

# principles for living on the edge

a handbook for being awake

forward

Something is taking place on the planet. Something great is about to happen. We are beginning to see a transformation. More and more people are beginning to listen to another source other than the 'great intellect of reason and logic'. More and more people are moving from the dogma of how it has been, to an aliveness of possibilities and how it could be.

A new consciousness is seeping its way into our lives. This new consciousness I refer to as 'living on the edge'. It is a way of living and experiencing the events of our lives. "Living on the edge" is a way of being in the world. It isn't a thing you do. It is an aliveness, an ability to respond from an unlimited source of possibilities. It is based on a possible future and not a pre-determined set of programs from the past. It is based on living from passion and abandon. It is neither for those satisfied with the status quo nor those content with producing small incremental changes or shifts in results. This consciousness is transformational in nature and is both sudden and significant in its ability to produce results. It is for those among us who would like to produce quantum leaps of consciousness. Simply put, this book is for those who want to live a life defined by producing seemingly impossible results. These principles are part of this consciousness we will call "Living on the edge".

Imagine a circle. In the middle of the circle place yourself. This circle represents the distance you've gone in your life. The circle represents the limits you currently experience in your life - your paradigm. Everything you own or experience is also included inside the circle. The type of car you drive, the home you live in, the money you have, the friends you have, the love you experience - everything you now have or currently experience is included in your circle. This paradigm is what you are familiar and comfortable with, your "comfort zone" so to say.

Bring to mind something you'd like to create. Where does that fit in terms of this circle? It exists outside of your circle! Right now it's only a dream, a wish or a hope. It isn't our reality. "Living on the edge" is a way of pushing the envelope, a way of 'being' that challenges the current set of beliefs and limitations that define your consciousness and results. To challenge these limitations requires us to move from the middle of the circle to the edge. This ability to experience our edge, going where we haven't gone before, empowers us to imagine what isn't in our lives. This is a much more powerful place to stand in our lives, no longer asking "why?" things are as they are, but rather living from a question of "what now?".

"Living on the edge" accelerates the process of moving a perceived possibility into a reality. The speed at which you are able to move a dream into reality can be seen as your degree of "personal power". You cannot have your dreams and "live in the middle of your circle". Learning to effectively "live on the edge" will transform the degree to which you operate from your personal power.

This book is suggestive in nature. Its purpose is to further your exploration and application of these principles in your life. If you find this inspirational or it moves you to live with more passion, then good for you. When you simply experience these principles in your life, that experience alone will forever transform you and your world.

It isn't your agreement with them that changes your life, it is your experience of them that transforms you.

It has never been a question whether these principles are in your life, but rather will you finally allow yourself to experience yourself as a perfect expression of them. Start with this idea, just like gravity, these principles don't need your agreement for their existence. They exist independently of any opinion or belief you might have regarding them. Believing or not believing in gravity doesn't change the circumstances of gravity in action in our life, does it? It is the same with these universal principles, they don't need your agreement for their existence, they simply are.

It isn't important to understand these principles, but rather are you willing to experience them in your life. It is through experiencing them, not understanding them, that you can ultimately own and see the genius you really are. You cannot discover something you already are, you can only remember who you are. With time and application you will remember that you are the perfect expression of these principles, that your life is your creation and is a constant expression of this genius you really are.

There is nothing you have to do to express your perfection. You just are. As a perfect expression of these principles you are perfect as you are right now. It is when you see this, that your experience of your life transforms. It is in this realization, that you will see how incredibly powerful you really are. You are a genius, maybe unconscious, but a genius no less.

These principles are neutral, neither negative or positive. Think outside the antiquated and worn out paradigm of 'negative or positive' and 'good or bad' as you read. There is no need to judge the results in your life as you read. Whatever you have created so far in your life is perfect evidence of these principles and simply is what is so - so far.

Judgment only serves to halt our transformation and send us into a tail spin of "right and wrong", further justifying our need to fix and change and forget who we are. Judgment moves us from the edge back to the middle. No longer dreaming, we are only able to see what is in our life and then are doomed to continually re-create it.

I suggest you read this book with no particular goal in mind. Read with a beginners mind, leaving behind what you already "know" to be true. Don't even look for any particular understanding or breakthrough. Don't look for some new solution or idea that is supposed to change you or your results. Read, not from your head, but from your heart - where "less is more" and there is nothing to "get". Let the words flow effortlessly into you. Most of this work isn't about discovery anyway, but rather "remembering" who you already are. It isn't designed to teach you anything.

This exploration is best done through the eyes of acceptance and appreciation, for these are the gateways to transformation. The purpose of this book is to assist you in experiencing these principles in your life. Or more accurately, to assist you in seeing your life as the perfect manifestation of these principles. Accept the genius you really are and these principles will come alive in your life. Allow these principles to come alive in your life and you will experience yourself as the genius you really are. There isn't one without the other. The principles can no more become part of your life, than breathing could suddenly become a part of your life. As breath is life, you are the principles in action. So, don't use this work to further struggle to understand yourself, but rather, strive to experience yourself in perfect harmony with these principles - because you are. Be the source of this experience, as you really are right now. After reading the entire book, read a chapter a day until you have met the genius you really are.

Effectively living on the edge is within your grasp, it is your destiny. Be patient with yourself. Be gentle with yourself, not because you are supposed to, but simply because you are able to.

## **the principle of attraction**

"The vision you hold in your mind, the ideal that you enthrone in your heart- this you will build your life by, this you will become".

-James Allen

Like attracts like. This news is neither good nor bad. The quality of the news depends on whether you appreciate what you are attracting. It is important to note that what will serve you as you read this book is a certain detachment to the results of your life. Good or bad, right or wrong, should or shouldn't, these become unimportant assessments in exploring the presence of these principles in our life. Just the facts, so to speak. Save the drama for later. Remember, you are looking for the experience of these principles in your

life, not whether you understand or believe in their existence. This book is not written to argue for evidence of their existence. These principles simply are present in your life, with or without your agreement.

### **What You Resist Will Persist**

Like attracts like. Instead of arguing for the exception to the rule that your mind continuously searches for, find the experience of this principle in action in your life. I once heard someone say, "I can't stand all the negativity I'm surrounded by!" This is merely the Principle of Attraction in action. Your life is the perfect expression of this principle, whether you like it or not. The genius you really are, is this principle in action. Start exploring. Stop resisting this experience, for in resisting you attract more resistance. You will simply find yourself continually re-experiencing resistance, fostering more resistance, creating more resistance, attracting even more of what you resist. Strive to embrace this principle and experience it in action in your life. Strive to embrace all that you attract or resist.

### **Who You Are Makes All the Difference**

This is a great secret; You experience what you are both attracted to and what you resist. This is an aspect of the Principle of Attraction. Consider this, "Who you are speaks so loudly I can't hear a word you say." The Principle of Attraction isn't something you do, it is something you are. The results in your life are in perfect symmetry to who you are being not what you are doing. To fully experience this principle in your life you must carefully consider the following: It isn't what you do that makes the difference in your life. It isn't what you have that makes the difference in your life. All of this power you receive from doing or having is temporary, it leaves as soon as you stop doing or having that which was generating the feeling of power in the first place. Having titles, or doing your "best", or having excuses, or the nice car, house or doing better or different or new - all of these conditions are based on outside circumstances or stimulus.

Don't misunderstand, doing and having are quite all right. The real genius you are though, the real eternal unlimited power that is available to you comes from within, or rather flows from within. It is within that resides the genius you really are. It is who you are that makes all the difference in your life. It is from who you are that springs the actions(doing) that you take. It is from the actions(doing) you take that spring the results(having) of your life. When I was a young boy I wanted to be a baseball player. So I asked my parents to buy me what I needed to have, a baseball mitt, a bat and a baseball. I thought if I had what I needed to have to play baseball, I would do what I needed to do, so I could be a baseball player. This just wasn't necessarily the case. Without the "beingness" of a baseball player, I wasn't likely to actually do or have what was really necessary to be a baseball player.

When the going gets tough it will be the qualities of who you are being that will cause you to do what you must to have what you want. The sooner this lesson is learned the

greater your results will be. Ask yourself, "What is the "beingness" that it takes to have what I want?"

The fruit of your life is held in the bowl of who you are being. This bowl of "beingness", this paradigm, this complete set of thoughts, conscious and unconscious, colors your sight, filters your hearing, edits your listening and conjures all that springs into your experience. It is your "beingness" that is attracting, or repelling.

### **Attracting and Repelling**

What is it you are attracting in your life? What is it you are repelling in your life? Consider, as well, that all that is in your life is attracted or repelled by all that isn't in your life. You are both attracting and being attracted to, as well as, repelling and repelled by at the same time. As with each breath there is inspiration and expiration, so you are attracted and repelled with each moment in your life, for the Principle of Attraction holds both.

In your life you will find that in each moment is held an experience of leaving something behind, and at the same time an experience of moving toward something else. Or another way to say this is, to want something, is to "not want" something else. For example, to want wealth is to "not want" poverty. In the same moment we want and not want. This is a way of experiencing the Principle of Attraction. Don't just explore what you are attracting or attracted to, be aware of what you are repelling or repelled by.

Often in looking for this experience of repelling or resisting you will find the experience of the Principle of Attraction in your life. Remember, to "not want" something is as powerful as wanting something. To study what isn't in your life is to reveal what is in your life. They are one in the same. Do not be attached to what is or isn't in your life for they are both impostors to the genius you really are. They are of the same nature, just different degrees.

### **Life is Consciousness**

Consider this; "Resist not temptation..." or "What you resist persists." So many people are so concerned with who they aren't or who they think they are supposed to be, they begin to resist who they are being. Who are you resisting being right now? Often, people are so "not O.K." with who they think they are, they are totally consumed with "becoming" someone else. Do you experience resistance to who you are "being" right now? This is what you are attracting. Strive to bring more acceptance in your life, acceptance for all that is or isn't in your life.

Another way to say "like attracts like" is, "Life is consciousness." It is your consciousness that could be said to be both attracting and repelling. How you transform your consciousness is to go beyond the form that content takes and "become the context" that will hold your dreams. This is called transformation, beyond the form. We will explore this more in Chapter Seven.

