

WHY THE

awakening your

WORLD

inner calling at a

NEEDS

time of great need

YOU



MICHAEL
MACKINTOSH

For Jenny

The world needs you to come alive.

You have lives to save.

It's destined.



*Don't ask what the world needs. Ask
what makes you come alive, and go do it.
Because what the world needs is people
who have come alive.*

— HOWARD THURMAN

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01

We're Running Out of Time

You may have noticed time is speeding up. Faster. Faster. Faster. Days become weeks, weeks become months – and years fly by. Before we know it, it's January 1st and we're making the promise to achieve more this time. But almost the moment we finish the thought, it becomes December and the whole process repeats again. Our most precious resource is our time.

And possibly the most important question we will ever ask ourselves is: "WHAT can we do to use every moment of our lives in the most worthwhile

and beneficial way?” “How can we take full advantage of these incredible times?”

In this short book you will discover:

- ✦ How to unlock your dharma, your true calling (and live it)
- ✦ The difference between the Old Paradigm and the New Paradigm — and where you are right now (which may surprise you)
- ✦ How to use every moment of your life to the fullest, and have the best day ever, every day
- ✦ How to have a massive positive impact on the world, no matter who you are or where you are
- ✦ The 6 dangerous myths that destroy your ability to change your life and make an impact in the world (and how to break them)
- ✦ The 7 Golden Keys To Leading Your Tribe
- ✦ And much more

As you dive deep into this book, keep this in mind: Only two things in life are certain — birth and death. We’re only here on this planet having this amazing human experience for a short while, and soon we’ll be gone.

Make it mean something. Live it fully. Today can be the day everything changes forever...

Let's get started.

02

Why I Wrote This Book

Let me tell you the moment my life actually started.

I was 18 years old. Cambridge, England. I was depressed. I was doing drugs. I was drinking myself into the ground most nights. On the worst days I couldn't see a single reason to be alive.

A friend dragged me to a meditation class. I went because I had nothing left to lose.

Halfway through the meditation something happened to me that I still can't explain in normal

language. I was pulled out of my body — out of the drug-dulled, hungover, frightened body of an 18-year-old kid — and into a place of pure, ever-radiant light. And in that light I saw two futures laid out in front of me, clear as day.

One was a continuation of the path I was already on. The drugs. The drinking. The slow numb misery. The small life that goes nowhere and means nothing.

The other was a future of light. Of purpose. Of being of real use to people. Of mattering.

I chose the light.

That was 1997. Everything I have done since then — the years in India, the meditation work, the teaching, the books, Awakened Academy, the students — all of it is a downstream consequence of that one choice.

I'm writing this book because I believe you have a choice like that too. And the world cannot afford for you to choose the small one.



I believe everyone has a mission. I believe every one of us has something unique to share with the world - and when we do - we come ALIVE and begin to live an amazing, fun, meaningful and beautiful life. Everything makes sense and wonderful experiences flow into our world in ways we could never even imagine.

I wrote this book because I believe YOU have something amazing to share. And when you do, your life will make sense, you'll feel inspired to wake up in the morning and satisfied with yourself at the end of the day. Over the last 22+ years, I've had the great honor to serve thousands of people to live an authentic life, get on their mission, share their gifts with the world and create wealth and freedom. It's such a deep joy to see the transformations happen and I know it can happen for you, too.

Most of these people started out feeling stressed, confused, not believing in themselves, and trapped in various dis-empowering situations. This could have been enough to stop them in their

tracks - but it didn't. All these souls knew, deep down, that there was something inside of them that needed to be shared. They all felt the call of their soul. They all felt something inside of them wanting to come alive.

And that's what this book is about: listening to that little voice inside of you; igniting that spark or power that knows you're here for a reason.

If you're reading this book you know you didn't come into this world just to sit about on a couch and watch TV. Or work 9-5 for a paycheck. Or get trapped in debt, trying to fit in with everyone else and pretend to be happy.

I know what that 9-5 feels like, because I lived it.

Right out of college, my first job was marking exam papers in a dark, fluorescent-lit office. I rode in on a yellow bicycle. Arrived at 9:03am most days. The boxes of unmarked exams stretched literally to the ceiling. Every morning I'd stare at them and feel the same thought: *this is what they think my life is for. This is what they think I traded the inside of my head for.*

One morning I caught my reflection in the dark office window and a sentence formed in my head, fully built: *I'm selling my time for money. I have a choice. I don't have to stay.*

I went home that night, gave my notice, and walked out of that life. I had no plan. I had almost no money. But anything was better than continuing to sell hours of my one short life for someone else's profit while my actual mission rotted on the inside.

If you're reading this from a job that's quietly killing you — you have a choice too.

I wrote this to help you break free from whatever is holding you back and awaken the power, joy and mission within you.

I want you to know that even if you have problems of your own, you can still make a difference.

Even if you feel you're not a charismatic leader you can still lead others.

Even if you don't have a global project or huge idea, you can still help change the world - even if you never leave your house.

No matter what's holding you back, you can still make a positive difference - and the world really does need you.

Far more than you realize.

YOU ARE THE ONE YOU'VE BEEN WAITING FOR.

This book is for you if:

- ✦ You know you're not living at your fullest potential
- ✦ You know there is so much more
- ✦ You feel a calling to make a difference, but for some reason you've been holding back from sharing your gifts and being seen
- ✦ Maybe you feel you've got too many problems of your own to be able to change the world, but deep down you can't let it go
- ✦ You know you've got important work to achieve
- ✦ And even if you're a little scared and confused, or busy, or whatever — you're going to have a go anyway

You can stop reading here if:

- ✦ You don't want to make a positive difference in the world
- ✦ You're not open to spiritual ideas and have no interest in becoming a leader in your own way
- ✦ You don't feel an urgency about doing what you need to do — NOW
- ✦ Your main interest is avoiding your destiny, carrying on with your old life and doing things like sitting about watching TV all day





PART I

Why The World Needs You

*the sun did not shine. it was too wet to play.
so we sat in the house all that cold, cold, wet
day.*

*i sat there with sally. we sat there, we two.
and i said, 'how i wish we had something to
do!'*

*too wet to go out and too cold to play ball. so
we sat in the house. we did nothing at all.*

*so all we could do was to sit! sit! sit! sit! and
we did not like it. not one little bit.*

and then something went BUMP!

— DR SEUSS



SOMETHING'S GONE "BUMP" IN THE WORLD.

Are you ready?



03

The Immense Power of the Times

These are intense times to be alive. Big changes are happening in the world right now, and you can feel it.

These are no ordinary days. Almost every kind of tradition, system, organization and idea that held strong for generations is being questioned, tested, and reimaged. Old ways of doing things are falling away. New ways are being born.

This isn't the end of the world. It's the start of a new one.

Whatever your beliefs about the future, it's hard to deny we're living through an enormous transformation. Something is shifting. You can feel it in the news, in conversations, in your own heart. A new way of living is trying to come through.

We can no longer rely on things staying as they used to be. And that is not bad news. It means the door is open. It means the future is not yet written. It means people who care, people who want to help, are needed now more than ever.

We're living in a new era. A time of immense, rapid transformation. No one can escape it. From the most distant islands in the middle of the Pacific Ocean (from where I write this) to the greatest peaks of the Himalayas, people from all walks of life are feeling these shifts.

And here's what most people miss: a time of great change is also a time of great opportunity. When everything is in motion, everything can be moved. When the old loosens its grip, the new has room to grow.

The things that used to work don't work the same way anymore. We can't keep doing the same things and expect a better world. **But that is exactly why your gifts matter now.** The world is being rebuilt. And it needs builders. It needs people who will step forward, share what they have, and help make things better.

You can be one of those people. Something in you already knows it.

The real question is: What are you going to do about it?

04

The Great Awakening

Right now, we're living through the time that's been prophesied through all the great traditions and religions of the world as the great awakening — a time of massive transformation and destruction.

We stand at the great confluence between the end of an era of humanity known in Ancient India as “Kali Yuga” — the Land of Death — and the polar opposite, the Golden Age, “Sat Yuga” — the Land of Truth.

Nothing stands still for even a moment. It is the end of the old, the beginning of the new, and the

reconciliation of the past. It's time to clear, let go, and move forward with a completely new way of seeing, feeling, and doing.

And right now it's up to US to bring on this new world through our own personal transformations. As Mahatma Gandhi demonstrated, *"we must become the change we want to see."*

You are not being forced to change or pressed to change by some external force. You ARE the change. You are bringing the change.

