the balance among multiple interests, immediate and lasting consequences, and environmental responses. Balance needs to exist, not only for intrapersonal interests, but also for interpersonal and extra personal interests, as well as among the environmental responses. What are these different interests and responses? *Intrapersonal interests* affect only the individual. They have to do with one's own sense of identity and may include such things as the desire for self-actualization, popularity, prestige, power, prosperity, or pleasure. *Interpersonal interests* involve other people. They relate not only to one's sense of self but also to desirable relationships with others. *Extra personal interests* are those that affect a wider organization, community, country, or environment. In addition to multiple interests, the consequences of each decision are assessed in order to balance short- and long-term objectives. Third, the balance in the balance theory of wisdom does not mean that each interest, consequence, or response is weighted equally. The relative "weightings" are determined by the extent to which a particular alternative contributes to the achievement of a common good. Obviously, there is no obvious nor consensually accepted definition of "common good." A large part of wisdom is in finding a truly common good and in persuading others of its suitability. Although currently, our

societies tend to emphasize analytical intelligence in their assessments of individuals in school, college, and beyond, one could argue that assessments of wisdom would be more valuable. When citizens and leaders fail in the pursuit of their duties, it is more likely to be for lack of wisdom than for lack of analytical intelligence. In particular, failed citizens and leaders are likely to be foolish—to show unrealistic optimism, egocentrism, false omniscience, false omnipotence, false invulnerability, and ethical disengagement in their thinking and decision making. In other words, they fail not for a lack of conventional intelligence, but rather for a lack of wisdom.

CHAPTER 12

THE LAW OF ATTRACTION

The Law of Attraction can be understood by understanding that ‘like attracts like’. What this means is that whether we realize it or not, we are responsible for bringing both positive and negative influences into our lives. A key part of the Law of Attraction is understanding that where you place your focus can have an intense impact on what happens to you. If you spend your days wallowing in regrets about the past or fears of the future, you’ll likely see more negativity appearing, but if you look for the silver lining in every experience then you’ll soon start to see positivity surrounding you every day. Therefore, the Law of Attraction encourages you to see that you have the freedom to take control of how your future develops, shaping it in the ways you choose. When you learn how to use the many powerful and practical tools associated with the Law of Attraction, you can start living and thinking in a more optimistic way that is specifically designed to attract even more positive events and experiences. Whatever you’re longing for, whatever your dreams and goals, the Law of Attraction can teach you valuable lessons that will bring you closer to your most treasured ambitions

Learn How to Start Using the Law of Attraction in Your Life

Although there is a lot of worth to even simply learning what the law of attraction is, you can really start using it to its full potential when you begin to understand that it can be used in subtle ways every minute of the day. Becoming more mindful of your own thoughts helps you to see to discover what you should keep or remove from your own mind and the reality your experience. You will become more attentive to underlying negativity and can start to combat it with new beliefs and feelings that better reflect your positive vision of the coming days. This ongoing focus on self-reflection also enables you to start seeing what you really want from your future, and you can then progress to formulating clearer goals with actionable steps at every stage. There are dozens of different ways of incorporating your knowledge of the Law of

Attraction

Visualization Tools

Creative visualization is a cornerstone of using the Law of Attraction, and meditative exercises are part of this process. For example, you are encouraged to spend 10-15 minutes a day on building an increasingly detailed image of the life you want to develop. However, visualization actually extends far beyond these mental pictures, and can be practiced in concrete ways every day. For example, you will learn writing exercises here on our site and artistic approaches that focus on externalizing your goals and making them more real. You can be as creative in your visualization process as you like, and trying out the basic skills may inspire you to

come up with unique methods that are even more effective. One of the most important elements of using visualization tools is to find the methods that best maintain constant focus on your objectives. Some people find different forms of visualization more powerful than others, so we'll help you find the visualization styles that infuse you with the most intense sense of confidence and optimism. In addition, you'll learn how to combine your new visualization tools with more positive ways of interacting with others, helping you to live and behave like you have already accomplished your goals

Affirmations and the Law of Attraction

Law of Attraction Affirmations can take the form of internal thoughts or spoken words, but they can also be represented visually. Regardless of how you choose to use them, you can design them to reflect your vision of how you want your life to change. For example, many people have great success speaking affirming words into the mirror before going to work, or stating "today is going to be a great day" to infuse themselves with positivity upon waking. When used frequently enough, affirmations can enhance your use of the Law of Attraction by helping to reshape the core beliefs and assumptions that may be holding you back. They promote consistency, optimism and intense focus on the future you want to create. Further, visual affirmations are useful ways of reminding yourself to stay connected to positive thoughts throughout the day. A sticky note on the bathroom cabinet, the fridge or the front door can keep you in check if your confidence is wavering, and a "dream board" can be designed to represent your desires and aims in pictorial form. We'll explain a wide range of ways in which you can use affirmation and teach you how to design them to accurately reflect your underlying goals. The Law of Attraction is one of life's biggest mysteries. Very few people are fully aware of how much of an impact the Law of Attraction has on their day to day life. Whether we are doing it knowingly or unknowingly, every second of our existence, we are acting as human magnets sending out our thoughts and emotions and attracting back more of what we have put out.

Unfortunately, so many of us still blind to the potential that is locked deep within us. Consequently, it is all too easy to leave your thoughts and emotions unchecked. This sends out the wrong thoughts and attracts more unwanted emotions and events into your life. Having said this, discovering that the Law of Attraction is at work within your life should be a great cause for celebration! Once the power of attraction has been understood by you it is no longer secret. Plus, you have learned how to effectively apply these to your everyday life, your entire future is yours to create

The History of the Law of Attraction

Before you begin to embark on the incredible journey towards true enlightenment in the Law of Attraction, it is important that you understand that you can apply it to

your life and it can be effective if the correct tools are used. The practices and beliefs in this law have been igniting the lives of great individuals throughout the course of history. Hundreds of years ago the Law of Attraction was first thought to have been taught to man by the immortal Buddha. It is believed he wanted it to be known that 'what you have become is what you have thought'. This is a belief that is deeply intrinsic in the Law of Attraction. With the spread of this concept to western culture also came the term 'Karma', it is a belief that is popular throughout numerous societies. Over the centuries it has been a common understanding amongst many that what you give out to the world (be it anger or happiness, hate or love) is ultimately what can return to your own life in the end. This simple and easy-to-follow concept has been so popular among many for a large number of years. It demonstrates that the idea of the power of attraction is not new whatsoever. It is already recognizable to many of us in a variety of ways. The main principles of the Law of Attraction can also be discovered in the teachings of many civilizations and religious groups. An example, in the Proverbs 23:7, it reads 'As a man thicket in his heart so is he'. Proof of praise for the Laws of Attraction can be uncovered throughout the ages; all recorded and taught in different ways, but still there for all of humanity to find.

Is The Law Of Attraction Real?

As previously discussed, The Law of Attraction and its values have been seen throughout history. And a great many women and men who have left their mark on this world have shown the Law of Attraction to be one of the greatest powers on earth; with many well-loved poets, artists, scientists and great thinkers such as Shakespeare, Blake, Emerson, Newton and Beethoven all conveying this message through their many works. There have been many modern advocates of The Law of Attraction as well. These include Oprah Winfrey, Jim Carrey, and Denzel Washington. In addition, with over 5.8 MILLION Facebook fans, there are plenty of success stories surrounding the law of attraction. The most challenging part of acknowledging and accepting the truth of what the Law of Attraction has to offer is coming to the realization that every single one of your decisions in life, good and bad, have been shaped by you alone. For many, this can be a bitter pill to swallow, especially if you feel that you or your loved ones have been dealt some particularly hard blows in life. However, once you have truly come to understand the true key behind of the Law of Attraction you can be renewed with hope and courage in the overwhelming knowledge that you are free to take charge of your life and free yourself forever from the cycle of fear, worry or negativity which has held you back for too long.

The Science behind the Law of Attraction: Fact, Not Fiction

The work of quantum physicists during recent years has helped to shine greater light on the incredible impact that the power of the mind has on our lives and the universe in general. The more that this idea is explored by scientists and great

thinkers alike, the greater an understanding we have on just how significant a role the mind plays in shaping our lives and the world around us.

1. Manifest Love and Relationships with the Law of Attraction

“The beginning of love is at the end of resistance.

With new relationships being formed every single day, it is not surprising that this is a common goal. Many people wish to meet the love of their lives. But can The Law of Attraction help your love life? The short answer? Yes. There are many Law of Attraction techniques and exercises that can increase your confidence, charisma and overall subconscious willingness to receive love. In this way, it is entirely possible to attract your real soul mate by utilizing The Law of Attraction.

Attract Money and Wealth Using the Law of Attraction

“Always remember, money is a servant; you are the master.

Another common goal across the world is financial abundance. Wealth brings along its obvious benefits to your life. Money can put a roof over your head and food on the table. Similarly, it has the ability to provide for your family and friends. Unfortunately, many of us have troubled relationships with the idea of wealth. It certainly has connotations of greed and vanity. In order to attract money, we need to banish these negative thought patterns. A key aspect of The Law of Attraction is this idea that positivity breeds positivity. Therefore, you can learn how to harness positive money habits easily with help from visualization tools and techniques

CHAPTER 13th

Discovering yourself

Your teachers in high school won't expect you to remember every little fact about African history. They can fill in the details you've forgotten. What they will expect, though, is for you to be able to think; to know how to make connections between ideas and evaluate information critically. I didn't realize it at the time, but my teacher was giving a concise summary of critical thinking. My high school teachers gave similar speeches when describing what would be expected of us in college: it's not about the facts you know, but rather about your ability to evaluate them. The ability to think through and solve difficult problems matters more in the "real world" than specific content. Despite hearing so much about critical thinking all these years, I realized that I still couldn't give a concrete definition of it, and I certainly couldn't explain how to do it. It seemed like something that my teachers just expected us to pick up in the course of our studies. While I venture that a lot of us did learn it, I prefer to approach learning deliberately, and so I decided to investigate critical thinking for myself. What is it, how do we do it, why is it important, and how can we get better at it? This post is my attempt to answer those questions. In addition to answering these questions, I'll also offer seven ways that you can start thinking more critically today, both in and outside of class.

What Is Critical Thinking?

"Critical thinking is the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action."

– The Foundation for Critical Thinking

The above definition from the Foundation for Critical thinking website is pretty wordy, but critical thinking, in essence, is not that complex. Critical thinking is just deliberately and systematically processing information so that you can make better decisions and generally understand things better. The above definition includes so many words because critical thinking requires you to apply diverse intellectual tools to diverse information.

Ways to critically think about information include:

- Conceptualizing
- Analyzing
- Synthesizing
- Evaluating

That information can come from sources such as:

- Observation
- Experience
- Reflection
- Reasoning
- Communication
- Beliefs
- Action

You can also define it this way:

Critical thinking is the opposite of regular, everyday thinking.

Moment to moment, most thinking happens automatically. When you think critically, you deliberately employ any of the above intellectual tools to reach more accurate conclusions than your brain automatically would (more on this in a bit).

This is what critical thinking is. But so what? Why Does Critical Thinking Matter?

"Most of our everyday thinking is uncritical."

If you think about it, this makes sense. If we had to think deliberately about every single action (such as breathing, for instance), we wouldn't have any cognitive energy left for the important stuff like D&D. It's good that much of our thinking is automatic. We can run into problems, though, when we let our automatic mental processes govern important decisions. Without critical thinking, it's easy for people to manipulate us and for all sorts of catastrophes to result. Anywhere that some form of fundamentalism led to tragedy (the Holocaust is a textbook example), critical thinking was sorely lacking. Even day to day, it's easy to get caught in pointless arguments or say stupid things just because you failed to stop and think deliberately. But you're reading College Info Geek, so I'm sure you're interested to know why critical thinking matters in college.

Here's why:

According to Andrew Roberts, author of *The Thinking Student's Guide to College*, critical thinking matters in college because students often adopt the wrong attitude to thinking about difficult questions. These attitudes include:

Ignorant certainty. Ignorant certainty is the belief that there are definite, correct answers to all questions—all you have to do is find the right source (102). It's

understandable that a lot of students come into college thinking this way—it's enough to get you through most of your high school coursework. In college and in life, however, the answers to most meaningful questions are rarely straightforward. To get anywhere in college classes (especially upper-level ones), you have to think critically about the material. Naive relativism. Naive relativism is the belief that there is no truth and all arguments are equal (102-103). According to Roberts, this is often a view that students adopt once they learn the error of ignorant certainty. While it's certainly a more "critical" approach than ignorant certainty, naive relativism is still inadequate since it misses the whole point of critical thinking: arriving at a more complete, "less wrong" answer. Part of thinking critically is evaluating the validity of arguments (yours and others'). Therefore, to think critically you must accept that some arguments are better (and that some are just plain awful).

Critical thinking also matters in college because:

It allows you to form your own opinions and engage with material beyond a superficial level. This is essential to crafting a great essay and having an intelligent discussion with your professors or classmates. Regurgitating what the textbook says won't get you far. It allows you to craft worthy arguments and back them up. If you plan to go on to graduate school or pursue a PhD, original, critical thought is crucial it helps you evaluate your own work. This leads to better grades (who doesn't want those?) and better habits of mind. Doing college level work without critical is a lot like walking blindfolded: you'll get somewhere, but it's unlikely to be the place you desire. The value of critical thinking doesn't stop with college, however. Once you get out into the real world, critical thinking matters even more. This is because:

It allows you to continue to develop intellectually after you graduate. Progress shouldn't stop after graduation—you should keep learning as much as you can. When you encounter new information, knowing how to think critically will help you evaluate and use it. It helps you make hard decisions. I've written before about how defining your values helps you make better decisions. Equally important in the decision-making process is the ability to think critically. Critical thinking allows you compare the pros and cons of your available options, showing that you have more options than you might imagine. People can and will manipulate you. At least, they will if you take everything at face value and allow others to think for you. Just look at ads for the latest fad diet or "miracle" drug—these rely on ignorance and false hope to get people to buy something that is at best useless and at worst harmful. When you evaluate information critically (especially information meant to sell something), you can avoid falling prey to unethical companies and people. It makes you more employable (and better paid). The best employees not only know how to solve existing problems—they also know how to come up with solutions to problems

no one ever imagined. To get a great job after graduating, you need to be one of those employees, and critical thinking is the key ingredient to solving difficult, novel problems.

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7 step formula to Think More Critically

Now we come to the part that I'm sure you've all been waiting for: how the heck do we get better at critical thinking? Below, you'll find seven ways to get started.

1. Ask Basic Questions

“The world is complicated. But does every problem require a complicated solution? “Sometimes an explanation becomes so complex that the original question get lost. To avoid this, continually go back to the basic questions you asked when you set out to solve the problem.

Here are a few key basic question you can ask when approaching any problem:

What do you already know? How do you know that? What are you trying to prove, disprove, demonstrated, critique, etc.? What are you overlooking? Some of the most breathtaking solutions to problems are astounding not because of their complexity, but because of their elegant simplicity. Seek the simple solution first.

2. Question Basic Assumptions

“When you assume, you make an ass out of you and me.”

The above saying holds true when you're thinking through a problem. It's quite easy to make an ass of yourself simply by failing to question your basic assumptions. Some of the greatest innovators in human history were those who simply looked up for a moment and wondered if one of everyone's general assumptions was wrong. From Newton to Einstein to Yutan Zhang, questioning assumptions is where innovation happens. You don't even have to be an aspiring Einstein to benefit from questioning your assumptions. That trip you've wanted to take? That hobby you've wanted to try? That internship you've wanted to get? That attractive person in your World Civilizations class

you've wanted to talk to? All these things can be a reality if you just question your assumptions and critically evaluate your beliefs about what's prudent, appropriate, or possible. If you're looking for some help with this process, then check out Oblique Strategies. It's a tool that musician Brian Enno and artist Peter Schmidt created to aid creative problem solving. Some of the "cards" are specific to music, but most work for any time you're stuck on a problem.