## **Transformation is Alignment in Action**

Transformation can be the result of an experience called alignment, and attraction is a natural result of this transformation. When you are completely aligned, you become the natural state of attraction. "Where two or more minds meet on something, so be it." When all levels of your thinking and experience are aligned as one, the outcome is inevitable; a transformation takes place, you will be the quality of that which you are desiring to attract. Your dream will have to be in your life, Most people focus on changing content in their life instead of transforming the context, and as a result, create in their life only through effort and struggle.

Imagine two bars of steel, one magnetized and one not. They are made of the same material, at all levels, atomic and molecular. They are of the same weight, yet, one displays a power not found in the other. One attracts, while the other is attracted. The only difference between the two bars of steel is the alignment of the molecules. In the magnetized bar of steel all of the molecules are aligned in the same direction. It is this alignment that causes this steel bar to display the energy of magnetism and attraction.

Align the "molecules of your being", and call into play the quality of transformation in your life.

## **Dreaming Creates Alignment**

Having a dream for your life is the seed of transformation and alignment. Dreaming creates desire. Desire creates action. Action creates results. Therefore, dreaming creates results. Dreaming is a critical first step to creating alignment in your life. It is said in the Book of Proverbs, "A people without a vision perish", or simply put, people without dreams die. Having a dream and taking action on that dream creates the aliveness necessary to start the process of alignment and attraction.

A dream you're passionate about actually changes your whole physiology and psychology. You are not the same person physically, mentally, emotionally or spiritually when you are actively pursuing a vision. It is known that people actively pursuing their dreams live longer. There is a quality of experience they have that is life-affirming and expansive. Due to the transformation that takes place from alignment, the world simply appears as a more alive and expanding place. If there was one thing you could do to radically transform your world, it would be to dream a big dream.

## **Single-Pointed Intention**

Alignment and attraction can also be created through single-pointed intention. Single-pointed intention is the quality of experience that is unrelenting in its purpose. You direct your imagination, not the other way around. Every aspect of our life force is intending an outcome. This state of pure intention is the complete alignment of ourselves toward the

creation of an experience or object. You'll want to notice that it's this "done deal" attitude that creates the truly valuable results in your life.

There is a story about a conversation the great teacher Socrates once had with his most famous student Plato. Socrates and Plato were once walking down a beach having the conversation about justified existence. Plato was asking the question, "Why are we here?" What was the meaning of our existence? What was our purpose? Was there meaning to mankind's existence? Plato was doing most of the talking. Socrates seemed to be listening very intently but said nothing. Down the beach they walked as Plato conjectured as to the meaning of his life. Plato kept questioning Socrates, "What is the meaning of life, of my life?" Socrates said nothing, he just kept walking.

Plato began to think Socrates was withholding some vital piece of information. Since he wasn't saying anything he obviously knew something and expected him to see it for himself. Suddenly Plato noticed that Socrates had walked very close to the edge of the surf and stopped. "Was there some meaning to be learned from this place where the surf met the shore?", Plato thought to himself. "Surely the teacher wants me to notice something right here. Perhaps the meaning to life was hidden here in the interaction of surf and shore!", Plato thought as he watched the water lapping up on the sand.

"It must be something to do with the harmony and conflict of surf and sand. Slowly the water wears away the beach and yet yields to the beach at the same time! Is this the meaning to life, Socrates? To be strong yet yielding.", Plato inquired.

Socrates said nothing but only walked out into the surf until the water was knee high and stopped. Plato followed and looked around. He knew Socrates taught by many methods, getting wet didn't seem out of the ordinary and certainly would be worth a great lesson by the Master. Plato looked around, straining to notice whatever he was to notice. He saw only water.

"Am I to see something here, teacher? What is the meaning of my life", Plato pleaded.

Socrates said nothing and only walked further into the water until it was waist high. Plato followed, slowly, reluctantly. Plato was getting cold now because of a breeze whipping across the water. He wondered what Socrates was trying to teach by this rather bizarre behavior, for Socrates continued to say nothing as he had his eye on the horizon standing waist deep in the shore break. Plato wondered very privately to himself, "Has my teacher finally lost it?" There had certainly been concern over Socrates' sanity before.

"Teacher, is the meaning of my life to be found out here in the water? Does it have something to do with the freedom of the wind?", Plato implored.

Socrates said nothing, Then suddenly Socrates swung around quickly and kicked the legs out from under Plato sending him splashing backwards into the water. Socrates pushed him down and stood on his chest, pinning Plato to the sandy bottom. Plato interpreted his predicament to be some lesson Socrates must want him to finally fully understand. To be

going to this extent it surely must be a big lesson. "What is the meaning to my life?", Plato wondered, "The answer must be here under water." "Is it how the sand blends with the ocean to create the context while it is the context that holds the ocean?" "What am I supposed to notice?"

Plato did notice eventually, he was running out of breath. He hadn't had a chance to take a deep breath before he hit the water, surprised by Socrates' quickness. Plato tugged at Socrates, "Let me up now. I don't get it." Socrates didn't budge. Plato tugged a little harder. Socrates didn't move. Plato was now quickly tiring of this game and struggled a little harder. As he struggled Socrates just bore down an equal amount preventing Plato from extricating himself out from under Socrates' feet.

As Plato's lungs were starting to ache for lack of air, he struggled hard to push Socrates off of himself. Socrates just jammed one of his knees squarely and painfully on Plato's chest, pushing the last of Plato's air gushing out his mouth! Plato violently fought to move Socrates as he was screaming to himself, "He's gone mad, he's trying to kill me!" That was the last thought he had before he passed out. Socrates dragged him out of the water and dropped Plato coughing on the beach.

Plato finally came to and sputtered and coughed at his teacher, "Are you crazy? Are you out of your mind? You nearly drowned me!"

Socrates said this, "I don't know the answer to your question, 'What is the meaning of my life?', but I do know, when you want the answer as badly as you wanted your next breath a few minutes ago, I know you will find it." This is single-pointed intention.

It is important to note that this state of "beingness" - pure intention - is created most readily, where the design and playing of a game or dream in your life is justification enough for playing. The outcome is not the justification for playing. You are passionate about the journey and not just the destination. And through your passion you align your life toward the outcome. Passion generates alignment, which generates attraction. You create a certain detachment from the past and future. You can begin to play your life with abandon - life-affirming and in the moment. Your "beingness" no longer is fear-based and resistant. Looking forward to your future you still are not bound by its seeming impossibilities. You take risks.

"There are more things in Heaven and Earth, Horatio, than are dreamt of in your philosophy", William Shakespeare.

Aware of your past, you are not haunted or bound by its ghosts. Who you are or were need not be a judge of your future. You strive to be life-affirming and in the moment. Centered and clear in what you want, you dream of what seems impossible to others. Dreaming starts the whole process of single-pointed intention and creation. Striving to establish this quality of single-pointed intention, passionately dreaming, and with life-affirming abandon you take action. You learn to take risks that others shudder at.

In this state-of-being of alignment and attraction you can seemingly perform miracles. Coincidences happen. People show up. Solutions present themselves. Mechanisms for achieving become insignificant, for you know that you know that it is your intention that drives the mechanisms in your life. You operate from the belief that there is no fixed way things should or shouldn't be, opening up unlimited ways things can be accomplished. Ninety-five percent of what appeared as obstacles fall away by themselves. You are now freed up to handle the other 5% with unbending certainty of the outcome. Fear, struggle and effort become the "beingness" of the past, unwilling to pay the prices for them, you let them go. You surrender to the inevitable, the manifestation of your vision and passion for life.

### **Operating With Life-affirming Passion**

You now operate from a "beingness" that is life-affirming and passionate. Full of creativity and aligned with the universe, you naturally attract your wildest dreams.

#### **Consider these lists:**

#### **Life-affirming and Expansive vs. Fear-based and Contracting Beingness**

Trust	vs.	Distrust
Love	vs.	Fear
Acceptance	vs.	Judgment
Appreciation	vs.	Depreciation
Detachment	vs.	Attachment
Forgiveness	vs.	Resentment
Letting go	vs.	Holding on
Giving	vs.	Taking
Passionate	vs.	"Who cares?"
Abundance	vs.	Poverty
Spirit	vs.	Ego
Abandon	vs.	Uncommitted
Responsible	vs.	Victim
Whole	vs.	Fragmented
Complete	vs.	Incomplete
Honesty	vs.	Dishonesty
Being	vs.	Doing or Having
Clarity	vs.	Confusion

What column most represents your primary beingness? The Principle of Attraction says you will reap what is aligned with your "beingness". As you read this book, search your heart for the "beingness" you operate your life from. Take time, be patient, and let the awareness of these principles into your life. A student in a hurry learns slowly.

#### **To produce effective results while living on the edge:**

1. Cultivate life-affirming, passionate and expanding ways of being. Memorize the list and ask yourself daily, "Where did I operate from today?"
2. Operate from single-pointed intention. Learn to operate from "it is already a done deal" attitude. "As though you want your next breath" becomes your predominant attitude.
3. Detach yourself from the mechanism. There are many ways to get things done. A clear intention is more valuable than any mechanism.

## **the principle of polarity**

The tragedy of man is what dies inside himself while he still lives.  
- Albert Schweitzer

We live in a reality that is experienced in opposites. Wholeness is found only in the experience of opposites. There is no up without the concept of down. There is no back without forward, no love without fear, no wealth without poverty. There is a story from the Teaching of Buddha of a beautiful woman who visited the master of a house.

The master asked who she was and she replied, "I am the goddess of wealth." The master of the house was delighted and so treated her nicely. Soon after another woman appeared who was ugly looking and dressed poorly. The master asked her who she was and the woman replied, "I am the goddess of poverty." The master was frightened and tried to drive her out of the house, but the woman refused to depart, saying, "The goddess of wealth is my sister. There is an agreement between us that we are never to live separately. If you chase me away, she must go as well." Sure enough, as soon as the ugly woman went out, the other woman disappeared. The resistance or fear of poverty can only move to chase away any ultimate wealth.

### Everything is Reflected in its Opposite

Life is experienced and reflected in opposites. To know this will transform your experience of all things. Notice this principle in your life; with every beginning heralds an ending. There is no permanence in creation. To begin to build something is to doom it to its eventual demise. A certain quality of detachment is necessary for effectively living on the edge. Joy comes from the creation of life, not in its permanence.