There is a great saying: "Will you wait for time, or will you bring time close?" Are you going to sit back and hope something comes to save you or are you going to ride the cusp of the wave? You are reading this because you are part of this global transformation. Everything you think, say and do is having a profound, yet often subtle, impact that is felt by everyone on some level. We're all connected to each other. Every thought you think ripples out into the far reaches of the universe and is picked up and felt by others, even if they are consciously unaware of it.

We can no longer sit back, waiting and hoping for someone or something to save us. We've been waiting for thousands of years already.

This world is our creation. We are the ones who have messed it up — and we're the ones who can re-create it in a spirit of joy, wonder and responsibility. It's our world. It's an honor and privilege to be part of this great awakening.

After a long time of being asleep, we are remembering who we are: *extremely powerful, immortal, spiritual beings.*

It's time we fully realize the truth of our power and take it seriously — or we will waste our lives as mindless cogs in a wheel someone else created, doing something we hate, for a system that no longer has any meaning.

Now, you might read “immortal, spiritual being” and think, *that's a bit much for me.* Fair enough. So let me say it plainly. You don't have to believe anything mystical to feel this. It simply means you are more than your job title, more than your bank balance, more than your worst day. There is a part of you that has been quietly watching your whole

life unfold. Calm. Aware. Steady. You've felt it. In a quiet morning. In nature. In a moment of real honesty with yourself. That part of you doesn't panic. And it is far stronger than you've been led to believe.

Are you ready to play your role in changing the world?

Are you willing to break free from the past and awaken your power?

“There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.” – Howard Thurman.

Are you willing to play a bigger game?

05

What Holds Us Back?

One of the biggest reasons people choose to play small and remain passive is because they believe disempowering myths — myths that block them from even attempting to change their lives or change the world.

If we don't even *think* about trying something, what happens? Nothing. We stay trapped inside an invisible jail, created by false beliefs we haven't even questioned.

Most of these myths have been adopted by popular culture as self-evident truths, instead of the seductive, harmful lies they really are. They make

us believe we have no power. They whisper into our hearts that it is simply too hard, too big, too *whatever* for us to change the world. “You’re just one little person. There is nothing you can do. So why even bother?”

That’s all a lie designed to keep you asleep.

If we want to break free from the trance that’s held us hostage inside our own minds and hearts, we need to expose these myths and smash them to pieces.

You are a superhero in this world. **You have far more power than you’ve been led to believe.** The world is not hard to change. You are not just a little person who can’t do anything.

You have more power than you know.

The 6 Myths That Hold Us Back

MYTH 1

“I Am Small, Untalented, Unqualified and Have No Power to Change the World”

Believing we are somehow too small, weak, insignificant or unqualified to make a difference is possibly the biggest error many people make, one which automatically turns off our power and stops us even attempting to do anything. Did you know that as soon as we say “I can’t” our brain, with all its naturally unlimited capacities for solving problems, shuts down? With just two words, the greatest machine ever known is turned off and runs on emergency systems only, wasting all the amazing power available to us. Saying “I can’t” blocks our capacity to perceive opportunities that are right in front of us, which closes and locks the

door of potential before we've even seen what's inside. When we say "I can't" we give up before we've even started, or we don't even try. "I can't" throws us into apathy, guilt and a low energy state that denies us the opportunity to experience life and make a difference.

I remember when just 10 years old my mother asked me if I'd like to learn to play tennis like the other kids in our neighborhood. Some of them had been playing for a year or two already and I distinctly remember telling her, "No, I can't. I'm too old to learn tennis." And that was it. I completely blocked even the possibility of picking up a racket.

Too old to play tennis?! Aged 10?! What on earth was I thinking?! I was a perfectly healthy ten year old who could easily hit a ball. But those two words shut me down and ended the capacity to even consider the game.

It clearly wasn't my destiny to become a professional tennis player - but this experience showed me how easy it is to destroy our capacity to even consider trying something. Before we even

entertain the idea of attempting something we lock the door.

Luckily, tennis, for me, and for most of us, isn't the most essential thing in the universe, and not learning tennis wasn't the end of the world. But how many of us have said "I can't" to doing something that was important for us? How many times have we said "NO" to fulfilling our destiny? How many souls have given up on themselves before they even started? How many millions of lives have been wasted in mediocrity because of these simple words? Think about your own life. How many times have you held yourself back from doing something great because you thought, "I can't"?

How many opportunities have you let pass you by because of this myth that you're somehow not good enough?

What's Really Going On?

"I can't", it turns out is actually a very clever facade. When we say "I can't" what we are really saying, is "I won't". In most cases, it's not that we can't do something, it's that we don't want to do it.

It's not that we can't do it, it's that we're not willing to do it. This myth births a stubborn apathy inside of us that disables our capacity for newness. When I was 10 years old, it wasn't that I couldn't learn to play tennis. Of course I could! It would be quite easy. What was really going on was I didn't want to. I was afraid of not being good enough compared to my friends. I wasn't willing to learn because it may have been hard and I would rather hide away than try something out. I felt ashamed because I believed that only talented people could play tennis. Even at a young age, I believed in this myth that I was inherently not good enough, not talented enough, not experienced enough to attempt something as simple as tennis.

But it's an irrational, seductive, disempowering lie and we don't have time to let these myths block us. Right now, the world is in a state of crisis. People need your help. YOU, need yourself to show up for your own life and create a future worth living. And if we stay trapped in "I can't" and "I won't" we'll stay stuck, small, and falling behind watching life

pass us by. “I can’t” shuts down our power to embrace life and engage with our destiny.

The good news is we can turn this all around.

You can flick a switch inside of you and turn your natural power back on again in a second. How? Simply by affirming to yourself, with feeling: “I can!” and “I will”. No one has got where they are by random luck!

Everyone who has experienced any level of mastery in life has practiced.

They started small, built up their strength, honed their skills and gradually became who they are today.

And you can too! So let’s destroy this first myth. Are you ready to let go of the false idea that you’re not good enough? Are you willing to start where you are and take the next step forward?

Is that a “Yes”?

Congratulations! And welcome to your power.

You are not a small, little person in a big, bad world. In fact, nothing could be further from the

truth. You are an eternal, spiritual being who has incarnated here from your spiritual home, a world beyond time, space and sound – known by some as Nirvana. You are an IMMORTAL.

You will always exist and you can never be killed.
(How's that for a quick reality check?)

Along with being an eternal powerhouse, you are also having your own personal, subjective experience of what you think reality is. You actually do not live in “the world” – the same reality as everyone else – you live in “your world”, your unique experience and version of the whole we call “the world”. Your world is your creation. It was inside of you before you came here and the part that is eternally recorded within you is what you call “my life”. There are no two beings who will ever see, hear or feel the world in exactly the same way as you. By you changing your world, you come to transform “the world” because, firstly, if your world changes then, as far you are concerned, the world is changed. And secondly, even though we have our own subjective experiences, our worlds overlap and so, as you change, the world also changes. You are unique, and yet also

intimately and eternally connected to the whole. Nothing can ever be done in isolation.

This understanding is reflected by ancient mystics and quantum physicists alike. Quantum physicist, David Bohm, describes every entity as a hologram of the whole cosmos, containing within it the patterning of the whole: “We say that inseparable quantum interconnectedness of the whole universe is the fundamental reality, and that relatively independent behaving parts are merely particular and contingent forms within this whole.”

Believe it or not, you are energetically connected to every other living thing in this universe. Every thought you have is going out into the world and creating an effect that literally reaches across all time and space.

You may have had moments where you noticed this, such as someone popping into your thoughts the instant before they called you on the telephone. Or perhaps you’ve experienced being in need of support, and “miraculously” the support, money, advice you needed appeared from out of

the blue in a way that made no sense to your rational mind.

I personally live in this space of wonder most of the time, and am constantly amazed by the endless string of synchronistic events that I call life. This experience is not only available to me, I am not special in that regard. I am simply aware of the natural and eternal laws that govern our experience of life. I call it living in magic, and now is the time for us all to step into the magic fully and whole-heartedly, so our lives become a blueprint for a new way of being.

Each thought you think is a vibration – and just as the butterfly flapping its wings can create a tornado halfway across the globe, one powerful thought from your mind can completely transform the direction of your life and the destiny of humanity. In 24 hours the average person thinks about 30,000 thoughts.

Approximately 95% of them are the same thoughts as yesterday. The world's status quo is sustained by the repetitive thought patterns of billions of people. And yet even the 5% change in thought still allows for movement and transformation. If you

choose to create NEW thought, imagining new things and new possibilities – you send out vibrations into the world which can literally change the world on many levels. You hold this power. Your life is not accidental. You are an eternal spiritual being, and an immortal. Now is your chance to claim your eternal birthright and open the doors to remarkable manifestations beyond even your wildest dreams. Do you accept your power?