3. Be Aware of Your Mental Processes

Human thought is amazing, but the speed and automation with which it happens can be a disadvantage when we're trying to think critically. Our brains naturally use heuristics (mental shortcuts) to explain what's happening around us. This was beneficial to humans when we were hunting large game and fighting off wild animals, but it can be disastrous when we're trying to decide who to vote for. A critical thinker is aware of their cognitive biases and personal prejudices and how they influence seemingly "objective" decisions and solutions. All of us have biases in our thinking. Becoming aware of them is what makes critical thinking possible.

4. Try Reversing Things

A great way to get "unstuck" on a hard problem is to try reversing things. It may seem obvious that X causes Y, but what if Y caused X? The "chicken and egg problem" a classic example of this. At first, it seems obvious that the chicken had to come first. The chicken lays the egg, after all. But then you quickly realize that the chicken had to come from somewhere, and since chickens come from eggs, the egg must have come first. Or did it? Even if it turns out that the reverse isn't true, considering it can set you on the path to finding a solution.

5. Evaluate the Existing Evidence

"If I have seen further it is by standing on your shoulders of Giants."

When you're trying to solve a problem, it's always helpful to look at other work that has been done in the same area. There's no reason to start solving a problem from scratch when someone has already laid the groundwork. It's important, however, to evaluate this information critically, or else you can easily reach the wrong conclusion. Ask the following questions of any evidence you encounter

Take, for example, a study showing the health benefits of a sugary cereal. On paper, the study sounds pretty convincing. That is, until you learn that a sugary cereal company funded it. You can't automatically assume that this invalidates the study's results, but you should certainly question them when a conflict of

interests is so apparent.

6. Remember to Think for Yourself

Don't get so bogged down in research and reading that you forget to think for yourself—sometimes this can be your most powerful tool. Writing about Einstein's paper "On the Electrodynamics of Moving Bodies" (the paper that contained the famous equation $E=mc^2$), C.P. Snow observed that "it was as if Einstein 'had reached the conclusions by pure thought, unaided, without listening to the opinions of others. To a surprisingly large extent, that is precisely what he had done'" Don't be overconfident, but recognize that thinking for yourself is essential to answering tough questions. I find this to be true when writing essays—it's so easy to get lost in other people's work that I forget to have my own thoughts. Don't make this mistake.

7. Understand That No One Thinks Critically 100% of the Time

"Critical thinking of any kind is never universal in any individual; everyone is subject to episodes of undisciplined or irrational thought." You can't think critically all the time, and that's okay. Critical thinking is a tool that you should deploy when you need to make important decisions or solve difficult problems, but you don't need to think critically about everything. And even in important matters, you will experience lapses in your reasoning. What matters is that you recognize these lapses and try to avoid them in the future. Genius that he was, believed that alchemy was a legitimate pursuit.

Conclusion

As I hope you now see, learning to think critically will benefit you both in the classroom and beyond. I hope this post has given you some ideas about how you can think more critically in your own life. Remember: learning to think critically is a lifelong journey, and there's always more to learn. How has critical thinking helped you in and outside the classroom? Are there any important tips I missed? Share them in the comments or discuss them in the College Info Community. What is critical thinking? Critical thinking refers to the ability to analyze information objectively and make a reasoned judgment. It involves the evaluation of sources, such as data, facts, observable phenomena, and research findings. Good critical thinkers can draw reasonable conclusions from a set of information, and discriminate between useful and less useful details to solve problems or make decisions.

Why Do Employers Value Critical Thinking Skills?

Employers want job candidates who can evaluate a situation using logical thought and offer the best solution. Someone with critical thinking skills can

be trusted to make decisions independently, and will not need constant handholding. Critical thinking abilities are among the most sought-after skills in almost every industry and workplace. You can demonstrate critical thinking by using related keywords in your resume and cover letter, and during your interview.

Examples of Critical Thinking

The circumstances that demand critical thinking vary from industry to industry. Some examples include: A triage nurse analyzes the cases at hand and decides the order by which the patients should be treated. A plumber evaluates the materials that would best suit a particular job. An attorney reviews evidence and devises a strategy to win a case or to decide whether to settle out of court. A manager analyzes customer feedback forms and uses this information to develop a customer service training session for employees. Promote Your Skills in Your Job Search. If critical thinking is a key phrase in the job listings you are applying for, be sure to emphasize your critical thinking skills throughout your job search. You can use critical thinking keywords (analytical, problem solving, creativity, etc.) in your resume. When describing your work history, include any of the skills listed below that accurately describe you. You can also include them in your resume summary, if you have one. For example, your summary might read, “Marketing Associate with five years of experience in project management. Skilled in conducting thorough market research and competitor analysis to assess market trends and client needs, and to develop appropriate acquisition tactics.”

Mention Skills in Your Cover Letter

Include these critical thinking skills in your cover letter. In the body of your letter, mention one or two of these skills, and give specific examples of times when you have demonstrated those skills at work. Think about times when you had to analyze or evaluate materials to solve a problem.

Show the Interviewer Your Skills

You can use these skill words in an interview. Discuss a time when you were faced with a particular problem or challenge at work and explain how you applied critical thinking to solve it. Some interviewers will give you a hypothetical scenario or problem, and ask you to use critical thinking skills to solve it. In this case, explain your thought process thoroughly to the interviewer. He or she is typically more focused on how you arrive at your solution rather than the solution itself. The interviewer wants to see you use analysis and evaluation (key parts of critical thinking) approach to the given scenario or problem. Of course, each job will require different skills and experiences, so make sure you read the job description carefully and focus on

the skills listed by the employer.

Critical Thinking Skills

Analysis

Part of critical thinking is the ability to carefully examine something, whether it is a problem, a set of data, or a text. People with analytical skills can examine information, understand what it means, and properly explain to others the implications of that information.

Asking Thoughtful Questions

Data Analysis

Research

Interpretation

Judgment

Questioning Evidence

Recognizing Patterns

Skepticism

Communication

Often, you will need to share your conclusions with your employers or with a group of colleagues. You need to be able to communicate with others to share your ideas effectively. You might also need to engage critical thinking in a group. In this case, you will need to work with others and communicate effectively to figure out solutions to complex problems.

Active Listening

Assessment

Collaboration

Explanation

Interpersonal

Presentation

Teamwork

Verbal Communication

Written Communication

Creativity

Critical thinking often involves creativity and innovation. You might need to spot patterns in the information you are looking at or come up with a solution that no one else has thought of before. All of this involves a creative eye that can take a different approach from all other approaches.

Flexibility

Conceptualization

Curiosity
Imagination
Drawing Connections
Inferring
Predicting
Synthesizing
Vision
Open-Mindedness

To think critically, you need to be able to put aside any assumptions or judgments and merely analyze the information you receive. You need to be objective, evaluating ideas without bias.

Diversity
Fairness
Humility
Inclusive
Objectivity
Observation
Reflection
Problem Solving

Problem solving is another critical thinking skill that involves analyzing a problem, generating and implementing a solution, and assessing the success of the plan. Employers don't simply want employees who can think about information critically. They also need to be able to come up with practical solutions.

Attention to Detail
Clarification
Decision Making
Evaluation
Roundedness
Identifying Patterns
Innovation
More Critical Thinking Skills
Inductive Reasoning
Deductive Reasoning
Compliance
Noticing Outliers
Adaptability
Emotional Intelligence
Brainstorming
Optimization

Restructuring
Integration
Strategic Planning
Project Management
Ongoing Improvement
Causal Relationships
Case Analysis
Diagnostics
SWOT Analysis
Business Intelligence
Quantitative Data Management
Qualitative Data Management
Metrics
Accuracy
Risk Management
Statistics
Scientific Method
Consumer Behavior

Prevent phobia
"An anxiety disorder, characterized
By intense and usually irrational
Fears."

Frustration. It winds you up and can take so much out of you. Because it not only sucks energy but also distracts you and can steal quite a bit of time. So what can you do? Well, sometimes that frustration can actually be a positive and can give you a new idea or angle on things. Or it can give you the power to keep going just a little bit more until you reach your goal. But when you start going in circles, when the frustration just makes you mad or your mind foggy and the day is starting to slip through your fingers then there are steps you can take. There are ways to turn such a state of mind or day around into something better. Into something more helpful. And into something that will make you feel better again.

Step 1: Be here now.

When you are frustrated then you are often somewhere in the future in your mind. Somewhere you wish you would be. Or you are reliving a stumble or failure from your past. Snap out of those headspaces and calm down by focusing your mind and attention on what is now, right here at this moment.

You can do so by for example:

- Focusing on your breathing. Sit down, close your eyes and just focus on the air going and out of your nose for 1-2 minutes. Take calm and slightly

deeper breaths than usual and breathe with your belly and not your chest.

- Focus on what is around you at this time. The sun shining in through your window. The kids playing out in the street and the cars and people going by. The smells and feeling of the clothes and warmth of the sun on your skin. Do this for 1-2 minutes to get your attention back to the present moment

Step 2: Appreciate what you do have.

After you have pulled your attention back to where it can be most helpful focus it on what is still positive in your life. The quickest and easiest way to do so is to focus it on appreciating what you do have. A favorite of mine during this step is the important things we may sometimes take for granted. Like for instance:

- A warm home and a roof over your head.
- Plenty of drinkable water.
- Not having to go hungry.

Access to the internet (and perhaps your own place to express yourself).

- Your friends and family.

Spend a few minutes on this and you'll find much to be grateful for.

Step 3: Focus on what you can do right now.

With your attention in the present moment and your mood a more grateful and positive one it is now time to get constructive about what frustrates you. You can do that by asking yourself: What is one small step I can take right now to improve this situation? It may be to see what you can learn from what frustrates you and to try another path towards your goal. Or it could be to try one more time and to keep going (because not all things in life will come to you the first, second or third time you try). Or it could be you simply realizing that you may have taken on a bit much lately or things have been tough and that you need to take this evening or a few days to just relax, take care of yourself and perhaps simplify a bit. So that you can recharge and then get back into moving towards what you want out of your life in a more focused way.

Reduce or prevent frustration:

Make note of your triggers and see what you can do about them.

What triggers your frustration?

Is it when your partner doesn't take out the trash as you had agreed? Or when you're not making progress as fast you like with your career or hobby? Or when your phone's interrupting your work all too often? Whatever it might be, first ask yourself: What can I do to prevent this trigger in the first place? For example, put your phone in silent mode or airplane mode and then get back to people during 1-3 scheduled times throughout your workday. If you can't prevent it then ask yourself: What can I do to reduce the frustration caused by this trigger? For instance, if you get frustrated with delays or waiting time while on your daily commute then ask your friends or Google for answers for how others handle this common issue. You may discover that one helpful solution is an audio book or podcast to listen to divert your attention and to get something good out of the situation while you're waiting.

Remember: you're human (and so is everyone else).

Perfectionism towards yourself or others does most often lead to plenty of frustration and disappointment. So set your standards both for others and yourself at a human level rather than at perfection. Accept that sometimes you will make mistakes, have setbacks and not reach your goals when you'd like to. And so will people around you too. Work from that perspective both with yourself and others and when there is a setback then focus on what you can learn to improve and to do better the next time.

Talk it out (instead of keeping it bottled up).

When you talk a frustration over with someone then it can help you to start seeing it from a more level-headed perspective as you vent. And your friend that's listening may have one or couple of good pieces of advice from his or her own experience. Or the two of you can start coming up with a plan for how you can overcome or at least reduce this frustrating situation.

Communicate as directly as you can.

People can't read your thoughts and you can't read theirs. So avoid trying to hint, guess or be passive-aggressive and go for simple, straightforward and calm communication as best you can. It can be difficult to do right at that moment but it will most often save you a lot of unnecessary frustration, tension and misunderstandings in your relationships.

CHAPTER 14

WHY PRODUCTIVITY IS IMPORTANT

Do you ever feel like there are simply not enough hours in the day?

Do you have a million things on your to-do list, and at the end of the day feel like you *still* didn't get enough done? Would you like to be able to get 200% more done in just simply 50% of the time? To be able to shut down your computer or come home from work at the end of the day, feeling fulfilled and accomplished, able to relax and spend time with your family or friends? I mean, that could be a life-changer for you! If you have ever felt like you're overwhelmed, stressed and don't know how to achieve your goals, this course will be useful to you. You have ever interacted with another person, this course will be useful to you because our everyday interactions are filled with secret nonverbal cues just waiting to be uncovered.

Why is Productivity Important?

In today's world, we are bombarded with more information and distractions than ever before. It can be extremely difficult to know what to focus on and how to do it. More so, in a time where we can pick up our iPhones to check email, get message alerts, look at Facebook and eat in drive-thrust - we're stressed, overwhelmed and have difficulty focusing for more than eight seconds at a time! In this course, I will give you concrete tools and tips to increase your focus, your energy and learn how to get more accomplished without stress or worry.

If You Don't Learn How to Be More Productive Now, You'll Never Achieve Your Goals

It's so easy spending our days checking emails, racing from one meeting to the next, mindlessly looking at Facebook and never getting any REAL work done. Everything feels like an emergency and takes our attention off of our true focus: setting and achieving our goals. This course takes productivity a step further by helping you learn best practices of goal-setting and how to actually achieve your goals. If we don't know what we want in our work and lives, we'll never know how to get there. I'll teach you how to put yourself into a state where you can achieve your goals faster than ever before, while focusing on the RIGHT things to help you achieve them. We humans are social creatures. People with more supportive families and friends are generally happier and more successful in life. We thrive in supportive environments and we need other human beings to reaffirm our existence. Several studies have proven that being in supportive relationships contributes to our psychological well-being. It benefits us in the following ways:

- Gives us a sense of belonging: No one wants to be an outcast. We thrive when we are accepted. Being accepted into a group and spending time with people helps keep loneliness at bay. We need to feel that we're not alone.
- Gives us a feeling of self-worth: Being accepted and called a friend, reinforces the conviction that you are a good person with value.
- Gives us a feeling of security: A supportive social network is a source of advice, guidance and motivation. We feel comfort in knowing that if we ever need assistance, there are people who will come to our aid.

Facts about social support and happiness

- In one study of 1400, called Very Happy People, results showed that there was a 0.7 correlation between social support and happiness. Higher than the connection between smoking and cancer.
- Marriage is a cause of happiness when you get support from your partner.
- Research suggests that happiness, along with other behaviors is contagious. If you belong to a social network that has a general attitude of positivity, it will rub off on you. It is true that the company we keep influences our moods and behaviors.
- People who have one or more close friendships tend to be happier.
- People with few social ties are 2 to 3 times more likely to suffer from depression, as compared to those with stronger social bonds.
- People with strong and healthy relationships are less likely to feel stressed by challenging situations.

The Quality of your Social Network

Social network is about the number of people you interact with. You can count your social media friends to this group. But a social network is not the same as social support. Social Support has more to do with the quality of your friends. If we want to be happy, building stronger ties should be one of our priorities. We need to cultivate relationships that go deeper than just a simple Hi and Hello. How many of your friends can you really rely on? Is there anyone you can turn to when you have problems? Someone who has your well-being and happiness in mind? A source of inspiration and hope? In this advanced age of communication, even with the means to connect to each other, it seems that we are losing our ability to establish deep and meaningful relationships with people.

The Quality of our Social Network is declining

In 1985, an African survey suggested that people have an average of 3 close friends. By the year 2006, it dropped to 2. 25% of the study group couldn't name one close friend that they can rely on without doubt. It is no wonder that the World Health Organization reports 350 million cases of depression worldwide. We are more connected now, but the quality of our connections are deteriorating.