So many people spend great amounts of energy resisting and fearing what they don't want and feeling good about what they do want, caught forever in a battle of acceptance versus resistance. Everything you do have or experience in your life is reflected in what you don't have. Having is reflected in the experience of not having. Begin now to frame all

that is or isn't in your life outside the paradigm of right and wrong or good and bad. From this frame of reference, everything then is evidence of the genius you really are.

In accordance with the Principle of Polarity, to know victim is to know responsible. From this point of view, you can no longer curse what isn't or is in your life. To avoid fear is to avoid love. To curse the darkness is to curse that which is enlightened. This is where most students begin to stumble in their search for what they don't have. Life for most has become a simplistic game of avoiding "bad" and moving toward "good". Although, you can achieve modest, incremental increases in results in your life operating from the acceptance/resistance internal battle, you'll never take quantum leaps in awareness and results.

Experiencing the Principle of Polarity in your life can free you from the internal battle of good and bad, right and wrong, should and shouldn't.

### The Death of Possibility Thinking

Consider this in your life, you have designed your life based on what appears as not possible, unavailable in your experience. "Possibility thinking" is what has doomed you to mediocre results in your life. During certain events in our lives we begin to frame life in what appears possible versus what appears impossible. You then must create a strategy for compensating for what appears as impossible. Something appeared impossible to you as a child. What was it? Did it seem impossible to get the respect you wanted? Did it seem impossible to get the love you wanted? Did you decide it was impossible to trust and survive at the same time? Did the grades you wanted seem impossible to get? Friends? Make the team? Have a happy home? Please someone? What was it that seemed impossible?

These early years are where we begin to develop a strategy for compensating for what appears as impossible. For you to "win" you needed to be good at something, so you developed what you were going to be good at, and this was based on compensating for what appeared as impossible!

For example, it appeared impossible to get the love you really wanted, so instead you opted for being liked. Or it appeared you could never get to the top of the class so you opted to be accepted for your humor. What ever it was, this strategy for "winning" has served us and can be honored for what it was, a survival mechanism. Still, this mechanism is based on compensating for what appears impossible, and as such will never serve us in creating results while effectively living on the edge.

To live your dream you must let go of your current strategy for "winning". Whatever strategy you used to create the degree of success that you now have, is the very thing that will keep you from doing the impossible.

To think of what is "possible" is to think of what is "not possible" at the same moment. Strive to think outside of what is possible/not possible and begin to dream of the

"impossible" in your life, a life beyond your wildest imagination. This imagining of the "impossible" in your life will begin to call forth a vision for your life. Dreaming of the impossible is transformational in nature. You are literally a spiritually and physiologically different person when you dream of the impossible. Our spiritual and physical bodies shift as we imagine the impossible. Declare the impossible in your life today. Practice declaring impossible results on a moment by moment basis. What doesn't appear possible right now. Understanding this book? Having this book make a difference in your life?

This process of declaring the impossible calls forth a game in our life that isn't based on outcome, but is solely based on the passion of playing the game in our life. Living from passion, in turn, generates a field of possibilities entirely unavailable when living from resignation. Transformation takes place to a cellular level. Living in this field of possibilities causes shifts in awareness and physiology. We become an 'Impossibility Thinker'.

First Day AttitudeP> Living with passion and urgency will result from the experience of the Principle of Polarity, for this principle is embodied in the concept of First Day / Last Day.

Today is the First Day of the Rest of Your Life.

Does not this ring true in your heart? Is this not the truth? Is not today the beginning? You really only have today, don't you? You do not have yesterday, do you? No you don't, more accurately yesterday has you! Up until now it may be that you have used yesterday to decide how you are to be today. Do a reality check right now. Do you in fact use yesterday to determine how you should be today? To find out, ask yourself some questions. Do a simple reality check. How much money do you plan to make this year? What do you use to determine that? The amount you earned last year? How much love will you give today? Is this answer based on how much you received yesterday? If it is, then you won't really experience the genius you really are. You don't really experience First Day Attitude.

Using yesterday to determine how you are going to be today, is like driving your car watching only the rear view mirror. Sound difficult? It would be. Only able to see the damage you would have done, what has been left behind, the past would become your focus. And what you focus on you create. Apologizing for your life would be the menu of the day. "Sorry, I can't see out the front of my car, I didn't mean that!"

First Day Attitude calls forth an experience of passion. This is a letting go of yesterday. Be here now. Remember the excitement and passion of the first time you did something you really enjoyed. Recall the first date with someone you love. Remember the mindfulness you brought to the relationship, the passion. In a sudden flash you can experience this again - if you choose. You become new all through by choice. It is the first breath again, the same world appears different again with fresh eyes. You remember you as the genius you really are. You started out this way. As a child the world was a

source of great passion and amazement. This is the essence of First Day Attitude. Wake up and see again.

Train yourself to see the newness available to those that live from First Day Attitude. Get out of the norm. Most people wait for something outside themselves to arrive that will generate some passion in their life. The awakened generate their own experience of passion and attract a passionate life. Most people are asleep and those who aren't are in a constant state of amazement. My son once said, "Life is like eating macaroni and cheese, when it is good, it is hard not to shovel it!" Too much, too great to spoon, life demands a shovel. Live life fully today.

### **Last Day Attitude**

We live in a guarantee conscious society. Everything is supposed to have a guarantee. You wouldn't buy a car without a guarantee. You wouldn't get that new stereo without a guarantee. There is nothing at all wrong with demanding that manufacturers stand behind their products. The problem lies in the fact that your need for guarantees has crept into a part of your consciousness and causes you a great many regrets in your life.

Your guarantee consciousness has you living as though tomorrow is a sure thing. Well, it just isn't the case. There are no guarantees you'll be alive tomorrow. Today may be your last day. This may be it, and are you satisfied? Living as though tomorrow is guaranteed causes us to put things off, and to act without urgency can be a very dangerous state of affairs. "Tomorrow I'll do what I want." "Tomorrow I'll make that call." "Tomorrow I'll apologize." "Tomorrow I'll get on with it." Tomorrow is a fantasy. So much of my life I lived as though tomorrow was guaranteed. And as such I paid the price. With every beginning there is an end. Alpha. Omega. To conceive of a "first day" is to also conceive of a "last day". With the first breath you took you began the journey of creating your last breath. This isn't a negative idea. It is the truth, it is neither negative or positive. It simply is. A deep awareness of the truth that someday we will all take our last breath is a call to action in our life. To take this breath as though it was the last is to live with abandon and passion, totally committed to live this moment fully engaged and clearly urgent.

If you knew you had just twenty-four hours to live, what would you do with your last twenty-four hours? Would you have any time to hate? Would you have any time to regret? Would you have any time to worry? Probably, not. Wouldn't you only have time to love and appreciate? This is the essence of Last Day Attitude; love, appreciation and urgency. The Samurai Warriors of medieval Japan called this state of mind "Dying before going into battle" - ultimately knowing that the end is the same for everyone. We are all going to take our last breath someday, this is the great equalizer of all humanity.

Before any battle the Samurai Warrior brought themselves to a complete and total acceptance that a plausible outcome of the battle might be death. They knew at a deep spiritual level that as an eventuality of life, death was unavoidable. In this way a warrior was operating from a frame of mind that allowed split second decisions of life and death

to be made with complete abandon - no holding back. There would be no playing to "not lose".

Truly engaged with clarity and acting with complete abandon, the warrior played life truly "to win", free to risk everything. This kind of freedom makes all the difference between incremental shifts in results and quantum leaps. Learn to risk it all. This is to be considered frequently; What have I risked today? Your greatest fear will be taking control of your destiny. Want to know how life turns out? It turns out the same for everyone, you will take a last breath. Knowing this truth, that you will have your last breath, can set you free of this fear. Complete and total acceptance is available to those that choose to live on the edge.

There are two possible responses to the awareness that we are all going to breathe our last breath someday. One response is resignation. If we are all going to die, then what's the point? The payoff is you don't have to do anything about your life. You "play to not lose". There will be prices to pay from this frame of mind. You "give up" your life.

The other possible response is acceptance - acceptance that the great equalizer of all life is death. With this acceptance comes a freedom to play with complete abandon. To "play to win" requires full engagement in the game. Operating from this freedom to "play to win", we create an opening to "do anything possible" - including the impossible. Can't hold back if you're playing to win. No longer chained by the worry over the outcome (It is the same for everyone!), playing fully to win, you experience yourself as the genius you really are. Get on with it now!

To produce results while living on the edge:

1. Cultivate the experience of "dying before battle".
2. Live with abandon and urgency today, as though it might be your last.
3. Bring the experience of passion to your every action today, as if it was your first day.
4. Discover that you are not your results. There is no permanence in creation.

## **the principle of cause and effect**

We do not know a truth without knowing its cause.  
- Aristotle

In reality there is no such thing as a free lunch. This is the essence of the Principle of Cause and Effect. This is by far the most liberating of the principles. An understanding of how to use this principle will propel you to greatness while living on the edge.

The Principle of Cause and Effect echoes that all is a series of connected actions and reactions. We have all heard this principle expressed in many different ways. "You reap what you sow." "What you put out comes back." "What goes around comes around." "To think is to create." "The great circle of life." "Karma." "You are what you eat." "Givers gain." Ultimately, you have a choice to make every moment. You may choose to be the cause of your experience or choose to be the effect of your experience. The universe is impartial in this matter. It is important to note that from either perspective, "at cause" or "at effect", you are the perfect expression of this principle in action. Do you feel at cause in your life right now?

### **Operating at "Cause"**

When you are operating as though you are the cause of your experience, life will appear as one flowing and gigantic opportunity. It has been said that most people are asleep to their causality and those who aren't are in a constant and total state of amazement. Amazed to see that all is connected and as such, no thing goes unnoticed, no action goes unbalanced without reaction, no thought unconnected to another, no feeling unexpressed - ultimately. Amazed at what they create, they create an experience of personal freedom. The freedom is generated from the notion that they need not be victim to fleeting thoughts of doubt or fear. There is liberty in knowing they will reap what they sow.