Gregg Braden explains: “A quantum particle can be in one place only, two places at once, or even in many places simultaneously. The interesting thing, however, is that no matter how far apart these locations appear to be physically, the particle acts as if it’s still connected.”

You are not small. Right now you are part of and affect the entire universe. You are very big and extremely powerful. Take a deep breath right now and become aware of your power. Isn’t it a wonder? From this perspective, the world we live in is not as big and scary as many people believe, nor is it so hard to change. In fact, all you have to

do to become a superhero is change yourself and become an example.

Once this happens, life opens up for you. New possibilities shine forth and you naturally begin to come alive. In my case, I've been able to live dream after dream after dream, just by being willing to be here and show up for life. I've even started playing tennis!

When you awaken, the entire world conspires to support you.

MYTH 2

“All Leaders Are Naturally Charismatic. I Am Not Charismatic, so I Can’t Be a Leader.”

Seth Godin, author of “Tribes & Purple Cow” (I highly recommend you read his books) tells us: “People don’t become leaders because they have

charisma; people get charisma because they're leaders." Leadership is simply about having a vision of where you need to go, and moving towards that vision. Leaders create change. Leaders move things forward. Leaders recognize something is wrong and point the way forward with a new solution. When you choose to activate your mission, you will be amazed at what happens. The power to make things happen burns from deep within. Every little success you have compounds one on another, creating unstoppable momentum. You will find yourself being more confident and people will treat you differently as your self- image changes. The more you do what you are here to do, the more magic happens and you become who you were born to be. All you need to do is take the FIRST step and the whole universe will get behind you to fill in the gaps. Your light will be ignited and you will ignite the lights of others.

When I first began on my journey to make a difference in the world, I felt like a fraud.

I was embarrassed about being so young — I was just 19. I looked ahead of me and felt disheartened

at how far I needed to go. I worried about not being perfect. I beat myself up about not being extroverted enough and compared myself negatively to the great leaders I'd read about. All this comparison and negative self-talk almost made me give up before I'd even started.

But something inside of me knew I needed to carry on anyway. So I started teaching meditation at a local meditation center.

At first, I was terrified. I used to have a mild panic attack before each class and was relieved if no one showed up or if the class was small.

But over time, I began to see that I really was making a positive impact on other people's lives. Many of my students would come in stressed and tired from their hectic day. By the end of the class they were glowing, sharing their appreciation, floating out on cloud nine. I came to look forward to the classes instead of fearing them.

Over time I realized: **most people feel pretty stressed and disturbed in one way or another.** They may appear as though they have it all together on the outside — even more so on social

media — but internally they're having a really tough time. And I could help them feel better, even if I wasn't perfect or especially charismatic.

Over the years I've received countless messages of thanks and praise for showing up and helping from people all over the world. It touches my heart and makes me realize how special we ALL are. I've come to realize that even at times when I feel like I'm going through a hard time personally, I can still help others - and, it's in serving others that I come out of my own problems and challenges. I believe anyone can make a difference, if they are simply willing to show up and take the next step.

As Woody Allen says: "Showing up is 80 percent of life." If you just show up, you're most of the way there. Since I took that first step and decided to help someone else, all my own needs have consistently been met. In fact, they've been far exceeded.

Over the years I've lived in some of the most beautiful places on the planet, travelled the world, experienced countless profound spiritual experiences, and created companies that have

gone on to make millions in sales — all while helping people. I have the freedom to do what I want every day, which is to serve others using my unique gifts.

None of this would have happened if I'd said NO to that first class — teaching others what I knew, even when I was far from perfect myself.

Do you have a vision?

Can you see a better world?

Can you see a new way of doing things?

Can you see how things could be different?

Then you can be a leader.

MYTH 3

“I’ve Got Problems of My Own, so I Can’t Change the World”

This is a big one. The essence of this myth is that we’re not in a position to make a difference to others unless all our own problems go away.

When we’re under the spell of this myth we think things like, “How can I help anyone else when I’ve got problems of my own?” and “I can’t even think about helping anyone else until I get all my own needs met first” and “Who am I to do anything when I can’t even take care of xyz?” On the surface these seem like genuine and rational concerns.

And, in some ways they are. For example, if we’re in hospital, lying unconscious, undergoing a life-threatening medial procedure, we’re probably in no position to show up for anyone else! But on the other hand if we’re not willing to see anyone or

help anyone else because our hair or makeup isn't perfect - that's a different story.

Over the years I've faced countless challenges of my own. Health issues, relationship dramas, money problems, emotional distress, you name it. But at the same time, I've also been in a much better place than the people I've served. Despite my own issues, I've still been able to genuinely serve others in achieving their goals and through being open to put my own 'stuff' aside and help others I've also been able to overcome my own challenges. In many cases, just by showing up, my own stuff has taken care of itself!

Life is a balance between doing what's good for ourselves, and getting our own needs met, and being of service to others. We need to look after ourselves to even be in a position to help others. But, ironically, it's often in truly serving others by using our gifts that we end up serving ourselves most effectively. Here's why.

There are plenty of people living self-centred lives who just live to consume as much as they can without attempting to give back or serve others.

They feed on entertainment, food, drink, drugs and social media all day and worry only about themselves. But what happens to them if they carry on in a self absorbed spiral? Do they get better? Does all this consumption and self-absorption make them enlightened? In most cases they end up caught in a personal hell somewhere between neurosis and narcissism: being plagued with anxiety, obsessive thoughts, compulsive acts, and self-fulfilling prophecies, leaving them unable to relate to others. Or they verge towards megalomania, only caring for themselves - at the expense of everyone else. Neither place, I'm sure you agree, would be very enjoyable.

I've often found the most effective way to help myself personally and have my own needs met is to get out of my own way and be of service to others. When we truly care about the needs of others, we often automatically put ourselves right to be able to show up fully. It is most often the natural consequence of genuinely serving.

This doesn't mean we have no time for ourselves or we ignore our challenges. We need time to just be. We need time to relax, unwind and go deep within.

We need time to eat well, exercise and enjoy the wonders of simply being alive. We also need time to fix problems and overcome the things that are holding us back. But if that's ALL we do, all day long, we end up becoming self-absorbed, selfish people who end up struggling with depression, feeling lost and confused.

To enjoy a meaningful, happy life we need to both take care of ourselves in a genuine way, and be of service to others. If we have challenges in our lives, we do need to address them and solve them, but not spend every moment of our lives consumed with 'me', 'me', 'me', 'me'. There is a fine line between solving a problem and obsessing about it unnecessarily. If, for example, we are experiencing a relationship problem that we'd like to improve, we do need to put energy into addressing it; exploring what is wrong, acknowledging our responsibility, tuning in to how we would like things to be, and opening to solutions.

However this can take a turn in a whole other direction if we focus our attention on blaming the other person in our relationship for all our

problems, and spend energy on gossiping about it with our friends. And finding healthy ways to care for ourselves ups the enjoyment in life ten-fold. If we feel burned out and tired, we can tell ourselves that spending all day watching TV, slumped on the couch, is what we need, and at the end of the day not feel any better for it. Or we can sleep well, eat good and enjoy a refreshing day in nature, doing something that uplifts our spirits, so we can feel good and then ultimately be of service to others.

We are all one big family. We're here for each other. The more we care for others, the more our own lives come right. The more we care for ourselves, the better we are able to serve.

Being of service is a saving grace.

Over the years I've worked with thousands of people and all of them, in one way or another, have had problems. We ALL have problems.

Everyone has some kind of health challenge, emotional challenge, mental challenge, work-related challenge, or relationship challenge. Not one of us has got it all together, in all areas of our lives, all the time. Search the world over and you

won't find a single person who doesn't have some kind of challenge, big or small. So let's lay this myth to rest; having your own problems does not exclude you from being an effective, change-maker. We all have some kind of issue, pain, discomfort or challenge. But that should not stop us from moving forward!

What produces a quality person who can change the world, is being open to not always feeling ok.

The fact is that as we go through life we're not going to be perfect or feel good all the time. But that doesn't mean we've failed or we can't show up and make a difference. In his book "Hauntings" James Hollis, a student of Carl Jung, explains how trying to avoid suffering results in living a neurotic life. All our attention and energy is wasted in trying to feel ok, instead of actually living our lives. Hollis says, "Jung observed that neurosis is a life designed around avoiding authentic suffering."

Neurosis is not about our neurology; it is about the split agenda within each of us. Authentic suffering means suffering the insurgency of the old angst

and restraining the powers of regressive protection in service of speaking and living the truth as we experience it. We are all haunted by these spectral messages and attendant scripts, and when they prevail we are still stuck in childhood.”