The Kinds of Support You Need to be Happy

A deep and meaningful relationship provides us with one or all of the following:

- Emotional Support – You need to be assured that you have people in your corner. These people help nurture you and keep you moving forward. It involves love, trust, care, intimacy, affection and encouragement.
- Tangible Support – Are people you can call on for help on things like financial assistance, babysitting the kids so you can watch a movie, or going with you to the dentist or doctor. It cover
- Appraisal Support – The people who love you enough to give you constructive and honest feedback about yourself. This type of support cannot be expected from mere acquaintances. It can only come from people who know you very well.
- Informational Support – These are professional acquaintances such as lawyers, mental health professionals, accountants, doctors, clergy and more. They can share their expertise with you when you need it and help you solve problems.
- Companionship Support – Activity friends who makes us feel socially accepted. They could be your reading group or church group or any other group of people you interact with socially.

Normally in our lives, we get a certain type of support from different people. That's alright, as long as you have someone you can turn to. These people form your social support group. Their presence is something that you should value and appreciate. They play a big role in making you a happier and well-rounded person.

Have you nurtured an adequate support system in your life? It's never too late to start.

Take on more projects

A great way to develop your leadership skills is to take on more responsibility. You

don't have to take on more than you can handle, but you do need to do more than simply what's covered in your job description if you want to grow. Stepping out of your comfort zone is the only way you will learn anything new, and doing so will get you noticed by executives as someone who takes initiative.

Learn to follow

A true leader has no problem yielding control to another person when appropriate. You should not feel threatened when someone disagrees with you, questions your thinking, or puts forth ideas of their own. Keep an open mind and give merit where merit is due. It won't always be easy, but if you learn to value and respect others on your team, they'll be more likely to step up to the plate for you.

Develop situational awareness

A mark of a good leader is someone who can see the bigger picture, and anticipate problems before they occur. This is a valuable skill to have when handling complex projects with tight deadlines. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader. This ability also helps you recognize opportunities that others overlook, which will certainly earn you recognition.

Inspire others

Being a leader means you are part of a team, and as a leader you should be able to motivate and inspire those you work with to collaborate as best they can. When a team member needs encouragement or guidance, offer it. Sometimes, all a person needs is someone to listen and be sympathetic.

Keep learning

The best path to becoming a good leader is to always keep learning new things. It keeps your mind sharp, and your skills fresh. It primes you for new challenges that may come your way, which is always a good thing in a leader.

Empower your teammates

No one is the best at everything, and the sooner you realize that, the sooner you can learn to be a good leader. Delegating tasks to others not only frees you up for things you do well, it also empowers other people on your team.

Resolve conflicts

Don't be a manager from hell! Not everyone will get along all the time. Instead of ignoring interpersonal conflicts, hoping they will go away, address it by talking to those involved privately. Also, be open to reassigning team members if the conflict

can't be resolved. What makes a good leader? Everyone has a different definition of a 'good leader', but for me a good leader is someone who leads and let others lead him. One who provides effective communication? While a leader's actions may be scrutinized when things are going bad, it is their leadership qualities that shine through the worst of times. A good leader learns something new every day and is open to improvements. Sitting in my office one day, I was wondering whether I'm a good leader for my subordinates. The question got glued to my head and I kept wondering throughout the day. Being in the development management sector, I understand the need for great leaders and very frequently discuss it with my colleagues. That day I decided to not just speak about being a good leader, but educate my students on building their leadership development skills that will make a difference. I then realized what leadership means to me: "I will be a great leader if I am able to make my students even better leaders than I ever was".

1. Be an Inspiration

Being a good leader depends on how you get things done. An effective leader should be able to motivate others and drive them to do their best in the worst situations. Great leaders move us and inspire us to do our best work. The best way to become a great leader is train yourself to become better and better every day; not only help others learn and grow, but also make sure *you* learn and grow as the organization grows.

2. Keep Learning

Some say that some people are born leaders. I somewhat agree, some people indeed have inbuilt qualities and a great talent to lead others. But, for me, experience also makes good leaders. We learn and grow every day. We follow and we lead. It all comes around in a circle. If today I am learning from my leader, tomorrow I can be myself a leader and make others learn. A great way to develop your leadership skills is to take on more responsibility: with responsibilities comes more experience. If you have a great leader to look up to, you too can become a great leader whom others will look up to.

3. Communicate, Communicate, Communicate

Communication is one of the most powerful tools. You can solve most problems and overcome most obstacles if you are a good communicator. Even someone who excels in many aspects of leadership will probably hit a ceiling if he or she is not a good communicator. A good communicator is not just a great speaker but a great listener too, so that nothing said can get misunderstood or misinterpreted. It's important to keep a tab on everyone involved in your team and make them feel equal. It's important to schedule weekly meetings to maintain a good line of communication to avoid problems which might occur later due to miscommunication.

4. Always See the Bigger Picture

Remember that if you're a good leader, you must have the ability to overcome unpredictable challenges. You must have a contingency plan ready ahead of any situation or circumstances. A trait of a good leader is the ability to see the bigger picture and foresee problems before they occur. The ability to foresee and provide

suggestions for avoiding potential problems is invaluable for a leader.

5. Let Your Actions Speak For You

We all remember good leaders. We all in our lives have come across a leader who has always motivated us in some way or another. As they say, you will probably remember a good leader but a great leader is truly unforgettable. Our actions define who we are. A great leader is someone who leads their team and motivates them to perform at their best, but he is also someone who challenges them and persuades them to move out of their comfort zone and at the same time make them work as a team. A great leader is someone who helps his/her team members grow personally and professionally, strategically nurtures future leaders, and at the same time realizes the importance of providing emotional support at the right time. A great leader is not someone who brings out the best from the best, but someone who has the ability to bring out the best from the worst.

CHAPTER 15

Creative imagination

"There tell me there are many gods for god is in each of us. There is only one god which is Ubuntu; love that is expressed by understanding, which is the power of the people to destroy their oppressors. "

We remember too, that the transcendent being is the only case, the father and the creator of the universe. That he fills all things not with his thought only but with his essence. His essence is not exhausted in the universe. He is above it and beyond. We may say that only his powers, he included them.

From time to time, in letters, or at conferences, people been asking me that where god is in my writings. This question always suppresses me. To me god is everywhere

The SIXTH SENSE is that portion of the subconscious mind which has been referred to as the Creative Imagination. It has also been referred to as the "receiving set" through which ideas, plans, and thoughts flash into the mind. The "flashes" are sometimes called "hunches" or "inspirations." The sixth sense defies description! It cannot be described to a person who has not mastered the other principles of this philosophy, because such a person has no knowledge, and no experience with which the sixth sense may be compared. Understanding of the sixth sense comes only by meditation through mind development *from within*. The sixth sense probably is the medium of contact between the finite mind of man and Infinite Intelligence, and for this reason, *it is a mixture of both the mental and the spiritual*. It is believed to be the point at which the mind of man contacts the Universal Mind. After you have mastered the principles described in this book, you will be prepared to accept as truth a statement which may, otherwise, be incredible to you, namely: Through the aid of the sixth sense, you will be warned of impending dangers in time to avoid them, and notified of opportunities in time to embrace them. There comes to your aid, and to do your bidding, with the development of the sixth sense, a "guardian angel" who will open to you at all times the door to the Temple of Wisdom. Whether or not this is a statement of truth, you will never know, except by following the instructions described in the pages of this book, or some similar method of procedure. The author is not a believer in, nor an advocate of "miracles," for the reason that he has enough knowledge of Nature to understand that Nature *never deviates from her established laws*. Some of her laws are so incomprehensible that they produce what appear to be "miracles." The sixth sense comes as near to being a miracle as anything I have ever experienced, and it appears so, only because I do not understand the method by which this principle is operated. This much the author does know--that there is a power, or a First Cause, or an Intelligence, which permeates every atom of matter, and embraces every unit of energy perceptible to man--that this Infinite Intelligence converts acorns into oak trees, causes water to

flow downhill in response to the law of gravity, follows night with day, and winter with summer, each maintaining its proper place and relationship to the other. This Intelligence may, through the principles of this philosophy, be induced to aid in transmuting DESIRES into concrete, or material form. The author has this knowledge, because he has experimented with it--and has EXPERIENCED IT. Step by step, through the preceding chapters, you have been led to this, the last principle.

If you have mastered each of the preceding principles, you are now prepared to accept, *without being skeptical*, the stupendous claims made here. If you have not mastered the other principles, you must do so before you may determine, definitely, whether or not the claims made in this chapter are fact or fiction. While I was passing through the age of "hero-worship" I found myself trying to imitate those whom I most admired. Moreover, I discovered that the element of FAITH, with which I endeavored to imitate my idols, gave me great capacity to do so quite successfully. I have never entirely divested myself of this habit of hero-worship, although I have passed the age commonly given over to such. My experience has taught me that the next best thing to being truly great, is to emulate the great, by feeling and action, as nearly as possible. Long before I had ever written a line for publication, or endeavored to deliver a speech in public, I followed the habit of reshaping my own character, by trying to imitate the nine men whose lives and life-works had been most impressive to me. The balance theory defines wisdom as the use of one's intelligence, creativity, common sense, and knowledge and as mediated by positive ethical values toward the achievement of a common good through a balance among (a) intrapersonal, (b) interpersonal, and (c) extra personal interests, over the (a) short and (b) long terms to achieve a balance among (a) adaptation to existing environments, (b) shaping of existing environments, and (c) selection of new environments. First, wise decisions do not just require intelligence and explicit knowledge, they typically draw on or tacit, or implicit, knowledge gained through experience as well (see discussion of tacit knowledge under theory of practical intelligence).

Second, the definition draws heavily on the idea of *balance*: the balance among multiple interests, immediate and lasting consequences, and environmental responses. Balance needs to exist, not only for intrapersonal interests, but also for interpersonal and extra personal interests, as well as among the environmental responses. What are these different interests and responses? *Intrapersonal interests* affect only the individual. They have to do with one's own sense of identity and may include such things as the desire for self-actualization, popularity, prestige, power, prosperity, or pleasure. *Interpersonal interests* involve other people. They relate not only to one's sense of self but also to desirable relationships with others. *Extra personal interests* are those that affect a wider organization, community, country, or environment. In addition to multiple interests, the consequences of each decision are assessed in order to balance short- and long-term objectives. Third, the balance in the balance theory of wisdom does not mean that each interest,

consequence, or response is weighted equally. The relative “weightings” are determined by the extent to which a particular alternative contributes to the achievement of a common good. Obviously, there is no obvious nor consensually accepted definition of “common good.” A large part of wisdom is in finding a truly common good and in persuading others of its suitability. Although currently, our societies tend to emphasize analytical intelligence in their assessments of individuals in school, college, and beyond, one could argue that assessments of wisdom would be more valuable. When citizens and leaders fail in the pursuit of their duties, it is more likely to be for lack of wisdom than for lack of analytical intelligence. In particular, failed citizens and leaders are likely to be foolish—to show unrealistic optimism, egocentrism, false omniscience, false omnipotence, false invulnerability, and ethical disengagement in their thinking and decision making. In other words, they fail not for a lack of conventional intelligence, but rather for a lack of wisdom.

Organized planning

You have learned that everything that is created or acquired begins in the form of self-awareness, that awareness is taken on the first lap of its journey, from the abstract to the concrete, into the workshop of imagination where plans for its transition are created and organized.

You will now be instructed on how to build practical plans:

1. Ally yourself with a group of as many people as you may need for the creation and carrying out your plan, or plans, for the accumulation of money, making use of the master mined.
2. Arrange to meet with members of your master mind group at least twice a week and more often if possible, until you have collectively perfected the plan.
3. Maintain perfect harmony between yourself and every member of your master mind group. The master mind principle cannot operate where perfect harmony does not prevail.

Keep in mind these facts;

A. you are engaged in undertaking of major importance to you. To be sure of success, you must have plans that are faultless.

B. you must have the advantage of the experience, self-education, natural ability and imagination of other minds.

A QUITTER NEVER WINS- AND

A WINNER NEVER QUIT.

Write this sentence on a piece of a paper in letters and place where you will see it every day. When you begin to select members for your master mind group, endeavor to select those who do not take defeat seriously.

Some people foolishly believe that only money can make money. This not true! Desire, transmuted into its monetary equivalent through the principles laid down here, is the agency through which money is made. Money of itself, is nothing but inert matter. It cannot move, think, or talk, but it can hear when one who desires it calls it to come! Sass

PLANNING THE SALE OF SERVICES

The remainder of this chapter has been given over to a description of ways and means of marketing personal services. The information here conveyed will be of practical help to any person having any form of personal services to market, but it will be of priceless benefit to those who aspire to leadership in their chosen occupations. Intelligent planning is essential for success in any undertaking designed to accumulate riches. Here will be found detailed instructions to those who must begin the accumulation of riches by selling personal services. It should be encouraging to know that practically all the great fortunes began in the form of compensation for personal services, or from the sale of IDEAS. What else, except ideas and personal services, would one not possessed of property have to give in return for riches? Broadly speaking, there are two types of people in the world. One type is known as LEADERS, and the other as FOLLOWERS. Decide at the outset whether you intend to become a leader in your chosen calling, or remain a follower. The difference in compensation is vast. The follower cannot reasonably expect the compensation to which a leader is entitled, although many followers make the mistake of expecting such pay. It is no disgrace to be a follower. On the other hand, it is no credit to remain a follower. Most great leaders began in the capacity of followers. They became great leaders because they were INTELLIGENT FOLLOWERS. With few exceptions, the man who cannot follow a leader intelligently, cannot become an efficient leader. The man who can follow a leader most efficiently, is usually the man who develops into leadership most rapidly. An intelligent follower has many advantages, among them the OPPORTUNITY TO ACQUIRE KNOWLEDGE FROM HIS LEADER.

THE MAJOR ATTRIBUTES OF LEADERSHIP

The following are important factors of leadership:--

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| 1. UNWAVERING COURAGE based upon knowledge of self, and of one's occupation. No follower wishes to be dominated by a leader who lacks self-confidence and courage. No intelligent follower will be dominated by such a leader very long. |
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2.	SELF-CONTROL. The man who cannot control himself, can never control others. Self-control sets a mighty example for one's followers, which the more intelligent will emulate.
3.	A KEEN SENSE OF JUSTICE. Without a sense of fairness and justice, no leader can command and retain the respect of his followers.
.	DEFINITENESS OF DECISION. The man who wavers in his decisions, shows that he is not sure of himself. He cannot lead others successfully.
5.	DEFINITENESS OF PLANS. The successful leader must plan his work, and <i>work his plan</i> . A leader who moves by guesswork, without practical, definite plans, is comparable to a ship without a rudder. Sooner or later he will land on the rocks.
6.	THE HABIT OF DOING MORE THAN PAID FOR. One of the penalties of leadership is the necessity of willingness, upon the part of the leader, to do more than he requires of his followers.
7.	A PLEASING PERSONALITY. No slovenly, careless person can become a successful leader. Leadership calls for respect. Followers will not respect a leader who does not grade high on all of the factors of a Pleasing Personality.
8.	SYMPATHY AND UNDERSTANDING. The successful leader must be in sympathy with his followers. Moreover, he must understand them and their problems.
9.	MASTERY OF DETAIL. Successful leadership calls for mastery of details of the leader's position.
10.	WILLINGNESS TO ASSUME FULL RESPONSIBILITY. The successful leader must be willing to assume responsibility for the mistakes and the shortcomings of his followers. If he tries to shift this responsibility, he will not remain the leader. If one of his followers makes a mistake, and shows himself incompetent, the leader must consider that it is <i>he</i> who failed.
11.	COOPERATION. The successful leader must understand, and <i>apply</i> the principle of cooperative effort and be able to induce his followers to do the same. Leadership calls for POWER, and power calls for COOPERATION.