These are the daring few who step out from the crowded majority to think for themselves. These are the few who scrutinize their thinking, looking for the predominant thoughts that wing through their minds. Knowing that the thoughts they dwell on today are the "seeds" of tomorrow's "harvest", they are mindful of what they choose to think.

Say this to yourself before you read on any further, "I choose my thoughts, they do not choose me."

"Sow your seed in the morning, and at evening let not your hands be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well."  
- Ecclesiastes 11:6

To operate as the cause in your life is to understand that in every moment you are creating an experience for yourself from a realm of infinite possibilities. Being at cause says nothing about blame or fault - do not confuse it with these concepts of assessment and judgment. Being at cause embodies the concept that each moment is a single point of infinite possibility.

With this awareness you can see the opportunity of creating the seemingly impossible in your life. All is possible right now. This is a way of operating in the world, that all is possible right now. When you operate from this perspective life will appear as an amazing and gigantic opportunity, literally, you see what you believe in. With certainty, you can then declare the impossible as a possibility in your life. You can feel, see, witness or experience anything, right now. As cause in your life, you are the context for

your life. You become the context for the infinite possibilities available to everyone at every moment. Operating as the context for your life you become the source that generates all of your experiences.

Essentially, being at cause means you recognize that everything is a choice. If not a choice in what events you experience, at least a choice in how you experience the events in your life. My Grandma explained it this way, "Every hand's a winner!" Stop here for a moment and let that sink in. You are experiencing a realm of infinite possibilities right now. What are you causing right now? What do you choose to cause right now?

### **Operating at "Effect"**

Another aspect of the Principle of Cause and Effect is, "what goes around, comes around". We are not separate. Operating from the "effect" side of the principle has life appear as something to brace yourself against. We appear separate. Life appears as a struggle to survive in, not an experience to thrive in. Unwilling to see your connection with the world and people, you plot and plan your life's tactics based on loneliness. Feeling unconnected, you buy an illusion, an illusion that you can "get away with something", if you're shrewd enough. The goal becomes to get that "free lunch" out there. From this point of view - disconnection - everything becomes a contest, a contest where the reward for winning is to feel "good" and the price for losing is to feel "bad". From this point of view you "sow" the "seeds" of contesting. Some take root and return to you the corresponding "harvest" - a bountiful "harvest" of defensiveness and turmoil. Obviously, if you want to "reap" happiness and peace you must "sow" happiness and peace. You can start with your thinking. Scrutinize your thoughts for your real underlying motivations. What are the underlying thoughts or feelings that are generating your experience?

"An unexamined life is not worth living."

- Socrates

Quite often we respond to life from deep seated beliefs that are based in past subjective interpretations, which we believe to be reality or facts. For example, maybe you were taught to believe that for you to win someone had to lose. This is not a fact of life, but a learned frame of reference. We begin to frame life from this point of view, as though it was reality. In doing so we create "contests" in our relationships.

Look for the "contests" in your relationships, at work and home, where it appears for you to "win" you need to be right. This viewpoint, that life is a "contest" to see who is right, starts early in our life and supports us in justifying living as the "effect" of our circumstances. This is a self-perpetuating viewpoint; Life is a contest, where being right equals winning. Winning equals surviving. Life is something to survive.

Living from the framework of surviving - being right - life will appear to us a something to survive. We will cause it to be this way. Since it appears this way, we will have to respond that way, or seemly die! You are then "hooked" into proving that you are "right"

about what you believe or die. This is a self-perpetuating belief system, and can be called living at the "effect" of life.

### **Only the Mediocre Are at Their "Best"**

Constantly battered by life's "contests", you shudder when you "lose" and only rejoice when you "win". Caught up in a raging sea of your own reactions, addictions and judgments, you float back and forth between these two polarities of "good and bad", "right and wrong" and "win or lose". You cling to the life preserver of your mediocre "best". Always, you proclaim you are doing the "best that you can". You fail to see that only the mediocre are at their "best". For the person who has discovered the personal power available to those who live on the edge, you know you are never at your "best". Your best compared to what? Is this moment better than the last, not better than the next. The realm of "being at your best" is best left to the mediocre. There is no place for "being at your best" when going about the work of creating the impossible in your life. To learn, understand and apply this principle will greatly benefit you while living on the edge.

Those who learn the transformational nature of living on the edge, know their personal power is generated from declaring and designing their life - being the cause of their experience. They know there are prices to pay for every action in their life. They know, as well, that there is a payoff for every action.

### **You Get to Choose**

The universe, in its simplest terms, can be seen as a series of choices and consequences, a series of prices and payoffs. Many of the choices you make are unconscious, yet still they are choices that you will pay a price for. This news is neither good nor bad. The price you pay for your choice is also neither good nor bad. You choose your response, there is no inherent quality of "good or bad" in the prices we pay for the choices we make.

For example, somebody pays you a compliment, so you feel "good". Then somebody insults you, so you feel "bad". Essentially, you choose the response you experience, unconsciously or not, it is still a choice. There is nothing inherently "good" about a compliment, nor is there anything inherently bad about an "insult".

Be aware that every communication from our world must get through our filter system of past beliefs. You choose the action and the reaction. You choose the price and the payoff. You choose the response, which is neither good nor bad, then you pay a price for that response, which is neither good nor bad, for that is a choice as well. Granted, many of our responses and choices are unconscious, preconditioned and based in past learned behaviors, still, we pay the price.

Life could then be seen as a constant process of choosing and choosing again. In this principle is a gigantic wake-up call. Waking up to the realization that there is no such thing as a free lunch. Waking up to the choices you are making and the prices you'll be paying. The sooner you get that, the better off you are going to be. To live in harmony

with this principle of Cause and Effect is to be willing to pay the prices for what you want. This is essential for effectively living on the edge. "There ain't no free lunch."

### **Listen to your Heart**

Learning to make effective choices means choosing from more than our conscious mind and less from an unconscious state of mind. It means to wake up and notice more of what and why we are choosing. It means to learn to listen to our heart. Your "heart" is not some romantic place you feel those mushy feelings. Your "heart" is the part of you that is connected in complete harmony with the universe. It is the opening to your spiritual nature. We are more than just a physical body with a mind. We are also emotional and spiritual beings. Our emotional and spiritual self are essential ingredients to effective choices. You can learn to tap into these aspects of your beingness. In fact it is through our spiritual and emotional natures that the most effective choices can be made, for the emotional and spiritual parts of you are the gateways to the intuitive. Choices that are made from this connected and intuitive place serve all concerned and distress no one involved in the outcome.

Connection is reality, separation is an illusion. Since connection is reality, all choices made from our heart will serve to express our true nature. This is our true nature; connected with all things, expressing the love of God and ourselves through the complete expression of love for all things. Choices made from our intuitive nature are always accurate and will ultimately serve everyone concerned. This is an awakened state of mind - connection is reality. It is through our willingness to connect that we become present in the moment. Learning to choose from this connected nature is essential to effectively living on the edge.

### **Perfection is practice.**

To more effectively choose from your heart you can begin by asking a few questions regarding your conscious choices.

"What are the consequences of this choice I am making?"

"Does the outcome of this choice I am making serve everyone involved?"

"Does this choice enhance my connection with others?"

This is a beginning and can be seen as a moment by moment practice, not perfection. Perfection enters our life when we no longer operate as though perfection is necessary to effectively live on the edge. Practice doesn't make perfect, while living effectively on the edge. Perfection is practice.

For creating the impossible while living on the edge:

1. Learn to listen to your "heart".

2. Experience your connection to all things.
3. Cultivate the willingness to pay the prices for what you want.
4. Never operate from your "best", operate from the impossible.
5. Cultivate the experience of everyone winning in your everyday personal and professional interactions.

## **the principle of correspondence**

"As above, so below. As below, so above. "  
-The Kybalion

There is more than one level of mind. This is the essence of the Principle of Correspondence. There are at least three levels of mind. You have the ability to experience all three. How do you know that there is more than one level of mind? Have you ever noticed yourself talking to yourself? Of course you have. This internal conversation goes on twenty-four hours a day! It never stops. It wakes you up at night. It can even make it difficult to go to sleep. This internal dialog is very important in your life. You never do anything until you check in with your self - this internal conversation. What has this self been telling you about you? What are the predominant beliefs you have about you? The outside corresponds to the inside. As below, so above. All levels of our thinking correspond to each other.

### **Think About What You are Thinking About**

This is an aspect to understanding the Principle of Correspondence; you can experience what you are experiencing. You can notice what you are thinking. You can think about what you are thinking about. This ability to notice your experience is an extremely powerful awareness. It is your link with the different levels of mind and their reflection in your life. Think about what you are thinking about. This is by far the most useful ability in effectively "living on the edge". With further noticing you will no longer be confined to continually re-experience the same in your life - seeing the same things, feeling the same things, doing the same things over and over. Your patterns of thinking become transparent, and as such, no longer have the power to unconsciously direct your life.

Awareness of this ability is a key to experiencing yourself as the genius you really are. This mindfulness of your moment by moment experience, and moment by moment thoughts can be expanded, and in truth, is essential to your continued personal or professional growth. Think about what you are thinking about.

There have been many labels used to describe these levels of mind. Conscious, unconscious, super-conscious or id, ego, super-ego to name a few. What you label them is insignificant. What is significant is the relationship between these levels of mind. An alignment or misalignment of the three levels of mind is a perfect expression of the Principle of Correspondence. Your unconscious beliefs are reflective of your conscious beliefs and vice versa. Take a moment every day to ask yourself, "What am I thinking right now and how is this a reflection of the results I have created in my life?"

Mind is the master power that molds and makes,  
And Man is mind and evermore he takes  
The tools of thought and shaping what he wills,  
Brings forth a thousand joys, a thousand ills,  
He thinks in secret and it comes to pass:  
Environment is but his looking glass.  
---- James Allen

Thoughts are real. They take form in your life. What you "think in secret" does come to pass. Thoughts are the seeds of creation. It is with your thoughts that you create your reality. It is with your reality that you create your results.