If we’re not careful, our whole life will pass us by while we’re managing our anxiety about being overwhelmed by life or abandoned by life.

Instead of embracing our true calling, we can miss the chance to really live. If we’re not careful our entire life will go to waste, plagued with elemental, archaic (imaginary) threats to our survival, worried about what others think about us, obsessed with losing the things we’re attached to - but never truly living.

Each of us is responsible for our lives. We’re here for a reason. We’re being summoned to serve and embrace our true calling.

But are we willing to step into our power?

Ask your heart: Are you willing to engage with life’s mystery?

Are you willing to walk through the forest alone?

Are you willing to not feel ok sometimes?

These are deep (and possibly scary) questions. But we must ask them.

And better to ask now than on our death-bed when there is no longer anything we can do about it.

Once we are willing to confront our fears and face our calling we begin the path of our True Dharma. We open the door to our destiny.

Why are we really here? What's life really about?

Our #1 priority is to become who we truly are and reach our innate potential.

This means looking deeply into our hearts and souls and being willing to overcome blocks to our peace, joy, freedom, wealth and capacity to serve others. Our duty is to reach our fullest potential for ourselves, God and our fellow human family. The more we show up fully for life, the more alive we are. And the most potent way to fulfill this divine duty is to serve others. Serving others, even when we're not perfect ourselves, creates the conditions for us to grow personally, overcome

our weaknesses and fulfill our divine duty as human beings.

Serving brings out the best in us. It forces us out of our neurosis and comfort zones. It moves us beyond narcissism and self-obsession into a place of compassion and power. To truly serve others, we have to genuinely care about them. We are therefore summoned to expand our hearts and offer our gifts. We naturally get in touch with our innate gifts and experience the joy of expressing who we are.

True service lifts us up beyond the mundane life of consumerism into a place of grace, ease and wealth. We enter a field of love and joy.

I've personally experienced plenty of occasions where service has freed me from my own challenging situations and inner conflicts. In those moments, when I've felt negative or self-obsessed, it would've been so easy to just say NO to service. And sometimes I did. But I also found that when I was open to serve others, my own pain lifted, my mood changed and even the situations I was stuck in somehow resolved themselves. It's

amazing. It was as if life conspired to serve me because I was willing to serve the greater good.

The more you help others get their needs met, the more all your needs are met. The more I give to others, from the heart, with a deep desire to make their lives better - the more everything I could ever want is blessed upon me.

If you want to change your own life, start helping others.

MYTH 4

“We Know What’s Really Going on in the World”

If we’re somewhat confident we can change the world in some way, we probably assume we know what’s going on in the world around us. But do we? Do we really know what’s going on? The media constantly shows us what a mess we are in and how terrible the world is. So how can we really change this world even if we are powerful –

surely it has gone too far? If you don't watch the news, don't worry, you didn't miss anything. If you do – consider this shocking reality check.

To be able to know what REALLY happens on any given day, we would need to be able to access ALL the information; to see, hear and feel everyone's perspective and experience over that given period of time.

There are over 7 billion people in the world. If we could collect all this information, we would have a closer account of what really happened than what the media currently provides, but even still it would be limited.

Let's look at some numbers you will never hear mentioned by the news outlets, who generally can very easily lead you to believe they are giving you the important events of the day.

Some Mind-Blowing Facts

What happened today? To know just one day's worth of experience in the world we would need to add up all the experiences in 24 hours by the entire population, because each person has their own

story. Each person is doing something that could potentially make it to the news.

24 hours x 7 billion people = 168 000 000 000 hours of human experience. In just one day, there is over 19 million years of ‘news’.

Think about that for a moment. There are 19 million years worth of unique personal experiences being lived every day - and each one is unique and different.

In one year that’s about 7 billion years of ‘life’ being experienced on this planet.

In the news on TV, we may get about 30 minutes of footage and opinion – edited almost always by people who didn’t directly see any of the events they are reporting on – about what apparently happened today to some people in a certain part of the world.

In other words, most news is 3rd, 4th, or even 10th-hand information about a specific event that was itself only experienced by a handful of people.

Think about it. We see the news on TV or online. But how much of that news was actually

experienced by most people in real life? How relevant was it to them? And how accurate was it? At best, the 30-minute news program will be able to offer us a tiny sliver of life - amounting to approximately only 1/336,000,000,000 of what was actually experienced by real people today. To see this in another way, the news reporter is basically reporting to us about something the size of a seed, that someone else (apparently) found, in the middle of an entire jungle, while ignoring everything else in the jungle.

There are simply far too many things happening in the jungle we call the world to even start to consider what's going on in a serious way. But the fact that there is so much happening each day, perhaps offers us an understanding of why we feel time is speeding up.

Why Does It Feel Like Time Is Speeding Up?

Why do the years seem to race past faster and faster? Why do we feel time is shooting past at an alarming rate, and keeps speeding up like a runaway train? Here's one way of understanding this bizarre phenomena. At this time on our

planet, because the population is so huge, there far more events happening in a 24-hour period than ever before. To get an idea of how much more is happening, let's look at the numbers.

In the year 1000 the world population was approx. 400 million people.

That means there was approx. (9,600,000,000) nine billion six hundred million hours of experience per day.

In 1800, the population had grown to about 1 billion — around twenty-four billion hours of experience per day.

In 1900 the world population was only about 1.6 billion which means there was about thirty-eight billion four hundred million hours of human experience in a day.

Today, the world population is over 7 billion. That works out to roughly one hundred and sixty-eight billion hours of human experience every single day.

That's one hundred and twenty-nine billion more hours of stories and experiences per day than there were a century ago.

So what is 30 minutes of ruthless editing of the events of the day actually showing us when compared with over one hundred and sixty-eight billion hours of real life? When we watch the news or read the papers or go online to check social media, do we get "the news"? Do we have any idea what's really going on in the world we live in?

Closer to Home

If you think this example is a tad extreme and out of context, I encourage you to look a little deeper. Even if an event reported in the news did actually happen, was that event or that version of the event accurate? Or is it a one-sided version of the story? The next time you read a global news story, go online and see how many different versions of the same event there are. Go onto 50 different websites from different countries and read the story again. You'll find countless different narratives on the same event. You'll probably even find that depending upon the motivations of the newspaper

or blog, they may not even run the story at all - unless it supports their subjective version of reality and is in accord with the world view of their readers.

Life is NOT at all what it seems. We're all experiencing life from our own subjective perspectives. No two people see the world in exactly the same way. We all, in a literal sense, are living in our own world. We perceive the world around us inside our own minds and no one else knows what the world we experience is like... Is it any wonder there are so many conflicting ideas and opinions?

If you want to see the effects of this bizarre subjective, reality in real life, simply attend a court case or visit a police station and investigate how many different reported stories they get about the same event. Or even easier, just ask the grown children of the same parents what it was like growing up in their home, and you will often wonder if they really lived in the same house. Sometimes, the experiences we have of events are similar, but never identical. The world is not what it appears to be and neither are you. These are

miraculous times of awakening and by changing yourself and making the world around you better, you are truly changing the world.

No one person really knows what's going on in the world. It's not possible. But by finding out what makes YOU truly come alive, you create a chain reaction that affects everything around you. When you change yourself you change your world.

Start with right now.

Breathe deep in gratitude. Give thanks and smile on your world.

The world is yours. How can you make it better?

If you want to change your life and change your world, put your hand on your heart and make a commitment to yourself: "From this day forth, it's my mission in life to transform myself and my world."

What's your mission?

To change yourself and change the world around you.

Breathe it in. Breathe deep. Have love for yourself. Have compassion for yourself and start to love your world. It's YOUR world after all, so you may as well start loving it and caring for it. From this place of love, and owning your experience, more clarity and wonders will automatically emerge.

Changing the world starts today, with you. Right now.

“Whose world is this?

(The world is yours, the world is yours)

It's mine, it's mine, it's mine; whose world is this?
(It's yours)

It's mine, it's mine, it's mine; whose world is this?

(The world is yours, the world is yours)

It's mine, it's mine, it's mine; whose world is this?”

✦ *Nas*

MYTH 5

*“I have to Do Something
HUGE to Change the World”*

Another dangerous myth, that stops many people from being of service, is the idea that all change needs to be HUGE. This myth makes us think that changing the world means doing something on a global scale, directly effecting the lives of millions or billions of people. The idea here is that small projects don't matter; doing anything that's not on a global project is somehow unacceptable and pointless. When people think this way, they often feel ashamed of themselves for not having some massive goal such as eradicating world hunger or eliminating crime in the next 10 years.