There are two forms of Leadership. The first, and by far the most effective, is LEADERSHIP BY CONSENT of, and with the sympathy of the followers. The

second is LEADERSHIP BY FORCE, without the consent and sympathy of the followers. History is filled with evidences that Leadership by Force cannot endure. The downfall and disappearance of "Dictators" and kings is significant. It means that people will not follow forced leadership indefinitely. The world has just entered a new era of relationship between leaders and followers, which very clearly calls for new leaders, and a new brand of leadership in business and industry. Those who belong to the old school of leadership-by-force, must acquire an understanding of the new brand of leadership (cooperation) or be relegated to the rank and file of the followers. There is no other way out for them. The relationship of employer and employee, or of leader and follower, in the future, will be one of mutual cooperation, based upon an equitable division of the profits of business. In the future, the relationship of employer and employee will be more like a partnership than it has been in the past. Napoleon, Kaiser Wilhelm of Germany, the Czar of Russia, and the King of Spain were examples of leadership by force. Their leadership passed. Without much difficulty, one might point to the prototypes of these ex-leaders, among the business, financial, and labor leaders of America who have been dethroned or slated to go. *Leadership-by-consent*

Of the followers is the only brand which can endure!

Men may follow the forced leadership temporarily, but they will not do so willingly.

The new brand of LEADERSHIP will embrace the eleven factors of leadership, described in this chapter, as well as some other factors. The man who makes these the basis of his leadership, will find abundant opportunity to lead in any walk of life. The depression was prolonged, largely, because the world lacked LEADERSHIP of the new brand. At the end of the depression, the demand for leaders who are competent to apply the new methods of leadership has greatly exceeded the supply. Some of the old type of leaders will reform and adapt themselves to the new brand of leadership, but generally speaking, the world will have to look for new timber for its leadership.

This necessity may be your OPPORTUNITY!

THE 10 MAJOR CAUSES OF FAILURE IN LEADERSHIP

We come now to the major faults of leaders who fail, because it is just as essential to know WHAT NOT TO DO as it is to know what to do.

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| 1. | INABILITY TO ORGANIZE DETAILS. Efficient leadership calls for ability to organize and to master details. No genuine leader is ever "too busy" to do anything which may be required of him in his capacity as leader. When a man, whether he is a leader or follower, admits that he is "too busy" to change his |
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	plans, or to give attention to any emergency, he admits his
	Inefficiency. The successful leader must be the master of all details connected with his position. That means, of course, that he must acquire the habit of relegating details to capable lieutenants.
2.	UNWILLINGNESS TO RENDER HUMBLE SERVICE. Truly great leaders are willing, when occasion demands, to perform any sort of labor which they would ask another to perform. "The greatest among ye shall be the servant of all" is a truth which all able leaders observe and respect.
3.	EXPECTATION OF PAY FOR WHAT THEY "KNOW" INSTEAD OF WHAT THEY <i>DO</i> WITH THAT WHICH THEY KNOW. The world does not pay men for that which they "know." It pays them for what they <i>DO</i> , or induce others to do.
4.	FEAR OF COMPETITION FROM FOLLOWERS. The leader who fears that one of his followers may take his position is practically sure to realize that fear sooner or later. The able leader trains understudies to whom he may delegate, at will, any of the details of his position. Only in this way may a leader multiply himself and prepare himself to be at many places, and give attention to many things at one time. It is an eternal truth that men receive more pay for their <i>ABILITY TO GET OTHERS TO PERFORM</i> , than they could possibly earn by their own efforts. An efficient leader may, through his knowledge of his job
	And the magnetism of his personality, greatly increase the efficiency of others, and induce them to render more service and better service than they could render without his aid.
5.	LACK OF IMAGINATION. Without imagination, the leader is incapable of meeting emergencies, and of creating plans by which to guide his followers efficiently.
6.	SELFISHNESS. The leader who claims all the honor for the work of his followers, is sure to be met by resentment. The really great leader <i>CLAIMS NONE OF THE HONORS</i> . He is contented to see the honors, when there are any, go to his followers, because he knows that most men will work harder for commendation and recognition than they will for money alone.

7.	INTEMPERANCE. Followers do not respect an intemperate leader. Moreover, intemperance in any of its various forms, destroys the endurance and the vitality of all who indulge in it.
8.	DISLOYALTY. Perhaps this should have come at the head of the list. The leader who is not loyal to his trust, and to his associates, those above him, and those below him, cannot long maintain his leadership. Disloyalty marks one as being less than the dust of the earth, and brings down on one's head the contempt he deserves. Lack of loyalty is one of the major causes of failure in every walk of life.
9.	EMPHASIS OF THE "AUTHORITY" OF LEADERSHIP. The efficient leader leads by
	Encouraging, and not by trying to instil fear in the hearts of his followers. The leader who tries to impress his followers with his "authority" comes within the category of leadership through FORCE. If a leader is a REAL LEADER, he will have no need to advertise that fact except by his conduct--his sympathy, understanding, fairness, and a demonstration that he knows his job.
10.	EMPHASIS OF TITLE. The competent leader requires no "title" to give him the respect of his followers. The man who makes too much over his title generally has little else to emphasize. The doors to the office of the real leader are open to all who wish to enter, and his working quarters are free from formality or ostentation.

These are among the more common of the causes of failure in leadership. Any one of these faults is sufficient to induce failure. Study the list carefully if you aspire to leadership, and make sure that you are free of these faults.

SOME FERTILE FIELDS IN WHICH "NEW LEADERSHIP" WILL BE REQUIRED

Before leaving this chapter, your attention is called to a few of the fertile fields in which there has been a decline of leadership, and in which the new type of leader may find an abundance of OPPORTUNITY.

First.	In the field of politics there is a most insistent demand for new leaders; a demand

	Which indicates nothing less than an emergency. The majority of politicians have, seemingly, become high-grade, legalized racketeers. They have increased taxes and debauched the machinery of industry and business until the people can no longer stand the burden.
Second.	The banking business is undergoing a reform. The leaders in this field have almost entirely lost the confidence of the public. Already the bankers have sensed the need of reform, and they have begun it.
Third.	Industry calls for new leaders. The old type of leaders thought and moved in terms of dividends instead of thinking and moving in terms of human equations! The future leader in industry, to endure, must regard himself as a quasi-public official whose duty it is to manage his trust in such a way that it will work hardship on no individual, or group of individuals. Exploitation of working men is a thing of the past. Let the man who aspires to leadership in the field of business, industry, and labor remember this.
Fourth.	The religious leader of the future will be forced to give more attention to the temporal needs of his followers, in the solution of their economic and personal problems of the present, and less attention to the dead past, and the yet unborn future.
Fifth.	In the professions of law, medicine, and education, a new brand of leadership, and to some
	Extent, new leaders will become a necessity. This is especially true in the field of education. The leader in that field must, in the future, find ways and means of teaching people HOW TO APPLY the knowledge they receive in school. He must deal more with PRACTICE and less with THEORY.
Sixth.	New leaders will be required in the field of Journalism. Newspapers of the future, to be conducted successfully, must be divorced from "special privilege" and relieved from the subsidy of advertising. They must cease to be organs of propaganda for the interests which patronize their advertising columns. The type of newspaper which publishes scandal and lewd pictures will eventually go the way of all forces which debauch the human mind.

These are but a few of the fields in which opportunities for new leaders and a new brand of leadership are now available. The world is undergoing a rapid change. This

means that the media through which the changes in human habits are promoted, must be adapted to the changes. The media here described, are the ones which, more than any others, determine the trend of civilization.

SELF- AWARENESS

Self-awareness is the foundational block of building many other healthy habits because it's the ability to become introspective, observe yourself in a meta-cognitive level, and make the changes you desire! If you are prone to metaphors, you can think about it as the first layer in making a delicious quiche, which is the well-formed bottom crust. When forming a quiche from scratch, the crust is hardened separately and before any of the filling is added. That way it forms a firm foundation for the things to be layered on top!

The ingredients for the “crust” of self-awareness are:

Meta-cognition

The practice of being a neutral observer of yourself. This means that while going throughout your day you notice what thoughts and emotions arise within you in different interactions, and resist making a judgment about them, but instead just making mental notes.

Introspection

The practice of thinking about what you have observed and finding correlations in thinking patterns. Again, not using judgment, guilt or shame, but getting to the root of what and why behind the thinking patterns you have developed.

Paradigm Shift

The practice of realizing what patterns of thinking no longer hold value for you. Things that are based on what you believed were valid that were possibly expected of you from someone else, rather than aligning with your innate value system.

Safe Place

The practice of giving yourself grace and forgiveness for having believed something in the past, and letting go of the need to keep it going since the belief no longer serves your value system.

Recalibration

The practice of self-inquiry or asking yourself what you truly desire in life for yourself and others. Making a commitment to following your values and not being swayed by other's expectations or value systems.

Re-alignment

The practice of creating thinking patterns that are in harmony with what you value, so that what you think, say, and do are all in agreement.

Peaceful Acceptance

The practice of accepting yourself even when old patterns reoccur, to notice them and to mindfully recalibrate back to positive growth. Developing habits that create peace and personal fulfillment instead of habits that cause guilt and shame.

Personal Empowerment

The practice of becoming stronger because you now act from a place that resonates with what you believe in and have removed the mental clutter and confusion of what “should” be done to what you want to do.

Empathy and Engagement

The practice of being aware of yourself and of those around you. Extending peace and grace to others, modeling self-awareness as a way of being. Encouraging others to form healthy habits.

Remaining in Love

The practice of staying in a grace relationship with yourself and others. When negative feelings of hate or bitterness arise, to be able to consciously notice them and chose to transcend the situation that cause these feelings and stay grounded in self-worth which promotes love.

The benefits of self-awareness are vast and wonderful. You become less reactive and more mindful in your decisions because you are looking at the “why” behind them. You are also creating emotional intelligence because you will have learned to be a neutral observer of yourself, so when an emotion arises you are free to feel it but not necessarily act on it until you understand its roots.

Self-awareness is having a clear perception of your own feelings personality, including your strength, weaknesses, thoughts, and beliefs, motivation.

Self-Awareness allows you to understand other people, and how they perceive you in return. We might quickly assume that we are self-aware, but it isn't a skill measured in binary of “got it! Or don't have it! (on/off) options. It is helpful to have a range of scale for awareness. If you have ever been in an auto accident you may have experienced everything happening in slow motion and noticed details of your thought process and the event. This is a state of heightened awareness. With practice we can learn to engage these types of heightened states and see new

opportunities for choices and interpretations in our thoughts, emotions, and conversations. Having awareness creates the opportunity to make changes in behavior and beliefs. A simple quick assessment of self-awareness might be:

Basic – Aware of your thoughts while you have them.

Medium – Aware of the thoughts and emotions you have about your thoughts in the moment.

High – Able to put attention on your emotions, and physical state in a way to relax and thereby change your thought process in the moment.

Maybe you are at high level of self-awareness in a relaxed state, but in a stressed state you might shift to a medium or basic level of self-awareness. Even where we are on the spectrum changes depending on other factors during the day.

Why Develop Self Awareness?

As you develop self-awareness you are able to make changes in the thoughts and interpretations you make in your mind. Changing the interpretations in your mind allows you to change your emotions. Self-awareness is one of the attributes of Emotional Intelligence and an important factor in achieving success. Studies have shown a high degree of self-awareness in successful CEO's. Self-awareness is the first step in creating what you want and mastering your life. Where you focus your attention, your emotions, reactions, personality and behavior determine where you go in life. Having self-awareness allows you to see where your thoughts and emotions are taking you. It also allows you to take control of your emotions, behavior, and personality so you can make changes you want. Until you are aware in the moment of your thoughts, emotions, words, and behavior, you will have difficulty making changes in the direction of your life.

Self-Awareness in Relationships

Relationships are easy until there is emotional turmoil. This is the same whether you are at work or in your personal life. When you can change the interpretation in your mind of what you think you can change your emotions and shift the emotional quality of your relationships. When you can change the emotions in your relationships you open up entirely new possibilities in your life.

Having a clear understanding of your thought and, behavior patterns helps you understand other people. This ability to empathize facilitates better personal and professional relationships.

Develop Self Awareness

Self-awareness is developed through practices in focusing your attention on the

details of your personality and behavior. It isn't learned from reading a book. When you read a book you are focusing your attention on the conceptual ideas in the book. You can develop an intellectual understanding of the ideas of self-awareness from a book, but this is not the same. With your attention in a book you are practicing not paying attention to your own behavior, emotions and personality.

Think of learning to be mindful and self-aware as learning to dance. When learning to dance we have to pay attention to how and where our feet move, our hands and body motion, what our partner is doing, music, beat, floor space, and other dancers. Dancing isn't learned from books and Self Awareness isn't either. A dancer needs awareness of their body movements. Self-awareness is what you develop when you pay attention to your expressions of thought, emotions, and behavior. In my years of research and working with clients I have discovered many useful techniques that accelerate this learning. I have incorporated these techniques into the Self Mastery Course.

In the process of these sessions I am not telling anybody what to believe, how they should think, or what they should do. I am basically sharing with people exercises in raising their self-awareness. When you become more self-aware you instinctively begin to see aspects of your personality and behavior that you didn't notice before.

If you have an emotional reaction of anger or frustration, you notice many of the thoughts and small triggers that build up towards those emotions. You also notice moments when you can change the interpretations in your mind, or not believe what you are thinking. In this heightened awareness you instinctively make better choices in your thought process long before an emotional reaction or destructive behavior.

Making changes in your behavior is much easier to do when you catch them early in the dynamic, before the momentum of thought and emotion has gathered steam. The changes in your mind, and behavior become simple and easy steps when you develop self-awareness. See the Self Mastery Course for the step by step process and exercises. You can also learn about these practices from the book *Mind Works: A practical guide for changing Thoughts, Beliefs and Emotional Reactions*.

Self-awareness is the capacity for introspection, and the ability to recognize yourself as an individual. Having self-awareness means that you have a sharp realization of your own personality, including your strength, weakness, opportunities, and threats, your emotions, your beliefs, and motivation.

If you are self-aware it becomes easier for you to understand other people, and detect how they perceive you in return.

So self-awareness for definition can be defined as having a clear understanding of one's own conscious feelings, emotion, and beliefs.

I consider Self- awareness as a stage of emotional turmoil and rebellion, with behavior ranging from quite moodiness to wild- risk taking. My state is that self- awareness, craves strong feelings and new sensation. Routine work and detail are intolerable. Awareness of self and the environment increase; everything becomes more consciously felt, and motivation is sought for its own sake.

Self- awareness is a new birth for leadership skills.

You know without self- awareness you can't see your own failures, your short comings, and you have no way to catch a blind spot. Which means in certainties of your life you are going to run in circles giving irrationalities, and excuses for you are stocked and missing the real point which is why in this book I want to share with you the steps that I used to increase my plane of consciousness to achieve whatever I want to.

Let's consider them

The first mind set; recognize that all sorts of emotional charge areas of your life you are likely lying to yourself

It's absolutely essential to recognize that your life the person who is mostly likely to lie to you beyond anyone else is yourself. In our own minds we have some very complicated booby traps. We have the ego, and we have the defense mechanisms that wants to keep us:

- Save from survival perspective.
- Save from self- image.

So if we get evidence. If we behave in way that doesn't suit our self- image and we don't like the story it creates about us we tend to discount that evidence. So for instance if you are in a relationship like myself, and the relationship is not working out but you are afraid to end it. You are unlikely to admit to yourself that you are a person who acts based on fear. What you will instead do is to discount all the reason that the relationship might not work, and you end up creating irrationalities for does don't matter to you. This is why your friends often see flaws in a way that you behave and vice versa, much more easily than you can see your own flaws.

Step two: honesty before integrity.

Integrity is important my family, my friends, and my clients talk about it all the time. If you have value you really want to work on living it the problem is there is a couple of emotional charged areas in your life right now, and mine that were incapable right now of breaking through. And what that does is because we have this den fence mechanisms for instance that won't let us quit that job, end that

relationship or give our self a real reason why we are not approaching that we really would like to start a relationship with.

Rather than being itergreous with that and do the hard thing because we are incapable with that our brain saves us, and it comes out saying no, no, no all that evidence is bogus. The real issue is why am approaching that person, and we block ourselves from ever being able to be honest in the first place because we feel so much pressure to immediate act with intergrity.