### **Aladdin and the Magic Lamp**

Recall the story of Aladdin and the Magic Lamp. This story is layered deeply with symbolism, telling of the understanding, even thousands of years ago, of how our minds create. Ancient masters, teaching in this timeless parable, forewarned us of "being careful of what we wished for" - there is a distinct possibility of getting it. A young Aladdin finds a magic lamp, rubs it and a Genie appears proclaiming, "Your wish is my command!". Aladdin symbolizes the function of the conscious mind; an endless struggle for clarity in deciding what to wish for. The Genie's function is to be a powerful, but impartial partner, not caring what Aladdin wishes for - symbolizing the unconscious mind's quality of detachment in creating magically and methodically what ever you command. Remember, the Genie doesn't care what you ask for, its only purpose is to create. All the Genie ever says is, "Your wish is my command." You can order a tuna fish sandwich or a seven course meal, the process of creation is exactly the same. What have you been telling your Genie? "It's cold and flu season." "I'll never get that promotion." "Nobody cares!" "I can't find my car keys!" "Life's hard." "There is nothing I can do about it!"

Your conscious mind is limited and only capable of one thought at a time. Reason and logic are its limited claim to fame, deciding with single-pointed intention what the Genie is to bring into reality. The unconscious mind, on the other hand, seems limitless in its function and power. This part of our mind holds contact with the pure potential of creation. It is capable of processing millions of pieces of information simultaneously. It runs our body for us, keeping track of the relative health and status of all our intricately interconnected physical systems. It stores information at an alarming rate, never seeming to fill up its memory bank. Its ability to imagine is only outdone by its inability to

distinguish between what is real and what is not. This unconscious mind can send us a genius attack in the shower in the morning after having us wrestle imaginary alligators with the sheets the night before.

### **Auto-pilot and Programs**

Our unconscious mind also holds the "auto-pilot" that can drive a car as we make a phone call and change a CD at the same time. This "auto-pilot" part of the mind operates much like the computer on your desk at home or work. It is programmed for survival and success, or what you tell it success is. From your first day you began to collect the programs necessary to survive. Through repetition and emotional involvement you collect your programs and the unconscious mind stores these programs as though they were reality. You have collected and created programs about everything in your life, programs about what it means to be a man or woman, about money, wealth, age, time, intimacy, commitment, love, friends, etc. - every aspect of life.

Before you knew how to drive a car and wanted to learn, you did not have the program necessary to drive. So you took lessons or practiced. Before you had a "program" to drive a car the conscious mind did the driving for you. This was a very difficult proposition at best, since the conscious mind can only think of one thing at a time. Everything you did to drive that car in the beginning was a conscious thought; how to park, change lanes, make left turns, pass someone, or just start the car! Driving a car with only your conscious mind was a chore. But as you were consciously learning to drive your Genie was paying close attention. Your unconscious mind was learning a "program" - how to drive a car.

It is estimated that 90% of our daily life is operated unconsciously for us by our "programs". Now with an unconscious "program" for driving a car, you don't even have to be consciously in the car to drive somewhere! How many times have you driven somewhere and had that strange feeling, YOU DON'T EVEN REMEMBER THE DRIVE THERE? Did you bother stopping at red lights? What route did you take? Don't know, can't remember the drive there - Genie in charge. How many times have you driven somewhere, gotten out of your car and realized THIS ISN'T WHERE YOU WERE GOING? Somehow you automatically ended up there.

Ever found yourself arguing with someone who wasn't really there? Genie in charge! Ever found yourself trying fruitlessly to break a habit? Genie in charge! Ever decided what kind of car you wanted, make model and color, then the next day you notice them everywhere? Did they go on sale the night before and everyone ran out and bought one? No, Genie in charge, just pointing out the perfect end result of your wish. Have you ever found yourself standing in the kitchen and you can't remember what you came in there for? Uh oh, Genie in charge! Simply put, have you noticed any patterns in your life? Genie in charge.

"Programs" aren't limited to just driving your car, this programmed part of your mind drives other areas of your life. You have "programs" about money, love, wealth, health,

gender, being a parent, being a child, how you look, self-image, self-esteem, time, age, self-worth and everything else in your life.

Have you ever gotten somewhere in your life, say your marriage, and asked yourself, "How did I get here?" or "This isn't where I was headed when I started, what happened?" Just like driving a car, the Genie drives our relationships to a very large degree, maybe 90% of the time we are on "auto-pilot". The Genie continues to impartially grant our wishes, **WHETHER WE ARE AWARE OR NOT OF THE WISHES WE MAKE**. Take charge of this Genie in your life. Listen to what you tell yourself today, these are the wishes for the future.

It is this "programmed" part of the mind that you must look closely at, for it is a key to experiencing the "genie-us" you really are.

### **You are the Sum Total of Your Thoughts**

"You are the sum total of your thoughts" is another way to say, "as above, so below". It is known to a very large degree that you will act unconsciously on whatever the unconscious mind has been told - whether or not the information this part of the mind receives is based in reality or not. In fact, it is almost impossible to act in any way that is out of alignment with an unconscious belief or "program".

### **You Reap What You Sow**

Imagine a fertile field of ground capable of growing anything. If you wanted to harvest wheat, what would you plant? Wheat, of course. You wouldn't plant rye expecting wheat. This is too simple. Yet, most people never see the far reaching implications of this in their life.

You have a fertile field of ground, and this field of ground will grow your anything your heart desires. This fertile ground I am speaking of is your mind. The seeds you are planting in this fertile soil are your thoughts. Without question, the single most important discipline in the quest for extraordinary results is the ability to explore and direct your thinking. Think about what you are thinking about. Like the soil of a garden, your mind acts as the medium for the cultivation of thoughts.

"Imagination is more important than knowledge."  
- Albert Einstein.

What if you don't plant anything in a fertile field of ground, what will grow? Weeds, of course. Even if you start with totally weed free soil and you don't sow anything, weeds will blow in and take root. The average person is standing in the middle of their fertile field, cursing the weeds and hoping some corn will blow in this year! What a ridiculous scene! There isn't going to be any corn harvested until some corn gets planted. An aspect of this principle embodies the idea that what you sow, so shall you reap. Not sowing

something mindfully will still result in a harvest. This harvest will consist of whatever happens to blow in.

"He who controls his thinking, controls his universe,"  
- Napoleon Bonaparte.

### **Take Control of Your Thinking**

Take control of your thinking. To do this, one must first be aware of what one is thinking. To do this, you must consciously decide to think about what you are thinking about. Take time every day to practice noticing what you are dwelling on. Create some quiet time to reflect on your primary thoughts of the day.

Learn to cultivate the ability to "do nothing" for a few minutes every day. This "doing nothing" time is for the express purpose of noticing your thoughts. At the end of each day, find a private place and a comfortable chair. Close your eyes and think about what you are thinking about. Ask yourself what the primary thoughts were that you dwelled on during the day. At first it will seem awkward, you won't even remember to do it that often. Yet, as with anything, it is the practice that moves us towards perfection. For the practice is the perfection.

At first your thoughts will drift, and seem disjointed. With dedication and practice it will begin to feel natural and you will look forward to this time of reflection. According to Jack Kornfield, Zen teacher and author, this discipline is much akin to training a puppy.

When first training a puppy it is necessary to be patient and understanding. Much like your mind, when you first train a puppy to stay in one place it will pay little or no attention and get up and wander off. So you go and retrieve the puppy and put it back and say, "Stay!". It then gets up and wanders off again. It doesn't do any good to scold or slap the puppy. This just cultivates a relationship of fear and distrust.

Similar to the puppy, just begin your quiet time or meditation with a kind request of yourself to stay focused on noticing your thoughts. When you discover your mind has wandered off on its own, just notice where it has wandered off to and call it back again to "stay" on the task at hand. Notice what you are noticing. Think about what you are thinking about. "As a man thinketh in his heart, so is he", is another way to communicate the Principle of Correspondence. What is the "heart"? The "heart" here refers to the unconscious mind. As you think in your unconscious mind, so are you. It is in your unconscious mind that your "beingness" is generated. To explore your unconscious thoughts is to create a doorway to understanding the results in your life. Strive to understand the underlying thoughts you have cultivated that relate to the results in your life. Remember, it is from your thoughts that spring your "beingness". It is from your "beingness" that springs your actions. And it is from your actions that spring your results. You become what you think about.

For creating the impossible while living on the edge:

1. Cultivate the ability to think about what you are thinking about. Learn to listen to what you are listening to.
2. Be the conscious master of your thoughts. Choose the thoughts you dwell on with the care and wisdom of someone who knows the power of single-pointed intention.
3. Wake up to another aspect of yourself daily.

## **the principle of vibration**

"The universe is change. "  
-Marcus Aurelius Antonius

Observation tells us that the universe is in constant motion. Nothing stands still. The only constant in the universe is change. Your familiarity with this principle will continually assist you in effectively living on the edge. To resist change is to resist life. To be in harmony with life and the universe is to be in harmony with change. Everything is either expanding or contracting, growing or decaying, coming or going, etc.

There is no stability. Still, objectively it appears as though stability is a reality, and there are in fact three options of existence - growth, decay and stability. This is due to the fact that we have been conditioned to "see" and therefore "believe" in stability as a reality. Have you ever heard the saying, "seeing is believing"? That is backwards. More accurately, "believing is seeing". We tend to see what we have conditioned ourselves to believe in. And we have definitely been told to believe in stability. Many of us have spent life times trying to create stable careers, steady relationships, stable emotions and so on. We live in hope that one day we will arrive at some 'steady state' where we no longer must tread water to live and breathe. Some call this retirement.

Our awareness, over the years, continues to shrink to only include the 'reality' of our beliefs, and one of these is that stability is something to strive for and is achievable. From this point of view we 'swim up stream' looking for that exalted state of 'sameness', comfort, and safety we call stability. It doesn't exist. It is a futile waste of time and consciousness to continue this quest of universal proportions.

There are other realities. Expand your concept of space/time and you can begin to see a separate reality, where stability becomes a short-sighted illusion, and the principles of choice and polarity dictate the existence of only two options; expansion or contraction. Everything is in motion. Even solid matter, at a molecular and atomic level, is in motion.