Sadly, this bizarre belief has stopped many people from doing anything positive with their lives. Instead, when we accept this myth as truth, we can feel depressed and apathetic, mindlessly consuming entertainment.

We can literally waste our lives watching others live theirs. What a waste.

Many of my students have been deeply distressed by this myth. I've often been pulled aside by someone in obvious anguish, desperate to tell me about how depressed and ashamed they feel about themselves because they don't have a big vision. I can see the pain in their eyes, as if they are unworthy of anything great. They lower their heads as if their lives are meaningless without some impressive, groundbreaking, 100-year vision to change every level of the world, starting tomorrow.

I tell them not to worry about it.

I tell them they've been fooled by a toxic myth that's sucking the life from them unnecessarily.

There is nothing wrong with you if you don't have some global vision or if you don't run a billion-dollar company or if you don't have a philanthropic endeavor like the Gates Foundation. You don't need to have a huge vision or do something massive to change the world.

In fact, in many ways, the last thing we need is more frantic people making an even bigger mess trying to change the world. When you look into things more deeply you begin to see that most attempts to ‘change the world’ backfire. They are short-term fixes for long-term systemic issues. For example, you can’t eradicate terrorism by killing a bunch of terrorists. A new crop will appear almost instantly to take their place. Terrorism, like most problems, is a consequence of far more complex factors, including education, opportunity, belief systems, social context, historic tribal feuds that are not obvious, the level of consciousness of the people, the media etc etc.

Killing a bunch of people won’t solve that problem, just as giving everyone more money or building a bunch of schools won’t eradicate poverty or educate everyone. When we come from our own perspectives, and try to make things right for others who have had very different conditioning than we have, we can often miss the mark in a big way. So global goals - doing something huge - don’t always achieve the intended positive consequence.

I remember hearing some stories about Westerners building schools in India for the 'untouchables' - people from the lowest class, who are often denied opportunity for education. Building schools would provide them an education, which would offer them opportunities that would otherwise not be available to them, and consequently would help them live better lives. Logical. And worthy. At least from a grand perspective.

Once the school was finished, everyone rejoiced. There was a new well and fresh water and abundance of opportunities.

Everyone should have been happy.

However, a week or so later something strange happened. One morning the teachers arrived at school and were shocked to find someone had vandalized the building and destroyed the well. Who would do this?

Why would anyone want to destroy the school and deny the children and families of fresh water supply?

It turns out the larger culture wasn't yet ready to embrace the idea that the untouchables were equal to them. The thought that untouchable children would soon be mingling with the higher caste children struck fear and anger deep into the hearts of many in the village. They couldn't accept the possibility of the lowest people having the chance to take over some of the opportunities and jobs normally reserved for higher caste. So they reacted - and smashed up the school to get things back to 'normal'.

What the Westerners didn't understand was the beliefs and psyche that created the untouchable problem in the first place. To change society, we need to go far deeper. Sometimes all we can do is stick a bandage on the wound. But ultimately, while we need to treat the infection for immediate benefit, we then need to find ways to prevent it happening in order to make lasting change.

To change the world, first we need to understand what's really going on. At the most intimate level is where we can often make the greatest difference.

Real, deep change almost always begins small - with a small group of committed souls who change on the inside first. To change the world, we begin with the little things that may not be obvious to others. The seeds of change are powerful inner shifts that no one else can see, but are where the real changes end up happening. For example, a great scientific invention doesn't usually happen by trying to do something huge, in a grand way, on the outside. Typically the invention is created in silence, by very hard-working and deep-thinking people, who often work quietly alone, creating change in their way of thinking and mode of operating until the invention is manifested. On the outside, it appears like there is not a lot going on - but then, boom, the invention seems to magically appear, and in many cases, radically changes the world from how it had operated up until that moment. Just look at all the technology and miracles, (and curses), science has brought us, and how they have changed the world.

If you study any religious, political or social movement you'll find the same thing happening. There will be a small group of dedicated souls,

going deep, staying focused, while the majority of the population is ignorantly maintaining the status quo, not aware that big change is taking place. Then, at a certain point the scales tip, the message reaches the mainstream, and the world is no longer the same place it once was.

But even change on that scale doesn't need to be the goal, in order to make a worthy contribution. You don't have to change millions to change the world.

Dr. David R. Hawkins, spiritual teacher, and creator of the map of consciousness, said "if you want to change the world stop trying to change the world." Don't worry about the world. Focus on changing your own consciousness and your own life. As you change the way you see the world, you change the world you see. By doing this, you will raise the level of consciousness of the world, allowing others to see things more clearly and experience breakthroughs in their own way. By changing ourselves, we find that it is what we have become, not what we do or say, that has the greatest impact.

Mother Teresa is known to have said, “What can you do to promote world peace? Go home and love your family.”

When we start with this deeper intention to begin with love and personal change, we enter a solid place from where we can really make a difference to the lives of others.

Less is more.

Deep, subtle change is more powerful than any superficial, external show of social media likes and fans.

Start with yourself and your family. You don’t even need to leave the house.

MYTH 6

*“I Must Do Everything
Perfectly to Lead”*

*“Have no fear of perfection — you’ll never
reach it.”*

— SALVADOR DALI

I used to be a perfectionist and was never able to finish anything for fear it was not good enough, not refined enough. After many years of madly refining away, alone in my cave, I realized my life was being wasted and I was not actually helping anyone.

Having emerged from my cave, I have come to realize that perfectionism is actually a mental illness that needs to be cured with the courage and heartfelt desire to serve others as best we can.

You will not find a perfect leader or perfect project. No one is free from making mistakes —

and in fact, it is our mistakes that often teach us the greatest lessons of all. Life is a journey, and refinement happens naturally through real connection and feedback from real people, not by you frittering away in your cave.

Would you wait on the side of a pool as your friend drowned in front of you, for fear you didn't make the perfect dive? Open your heart to help others. People need your help. They don't need you to be perfect. Just get on with it. Get yourself out there as best you can and let grace guide you. Take the plunge and this illness of perfectionism will be cured with love, compassion and willingness to serve. By taking the plunge and opening your heart, you will create your finest work. (And you may even become perfect as a byproduct).

Go deep.

**WHEN SOMEONE BREAKS ALL THE MYTHS —
RITA'S STORY**

Before we move on, I want to show you what happens when someone actually breaks these myths instead of just reading about them.

Take Rita.

Rita was a corporate lawyer at one of the biggest law firms in Macau. Twelve years living in China. The kind of career most people think of as *making* it. From the outside, she had it all.

From the inside, she was drowning. Depressed. Disconnected. Living a life she didn't recognize as hers.

She enrolled in Awakened Academy.

Two and a half years later, here's what was true:

- ✦ She had left her corporate law job
- ✦ She had moved her kids back to her hometown in Portugal, after twelve years in China
- ✦ She had bought her dream house — a farm with a saltwater swimming pool, secluded in beautiful scenery, ten minutes from her parents
- ✦ She had bought her dream car
- ✦ She had lost 30 pounds
- ✦ She had found a loving, supportive new relationship
- ✦ She had written a book
- ✦ She had set up her own coaching practice

- ◆ She had time for what mattered most: her kids, nature, exercise, spirituality

In her own words:

“I have written a new story for my life. The depressed person I once was, has gone.”

The myths can be broken. Rita broke them all.



Ready To Take The Next Step?

Turn the page and discover how to break the trance that holds us back from living our purpose. Plus learn the signs of living in the old paradigm vs living in the new paradigm, and so much more . . .

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

— HOWARD THURMAN





PART II

Break The Trance And Lead

“People are silently begging to be led.”

— JAY ABRAHAM

A few weeks after my awakening at 18, I went to a pub with friends. I was sober. They weren't.

I watched a woman in her thirties at the next table sob into her drink about a relationship she couldn't leave. I watched teenagers fall over themselves drunk on the sidewalk outside. I watched a couple sit silently across from each other like strangers in their own marriage.

And I felt something I hadn't expected. I felt selfish.

I had found something. A way to feel alive that wasn't medicated, wasn't fake, wasn't bought. And I was sitting in a pub keeping quiet about it because I was afraid people would think I'd gone weird.

So I leaned across the table and told my friends, awkwardly and probably badly, what I'd discovered. One of them — I'll never forget — got

actually angry at me for mentioning the Supreme Being. Another laughed it off. The rest just stared.

I went home that night and made a decision: if I stay quiet about what I've found, I'm hoarding the one thing that could help these people. They might think I'm crazy. So be it. I'd rather be a crazy person who showed up than a sane person who stayed hidden.