The way to deal with this is to give yourself a permission to live in paradox. To admit that you really should do something and then go, a then you be like “you know what I aunt going to.” The point is to live in your mind before being emotionally able to make a discoing

What's the Definition of Adolescence?

Adolescence is the transitional stage from childhood to adulthood that occurs between ages 13 and 19. But the physical and psychological changes that take place in adolescence often start earlier, during the preteen or "tween" years: ages 9 and 12.

Adolescence can be a time of both disorientation and discovery. The transitional period can raise questions of independence and identity; as adolescents cultivate their sense of self, they may face difficult choices about academics, friendship, sexuality, gender identity, drugs, and alcohol.

Most teens have a relatively egocentric perspective on life; a state of mind that usually abates with age. They often focus on themselves and believe that everyone else—from a best friend to a distant crush—is focused on them too. They may grapple with insecurities and feelings of being judged. Relationships with family members often take a backseat to peer groups, romantic interests, and appearance, which teens perceive as increasingly important during this time.

The transition can naturally lead to anxiety about physical development, evolving relationship with others and one's place in the larger world. Mild anxiety and other challenges are typical, but serious mental health conditions also emerge during adolescence. Addressing a disorder early on can help ensure the best possible outcome.

The Power of Listening

Educating Teens about Healthy Sex How to Talk about Drugs with Adolescents

Parenting Isn't Over Yet

How Do I Talk to My Teen?

Speaking openly with adolescents about changes that they are experiencing can be a challenge for any parent, especially given the shift in the parent-child relationship during this time.

One important component of communicating with teens is helping them understand what lies ahead. Explaining how their bodies will change so that they aren't caught by surprise can alleviate a child's anxiety. Beyond physical changes, parents can begin a conversation about the social and lifestyle changes that accompany adolescence. Discussing the consequences of important decisions—like having sex or experimenting with drugs—can encourage a teen to reflect on their choices.

Listening is a powerful yet under-appreciated tool. Parents often orient toward directives and solutions. But setting aside those tendencies and simply listening to the teen can strengthen the relationship. Asking specific or prying questions can make the child feel judged and therefore hesitant to speak openly and honestly. Listening attentively shows interest, validation, and support. It also increases the chances that a teen will confide in a parent as needed. Active listening builds intimacy and trust—while simultaneously allowing the teen to process their experience.

How Does Mental Health Change During Adolescence?

Many of the mental health conditions people confront as adults begin to manifest in adolescence. In fact, one in five young adults has a diagnosable disorder, according to the Department of Health and Human Services.

However, teens can also struggle with anxiety, depression, and other forms of distress that are developmentally appropriate and will not necessarily endure. It's difficult to know when a problem merits clinical attention, but when in doubt, querying a school counselor or another mental professional is the best course of action.

Parents can help by learning how to identify early warning signs of the disorder they feel concerned about and by not being afraid to ask about their child's thoughts and experiences. Confronting mental health conditions and accessing treatment early on can prevent a disorder from increasing in severity or duration. When addressed early, most conditions can be managed or treated effectively.

Why Adolescents Make Riskier Choices When With Their Peers

Teenagers are very sensitive to social influence. Though they can make good decisions and exercise cognitive control, being around peers may weaken their ability to do so.

Teenagers are very sensitive to social influence. Though they can make good decisions and exercise cognitive control, being around peers may weaken their ability to do so.

Why Are So Many Heterosexual Women Not Totally Straight?

Will the Kids Be All Right?

I work at the frontlines of the youth mental health crisis, and I am confident that our future is more secure than ever in this generation's capable hands.

CHAPTER 16

BE THYSELF WHICH ONE TRULY IS

As a life coach, I get to close whiff people dirty laundry, so to speak most people would rather share their weakness with complete strangers (and pay good money for it) than confide in someone they know. In fact, it's the reason that most of my clients seek my help in crisis. Yes they want professional unbiased opinion or they may have exhausted their social networks but another reason is so that the image they have worked so hard to maintain gets to remain intact. I don't interact with their social circle and I don't judge them. There is no question of gossip or their reputation being tarnished. Our rapport, no matter how impactful. Always remains in protected vacuum. How neat would it be to have friendship like this? Where you are not judged? A place where you are accepted and loved unconditionally? A place where there is no need to put on airs about your income, relationship, or travels?

Well hear me out...

- Showing vulnerability levels playing field, and compliments are one way to do it. You become charming by disarming. You are not a threat. We are constantly sizing people up, trying to find out where we stand in comparison, we are so afraid that complimenting another somehow makes us appear less than. On the contrary, you endear yourself to the other.

My friend mesmerized by her co- worker rather large pad (at their company's holiday party) asked a lady, wow do we have the same job? He instantly became this girl's buff.

-Asking for help and advice makes your friends feel like valued expert. Seeking a friend's advice on a job, a trip or doctors recommendations makes your friends feel valuable resources. I frequently hear from my clients that they don't feel appreciated at their job or at home on a daily basis. Asking for a friend's advice makes them feel in the know and it makes you appear humble. People love humble people even in the closet of relationships we feel the need to preserve our image. After all, social standing is everything.

- How valuable are you to a team? From sports to entrepreneurship? Guarantees your compensation and protection, even my 8th year niece his ironman costume the minuet he walks in the door he puts on his cloak of invincibility, the way most of us wear ours metaphorically so that we don't get hurt, and humiliated. Often we work too hard to preserve an image of being put together. We don't realize that it's the cracks that the life comes in." But what if showing your weaknesses could actually make an asset. What if sharing emotional vulnerabilities could protect you as a result? Is this all just crazy expression? Why would I in my right mind, disclose that am secretly a fill in the bank... hoarder, binge or drinker etc. One of my clients

became my dearest friend when she was in the process of a break up. She reached out to her friends, and all of us became one as a result of life changing experience as she was able to be vulnerable and open up. This is important in friendship. It says I trust and respect what you have to offer and I value what you think enough to reveal something about myself. I'm not perfect, I'm not better than you, I need help sometimes.

Often we work too hard to preserve an image of being “put together” or what to be seen as having it all together.” Or want to be seen as “having it all”. We don't recognize that it's through the cracks that the light comes in. let people into your life by sharing your difficulties. We set up barriers to closeness when we act holier than though. Also people love little self-depreciating humor when well timed. You don't to get into the habit of putting yourself down, but being able to laugh at yourself with your friends is key. Of course you want to remain respectful of your friend's time and resources by reciprocating. This creates a sense of community and shared support system. I recently swapped coaching services with a nutrient friend creating accountability when we going on a vacation, it hit up with how friends are to share insights. I love learning. For most part asking for advice can be a win- win when done within reason. Sometimes we are too afraid off as novice. Just remember the “ there is no such thing as a stupid question.(or say to yourself, its ok to risk looking stupid just this once, but then I'll know the answer Self- disclosure, with the right person, strengths, trust and invite others to do the same. Create a common bond of human experience. Take a picture.

Before you understand others, you need to understand yourself first. How can you ever expect anyone else to enjoy your own company? Do you treat yourself the way you want other people to treat you? If you want others to love you, you have to first love yourself, and then love others. Look for positives in you, and you will see more of the same. Begin with prolonged thought of something good about you. In relationships we are used to complaining about other people. But for relationship to really work, we need to focus on what we appreciate about the other person. Then you find more of the same. Even if you having a bad a relationship you can still turn it around. Take a piece of a paper, and for the next 30 day sit down write all the things you appreciate about the other person. Think about all the reasons that you love them.

The only person in charge of joy is you. Others can only share in your happiness. Love everything, everyone you can. Focus on the things you love, and you will experience love coming to you- multiplied. Universe is doing everything for you, and moving every good person to you. Developing your self-awareness helps you learn more about yourself and what you're capable of. There are some great ways you can work on your self-awareness, but what you do then is entirely up to you.

This can help if:

You want to know more about yourself, you want to develop good self-esteem. You don't understand other people's reactions to stuff that you're doing. Boy leaning against wall why does self-awareness matter? Self-awareness is really just about being aware and confident of who you are. It can relate to knowing your own values, beliefs, personal preferences and tendencies. You know how famous people always say, 'Stay true to yourself'? This is really important advice, but it's not easy to stay true to yourself if you don't know who you are. By becoming self-aware and understanding your strengths and limitations, you open up opportunities that just aren't available otherwise. You're also able to have more honest and genuine relationships because the people that you're attracted to will be attracted to you for who you actually are.

3 Formula steps to become self-aware

1. Assess your self-talk

The first step in self-awareness is to listen to yourself. What's going on in your mind? Is it a series of negative thoughts that make you feel pretty crappy? Or are you always looking on the bright side? In practice: Take a couple of minutes each day to sit in silence and listen to the tone of your inner voice. One way of getting your inner voice going is to stand in front of a mirror and hear what you're saying to yourself about how you look. It might even help to write down your thoughts so that you can get a better idea of how positive or negative they are.

2. Use your senses

Your senses (sight and sound, in particular) can provide you with huge insights into your own and other people's feelings, and situations in general. But these senses are often viewed through the filter of our self-talk. For example, a frown doesn't always mean that someone's angry, and a groan doesn't necessarily mean that the person you're talking with is bored, despite what your inner voice might be saying. In practice: The next time you feel that someone is judging you, or has made you feel bad about yourself, take a step back and write down why you think this. Ask yourself, 'Could I have interpreted what was said/done differently?' You might find that your interpretation was clouded by your own negative thoughts.

3. Tune into your feelings

This can be hard if you're not the kind of person who likes to think too deeply about your feelings. Your feelings are spontaneous and emotional responses to the things you experience. Like your senses, they give you good information about what's going on around you, should you choose to tune into them. There are some physical signs that you can look for that might help you to 'read' your feelings. They include A warm feeling in your face might mean you're embarrassed. A feeling of 'butterflies' in your tummy can mean you're nervous. Clenching your teeth might

mean you're angry. In practice: Be aware of physical signs that might indicate how you're feeling. By engaging with how you're feeling, you can get better insights into what you like, what makes you feel uncomfortable and what makes you angry.

What can I do now?

Remember that you already have some self-awareness, otherwise you probably wouldn't have chosen to read this book. Write down a list of your personal values and the things you think you're good at. Challenge yourself to practice the tips given above for a week.

BE THYSELF WHICH ONE TRULY IS

What's the point of all abundance if you cannot take it with you at the afterlife? You see when you ask a question like these I always think to myself that sometimes people ask the dumbest questions ever. What you are saying is huh, well, you know what maybe I shouldn't be successful or I shouldn't make all this money because when you die- nothing matters anyway and that's ok. You know I cannot bring it with me. You know this is nothing but an excuse. When people look at what I do: they look at the biz. They look at the money. They look at the fashion, and they all think I'm about money. But if you actually start at the bottom of my work and if you are not shallow, and you don't study my work at a surface level. You truly understand what I'm about. I'm not about money, I'm about life, I'm about fulfilling my personal potential, BE ALL YOU CAN BE. So your present life you get the most out of it. How does that serve you? How does it empower you? To think about after life that you cannot bring with you? Let me tell you something as a son, as a daughter, as husband, as a wife, as parent. When someone that you love is sick, and they need medical attention, and you cannot afford it.

Then what kind of a person are you? What kind of a son are you? What kind of a daughter are you? What kind of a husband or wife are you? You cannot. You will never be able to help the people that you love without money, and money isn't everything. But money makes life easier. You cannot live a full life I believe from Isaiah without money.

Because when you don't have money all you can think of is survival. All you can think about is what can I do? What's in it for me? All you can think about is me, me, me, and me. But when you have abundance, when you have success, when you have money and you have more than enough, now you can share you don't have to focus in me, me, and me, now you can focus on other people, you can focus on them. So don't think about after life. Don't criticize what you haven't done.

Are you self-reliant? Do you have abundance? Do you know how it feels to be successful? Then don't criticize it. That's why I hate this movie critics they say this movie is not good, I don't like, oh this, oh that movie is not interesting. You

will never see Isaiah criticizing a movie. You will never see that because why? I don't criticize what I haven't done. I know how tough is like to make a movie, even a lousy movie. So don't criticize what you haven't done/created. How about you go create a movie or even direct a movie. You can't even do anything, All you can do is criticize. What can you do?

That's what I am talking about. Yesterday that's history, tomorrow that's mystery. Today is a gift. "Today is a gift from the universe." That's why it's called the present. Because it's present. The question is how we use the time that we have now on this planet earth to do something productive with it. To make a difference, to be all you can be, to be the son, daughter and parent you can be. To support the people that you love so that when they need help you can dive straight in and help them out without question. You're not setting at home watching tale vision, and wondering how things happen. Being hopeless, I have been there. It's not nice. So don't think about after life. If you live a full life right now, you attract all the abundance, and you become self-reliant. Your after life will be a blessing.

What would it take to TRANSFORM YOUR LIFE?

"What i will be in the next?

Moment, and what i will do,

Grows out of the moment."

What would it take to transform your life? To transform your environment? To transform your universe? In this chapter I am going to share with you three steps that I used to transform any area of my life. Is what my family, my friends, and my clients use to transform the health, to improve mirage, to become effective leaders, to be good managers, and to choose career options and maximize their potential so that they can achieve whatever they want. I will share with you why it is also relevant in today's complex world.

Discover the power of the mind

How you are a victim of your circumstances' you are the creator of them. Do you know that you are the creator of your reality, you are a creator of your pain, feelings, and emotions? You are a creator of life. You see physics says "the reality is created from your perception." Neuron science "your brain controls your bio-chemistry. Spirituality "says life doesn't happen to you it happens from you." Religion say "we are created in the image of the creator." If you have created your own hard ship, maybe you un- create them.

Invest in your own mind, self- heal and become self-reliant. What does this mean? It means you can create better results in your bio- chemistry using your own mind.

Repair your television with books, and improve your relationship with the self, fiancé and budget. Write down your goals. Visualize what kind of a reality you would like to live. Practice, practice, and practice to become the person you were designed to become.

You see you might be statically distend to loss. You might be statically as a failure. Statistically as someone who is suffering from numerable mental disorders. But you can decide to change your life, and the only way to change your life is by being thyself which truly is. I remember many, many, many years ago a friend of mine told me that “people don’t really value their mind until they see someone who has lost their mind.” Let me ask you- do you value your mind because your mind is the most powerful asset that you have.

3 steps to transform any area of your life

This is where I got some substances from this chapter, and you can relate it to your life.

Step 1: focus and attention equals to creation

Most people they fail right here in step one. Step one is important for you to focus on what you want to achieve. What your dreams, hopes, and values are. What your goal is and stick to it. This is not the time to get practical. “I think oh I would love to,” I would love to do this but.” How am I going to this, or I talk to someone and someone talks me out of it. Don’t be practical in step 1. This is just about focus, clarifying what you want, and make sure that you write it down. Get very specific on what you want to achieve. Because the brain will give you what you want. You see most people the focus on their problems, and they get more problems. Why? Because what you focusing on you direct your energy. So focus on what you want to achieve.

Step2: your ideas are very powerful, please cherish them

Ideas change the world, everything on this planet besides nature was once an idea in the mind of the human being. Step two is yourself mastery. What do you believe about the things that you want, course you see life doesn’t give you what you want, it gives you what you believe. If what you want is abundance and your believe is focused on abundance, then you will get abundance every single time. So self-mastery is by knowing how you feel. What do you believe, because you are designed to win but programmed to loss. It is so important what you believe in. and your self- mastery only you can do that. Focus on yourself, and be all that you can be. What you believe in is very important. Self- mastery this is your inner work only you can do this work, but it is worth it. So before bed today “think about what do you really want to achieve.” Where your beliefs are your job is to light them up because you always get what you believe.

Step 3; take action but wait

Imagine you go forward 5 years from now and everything in your life is 10/10. Your health, your biz, your relationship. You have abundance, you are successful, happy and you are loved than ever you have been. Would you think, feel and act differently than you do today? The answer is usually yes.