## **The Illusion of Stability**

Imagine that the chair you are seated in is made of wood. Now, before it was a chair, what was it? A tree. Before it was a tree, what was it? A seed. Before it was a seed, what was it? It was energy. All energy and matter can be measured in frequency or vibration, and is in constant motion. Now, look at the chair objectively. What state does it appear to be in, growth, stability or decay? Objectively, it appears to be in a state of stability. We could watch it for hours or days and it will show no objective change. It therefore appears stable. From an expanded point of view though, stability becomes an illusion. If we could fast forward ourselves by a thousand years, would the chair look different? Of course it would. It would have decayed significantly. In reality the chair is right now in a state of decaying. When did it start decaying? The moment the tree, it is made of, was cut down. When it stopped growing it started decaying.

An expression of the Principle of Vibration is; That which isn't growing, is decaying. Growth and decay have distinctive vibrations. Learn to recognize the distinction.

The vibration of growth feels energetic and alive. This feeling of aliveness is independent of any particular emotion. Times we have felt sad or alone can indicate a period of growth. Just because we feel "good" doesn't mean growth and just because we feel "bad" does not indicate decay. It isn't that easy. Leaps of growth can be previewed by either highs or lows emotionally. Think of a time from your recent past when you experienced a period of growth - either personally or professionally. Recall the challenges or events that instituted this period of growth. Regardless of how you felt, were there not the elements of risk and trust involved? Periods of growth in our lives are always accompanied by actions requiring either risk or trust in an unsure outcome. The vibration of growth harmonizes with the tones of trust, faith, and love.

The vibration of decay can feel thick and oppressive. The vibration of decay often has us looking into the past for reasons or excuses. We feel as though we must defend or "take a position". The vibration of decay resonates with fear. This fear causes us to form ourselves with limited options, inherited or perceived as necessary for survival. This fear generates an attitude of defensiveness - an energy of maintaining or getting by. Our fear forms our responses to the events we experience on a daily basis and therefore all possible outcomes or solutions to the events are also fear formed and limited. These periods of decay are often accompanied by emotions of resentment, resulting in actions of revenge or apathy and resignation. We remain in fear and shut down our energy, disconnecting our inner thoughts with our outer world. We respond to this separation with more fear and discomfort, guaranteeing further decay. Maintaining the "status quo" is a sure way of generating the vibrations of decay. The vibration of decay resonates with fear. Fear forms. Love transforms.

## **Blending Energies**

Every thought, event or action has a vibration. Every situation, person, and place has a vibration. Learning to notice vibration and being able to effectively blend different energies of each moment is essential for effective results while living on the edge.

For example, for most people the professional world has a different vibration than their personal world. It is wisdom to know the subtle, and not so subtle, differences and to move effectively between the two. Most know that to try and maintain the same vibration while moving between the two environments can create a great deal of friction. The business person that has a "high vibration" day and comes home to a "slower vibration" home environment must shift gears or risk the friction and upset the different "frequencies" can cause. The opposite is as valid, as well. All friction between people is the result of differing vibrations and the failure of appropriate blending of energies.

The point of contact of differing vibrations can be referred to as "the point of potential confluence". Confluence is the effective blending of energies. Where two different vibrations or energies meet, a potential is created. At this moment of potential, the energies can be blended harmoniously, resulting in a "confluence of energies", or allowed to conflict, resulting in friction. At this moment we can either act automatically from fear and therefore form the event from the vibration of decay and limited possibilities or mindfully act from love and transform ourselves. This transformation of self generates appropriate responses from unlimited options. Who you are being in the moment makes all the difference. Listen to your self moment by moment, are you operating from fear or love? The vibrations of growth and decay are available in each moment, you get to choose.

## **The Practice of Noticing**

Practice noticing different and differing energies - the energy of your family, the energy of the office in the morning, the energy of the store you're shopping in, the energy of the clerk who is waiting on you, and certainly your energy. This practice of noticing vibrations and energies will in itself begin to transform your ability to blend energies. Learning to blend energies, as opposed to confronting is essential to effectively living on the edge.

Cultivate the following today:

1. Noticing today how your fear forms your responses to events, and therefore limits possibilities. Fear forms us.
2. Practice qualities of risk, trust, faith, and love. Love transforms us.

## **the principle of flow**

"When you appreciate the power of nature, knowing the rhythm of any situation, you will be able to hit the enemy naturally and strike naturally. "

-Miyamoto Musashi

The universe has a rhythm - a flow. All of nature has a rhythm and a flow. The seasons change, animals migrate, your heart beats, the tides ebb and flow. Everything in the universe has a rhythm. Have you heard her rhythm or flow? Your life has a rhythm and flow.

Nature's rhythm is based on the path of least resistance; the most value generated from the least effort. In this rhythm and flow reflected in nature you can find your real essence, an essence of pure potential. A potential that is waiting to express itself through actualizing its reflection in your physical world.

Start feeling, feeling the flow that is your life. A flow that is never ending and full of eddies, rapids and back currents. A flow that endlessly moves towards the inevitable - a return once again from where it came. As part of the cycle of all life, your life has a rhythm and flow. You can no more stop the flow of your life than you could stop a river from returning to the sea. You could dam the river up and move its direction temporarily, but you can never fully stop its journey - though its possible to harness that flow. You can harness this ageless energy, this pure potential; manifesting results effortlessly, as you move towards your origin.

### **Power of Choice**

One way to harness this limitless energy is not through efforts of control but rather through acknowledging the power of choice. This energy is available to you in your life, the energy created naturally as your life completes itself, moving from choice to choice, moment by moment. It is through this understanding that choice is always present that you more readily experience your power; the power you have to choose whatever response you want to any circumstance, event or person in your life. This too then is an aspect of the Principle of Flow - your life is a series of choices. This is very much akin to the Principle of Polarity and the Principle of Cause and Effect. Imagine each choice as a fork in the road. This is a reflection of the duality of our universe, that to know up is to know down. Life is experienced and measured in opposites. Every moment you choose between opposites; on or off, yes or no, up or down, "to be" or "not to be", etc. Even "to choose" or "not to choose" is still a choice. It was Robert Frost who so eloquently stated this fact when he wrote, "A road diverged in a wood, and I took the road less traveled by, and it has made all the difference in my life....."

Think now, how many choices do you suppose you have made so far in your life? It is an inconceivable number, isn't it? Each fork in the road leads to another fork. Moment by moment, choice by choice you experience your life. Each choice sending you further along in the flow. Each choice making all the difference in your life.

Your life is the sum total of all those choices, conscious or unconscious. All those forks in the road have led to this moment in time - the reading of this book. According to the Principle of Flow it is not an accident then that you are reading this book. This point of view is called accountable, standing where you are, looking back into your past and accounting for your results.

Life is not an accident. You are able to see how you have arrived at where you are. Strive to see this purpose and congruency to your life. Able to see how each choice has led you to where you are, you experience yourself as accountable. Account-able.

### **The Conversation of Responsible**

The conversation of responsible takes place from another point of view, a completely different realm. Responsible does not mean shame, blame, guilt, or obligation. To be responsible does not require asking the questions "why" or "how" life is the way it is. Being responsible merely means; the ability to respond, consciously, mindfully and from an infinite realm of possibilities. One of the most powerful aspects of the Principle of Flow is that in every moment there are an infinite number of possible experiences, and each moment then has an infinite number of possible responses. Responsible doesn't imply that you even create all the events in your life. It merely addresses the reality that you are the complete authority over your response to whatever event you are experiencing. Responsible calls for you to "be in the moment" - conscious and alive, aware of how you are responding to this moment and event.

You have the power, whether you accept it or not, to choose your response to life. Only by "being in this moment" can you manifest your power to affect your future. Strive to be here now. You have the power to respond in any way you desire, this is an aspect of the Principle of Flow. Responds-able. Responsible.

### **Event versus Interpretation**

Consider this; that your life is a series of events, and with each event you attach a meaning. With each event you have decided upon an interpretation of that event. It is with these interpretations or attached meanings that you have defined who you are and what you can do and have. Then you go about your life collecting evidence to confirm your interpretations. You live in the past, basing this moment on last moment's interpretation.

The events you have experienced haven't affected your life. It is the interpretations of the events that shape your life.

Another way to say this is; it wasn't what happened in your life that made the difference, it was what you decided about what happened that has made all the difference! "Getting locked in a glove box" didn't affect your life. It was what you decided "getting locked in a glove box" meant about you or others that has affected your life. It is this realm of interpretation that is shaping your life. You become the effect, not the cause of your life. You become "victim" to your interpretations. You become "victim" to all of what you have decided should or shouldn't be. You become fixed in your experience and continue to re-create the events and interpretations that confirm all of your previous beliefs. Life becomes dogmatic and dead. You give up all of your aliveness and power in order to "be right" about what you have previously decided. Being right becomes your focus. It becomes more important to "be right" than successful for most people.

From this point of view, it appears that events in your life are distinct from each other, that you move from one awakened moment to another, separated by some degree of unconsciousness. From this point of view, things will seem to happen to you, and this can only lead further to a feeling of "victim". Life will seem to be happening to you, unfair and unjust at times, but having nothing to do with you. This fosters a feeling of powerlessness and incapability. This is just not true.

When you begin to make a clear distinction between the event and the interpretation of the event, you will begin to operate from responsible - that in each moment and event is an infinite field of possible experiences and responses. You choose. You then begin to cause your experience of your life.

### **Life is Flow**

If you step back and gain some distance, you will see the totality of your life as a single flowing event. From your first breath to your last breath, one seamless flowing event. If you step back further you will see that your life is part of an immense picture, the great flowing event you call the universe. You have a right and ability to harness and experience that energy of universal flow. This harnessing can only take place from responsible and not victim. This awareness alone is transformational.

When you see that your life is one seamless event, you can see how important this single moment is. In this moment is the power to transform your future. This moment is a microcosm of the whole universe, part of its ceaseless flow, its limitless potential, and as such, in this moment resides an infinite realm of possibilities.

Only in being in this moment does the power reside to declare a self designed future, no longer based on the realm of interpretation and the past. This is the essence of responsible. From this point of view, it is so important to learn to "be in the moment" in order to experience the genius you really are - able to experience the infinite. There is a bigger picture out there, it is up to you to acknowledge that you are a part of it.