That decision is what made me a leader. Not the awakening. The decision to share it despite the discomfort.

That's the decision this whole second part of the book is about.



If you have been feeling small, lonely, victimized, or weak, then now is the time to snap out of this trance and lead the way. Claim your power and choose to be all you can be. It may not be obvious to you, but most people are silently begging to be led. They are crying out in distress for leaders and role models. People need you to become who you

were born to be, to show them a way out of their suffering through the example of your own life.

You are a leader or you wouldn't be reading this.

Most people are waiting around for the government, non-profits, activists or artists to solve the problems in the world while they carry on fussing with nonsense; thinking 95% of the same thoughts every day, living on a diet of blandness, blahhhness and B.S.

In the “spiritually-minded” or “conscious” communities, many are subtly waiting around for a guru, spiritual teacher, prophet or extra-terrestrial to come to take them away, solve their problems and save the world. They are waiting for some external event, some perfect alignment, some sign from above to make the shift for them — as they anxiously sit on the sidelines and watch the grass grow. These people are waiting for their own destruction, and I sincerely hope you are not one of them.

06

The Wake-Up Call

“Whatever happens, take responsibility.”

— TONY ROBBINS

The very first and most important spiritual lesson for a leader in the new paradigm is this: we are 100% responsible for our own lives. This means if we want something to change, if we want to feel better, live better, awaken spiritually, change the systems of the world — it has to start with US. We are personally responsible to bring on the changes we want to see in the world. And it has to start RIGHT NOW. Today. No questions. No excuses. Literally RIGHT NOW as you read these words.

You, and you alone, are 100% responsible for your own life.

“No-one can do your push-ups for you.”

— JIM ROHN

Perhaps the biggest upgrade you can make in your life is to realize that YOU, only you, are responsible to change your world.

Are you ready to take 100% responsibility for every single aspect of your world starting RIGHT NOW?

If you said NO—you may as well throw this book aside now and go back to watching the grass grow.

If you said YES—you’ve opened the door to living a completely new reality! And, every day, your journey is going to get even more magical. Taking complete responsibility for your life hands you back all the power.

Those who have not realized that massive personal change is needed are still sitting about, peeking over the wall occasionally to see the action, while slowly the grass and vines of their old,

dysfunctional life twists around them, suffocating them and leading to a slow, painful death. I don't intend to be harsh here, just look around and see for yourself how many people are slowly killing themselves with the same poisonous habits, medications, relationships, thoughts, and addictions they have had for years as they wait and hope for salvation. This chronic global epidemic can be solved. And it starts right now with you. As you change, your world changes and you inspire others to change.

If you are still reading this, then you must be one of the rare souls who recognizes, deep inside you, that it no longer serves you to sit and let the grass grow around you, but it is time to do something—fast, and with your heart and soul.

Now that you have broken the myths and realized WHY you, personally, are essential to help change the world, it's time to align your whole life quickly and effectively to this mission, so no more time is wasted and you truly become a leader in the new paradigm.

07

What Is the New Paradigm?

Over the last two decades the words New Paradigm and New World have been used and over-used almost to the point of cliché and irrelevance. I am even hesitant to use them myself, as the more we hear something, the less we can see what it really is. However, we are indeed creating a new world and we are seeing through a new paradigm. More importantly, let us clarify what this really means and see how close we are to it. Knowing about something is only the first step. Becoming what we know is where the real power

is found. These descriptions will help you see where you are and just be honest. Radical honesty leads to breakthroughs. We all have experienced these things and once we admit them, we can begin the journey to freedom and mastery.

08

Signs of Living in the Old Paradigm

Body conscious: We think we are the person we see in the mirror. We worry about what people think of us and how we dress. We are afraid of death, illness and pain. We see others as human beings and are attracted by the appearance of some, repelled by others. We judge people by how they look.

Mediocrity: Our life is similar to that of most other people. We are not passionately inspired by life. We watch TV, gossip with others and have time to kill. Nothing is especially exciting and we look

forward to vacations, weekends, drinks, drugs, meeting people. Everything is much the same, month after month, and we are not filled with deep inner joy, love and bliss. In fact, we don't remember the last time we really felt deeply alive.

"I HAVE TO" syndrome: We find ourselves regularly saying, "I have to..." or "I have to do..." We feel a sense of obligation to other people, their needs, and our daily duties. We'd rather be doing something else a lot of the time, but "we have to" do this other thing instead. In our ideal world we wouldn't be doing most of the things we do. We only do them because we have no choice. We have to.

Work or play dilemma: We see a difference between work and play. Some things we have to do, other things we enjoy. They are not the same things, and life is divided up between the things we are obligated to do and the things we want to do. We get the things out of the way that we don't enjoy as best we can, so we can get on with enjoying the other stuff. Most of our life is spent in anticipation of something better.

Ruled by the five vices: In India, there is a mythological figure called Ravana that represents all the negative and demonic traits of human beings. He has been depicted with ten heads, representing the five vices of men and women. Each of Ravana's heads has its own desires and, from his rule, everyone is slave to the dictates of these unending desires. If we are living in the old paradigm, even though we don't like to admit it or look at it, our life is ruled (obviously or subtly) by these vices: ego, lust, anger, greed and attachment. In small and big ways, lustful thoughts and actions inspire us to think and act, even against your conscious will. We get angry and irritated by little things, sometimes acting on the anger, condemning others and ourselves. Our ego, or being identified by what we do, is our central identity and can be threatened. We want more praise, things, food, and success. We are emotionally dependent on people, things, ideas, and image. Greed, the endless sense of not being satisfied, seeking more and more without any real value or need, is part of our experience. In the old paradigm, our days are ruled by the endless desires

that keep us trapped in a frantic state of discontentment.

Excuses: In the old paradigm, it's not our fault. We blame others for our misfortune. We complain, gossip, have a long list of clever reasons and excuses for all the problems in our lives—none of which are our fault. We are so convinced of this that the thought of changing our life and taking responsibility doesn't even arise.

Anything resonate here?

I realize this may come over as being a bit blunt, but if the new paradigm was the same as the old paradigm, it couldn't really be called new, could it? So it's important to say it like it is, blunt or not, to be aware of the changes that need to be made within, in order to create change without.

09

Signs of Living in the New Paradigm

I want to be as concrete here as I was about the Old Paradigm. Less metaphysics, more daily life. Because the New Paradigm isn't a theory. It's how you actually live.

Soul conscious. When you look in the mirror in the morning, you don't see only the body. You see the body AND the eternal being inside it. The morning starts with quiet. Maybe meditation. Maybe just five minutes of breath before the phone goes on. When the thought *who am I* arises, the first answer that comes isn't your job, your role,

your appearance, or what other people think of you. It's: *I am a soul, here on purpose, for a short time, with work to do.* That single shift changes everything that follows.

Everything belongs to you. When something doesn't go your way — the email arrives, the traffic jams, the friend cancels, the bill comes — you don't blame. You don't gossip about it on the phone. You don't text three people about how unfair it is. You take it. You ask one question: *What's this here to teach me?* You either solve it or you let it go. Whichever it is, you do it without theater. "*It's my world and I love my world,*" emerges naturally from the heart.

Living your dharma. Monday mornings don't depress you anymore. The work and the play stop being two separate things. You wake up early because you want to, not because you have to. The thing that pays your bills is the same thing that lights you up. When someone asks "how was your week?" you don't have to lie.

Pure vision and lifestyle. The food in your fridge looks different than it did two years ago. So does

the way you talk to your partner. So does the inside of your head after 9pm. You don't need three glasses of wine to relax. You don't need the doomscroll to fall asleep. You can sit still without checking your phone. You catch yourself looking at strangers with curiosity instead of judgment. The constant background noise that used to be normal is gone, and you don't miss it.

You are in the world. You are not of it. People who used to drain you don't drain you anymore. People who used to scare you don't scare you anymore. You don't need anyone's permission to be yourself. And from that quiet, solid, no-longer-pretending place — you can finally serve.



Take Lyne.

For years she came home from work in London exhausted, uninspired, and depressed. The classic Old Paradigm life. Then she enrolled in Awakened Academy, did the work, and emerged on the other side.

Today she has published four online courses. Her guided meditations have been played almost 400,000 times. She runs her own coaching practice. In her own words:

“I am now the owner of my time. I thought that only the monks of Tibet could feel this kind of constant lightness, or people who have been on a spiritual journey for a long time. It’s magical. Every day is a new opportunity to study and serve with love.”

That’s the New Paradigm — actually lived, not just described.