What I suggest is you act from that plane of consciousness don't wait for 5 years to feel like that. You can feel like that today and then you can now take action. Then you take the next step- just one step towards your individual goal. If you want to be a manager or leader... Act like manager/leader, because leadership is attitude. Work extra hard, have a good attitude, stay behind later, and arrive on time. Train to become a leader. You can achieve whatever you want, you can create whatever changes you want to develop in this country.

Only if you focus, align your emotions, beliefs and then take action. Step 3 is about imagining you've already got it, from that this conscious awareness then you take action. Why am telling you all this anyway? I'll share with you something's that helped me understand this little better and I will tell you why this is relevant in south Africa today.

Negatives thoughts and emotions they awaken your immune system. So judgment, bitching and moaning any negative emotions weakens your body. Scientist say we have 50 to 7000 thoughts per day. But 90% of them are the same ones you had yesterday. The problem of that is the same thoughts create the same emotion that creates the same action which goes the same results, and then you get the same thoughts on and on till the circle continues. You see most people they wait for outside circumstances' to change for them to change.

But life is total opposite you must change on the inside in order to see change on the outside. Let me tell you something. Imagine you have a device, now I tell you that the email am sending you has virus that will destroy all the data on your device. Would you open or download that virus? But you download virus into the most important computer in the world. "Your brain." Negatives thoughts are like a virus, it is very important that we become aware of our own thoughts. The more negatives programs that we watch the more they train you, they train your thoughts, they train your beliefs, they train your expectations that this is the life.

It's called television programming for a reason. Yes it can be used for good sometimes however what would happen if you just switch off your television for 30 days? What would you do? I don't know maybe you would read books, maybe you would write down your goals or maybe you might find hobbies with interest. You see everyone want society to change. Everyone wants social transformation without individual transformation.

A few years ago it was i saw Africa go from here to there and then drop again so drastically because as wonderful as it was to see more development there was one fact left out the whole equation that minds and development of people when it comes to negative programming it's very aware, very important that we become aware of it because only then we can change it. The history of South Africa is as rich as the land. You know from nature, waterfalls and mountains, natural springs and the list can go on. We know the meaning of South Africa. We know what Africa is today but where are we headed, and who gets to decide? What would happen if there was transformation in the hearts of every human?

A revolution of self- transformation and self- development because self- education. What would happen, because is it right that that we know about people more than we know our own bodies and brain? What about there are liquor stores in the world more than book stores? You know I read a shocking static that said 90% of the people they are not happy with the way they look. So what is the benefit of our society? Of the youth whose generation they are being trained and programmed to be a car without engine. When are we going to stop ignoring the fact that our youth is committing suicides in Africa today? What about our women, our mothers, and our parents who are setting there for hours and hours watching television programs that plays with their emotions. That making their bodies I'll from lack of mobility.

What's their option? A shame from them to do anything. You see I know the meaning of South Africa but who gets to decide the future? Something has to change for things to change. The world isn't too extreme.

Extreme poverty, extreme distraction, extreme diseases, and extreme abundance, extreme opportunities and the inter connection we have never seen before in the history of the entire face of our earth. Thanks to technology. What the future was the reflection of you? Because you see I believe we can have profit but we can still look out for the people, and look after our beautiful environment. What if the future was the reflection your thoughts, your emotions, your action, and your consciousness? Because it is.

The future won't be what you want it will be who you are and what you believe. Go for what is in your heart. And before you sleep today apply these 3 steps to any area of your life and watch it transform. Focus on what you want, do the inner work for only you can do because self- mastery- once you master yourself you can master anything. Go for what's in your heart, belief in yourself, belief in what you want and never stop taking action towards your goal.

Financial abundance and how to create true financial freedom

I want to talk with you about steps to financial freedom and how achieving true financial abundance, it doesn't necessarily mean being rich. The primary reason for financial problems in life is lack of self- discipline, self- mastery and self- control.

Most people have inability to delay gratification and have a tendency to spend everything plus more. Which is usually supplemented by loans and credit card debt, one goal we have in common is we all want to make more money we want to have enough money so that we can never ever worry about money again. But there is a question we often forget to ask ourselves is will more money make truly happier person? There more people achieving financial freedom faster today than ever before- but yet you will find many of them are not entirely happy. But with these 7 steps you going to accumulate wealth, become happier and achieve financial freedom. No matter how much money you have in the years ahead.

- Begin thinking positively about money.

Thinking negative about money is an emotional obstacle bayou must eliminate in order to achieve financial freedom. You must get rid of thoughts like; many is the root of all evil, money can't buy happiness. When you think positively about money you will attract more of it, and open doors you thought weren't possible

- Rewrite and review your goals for financial freedom

. Everyday think about how are you going to accomplish your goals? This will take you only 5/7 min of your time. Financial freedom must be the center piece of all your work at external activities. Achieving financial freedom does not happen over a night, it must be something you specifically think about.

- Plan every day in advance. The best time to do this is the night before. Planning each day, each week and each month in advance will make you sharp. You will have a better focus, and greater sense of control when you have a plan to execute.

The qualities of leadership

I know that there many talks about leadership and wanting to become leaders. I don't think anybody should try and become a leader it's quite up seen that I want to become a leader, that means all of us should be what? I don't know.

It's not about you wanting to become a leader because of the certain thing that you have done within yourself, it might be a level of observation, or it's an intelligence, or its experience. You are able to see something that most people can't see, the moment you are able to see something then people will naturally look up to you and say you are a leader, because you see something that they are not able to see.

And if you become a leader- there many ways to become a leader you can get selected, you can get elected, you can work it out, or you can even pull other people down and become a leader, or simply people will rise you as leader because they

see that you are able to see something they can't see. I feel this is the way that leadership should happen. You can call it that someone can do, and see something that others can't.

So everyone wishes he must take charge of the situation because naturally he will be able to do something that others will not be able to do. So what is the quality of leadership? Leadership means once you plant a seed you should nurture it better than anyone otherwise you will make a ridiculous fool of yourself.

Like nations and the things that have been happening, somebody plants a seed and he doesn't nurture it, the seed won't grow it will die and "he looks like a fool immediately." So it's not about you wanting to become a leader set a goal and see it from its roots, not because of you want to have power over everyone else. You must get to the root. I don't think there is any quality of leadership. One thing is a leader means his since of life is beyond himself. Somebody becomes a leader because he is willing to think, feel and act for more people than himself. If you act for yourself you call yourself self- center if you just act for the sake of ¾ people together in the form of family you named a leader. If you identify yourself than the entire of the nation or the world you will be looked in a different way. Eventually your leadership will come from the right contexts, depending on what you have identified yourself with. Because everybody needs an identity. What sort of identity of you have taken will determine the quality and contexts of your leadership.

The more you learn is the more you earn

Look at successful people like Mandela, Steve bike, Chris Hani, Marcus gurney and all the successful leaders. They are successful because they spend their time reading, they are successful because they are lifetime learners, and they commit to learning to learning new things every single day.

Marcus gurney one of the wealthiest human on the planet is famous for reading more than 5 hours a day, well opera she's just obsessed with books. Notice a common theme here. Successful people never stop learning. Think about this you have 100 to spend every single day but when the day is over more money disappear. You can't get it back wouldn't you try to spend all of your money before it goes away? Wouldn't Ou try a see it wisely? Use it as best as you can. The sad part is we only have 846 00 seconds in a day and most people take this time for granted. Most people let this time go away without a second of thought.

We never going to get this time back. We must use it wisely! We must be productive, we must use our time doing the things we enjoy the most, or use it to set up our life so that we can spend our future doing more things we want to do. Instead of wasting our time on meaning less things, use it to learn new things. The time you spend playing games, or partying with your friends will never come back. Once you use that time it's gone forever, use your time to read books, make money, study

hard, and learn as much as you can. Most people give up on their dreams because it gets hard, a lot of students stop chasing their dreams because of one failed test, as a matter of fact, most students don't even try their best when they take the test. Why because in their minds they have already failed the test. They stop believing in themselves, and once the belief is killed- THE DREAM BECOMES DEAD TOO. So don't stop learning. Learn to earn.

Understand how you are perceived

Being self-aware and understanding how you are perceived by others are important components of personal growth and development of your potential. Some might ask what the importance of self-awareness is. Well self-awareness will help you improve yourself, establish your own identity and will help you have a harmonious relations. Thus developing self-awareness takes a lot of practice and effort. It requires a person to pay attention on his own personality and behavior create a daily habit of self-reflection and develop a daily practice of setting aside at least 20 minutes to reflect on your life.

This practice enables you to focus on the important things on your life not just the immediate direct correlation between mindfulness and changes in the brain away from anger, anxiety and toward a sense of calm and well-being. Reflection takes many forms, some keep a journal, some pray, and others take a long walk or job. Personally I use daily meditation as my mindfulness habit.

By centering into myself, I am able to focus my attention on what is really important and develop an inner sense of well-being.

Improve your life

- Motivate yourself. Whatever has to be done is always a choice. Sometimes you might feel heavy as you rise and it is hard to get a thing. However, feeling less motivated too often has unhealthy. Motivating yourself and viewing life in positive side will help you develop your potential and self-awareness. In addition awareness of your psychological needs can increase your motivating by helping you understand and seek out the reward that you desire.
- Meditate. Meditation is a practice of improving your moment by moment awareness. Meditation usually begins with appreciating of, focusing on, inhaling and exhaling. However this doesn't need to be formal or ritualistic. Just simply find a few seconds to focus on your breathing often before you sleep. Also meditation can be helpful if you ask yourself set of questions like: "when can I do to change?" what am I trying to achieve? Or how am I going with my fears?
- Keep an open-mind. One of the most difficult things to practice is to keep an open mind. Understand someone's point of view even if you disagree can change

and free your mind. Change the way you think and don't get stuck in a mindset that makes you frustrated and hopeless.

Take action

So let's look at what separates the 10 percent who DO achieve their goals from the vast majority who don't? The answer has everything to do with ACTION. The people who achieve great success in life are the ones who are willing to take consistent action toward realizing their dreams. They're the ones who jump out of their seat to get the ball rolling — on the new project at work, the new skill they want to learn, or the promotion they want to get. They consistently take steps to make their goals happen, no matter what others may think or say about it. Most importantly, they realize that the decisive moments of their lives aren't just in the big, once-a-year big scary leaps of faith and goal-setting. They're in the countless small decisions they make and actions they take every single day that keep them on target toward achieving their dreams. Because without regular and decisive action, your goals simply are not going to be achieved. Period. No matter how ambitious your goals, or how brilliant your plans are for achieving them, if you're not prepared to take regular consistent action to reach them, they're not really goals at all—they're just wishes, fantasies and daydreams.

Fulfill your true personal potential

"Man's main task is

To give birth to himself."

"Precise intentions are like looking through binoculars. You must know what you are looking for, and in order to spot your target you have to have a general idea where it's located. Even when you are looking straight at your target, in order to see more detail, you need to zoom in. That is what precise intention does, it locates and magnifies that which you want. If you are focused with laser precision on what you want, and are taking action to move towards it, you'll get it." Isaiah refers to a study by Dr. Masaru Emoto, which revealed that our words and thoughts impact every cell in our bodies. Words are very powerful, with the ability to affect our entire being in either a negative or positive fashion. Whatever follows the word "I" will dictate our feelings and actions. Therefore, Ledford suggests that instead of saying weak comments like, "I don't know if I can get this done", start using empowering statements such, "I am committed to having the best month of my life.

Visualization

With a few decades of experience under my belt, I truly believe that our outer

world is just a reflection of our inner world. We are where we are in life, because for the most part that's exactly where we want to be. Use of Visualization—a practice which he believes helps to rewire the subconscious mind. While he presents an overview of the many different techniques for using mental imagery, research suggests: “By getting in the habit of tapping into where you will be one year from now and going to that spot through visualization, you will be rewiring your subconscious—increasing your belief in yourself and seeing your success as possible. Believing in your intentions, and taking the appropriate action towards attaining these goals will ensure that a world of opportunities open up—you will begin to meet the right people, and will find yourself being in the right place at the right time.”

Meditation

Meditation has grown rapidly in recent years as more and more studies show that it can help reduce stress levels, lower blood pressure, strengthen your body's immune system, improve cognitive functioning, increase productivity and stimulate creative thinking. Isaiah believes meditation is also a powerful strategy for success, allowing you to easily and effortlessly go after that which you seek. He suggests that when meditating, we should, “Bring an image of your dream or goal to mind so that it can be planted in the fertile soil of the subconscious, programming plans for you to achieve it.”

"We can listen to only

One voice at once."

The prospect of advancing to the top of one's field is what makes it possible for many people to keep plugging away at their jobs, honing their skills, and taking on new projects. But after a certain point, career development depends on more than technical skills and a willingness to work hard. You also need a few soft skills, not the least of which is the ability to take on a leadership role. Some people are natural leaders, but anyone can develop the skill set needed with some practice. If you want to take your career as far as it can go, then you have to be willing to put in the work. Here are 9 strategies to help you develop your leadership skills and keep advancing your career. Find out your ideal leadership style based on your personality here: Which of These Leadership Style

Practice discipline

A good leader needs discipline. Developing discipline in your professional (and personal) life is a must in order to be an effective leader, and to inspire others to be disciplined as well. People will judge your capacity to lead by the amount of discipline you display at work. Demonstrate discipline at work by

always meeting deadlines, keeping appointments, and ending meetings on time. If you are naturally disorganized, then you may have your work cut out for you, but you can always start small: try implementing good habits at home, like waking up early and getting daily exercise, and work your way up from there.

Take on more projects

A great way to develop your leadership skills is to take on more responsibility. You don't have to take on more than you can handle, but you do need to do more than simply what's covered in your job description if you want to grow. Stepping out of your comfort zone is the only way you will learn anything new, and doing so will get you noticed by executives as someone who takes initiative.

Learn to follow

A true leader has no problem yielding control to another person when appropriate. You should not feel threatened when someone disagrees with you, questions your thinking, or puts forth ideas of their own. Keep an open mind and give merit where merit is due. It won't always be easy, but if you learn to value and respect others on your team, they'll be more likely to step up to the plate for you.

Develop situational awareness

A mark of a good leader is someone who can see the bigger picture, and anticipate problems before they occur. This is a valuable skill to have when handling complex projects with tight deadlines. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader. This ability also helps you recognize opportunities that others overlook, which will certainly earn you recognition.

Inspire others

Being a leader means you are part of a team, and as a leader you should be able to motivate and inspire those you work with to collaborate as best they can. When a team member needs encouragement or guidance, offer it. Sometimes, all a person needs is someone to listen and be sympathetic.

Keep learning

The best path to becoming a good leader is to always keep learning new things. It keeps your mind sharp, and your skills fresh. It primes you for new challenges that may come your way, which is always a good thing in a leader.

Empower your teammates

No one is the best at everything, and the sooner you realize that, the sooner you can learn to be a good leader. Delegating tasks to others not only frees you up for things you do well, it also empowers other people on your team.

Resolve conflicts

Don't be a manager from Hell! Not everyone will get along all the time. Instead of ignoring interpersonal conflicts, hoping they will go away, address it by talking to those involved privately. Also, be open to reassigning team members if the conflict can't be resolved. What makes a good leader? Everyone has a different definition of a 'good leader', but for me a good leader is someone who leads and let others lead him. One who provides effective communication? While a leader's actions may be scrutinized when things are going bad, it is their leadership qualities that shine through the worst of times. A good leader learns something new every day and is open to improvements. Sitting in my office one day, I was wondering whether I'm a good leader for my subordinates. The question got glued to my head and I kept wondering throughout the day. Being in the development management sector, I understand the need for great leaders and very frequently discuss it with my colleagues. That day I decided to not just speak about being a good leader, but educate my students on building their leadership development skills that will make a difference. I then realized what leadership means to me: "I will be a great leader if I am able to make my students even better leaders than I ever was". So, here are some tips on how to develop your leadership skills:

1. Be an Inspiration

Being a good leader depends on how you get things done. An effective leader should be able to motivate others and drive them to do their best in the worst situations. Great leaders move us and inspire us to do our best work. The best way to become a great leader is train yourself to become better and better every day; not only help others learn and grow, but also make sure *you* learn and grow as the organization grows.