The energy most abundantly available to be harnessed from the flow of life is the energy of love. This is the most cost effective expression of the Principle of Flow - unconditional

love. Nature's rhythm, unconditional love, operates from a realm of abundance and expansion. To fight this rhythm is to operate in a realm of fear, doubt or distrust; causing life to contract and retreat. Unconditional acceptance or love, when given or received, continues to expand and pays us more than it ever could cost. Judgment and resistance, on the other hand, costs us more than can ever be received back.

### **Path of Least Resistance**

There is a natural rhythm and flow to the universe, and it is called the "path of least resistance"; affording the most payoffs with the least prices. This is available to experience - if you choose. Small children have such an abundance of energy and enthusiasm. Notice how little time, compared to adults, they spend in resistance and judgment. This is a clue!

The "path of least resistance" is the natural flow of life, a path of love paved in whole by the quality of acceptance. Acceptance is one of the primary keys to experiencing this "path of least resistance"; an acceptance of things, circumstances, people and events experienced in the flow of your life. When you start to walk the path of least resistance in your life, you accept and appreciate others more fully and experience yourself as the genius you really are, in harmony with the natural flow of all life. Learning to walk the "path of least resistance" is essential to effectively living on the edge.

When you become ego-centered, operating from a realm of fear and defensiveness, you fight the natural flow of the universe and harness the effects of discord with this rhythm. Pushing against the entire flow of the universe; poverty, struggle, abuse, addictions and other resistance become your experience.

Your ego's "need" for love, or acceptance, or approval, or control, or to be right, become more important than your heart's desire. So you begin to sacrifice the dreams in your life, and settle for fulfilling your ego's "needs". You can become judgmental and bitter. You fight and defend, you go into complete battle with the universe. Remember, the universe doesn't care. You can battle with or harmonize with, they are both manifestations of this principle. Appreciation or judgment, the choice is yours, they are both included in the Principle of Flow.

### **The Butcher and the Ox**

In the Spirit of Tao there is a story about a butcher cutting up an ox for a king. The butcher felt with his hand, leaned in with his shoulder, stepped in and with his cleaver the ox fell apart effortlessly.

The king seeing the perfection of the butcher's technique commented, "Yes! It seems as though you have perfected a technique unsurpassed in my kingdom!"

The butcher put down his cleaver and replied, "What I experience is the Way, which is more advanced than a technique. "When I first began my trade all I had was technique,

for all I saw was an ox. Even after years, I had still not seen the whole ox. Now I greet the ox with spirit rather than look at it with my eyes.

"When my senses stop, my spirit is able to act. Going by the natural flow and rhythm of the ox, I separate the ox according to its natural formation. This way I never cut into resistance from the ox. I never meet bone nor gristle with my cleaver.

"A good butcher must change his cleaver every year because of damage. A mediocre butcher must change cleavers every month because of damage. I've used this cleaver for many years, and it has cut up thousands of oxen, and its blade is as though new."

Resistance dulls the blade. Strive to experience the path of least resistance paved by acceptance and appreciation. Let go of the battle.

Remember, the most cost effective form of this universal flow is unconditional love. Strive to accept more and appreciate more. The critical step is to notice that all life has a rhythm and you are part of that rhythm. To experience this principle is to experience the rhythm and flow of all things. Your breath has a rhythm. Your heart has a rhythm. Start with listening to your body. Then fill yourself with an unconditional love and appreciation. Expand your awareness outward from there. Let your awareness fill the room with this love, then let your awareness fill your house, then let your awareness fill your world. It has been said that those who don't learn to look within, will have to learn to live without.

Buddha said, ""When a man is in a house and opens his eyes he will first notice the interior of the room and only later will he see the view outside the windows. In like manner we cannot have the eye notice external things before there is recognition by the eye of the things in the house." Know first the rhythm and flow of yourself then you will more clearly see the rhythm and flow all around you.

Start by looking within. Be quiet and you will hear the deafening roar that is your life. Know the flow, the rhythm of you and your life. This will lead you to the path of least resistance - a path of love, acceptance, appreciation and responsibility. Quantum leaps of awareness and results await those who experience the Principle of Flow in their life and as such, experience themselves as the genius that they really are.

Cultivate the following to more effectively live on the edge:

1. Quit resisting. Life is the way it is, your attempting to control it will not make it be the way it "should" be.
2. Acceptance and appreciation are the fastest paths to self-actualization.
3. Learn to see a bigger picture of flow and rhythm in your life.
4. Meditate and look within.

## the principle of connection

"Compassionate toward yourself, you reconcile all beings in the world. "

-Tao te ching

Let me tell you a story about a little boy. He was born to average parents living an average life. He was their second child. His sister was born 14 months before him. She was a beautiful little girl. He loved his sister very much. He always felt so important when he was around her. He decided there was nobody more special than his sister, and more than anything else he wanted her love. He was a smart little boy, and everyone told him so, except his sister.

The little boy noticed one day that when he got attention, his sister felt bad. You see at that time in history everyone thought there was only so much love to go around, and if someone else got some love that meant you didn't. He loved his sister so much that he didn't want her to feel this way so he made a deal with God.

"God, if I agree to be small, and hold back my greatness, will you let me have my sister's love?"

He knew this must be it, he must not let his greatness show around his sister, surely this will make her love me. I will shrink so she looks big. You see it made perfect sense, she was so beautiful and so full of life, surely she would share that with him when she saw how much he loved her. He loved her so much he was willing to not "even show up" if that was what it would take. So he gave his word and sealed it with a prayer that night.

This strategy worked. It worked so well he forgot about the deal he had made. It became a secret pact, so secret even he didn't know anymore.

The little boy grew up and became a man, but he never broke his word with his sister. His deal with his sister became the "way he was in the world", forever holding back his greatness to be loved. He would get so close to expressing his greatness, then his need to keep his word would take over and he would sabotage whatever he was doing. He forever ran the ninety-nine yard dash, always one yard short of a hundred. He tried alcohol to squash his greatness. He tried drugs to squash his greatness. He hurt others to prove he was "no big deal". Whenever his greatness would begin to show up, he would distract himself by making others wrong and blaming circumstances for his miserable lack of progress. He couldn't understand why he felt this awful battle in himself. Soon, much of his anguish over keeping his secret deal with God became anger and sadness. So he did the best he could, which was mediocre at best.

Then a terrible thing happened. His sister died. His whole family mourned her death. There was more sadness and hurt than he thought he could ever handle. He saw his father almost die from sadness and shame. He saw his mother blame herself so completely a

part of her died that day as well. Inside the man, in secret, the little boy cried out with pain so deep it shook his very soul.

"God! How could you do this? I kept my side of the deal. I didn't get too big! Where will I find love now?" The only thing the man allowed himself to feel that day was fear, fear of causing more hurt. He vowed to never cause that kind of hurt for anybody. So he shrank some more.

He got married and kept his "word with his God and his sister". Of course this meant he couldn't be all he could be in the marriage. He couldn't give all he had and keep his "deal" with God. So, in "being small" he empowered others to be "small". This included his wife, his kids or anyone else he came in contact with. He helped others keep their "deals" with God. He spent a good part of his life fixing what was wrong with the world. After all, as long as he kept focused on others he could forever keep his agreement to be "less than".

He occasionally wondered why others didn't display the greatness he saw in them. Well, in reality they couldn't, for it meant he would have to break his "deal".

He thought of his sister on occasion. When he did he usually just felt sad and told himself he should be over that by now. After all that was twenty years ago. This "deal" was to cost him much.

Still, if he was real quiet sometimes he could hear a faint whisper. He tried not to listen. The voice only got louder over the years. The voice that called to him urged him to start a search.

"A search for what?", he wondered.

This urge was a longing for something he couldn't put into words. It was an emptiness that wanted filling, except he couldn't locate the opening. It was like an itch that needed scratching, only you couldn't locate the source of the itch, so you can never scratch it. Or it can be described as a feeling that needs expressing, yet you can't quite feel the feeling. It resides just beyond our threshold of awareness.

At first the feeling was so faint it was almost unnoticeable. It would catch his attention once in a while by showing itself as an nondescript fear or sadness. It puzzled him. What was this nagging feeling? It was like a gnat that keeps buzzing you, but you can't swat it. "Just keep searching," was all he was left with. So he did. It was the greatness he saw in others that ultimately opened his eyes. "Why don't others display their greatness?", he wondered.

It was this question that started the process he was about to go through. For he was about to die. For him to truly live again - to display his greatness - he would have to break the "deal" he had made forty years earlier, and this meant a part of him was going to have to

die to break this "deal". The first step was going to be remembering the "deal". The second step was going to be facing the numbing fear of dying.

The remembering can happen at any time. You only need be awake to remember.

The first step to his remembering came with a fleeting thought. He was driving down the road thinking about his wife. Whenever she told him how great he was, he cringed. It was very uncomfortable for him to accept compliments. It was easier to tell others how great they were. He often wondered why that was.

"The greatness I see in others is a reflection of the greatness I see in myself", he thought. "I can't fix anything, because there is nothing broken. You don't really get to work on anyone else, you only work on yourself. If I am afraid, others must be afraid", he thought.

"Whatever you see in others, you first see in yourself", he continued the line of thought. The next thought shook him to his knees.

"I have never completely displayed my greatness! It wasn't a question of whether I was great." In his heart he knew this was true, even though he resisted the thought. He had never fully expressed the greatness he knew he had. For the most part he had settled for fixing what he saw as broken with world. "Why am I always trying to fix everything I come in contact with? Am I trying to fix myself? I must think something is wrong. When did I decide something was wrong with me?"

He thought of his sister again. That is when the flood gates opened.

"Oh, my God! It has to do with her."

He spontaneously remembered the "deal" he had made. How he had framed his life to "shrink his greatness". He pulled the car over and cried. He realized he had been holding back his greatness, as well as, his love. All it had cost him, came to him at once. The people he had sold short. The business he had lost. So afraid to have others uncomfortable, he had spent his life in so much discomfort. He had sacrificed so much. All he had seen in others, he was about to see in himself. This implied a connection he hadn't felt in many years. He had heard we were all connected, but it wasn't until this moment that he experienced it. We are all the same. The same heart, the same mind.

His fear of dying, was the fear he would cause others so much pain as he had felt when his sister died. He had been making so many others wrong for so long, yet this was born of his holding himself back. It had cost him so much. It all came flooding to him at once, all that anger and sadness.