10

The Transition Between the Old and the New Paradigm

We don't live in a black and white world. For us, we live somewhere in the middle in varying shades of grey. Most people are in a transition between these two states and it's very useful to know where we are and be able to check ourselves. In this transition period, we witness ourselves from a higher place, as we may succumb to our old tendencies and habits. We find it amusing that we still get annoyed and needy sometimes. We watch ourselves with compassion and let the emotions

pass. We are committed to moving forward no matter what and do not beat ourselves up when we fall. I am in this space personally, and progressing toward residing 100% in the new paradigm. In the meantime, I am happy with life and focused on remaining awake and moving forward, no matter what. Having this intention is essential. The next step is making it very practical every moment of our lives and truly becoming a leader in the new paradigm.





PART III

The 7 Golden Keys To Leading Your Tribe In The New Paradigm

GOLDEN KEY 1

Crystal Clear Vision of Your Dharma: Your True Purpose

“Where there is no vision, the people perish.”

— PROVERBS 29:18

An undeniably essential ingredient to move out of the old and into the new is to know your destination. Many people in the old paradigm waste their life complaining and gossiping, blaming others and being distracted by what is wrong with their lives and the world. Those of us who are to be leaders in the new paradigm have no time or interest in gossip and complaints. We must focus our energy away from what is, to where we want it to be. The law of attraction, as defined by Abraham Hicks, simply states “That which is like unto itself is drawn.” Or in other words, what we

focus on, we get more of the same. So it is essential we stop focusing on the problems and limitations of where we are now – and focus on where we want to be in the future.

If, for example, we are in New York yet want to go to Hawaii, thoughts like “I’m stuck in New York, I’m still stuck in New York, this is terrible, it’s so bad here in New York, I wish I was in Hawaii, but oh I’m not etc.” are not going to get us closer to Hawaii. In fact, we will keep feeling more and more disappointed with our current situation, and getting more immersed in how little we like where we are. We need to focus all our energy on “How can I get to Hawaii? What’s it like in Hawaii? What will I be doing when I get there? What is the fastest way to get to Hawaii?” These thoughts will activate what Maxwell Maltz calls our “Automatic Success Mechanism” where all our unconscious powers are utilized to reach the goal (and get us to Hawaii). Also it is important to realize, as we mentioned earlier, that every thought we think is connected to the whole universe and is received, like a cell phone signal, by all other brains. This means that other people vibrating at a similar

frequency are picking up on our thought vibrations and will consciously or unconsciously conspire to help us in manifesting our visions. However without vision and clear focus, we will remain stuck where we are, thinking the same thoughts and getting the same results we always got.

What Is Clear Dharma?

Your dharma is your “Divinely Ordained Duty”. It is the way you have to live your life to be able to do what you have to do. It is your reason for being alive. It is your unique gift to the world, your contribution to the whole of creation. You have to discover your dharma and find your own way of living it. No one can do it for you.

A good place to start is by asking, as Deepak Chopra suggests, “What would I do if I had all the money and time in the world?” He goes on to explain, “Do that, and you will have all the time and the money in the world. If you’re enjoying what you do, if you’re part of the ecosystem, if you provide a service that benefits people, then success is a by-product ... a reflection of your creativity,

and your ease.” Success is not dependent on hard work and driving ambition and exacting plans.

Conversely, it’s created by truly having a purpose in life, a vision, a commitment to the vision, the enjoyment of the journey and a connectedness with people.

Your dharma will always have the following components.

1. You love what you do.
2. There is no distinction between work and play.
3. Your very life is a blessing and contribution to others.
4. You will feel satisfied and complete within yourself.
5. You keep growing, learning and serving — you never become stagnant.

My Personal Example

After much experimentation and soul searching, I have found my dharma is to provide inspiring information to spiritual people to assist them in waking up in magical, creative ways (with a bit of humor, fun and beauty). This mission can become

manifest in many forms, from articles to videos, short movies, music, retreats, coaching, art, design, stories...anything that brings joy to me and others and supports the overall mission. I am not limited by anything. My dharma is not static and one-dimensional. It has a core focus, yet manifests in multiple ways and is always being refined and expanded. The key ingredient is it is MY mission, not someone else's. Sometimes I may make mistakes or not do things perfectly. So what? I try my best, do it from the heart and I will refine as I go. An essential quote about dharma states that: "It is better to strive in one's own dharma than to succeed in the dharma of another. Nothing is ever lost in following one's own dharma. But competition in another's dharma breeds fear and insecurity." – The Bhagavad Gita

Your dharma is your way to express God's grace through you in the world. Be creative. Be open to guidance. Go for it 1000%. The world needs you to be you!

In the book *The Dharma Keys*, I share 108 ways to discover your path with a heart. Your dharma is seeking YOU. A deeper part of you is summoning

you to live an authentic life and embrace your journey to fulfill your calling. While we don't have the space here to go into all the levels of dharma, here are a few questions to get to the heart of it as quickly as possible.

WHAT THIS ACTUALLY LOOKS LIKE — RAKHEE'S STORY

Take Rakhee.

For seventeen years Rakhee was a pharmacist in the UK. She helped people every day. She paid her bills. The kind of career people respect.

But she knew something was off. In her own words:

"I always felt that even though I was helping people with their health and medications, I could be helping them in a more profound way. A sense of purpose was missing and my soul was pulling me to a new calling."

She mustered up the courage to leave pharmacy. She joined Awakened Academy. She became a spiritual life coach.

Today she works with three clients a day, has the flexibility to pursue her other passions, and — in her own words —

“I am living the life I have always wanted. Before I was always dreaming of how my life could be different. Now I am finally living it.”

That’s what living your dharma looks like in real life. Not abstract. Not someday. The actual life of an actual woman who chose differently.

What Is Your Mountain to Climb?

Before you rush off to save the world, consider this: Not every problem you feel passionate about is here to be solved by you. Most creative people, who want to make a difference in the world, have a lot of ideas about how to make a difference. But not all of them are your mountains to climb. Not every battle is your battle to fight. It’s easy to have ideas.

It’s easy to imagine how the world could be better. It’s easy to look up at the mountain peak and feel awestruck. But forging your path though the

jungle and reaching the pinnacle is not the same as feeling inspired about it. Having an idea isn't the same as bringing your ideas into real life. You don't have to climb every mountain you see.

You don't have to fight every battle you encounter. You don't have to do everything yourself.

You just need to find your mountain.

Now, you might be thinking: *but I have several things I love, not one single mountain.* Good. So do I. Your dharma doesn't have to be one narrow thing. It can show up in many forms — writing, teaching, raising a family, building something, creating art. What makes it one path is not the activity. It's the intention underneath. When everything you do comes from the same place, when the question underneath is always “*how can I be of service? how can I help?*” — then it is all one mountain. You are not scattered. You are whole.

Discovering your dharma is about taking your unique path into your destiny. It's your destiny. It doesn't have to be impressive or meaningful to anyone else. It's your path, your life, your mission.

Quick How-To Guide for Discovering Your Dharma

What makes you feel alive?

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

– Howard Thurman

Ask yourself these questions:

If I had all the time & money in the world and had no fear, what would I do?

If the answer to this question is also adding massive value to the lives of others, then you have discovered your dharma. If not, keep asking until you create win/win/win situations where your very life is a blessing to all.

What is the purpose of my life?

How can I serve others from my heart and feel deeply nourished?

It is also worth taking some time to explore the difference between your real calling and the pre-programmed false messages that you’ve picked up

through life that persuade you to live an inauthentic life. Your true calling is not the same as what you've been told to do or how you've been taught to live through the ideas and messages that bombard you on TV and in the media. But to know what that really is we need to discern the difference and abandon our alliance with these old programs and messages that no longer serve us. What is the will of my soul (really)?

What distorted messages am I in service to?

Am I willing to abandon them so I can live my truth?

What is the difference between the eternal programs inside of me and the Divine Will - my deeper self?

Again: "If I had all the time & money in the world and had no fear, what would I do?"

Go deep.

Take time in silence and allow truth to arise. You are being summoned by your Higher Self.

Listen...

When we begin discovering our dharma, we're setting off through the mystical forest on our own. We don't know exactly where we'll reach, what we'll meet along the way, or exactly where we'll end up. But it's our journey. It's our destiny.

GOLDEN KEY 2

Nizjay: Have 100% Certainty

Before we go further, let me define this word. **Nizjay** (निश्चय in Sanskrit, pronounced *nish-chai*) means total, unshakable certainty — the inner conviction that what you've set out to do is yours to do and will be done. It's not stubbornness. It's not ego. It's the deep inner knowing that arises when you've aligned your will with your dharma and committed without reservation. Every master, every leader, every soul who has ever made something real has cultivated Nizjay. Without it, you'll abandon your mission at the first sign of resistance. With it, nothing can stop you.