2. Keep Learning

Some say that some people are born leaders. I somewhat agree, some people indeed have inbuilt qualities and a great talent to lead others. But, for me, experience also makes good leaders. We learn and grow every day. We follow and we lead. It all comes around in a circle. If today I am learning from my leader, tomorrow I can be myself a leader and make others learn. A great way to develop your leadership skills is to take on more responsibility: with responsibilities comes more experience. If you have a great leader to look up to, you too can become a great leader whom others will look up to.

3. Communicate, Communicate, Communicate

Communication is one of the most powerful tools. You can solve most problems and overcome most obstacles if you are a good communicator. Even someone who excels in many aspects of leadership will probably hit a ceiling if he or she is not a good communicator. A good communicator is not just a great speaker but a great listener too, so that nothing said can get misunderstood or misinterpreted. It's important to keep a tab on everyone involved in your team and make them feel equal. It's important to schedule weekly meetings to maintain a good line of communication to avoid problems which might occur later due to miscommunication.

4. Always See the Bigger Picture

Remember that if you're a good leader, you must have the ability to overcome unpredictable challenges. You must have a contingency plan ready ahead of any situation or circumstances. A trait of a good leader is the ability to see the bigger picture and foresee problems before they occur. The ability to foresee and provide suggestions for avoiding potential problems is invaluable for a leader.

5. Let Your Actions Speak For You

We all remember good leaders. We all in our lives have come across a leader who has always motivated us in some way or another. As they say, you will probably remember a good leader but a great leader is truly unforgettable. Our actions define who we are. A great leader is someone who leads their team and motivates them to perform at their best, but he is also someone who challenges them and persuades them to move out of their comfort zone and at the same time make them work as a team. A great leader is someone who helps his/her team members grow personally and professionally, strategically nurtures future leaders, and at the same time realizes the importance of providing emotional support at the right time. A great leader is not someone who brings out the best from the best, but someone who has the ability to bring out the best from the worst.

Self-control—or the ability to subdue one's impulses, emotions, and behaviors to achieve long-term goals—is what separates modern people from their ancient ancestors and the rest of the animal kingdom. Self-control is primarily rooted in the prefrontal cortex—the planning, problem-solving, and decision making center of the brain—which is significantly larger in humans than in other mammals. The richness of nerve connections in the prefrontal cortex enables people to plan, evaluate alternative actions, and ideally avoid doing things they'll later regret, rather than immediately respond to every impulse as it arises. The ability to exert self-control is often referred to as willpower. It allows people to direct their attention despite the presence of competing stimuli, and it underlies all kinds of achievement, from school to the workplace. It benefits relationships as well.

YOU ARE THE MASTER OF YOURSELF.

Control your Destiny

self-control is known as “the marshmallow test,” which found that children who, left alone in a room with a plate containing a marshmallow, were able to resist eating the candy in order to be rewarded with two in the future, later showed numerous positive outcomes. Notably, they had higher academic achievement than those who had wolfed the treat down immediately. Self-control is an innate ability with wide-reaching implications for people's lives, later studies have suggested that self-control actually changes significantly over a lifetime and can be improved with practice. There is significant debate in science as to whether willpower is a finite resource. Some studies indicate that exercising willpower makes demands on mental energy. This concept, called ego depletion, is one possible explanation for why individuals are more apt to reach for a chocolate chip cookie when they're feeling overworked. Recently, however, scientists have failed to replicate some of the studies underlying the concept of ego depletion. A better understanding of why individuals give in to some impulses—but are able to successfully resist others—is critical for helping people who suffer from addictive behaviors, impulsivity, and eating disorder.

Regulate Your Behavior

Whether the temptation is drugs, food, or scrolling through Twitter instead of working, everyone has domains of life in which they wish they could exercise a little more willpower. How can an individual build this critical skill? Recent research points to the use of rewards, routines, and mindfulness practices as possible ways to establish better habits and regulate behavior over the long-term. Another approach is to develop awareness of the triggers that derail self-control. The sights and smells emanating from a neighborhood bakery as one walks by can weaken determination to maintain a healthy diet, but taking a different route that avoids the bakery can fortify it. Strengthening willpower may not always be easy, but doing so can significantly improve health, performance at work, and quality of life. We probably all know people, either at work or in our personal lives, who are really good listeners. No matter what kind of situation we're in, they always seem to know just what to say – and how to say it – so that we're not offended or upset. They're caring and considerate, and even if we don't find a solution to our problem, we usually leave feeling more hopeful and optimistic. We probably also know people who are masters at managing their emotions. They don't get angry in stressful situations. Instead, they have the ability to look at a problem and calmly find a solution. They're excellent decision makers, and they know when to trust their intuition. Regardless of their strengths, however, they're usually willing to look at themselves honestly. They take criticism well, and they know when to use it

to improve their performance. People like this have a high degree of emotional intelligence. They know themselves very well, and they're also able to sense the emotional needs of others.

Would you like to be more like this?

As more and more people accept that emotional intelligence is just as important to professional success as technical ability, organizations are increasingly using it when they hire and promote. For example, one large cosmetics company recently revised their hiring process for salespeople to choose candidates based on their emotional intelligence. The result? People hired with the new system have sold, on average, \$91,000 more than salespeople selected under the old system. There has also been significantly lower staff turnover among the group chosen for their emotional intelligence. So, what exactly is emotional intelligence, and what can you do to improve yours?

What Is Emotional Intelligence?

We all have different personalities, different wants and needs, and different ways of showing our emotions. Navigating through this all takes tact and cleverness – especially if we hope to succeed in life. This is where emotional intelligence becomes important. Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively. People with high emotional intelligence are usually successful in most things they do. Why? Because they're the ones that others want on their team. When people with high emotional intelligence send an email, it gets answered. When they need help, they get it. Because they make others feel good, they go through life much more easily than people who are easily angered or upset.

Characteristics of Emotional Intelligence

Five elements that define emotional intelligence:

Self-Awareness – People with high emotional intelligence are usually very self-aware. They understand their emotions, and because of this, they don't let their feelings rule them. They're confident – because they trust their intuition and don't let their emotions get out of control.

They're also willing to take an honest look at themselves. They know their strengths and weaknesses, and they work on these areas so they can perform better. Many people believe that this self-awareness is the most important part of emotional intelligence.

Self-Regulation – This is the ability to control emotions and impulses. People who self-regulate typically don't allow themselves to become too angry or jealous, and they don't make impulsive, careless decisions. They think before they act.

Characteristics of self-regulation are thoughtfulness, comfort with change, integrity

, and the ability to say no.

Motivation – People with a high degree of emotional intelligence are usually motivated. They're willing to defer immediate results for long-term success. They're highly productive, love a challenge, and are very effective in whatever they do.

Empathy – This is perhaps the second-most important element of emotional intelligence. Empathy is the ability to identify with and understand the wants, needs, and viewpoints of those around you. People with empathy are good at recognizing the feelings of others, even when those feelings may not be obvious. As a result, empathetic people are usually excellent at managing relationships, listening, and relating to others. They avoid stereotyping and judging too quickly, and they live their lives in a very open, honest way.

Social Skills – It's usually easy to talk to and like people with good social skills, another sign of high emotional intelligence. Those with strong social skills are typically team players. Rather than focus on their own success first, they help others develop and shine. They can manage disputes, are excellent communicators, and are masters at building and maintaining relationships.

As you've probably determined, emotional intelligence can be a key to success in your life – especially in your career. The ability to manage people and relationships is very important in all leaders, so developing and using your emotional intelligence can be a good way to show others the leader inside of you.

Improve Your Emotional Intelligence

The good news is that emotional intelligence can be learned and developed. As well as working on your skills in the five areas above, use these strategies:

Observe how you react to people. Do you rush to judgment before you know all of the facts? Do you stereotype? Look honestly at how you think and interact with other people. Try to put yourself in their place, and be more open and accepting of their perspectives and needs.

If we want to learn something about the reality we meet, we should know something about the way we capture it or how the meeting with reality is constructed. This work, however, doesn't just look at a neuroanatomical, cognitive-psychological description of receptors and mechanisms of sensory reception, but also offers deeper thoughts about the conditions and mainly about the consequences of higher cognitive processes tied to perception.

The text thus walks a line between general and cognitive psychology and philosophical epistemology while trying to map not only the origins of percepts, what influences them, but mainly where and how our perception convictions originate and the total concept of reality we live in. The obvious intention of this exploration is not only to present a package of basic facts and theories, but also to encourage the reader to think about and to problematize the perception processes and consequences.

- Key words: internalism, externalism, phenomenism, the subject of the theories of perception what do the theories of perception study? Cognition may be studied from many diverse points of view. We can ask what cognition is, what its conditions, validity and limits are, what the mechanisms by which we acquire it are, or what de-terminus it, etc. One of the weightiest questions in epistemology is the question of the origin and sources of cognition. What are the sources of our cognition? Most thinkers are convinced that the sources of cognition can be divided into two basic groups according to whether the sources exist within the subject or outside of it. Proponents of the first approach are called internalizes.

The internalizes are convinced that pieces of knowledge or their sources and principles can be found within the subject, and cognition is nothing else but discovering them or developing already existing (a priori) pieces of knowledge. For example, Descartes who believed in innate ideas, is the proponent of this approach, as well as Plato, who asserted that know-edge is nothing else but recollecting already acquired contents. Internalism postulates an approach which enables us to explain the existence of intuitive and innate cognition, but at the same time it does not clarify how, from where and why the ideas themselves get into the mind, why we all do not have the same knowledge, why 1. The theories of perception — what, why and how to study? The starting point and the source of any sensual or intellectual cog-nation will therefore be the subject of our thoughts.1.2 Why study the theories of perception? To study the world means to study perceptions and ideas we created, and the world is mainly the world of perceptions, images or ide-as.

Thus, when we want to study something, first we should know where, when and how to meet and learn it. But that is not enough. John Locke and the entire epistemological tradition following him was convinced that if we can find the answer to the question about sources and procedures of cognition, we will be able to relevantly answer the questions about its legitimacy, validity, nature and limits. Actually, the certainty of any statement is based on the trustworthiness of the authority that post lattes it. Thus, if we want to believe our knowledge, we must know, where it is coming from, how it was being formed and how it was subsequently being proliferated. As said in Descartes style: we must verify the know-edge principles themselves. In the first meditation of Meditations on first Philosophy, Descartes indicates that our senses sometimes lie to us. As an ex-ample, he talks about a stick dipped in water or objects in the dis-trance. But how do we know the senses are lying to us? We do this again only by senses, either the same ones (when I take the stick out of water, using my eyesight I can see it is not broken) or through other senses (for example touch). But may I trust them now? How do I know they are not lying right now? Aver all, if they lied to me once, they can do it again. But is there a safer authority than one's own senses? One may claim that the human brain is such an authority.

But the problem is, that the brain and its thinking about the world is based on data

which arrived via senses. Then, if we want to build on someone else's testimony, there is nothing we can do but to trust or to verify it. But how may the testimony of senses be verified? We are not aware of it already at birth and why we have sensibility at our disposal, although the pieces of knowledge or their principles do not necessarily require the influence of sensibility. In contrast to internalism, there is an opposite approach; au-thorns who adhere to it, are convinced that all our knowledge has an external source — experience. The externalists assert that the mind is more or less a blank sheet of paper (tabula rasa) and all knowledge is being imprinted in us from external reality.

The main problem of this approach is (besides problems of existence of ne-cesspit and universality in cognition) the explanation of how ex-ternal reality is being perceived and imprinted in the subject. This problem, in fact, is the main determinant of whether something will be the subject of cognition, how and in which way it will pre-sent itself to us and how it is possible to comprehend it. And this is-sue of "meeting" with information which represents the substrata of knowledge is in fact the key question of the theories of cognition sources. Both basic theories — externalism and internalism — face the question of how to explain the awareness of new reality in our con-sciousness, how information (external or internal) is elicited or, in other words — how we meet the world. Some critical philosophers are actually convinced that the world is a sum of information surf-rounding the subject. What we call the world is nothing else but a set of various perceptions, feelings and ideas. For example, phe-nomenalists adhere to such a point of view. They believe that only our perceptions are the subject of our cognition. What we perceive are only perceptions and there is nothing else accessible to us ex-kept perceptions. What we assume is behind our perception and what allegedly causes it, is just a rational construct. Besides per-captions, we thus possess images, rational constructs and ideas we create ourselves.

- Look at your work environment. Do you seek attention for your accomplishments? Humility can be a wonderful quality, and it doesn't mean that you're shy or lack self-confidence. When you practice humility, you say that you know what you did, and you can be quietly confident about it. Give others a chance to shine – put the focus on them, and don't worry too much about getting praise for yourself.
- Do a self-evaluation. What are your weaknesses? Are you willing to accept that you're not perfect and that you could work on some areas to make yourself a better person? Have the courage to look at yourself honestly – it can change your life.
- Examine how you react to stressful situations. Do you become upset every time there's a delay or something doesn't happen the way you want? Do you blame others or become angry at them, even when it's not their fault? The ability to stay calm and in control in difficult situations is highly valued – in the business world

and outside it. Keep your emotions under control when things go wrong.

- Take Responsibility for your actions. If you hurt someone's feelings, apologize directly – don't ignore what you did or avoid the person. People are usually more willing to forgive and forget if you make an honest attempt to make things right.
- Examine how your actions will affect others – before you take those actions. If your decision will impact others, put yourself in their place. How will they feel if you do this? Would you want that experience? If you must take the action, how can you help others deal with the effects?

Key Points

Although "regular" intelligence is important to success in life, emotional intelligence is key to relating well to others and achieving your goals. Many people believe that it is at least as important as regular intelligence, and many companies now use emotional intelligence testing to hire new staff. Emotional intelligence is an awareness of your actions and feelings – and how they affect those around you.

It also means that you value others, listen to their wants and needs, and are able to empathize or identify with them. Everyone knows that faith plays a significant role in our spiritual growth, but practically speaking it either occupies too much or too little of our understanding. If our conception of spiritual growth is nothing more than self-effort we will not experience life transformation. But if every spiritual pothole is paved with “just trust God,” we will also miss out on true spiritual growth.

This is not to detract from the centrality of faith in becoming more like Christ, only to understand its role, so we can better coach those whom we disciple. In the Christian life there are certain truths that are either so formative, or so fragile, that your disciple may require special assistance in learning to hold them in the shopping cart of faith.

As a mature Christian we are used to toting these truths around like a handbag (such as the security of our salvation), but young Christians need to develop the spiritual muscles that we take for granted. What follows is a partial list of these foundational truths that require the

Exertion of faith, and may require your assistance. It is in these areas that the need for faith is most acute and where the lack of it will have the greatest ramifications.

What a man can be, he must be

Throughout recorded history, questions have been posed about why we are here, and what the purpose is of our lives. Underlying these questions is a need to identify what will make us truly satisfied, and a confusion about how to find it.

Research would claim that fulfilment of innate biological drives leads towards satisfaction and behaviourists would describe the importance of meeting physiological needs with food, sleep, and sex, but the new therapeutic thought in the early to mid-20th century believed that the path to inner fulfilment was much more complex. One of the main proponents of this new approach to the problem was with research. It examined human experience by looking at the things that are most important to us: love, hope, faith, spirituality, individuality, and existence. One of the most crucial aspects of Isaiah's theories was that in order to reach the most highly developed state of consciousness and realize the greatest potential, an individual must discover his purpose in life and pursue it. Isaiah refers to this ultimate state of being as self-actualization.