Then he felt the forgiveness. He felt the compassion. This was the next step. Such a complete forgiveness was now available to him. A forgiveness that came from himself and included everyone.

He looked outside the car he was sitting in and saw the world around him. Everything looked different. The colors were brighter. He saw the world as an amazing place. A place he belonged. He remembered a line from a movie he had seen many years ago, "Today is a good day to die....." When he first heard it he wondered what it meant. Now, he got it!

Today is a good day to die - and it a good day to live.

He felt more alive in this moment than he ever could remember. And with that aliveness came a peace that filled every corner of his soul. The tears flowed. The world would never look the same.

### The Illusion of Separateness

When we start to acknowledge our connection with others, the world transforms. We no longer see others as a mirror, but rather as extensions of ourselves. With this significant shift in how we see others comes quantum shifts in all other areas of our interpersonal relationships.

When we experience others as a mirror, we see there are similarities in all people. We also notice the differences. This continuing comparison of similarities and differences feeds our experience of separateness. Imagine this; see yourself in a boat, sailing between two islands. To your port you see a tall and majestic island, spreading to the horizon. To your starboard you see a small and squat island. The island to port is green and lush, alive with flora and fauna. The island to starboard looks dry and brown, seemingly devoid of life. As you sail between these islands you can continue to compare each with the other. The physical differences are obvious. The suggestion is this; because the islands physically appear different and we are making comparisons as seen from the surface - that the islands appear separate. This is an illusion, an illusion of separateness.

If we were to pull the plug on the ocean and the water was to drain away, the boat would begin to descend with the lowering water level. At this point we could continue to make comparisons between the two islands. To our left we would see coral. To our right we would see coral. The further beneath the surface we get the more similar the two islands would appear. When the boat finally reached the bottom, we would see beyond the illusion of separateness. The islands aren't separate. The islands are connected. They are actually the same island. The reality is one of connection. On the surface we were attempting to compare one island with itself. This holds as true for people as it does for islands.

It is because of the physical differences we see between us, that we compare ourselves with each other. Black and white, tall and short, male and female, parent and child, husband and wife - all of these apparent physical differences lead us to believe we are all separate. From this comparing, we create the illusion of separateness. From this separateness we generate fear and defensiveness. The fear forms us again. Our view of the world colors the quality of our communication with others. It becomes very easy to

feel as though you need to change or fix everything to conform with your view of how the world "should be". Life becomes a struggle to get things or people to be the way they "should be" or resisting the things or people that are the way they "shouldn't be". Separateness is an illusion.

When you look below the surface of human beings, you will start to notice similarities. Just below the surface you'll first encounter feelings - feelings that are common with all people; pain, joy, love, sadness, disappointment, fear, etc. Keep looking further and you will see the reality of oneness that exists at the core of all people. A deep connection that speaks to our spirituality. Accept your connection with all people and your experience of the world will transform. This isn't a simple intellectual acknowledgment that we are connected. This is a constant practice of emotional and spiritual connection. This is not done by yourself. You must consciously desire to experience your connection with others. This is the first step - decide to experience it and the experience will become available to you. Connection is a reality.

### **The Arm Talking to the Leg**

Start to see people not as a mirror for seeing or judging yourself, but allow yourself to see others as extensions of you. Imagine each person as a holographic version of the whole. Imagine all of humanity as one single living organism, with each person a living extension of the whole. This quantum viewpoint will transform how you respond and react to everyone in your life and is an essential ingredient for living on the edge. As much as my arm is different than my leg, it would still be ridiculous to think whatever happens to my leg wouldn't in some way affect my arm. We have different names for all of our body parts, yet none are separate from the other. So it is with all of humanity. From this viewpoint of wholeness, judging or loving others becomes "the arm assessing the leg". A father admonishes his son for not (being enough) getting the highest grades possible - the arm telling the leg it isn't doing it right!

It is important to note that it is this context of wholeness that transforms our communication. It isn't what we are communicating that changes. When we communicate from the illusion of separateness the quality of our communication is entirely different. It is based in fear and defensiveness and as such is limited to only the responses that are inherent with this paradigm.

Communicating from a "reality of connection", as though the arm is talking to the leg, cannot generate defensiveness since this realm is inclusive of both speaker and listener. There is no need to defend since listener is listening to self and speaker is speaking to self. The normal barriers that we experience in communication are shed automatically. This is due to the quality of the communication itself. There is nothing to change. There is only ourselves to transform. Fear forms. Love transforms. Accept your connection and experience the genius you really are. Unlimited power and energy will be experienced in direct proportion to your willingness to let go of fear and separateness. This would be a wise shift in awareness.

Practice the following:

1. Being aware of the "deal you made" when you were a child that is keeping you from displaying your greatness.
2. Break this "promise". Display your greatness.
3. Operate from the "reality of connection". Look to others as extensions of self.

## **afterward**

All things shall pass. This is certainly true of reading books. There is only one 'first time' in reading a book, as in all endeavors. As simple a thought as this seems, its significance in our moment by moment experience at times eludes even the most aware. The transformational power of this book will not be found in the one and only first reading. I heard a saying along time ago. 'We will swallow many ideas, but until we digest them, they do not become a part of us.' It takes more than an intellectual understanding of these principles before they become a natural way of being in our life. It takes the discipline of continual exploration and unveiling.

It is in the continual and regular process of self-exploration that transformation takes place - not in the arrival at some initial intellectual understanding. Immersing yourself daily in the material is a more certain route to its 'digestion'. When you are done reading this 'afterward' go back to page one and start again. Read a chapter a day for at least one month. The benefits will reveal themselves in continual digestion and application.

### **Preparing Yourself For the 21st Century**

The 21st Century is upon us, and with it the prospect of ever accelerating change. The resulting demands on us - personally and professionally - are perhaps greater now than at any other time in history. More is asked of us in both arenas of our lives than ever before.

The demand to perform effectively in a rapidly changing environment has forced us more than ever to examine the quality of our lives, and to explore new methods for dramatically improving that quality.

The ability to create a continually expanding advantage for ourselves - personally and professionally is crucial to effectively increasing the quality of our lives. When I speak of creating a personal and professional advantage, I am not speaking about having an advantage over someone else. Instead, what I am referring to is the creation of an ever expanding advantage, moment by moment in relation to our self.

## **Doing the Impossible, Daily - NOW!**

"A great many people think they are thinking when they are rearranging their prejudices.  
- William James

We can begin right now to develop a way of being in the world where circumstances or the past need no longer dictate the results we produce. This way of being, of acting in the world, I call 'living on the edge'. Initially hard to grasp but real no less.

It begins with our way of thinking or how we think, then transforms our way of speaking and of acting, and ultimately, transforms the way we produce results. We begin to dramatically produce results that at first appear impossible and yet, in the next moment we act with the passion and abandon necessary to effectively work in this limitless realm of doing the impossible. You do the impossible.

Making quantum leaps in results and learning to do the impossible daily is within your reach. The direct experience, not just an intellectual understanding, of the universal principles contained in this book will continue to propel you in making these quantum leaps. As you reread this book continue to look for the manifestation of these principles in your life. Look where the principle of cause and effect revealed itself at work today. Look where experiencing the principle of flow assisted you in your relationships today. What did you attract today? Did you operate from connection to others today? Remember perfection is in the practice. Transformation is in the unveiling of the principle in your life. There is a clear distinction between 'knowing about' the principle intellectually and 'knowing' the principle experientially in action in your life. This is the same way you could 'know about' riding a bike after you had read a book about bike riding or seen someone pedaling a bike and never actually ridden a bike yourself. Your 'knowingness' regarding riding a bike transforms immediately upon grabbing the handlebars and jumping on the seat. To experience, is to know.

## **The Ever Accelerating Rhythm of Life**

In the next century we will see a reality that we as children could never imagine. Technology and life is changing at a rate never before seen in history. This rate of change will only continue to increase.

Obsolescence of technology used to take years, then it took months and now in some industries it is only a matter of weeks. That is how fast it is moving. It is now difficult in the high tech industry to get a product to market before R&D designs its next generation of products.

It is becoming more and more crucial that we become effective at living on the edge. As the rhythm of life increase its frequency you can easily adapt and even thrive if you continue to explore these concepts in your life. In the next century personal development

and serious self examination will provide you with an edge unrealized by those who don't explore and develop themselves.

Increasingly, companies and individuals are looking to non-traditional forms of education. Leadership and personal development trainings amounted to over a 4 billion dollar industry in the United States alone in 1995. This trend will continue as more and more corporations look for creative solutions to generate more quality and results from their workforce. This trend is being led by those individuals who simply want a personal and professional edge in their life.

### **The Obsolescence of Fear and Constraint**

The beginning of the next century will be remembered as the time when we shifted from a paradigm based on strategies designed to have life turn out some way it 'should'. The way we play the game of life will be transformed by the possibility of producing seemingly impossible results. No longer constrained by the fear of it 'not working out'; we will operate from a new unlimited paradigm based on accomplishing what we now think is impossible. The future belongs to those willing to step out from the crowd and declare an extraordinary vision with challenging goals. Those no longer confined by 'hoping it turns out' or settling for how it is, will design and play a passionate and joyful game in business and life . Merely playing the game full out will be a constant and renewing source of fulfillment. We are reaching the obsolescence of a paradigm of fear and constraint - waiting, hoping and struggling for life to turn out the way it 'should'. The journey - not the destination - is reason enough for playing. In the next century we will see this transformation. It will result in relationships of depth and joy, profits and passion, and a world that works for everyone. Will you be a part of this exciting and passionate transformation, or apart from it, defending and excusing the results you produce? The choice is yours, explore and then enroll in a personal and professional development program for your life. Don't leave the quality and circumstances of your life to chance, for your life truly depends on it. Read and reread this book until you can quote it. Find and utilize personal and professional development trainings as a integral part of your vision and goals for your life. Follow your dream and declare a life truly worth the 'genius you really are'. I dare you to 'live and thrive on the edge'.

<http://www.being.com/principles/afterward.html>

It is a luxury to be understood - Ralph Waldo Emerson  
<http://www.being.com/main.html>