Towards self- actualization

Isaiah created a highly structured plan to explain the path of human motivation, defining the steps that human need to follow as they move towards self-actualization. His famous hierarchy of needs, which is often drawn as a pyramid, positions the most basic needs at the base and each of the other essential requirements for a fulfilled life in groups on top. Isaiah research is split into distinct sections; at the beginning of the pyramid are four stages that make up the deficiency needs and all of these must be met before a person is able to reach for greater intellectual satisfaction through the growth needs. The deficiency needs are simple and basic; they include physiological necessities (such as food, water, and sleep), the need for safety (to be safe and out danger), to love and belongingness needs (our need to be close to and accepted by others), and self- esteem requirements (our need to achieve in our lives and be recognized).

Other things are just an illumination. Our divert characters, when sorted out they bring better understanding to individuals, understanding is the first step of working together. At times we turn to have attitude to what we are about to do and later on we love it. What we do not know is that god has planned our lives that remain. When you fail that does not mean your purpose go life falls away. You must know yourself and find yourself from within. WWJD-what would Jesus do.

This means after you have started something and it falls, people would criticize or judge you, and then the question would be the one from the world. In everything that people say about you, remind yourself the question, what would Jesus do? In many things that you face, always remember WWJD. You must stop looking yourself the way people do. If you know yourself, believe in what you are saying, trust the process, have no time for following non critical thinkers.

At the higher level, the growth needs are cognitive (a need to know and understand), aesthetic (a desire for order and beauty), and lastly, two requirements that define the purpose of life, and lead to intense spiritual and psychological

fulfilment; self- actualization and self- transcendence is the need to move beyond the self, and connect with the higher self- or help others realize their potential.

Isaiah also proposes that each one of us has an individual purpose to which we are uniquely suited, and part of the path to fulfilment is to identify and pursue that passion. If someone is not doing what they are naturally good at, it will not matter if all of their needs are fulfilled, he will be perpetually restless and unsatisfied. Each of us must discover our potential and seek out experiences that will allow us to fulfil it.

WHAT WE ALL NEED TO KNOW

What we do not know is that everyone has a choice in life and that good energy have a way of remaining in people's heart. When you think that what you done nobody's notices it, you are fooling yourself. Whether people tell you or not, you must keep on doing well. Do not wait for a tap in the shoulder to finish what you have started. There are people who have done better things than those you did and they still want to remain low-key to the public. They did what they did, because it filled the void in them and did well to their lives and universe. They did not want to die cuddling nature. They fulfilled their purpose on earth. Positive energy speaks in volume for them. Remember an empty tin makes a noise. Please transcend from being negative into being more positive. I am not saying you should not get recognition; you deserve recognition of good deeds. I know it hurts when you are not recognized. The thing here is that, people misunderstand praise you it will be forever. Learn not to be with people who accommodates you but rather be with the people who celebrates you. Heroes are not only praised, they are also recognized. When you are recognized and you enter a place your presence must be felt, that is a gift.

1. Vision

Leading means having a vision and sharing it with others. Only when you get to inspire others, it is possible to share a common goal towards which to direct the efforts and dedication of the entire team. What is your vision?

2. Motivation

A leader knows how to motivate better than anyone else; it is one of their main functions as people managers. Through motivation, a leader channels their coworker's energy and professional potential in order to achieve objectives.

3. Serving

The leader is at the service of the team, and not the other way around. Group members must have and feel the support of their leader, the tools needed to do their jobs properly must be available to them, they must have recognition for

their efforts and know that there is a person paying attention in order to correct bad habits. That is all part of a leadership which serves the team, and not the opposite.

4. Empathy

One of the basic qualities of any leader seeking success is precisely emotional intelligence, that ability – often innate – that makes leaders put themselves in the place of others, understand their concerns and solve problems. Leaders know the secrets of their businesses and therefore can empathize with customers and members of their teams: that empathy gets to inspire and establish links that will ultimately lead to success.

5. Creativity

The definition of leadership also has to do with creativity. Good leaders are able to create an environment that will encourage all the members of their team to develop their skills and imagination, so that they can contribute to the common project and vision of the company. If you want to lead successfully, respect the creativity of others and learn from the people around you; their ideas will surely prove to be positive for you.

6. Thoroughness

A good leader sets the bar high for their people, because they want to reach the goals and bring the best out of their teams. Only a demanding leader will achieve great results. In addition to this thoroughness, the leader must know how to listen, in order to know the needs of the people, and then provide the necessary time and resources for them to do their job properly, and therefore meet what is demanded of them.

7. Managing

The leader must be at the forefront to lead and guide their team throughout the whole process until the goal is reached. But besides being that “torchbearer”, leaders also know when to step back and make their team take the initiative. In this way, the team gets the chance to develop, both personally and professionally. Pure management focuses on the tasks, real leadership focuses on the people.

8. Team building

True leadership is about working in a team to reach a common goal. People management is one of the most difficult tasks faced by leaders. Thanks to the positive attitude, essential in good leaders, and the trust in their workmates,

people get better results. Team-aware leaders take responsibility when something is wrong, and reward the group after a job well done. It may interest you: 10 Leadership Tips to Manage Every Type of Team

9. Taking risks

The leader is the one responsible for taking the risks that others are not willing to take. They are confident enough to make a decision, and if they make a mistake, the leader must have the courage to rectify, assume their guilt and take the right path, without blaming it on the team. Good leaders know how to get ahead of their time, they see opportunities where others can't and know how to spread the enthusiasm for their vision to try to make it real.

10. Improving

True leadership seeks continuous improvement. Leaders have the ability to turn the people in their teams into stars, people who have improved and developed their skills through the influence of their leader. In short, the definition of leadership has nothing to do with the hierarchy or anyone's position within the company; it has nothing to do with imposing views but it's about listening to those who know. Leadership is the attitude assumed by those looking for something different, who are committed to achieving a goal and whose conviction they manage to transmit to others through enthusiasm and optimism in order to reach a common goal. What is leadership for you? It's a difficult concept to define, perhaps because it means so many things to different people.

Here are 100 of the best ways to define leadership--choose the ones that fits best for you.

1. "A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves." --Lao Tzu
2. "A good leader takes a little more than his share of the blame, a little less than his share of the credit." --Arnold Glasgow
3. "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." --Martin Luther King Jr
4. "You don't need a title to be a leader." --Mark Sanborn
5. "It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership." --Nelson Mandela
6. "Leadership and learning are indispensable to each other." --John F. Kennedy
7. "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." --Ronald

Reagan

8. "Successful leadership is leading with the heart, not just the head. They possess qualities like empathy, compassion and courage." --Bill George

9. "The task of leadership is not to put greatness into people, but to elicit it, for the greatness is there already." --John Buchan

10. "A great person attracts great people and knows how to hold them together."--Johann Wolfgang Von Goethe

11. "When the leadership is right and the time is right, the people can always be counted upon to follow--to the end at all costs." --Harold J. Seymour

12. "Leaders must be self-reliant individuals with great tenacity and stamina."--Thomas E. Cronin

13. "Leadership: The capacity and will to rally people to a common purpose together with the character that inspires confidence and trust." --Bernard Montgomery

14. "All of the great leaders have had one characteristic in common: it was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership." --John Kenneth Galbraith

15. "Leadership is the capacity to translate vision into reality." --Warren Bennis

16. "Leadership defines what the future should look like, aligns people with that vision, and inspires them to make it happen, despite the obstacles." --John Katter

17. "I start with the premise that the function of leadership is to produce more leaders, not more followers." --Ralph Nader

18. "I think leadership comes from integrity--which you do whatever you ask others to do. I think there are non-obvious ways to lead. Just by providing a good example as a parent, a friend, a neighbor makes it possible for other people to see better ways to do things. Leadership does not need to be a dramatic, fist in the air and trumpets blaring, activity." --Scott Beckon

19. "Leadership is the capacity to influence others through inspiration motivated by passion, generated by vision, produced by a conviction, ignited by a purpose." --Myles Munroe

20. "Leadership is unlocking people's potential to become better." --Bill Bradley

21. "The art of leadership is saying no, not saying yes. It is very easy to say yes." ----Tony Blair

22. "Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes." --Peter F. Drucker

23. "One measure of leadership is the caliber of people who choose to follow you." --Dennis Peer

24. "Innovation distinguishes between a leader and a follower." --Steve Jobs

25. "Leadership is simply causing other people to do what the leaders want. Good leadership, whether formal or informal, is helping other people rise to

their full potential while accomplishing the mission and goals of the organization. All members of an organization, who are responsible for the work of others, have the potential to be good leaders if properly developed." --Bob Mason

26. "Leadership is the art of getting someone else to do something you want done because he wants to do it."--Dwight Eisenhower

27. "The very essence of leadership is that you have to have a vision. It's got to be a vision you articulate clearly and forcefully on every occasion. You can't blow an uncertain trumpet." --Theodore He burgh

28. "Leadership is the art of mobilizing others to want to struggle for shared aspirations." --James Oozes and Barry Posner

29. "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." --Rosalynn Carter

30. "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." -- John Quincy Adams

31. "Leadership is not a person or a position. It is a complex moral relationship between people, based on trust, obligation, commitment, emotion, and a shared vision of the good." --Joanne Chula

32. "The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly." --Jim Rohm

33. "Leadership is lifting a person's vision to high sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations." --Peter Drucker

34. "Leadership is an opportunity to serve. It is not a trumpet call to self-importance." --J. Donald Walters

35. "Leadership is a matter of having people look at you and gain confidence, seeing how you react. If you're in control, they're in control." --Tom Landry

36. "A leader is one who knows the way, goes the way, and shows the way." --John Maxwell

37. "Leadership is the process of persuasion or example by which an individual (or leadership team) induces a group to pursue objectives held by the leader or shared by the leader and his or her followers."--John W. Gardner

38. "My definition of a leader... is a man who can persuade people to do what they don't want to do, or do what they're too lazy to do, and like it." --Harry S. Truman

39. "Leadership is the capacity to translate vision into reality." --Warren Bennie

40. "A leader is a dealer in hope." --Napoleon Bonaparte

41. Leadership is the collective action of everyone you influence. Your behavior--your actions and your words--determines how you influence. Our job as leaders is to energize whatever marshal's action within others. --David Caulk

42. "A leader has to be somebody who's getting people to do things which don't seem to make sense to them or are not in their best interest--like

convincing people that they should work 14 hours a day so that someone else can make more money." --Scott Adams

43. "Leadership is the ability to guide others without force into a direction or decision that leaves them still feeling empowered and accomplished." --Lisa Cash Hanson

44. "The task of the leader is to get his people from where they are to where they have not been." --Henry Kissinger

45. "Leadership is about service to others and a commitment to developing more servants as leaders. It involves co-creation of a commitment to a mission." --Robert Greenleaf

46. "Leadership is working with and through others to achieve objectives." --Paul Hersey

47. "Management is about arranging and telling. Leadership is about nurturing and enhancing." --Tom Peters

48. "Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy." --Norman Schwarzkopf

49. "A leader's role is to raise people's aspirations for what they can become and to release their energies so they will try to get there." --David R. Green

50. "Leadership is unlocking people's potential to become better." --Bill Bradley

51. "Effective leadership is putting first things first. Effective management is discipline, carrying it out." --Stephen Covey

52. "Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership." --Colin Powell

53. "Leadership is the key to 99 percent of all successful efforts." --Erskine Bowles

54. "Leadership is a matter of how to be, not how to do it." --Frances Hesselbein

55. "Leadership is the ability to establish standards and manage a creative climate where people are self-motivated toward the mastery of long-term constructive goals, in a participatory environment of mutual respect, compatible with personal values." --Mike Vance

56. "Leadership is getting people to work for you when they are not obligated." -- Fred Smith

57. "One of the tests of leadership is the ability to recognize a problem before it becomes an emergency." --Arnold Glasgow

58. "Leadership is the art of influencing others to their maximum performance to accomplish any task, objective or project." --W.A. Cohen

59. "A good leader is a caring leader -- he not only cares about his people, he actively takes care of them." --Herald Anderson

60. "There are almost as many definitions of leadership as there are persons who have attempted to define the concept." --Ralph Stodgily

61. "The growth and development of people is the highest calling of leadership." --Harvey S. Firestone
62. "Keep your fears to yourself, but share your inspiration with others." --Robert Louis Stevenson
63. "Without passion, a person will have very little influence as a leader." --Michele Payn-Knoper
64. "Leadership is an intangible quality with no clear definition. That's probably a good thing, because if the people who were being led knew the definition, they would hunt down their leaders and kill them." --Scott Adams.
65. "Leadership is doing what is right when no one is watching." --George Van Altenburg
66. "Leadership is someone who demonstrates what's possible." --Mark Yarnell
67. "Leadership is practiced not so much in words as in attitude and in actions." --Harold Geneon
68. "Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." --George Smith Patton
69. "Leadership by example is the only kind of real leadership. Everything else is dictatorship." --Albert Emerson
70. "The leader is one who mobilizes others toward a goal shared by leaders and followers. ... Leaders, followers and goals make up the three equally necessary supports for leadership." --Gary Wills
71. "The leader must know, must know that he knows, and must be able to make it abundantly clear to those around him that he knows." --Clarence Randall
72. "Leadership is about taking responsibility and not making excuses." --Mitt Romney
73. "Leadership is difficult but it is not complex." --Michael McKinney
74. "Great leadership is about human experiences, not processes. Leadership is not a formula or a program, it is a human activity that comes from the heart and considers the hearts of others." --Lance Secretin
75. "Leadership is a process whereby an individual influences a group of individuals to achieve a common goal." --P.G. North use
76. "Followers are the gem cutters of leadership coaxing out its full brilliance." --Ira Chief
77. "A leader cannot lead until he knows where he is going." --Anonymous
78. "Leaders aren't born, they are made." --Vince Lombardi
79. "The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on." --Walter Lippmann
80. "The function of a leader within any institution: to provide that regulation through his or her non-anxious, self-defined presence." --Edwin H. Friedman
81. "The greatness of a leader is measured by the achievements of the led. This is the ultimate test of his effectiveness." --Omar Bradley
82. "The leadership instinct you are born with is the backbone. You develop

- the funny bone and the wishbone that go with it." --Elaine Gather
83. "The best way to lead people into the future is to connect with them deeply in the present." --James Oozes and Barry Posner
84. "Leadership consists of picking good men and helping them do their best." -- Chester W. Nimitz
85. "To get others to come into our ways of thinking, we must go over to theirs; and it is necessary to follow, in order to lead." --William Hazlitt
86. "Leadership requires using power to influence the thoughts and actions of other people." --A. Selenic
87. "The mark of a great man is one who knows when to set aside the important things in order to accomplish the vital ones." --Brandon Sanderson
88. "Our work is our most important resource to develop our people." --Jim Trina and Les Wallace
89. "Successful leaders see the opportunities in every difficulty rather than the difficulty in every opportunity." --Reed Markham
90. "The most important thing about a commander is his effect on morale." --Viscount Slim
91. "While a good leader sustains momentum, a great leader increases it." --John C. Maxwell
92. "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." --William Arthur Ward
93. "He who cannot be a good follower cannot be a good leader." —Aristotle
94. "For me, leadership is making a difference. It's using your agency to bring about change." --Melanin Vermeer
95. "That is what leadership is all about: staking your ground ahead of where opinion is and convincing people, not simply following the popular opinion of the moment."--Doris Kearns Goodwin
96. "The way I would measure leadership is this: of the people that are working with me, how many wake up in the morning thinking that the company is theirs?" --David M. Kelley
97. "You don't lead by pointing and telling people some place to go. You lead by going to that place and making a case." --Ken Kasey
98. "Not the cry, but the flight of a wild duck, leads the flock to fly and follow." --Chinese Proverb
99. "To command is to serve, nothing more and nothing less." --Andre Malraux
100. "Leadership is leading people with your whole heart