“I never imagined it wouldn’t work out for me. I had that absolute certainty in myself that has seen me through, I think, and my parents were absolutely behind me all the way.”

— EWAN MCGREGOR

This is the inner secret to manifestation and the law of attraction. Anyone who is a master of making things happen knows and applies this principle. The secret of what in Sanskrit is called Nizjay: unstoppable certainty/solid faith. Henry Ford, a master of manifestation and Nizjay, said something that reiterates the power of certainty in creation: “Whether you believe you can do a thing or not, you are right.” If you do not believe you can manifest something, you can’t, and your natural soul power, brain power and potential to influence unseen forces in the universe is TURNED OFF. Never underestimate the power of belief, the power of Nizjay. All leaders have developed solid Nizjay.

We all have certainty. It’s a deep, inner knowing. It’s a pure sound inside of us that knows we’re

completely solid, power-houses and life is on our side. Deep down, we all know we're eternal. We know we're always held by Grace. We know life is supporting us. We know our destiny.

We may not be conscious of this inner power and inner Nizjay, but when we breathe deep, let ourselves relax, and fall back into that eternal resting place of power... we KNOW. It's there inside of you, right now.

Are you willing to feel it?

How to Develop Nizjay and Start Manifesting Your Dharma

1. Find that stable place inside.

Each one of us has a stable, peaceful, powerful place within. We may not always be consciously aware of it, but it's there, constantly, behind all the commotion of life. Behind the thoughts, under the thoughts, is a place of profound silence and power. You don't have to go anywhere to 'get' to this place. It's here. Right now. Under the noise, behind the mind, beyond the details. The only reason you are even able to experience anything is

because all experiences, all sounds, images, and sensations are appearing on the backdrop of this silence. Contemplation and meditation support you in re-experiencing this place. It's here. Right. Now. The silence. The power. The inner knowing.

Ask yourself: Am I willing to stop blocking this inner knowing? Am I willing to go beyond the content and noise of life and experience the infinite silence?

Am I willing to experience that deep place of power and Nizjay?

2. Imagine yourself living your dharma (as clearly as possible).

See it, feel it, hear it as though it has already happened and you've been living it for years. See this beautiful life with vivid details. Feel it, smell it, taste it, hear it, see it. Turn up the colors. See yourself with all the qualities and skills you need to do what you have to do with your life. Enjoy it. Feel it and love it.

3. Make sure you 100% believe this reality is possible and attainable, without question.

Do you truly believe you can bring your visions and dharma into life? If yes, then move on to step 4. If you don't feel 100% solid about your dharma then: a) Refine your vision until you believe it; b) Go back to enquiring about your dharma until you discover something else you can believe in 100%; and c) Focus on manifesting smaller, easier goals until you build up confidence in your manifestation power. For example, if you believe you can manifest a salad, and you do, this proves you have the power to do it for bigger things. It's essential you believe it's possible or you won't have any real interest in moving toward it.

4. Aim for being constant.

You can choose where you focus your mind. The fastest way to bring your visions to life is to come back to that feeling and vision over and over and over and over again, relentlessly and consistently. To hold this vibration of certainty about your vision ALL the time, no matter what, and never allow yourself to waver even for second. Circumstances will come to us all to challenge our conviction, but they are opportunities in disguise. See them for what they are and stay focused. As

you come back, again and again, to this place of deep knowing and Nizjay, you'll begin seeing amazing synchronistic happenings and opportunities appear in front of you. Watch out for them, smile at them, embrace them and stay focused until you've reached the final doorway.

GOLDEN KEY 3

Rituals of a Leader

Leaders do things differently, and as a result they live extraordinary lives.

The average person spends their time without focus, vision or daily rituals that empower them and move them towards a chief definite aim. Leaders make sure that everything they do is directly connected to their goal. If it isn't, they don't do it. One of my all time favorite quotes comes from Stephen Covey: "The main thing is to keep the main thing the main thing." This may sound obvious, but if you want to manifest your vision and be a superhero role-model in the world,

every action is connected to your goal. If your day to day life is not directly and intimately connected to your vision, you are cheating yourself – and will never achieve lasting success.

“The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary.” – Thomas Edison

If you want to create an impact in the world and get the most from every second of your life, it is essential you work out what are the things you do that lead you as quickly as possible to your goal – and also what is a waste of time and energy. Most people have no awareness of this concept, or the specific time-wasters that continually affect their lives, and so consequently go on to live mediocre and ineffective lives, on autopilot.

And yet, when given ideas to include impactful actions to their day, many feel too busy to add any more in. Consider this powerful perspective by H. Jackson Brown: “Don’t say you don’t have enough time. You have exactly the same number of hours

per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein.”

We all have greatness within us, and all have the same amount of time each day to adopt the successful attitudes and rituals that will allow us to bring this greatness out into the world. It’s time to share your gifts! So how do we incorporate more successful, impactful, leadership qualities into our day?

The “80/20 Law”

Awareness of this bizarre law of life has literally, totally and undeniably changed my entire reality and how I perceive the world. Simply stated, the 80/20 law (or “The Law of The Vital Few”) observes that approximately 20% of causes (such as our thoughts, words and actions)

lead to 80% of the results in our life, whereas approximately 80% of our thoughts, words and actions lead to only about 20% of our results. In other words, most of what we do is a pointless waste of time and only a few things we do really matter. This is a shocking realization and has far-

reaching consequences beyond the scope of the book. (Note: if you want to know more details about the 80/20 law and how this works, you will enjoy this excellent companion book, *The Path To Freedom*.

If you want to be successful, it is critically essential you work out what the 20% that brings you the greatest joy and impact is – and ditch the rest.

All effective leaders and truly successful people know what makes the biggest impact, and focus on that above all else. That's why they are successful. If you want to make things happen, then take this realization to heart and dedicate yourself to only the things that matter most.

How to Discover the Vital Few Things That Make You Come Alive

Go deep, be radically honest, and answer these questions:

1. Who do you spend time with that brings you the most fulfillment and benefit?

2. Out of all those people, who are the 20% who bring you 80% or more of the fulfillment and benefit? Spend more time with them.
3. If you only had 2 hours per week to achieve your mission, what would you do? (This question forces you to discover the vital few things.)
4. How can you dedicate more time to those few things and remove the other tedious things that don't really matter?
5. What activities make you feel inspired, empowered and full of joy?

Once you know the answers to these questions, aim to spend at least 80% of your time doing those things and with those people. Dedicate only 20% of your time to all the other things in your life. It is these daily rituals that make up your life. In the old paradigm, our habits slowly kill us. In the new paradigm, our habits bring us joy, success, fulfillment and magic. Brian Tracy says it nicely; “Successful people are simply those with successful habits.”

You can ask these questions again and again for different areas of your life and discover the handful of things that make the biggest difference.

The more you master the art of doing less and achieving more, the easier your life will become and the more amazing things you'll be able to create.

Consider everything an experiment and continue to refine your lifestyle based on what works.

If you want to be a leader, make sure every single thought, word and deed is directly or indirectly connected to your mission – and eradicate all else.

Turn the page to go deeper and put this into practice by creating your personal best day ever.

GOLDEN KEY 4

I Am Surrendered to the Highest Good for All

New paradigm leaders focus on creating win/win/win situations. Their intention is that as many people as possible benefit from their ideas and projects.

Old paradigm leaders give lip service to the care of others, while behind the facade, they really only care about themselves.

Are your projects just for you? Or are they aimed at truly serving the highest good?

Reality Check

If you look deeply, you'll discover that many ideas and projects to "change the world" are really self-centered desires in disguise — wolves in sheep's clothing, masquerading as wonderful initiatives while in truth they're massively weighted towards benefitting a select few while harming the many.

Study history and you'll find endless initiatives to "make the world a better place" that ended up causing tremendous harm. Adolf Hitler was on the cover of *Time* magazine as Man of the Year — and within a few years, almost 6 million Jewish people had been killed in death camps and the world was experiencing one of the most brutal wars in human history.

Look deeply and you'll see selfish, short-term projects everywhere. After a while these shadow projects tend to backfire and fall apart, riddled with scandal, corruption and bankruptcy.

If only a handful of people get what they want while the majority are adversely impacted, we've created a win/lose situation that will come back to haunt us. Win/lose situations end up turning into lose/lose over time, where everyone suffers.

The current state of the world is a result of millions of failed projects and ideas that backfired due to short-term thinking — too many people out for themselves at the expense of others, including future generations. We're now facing the consequences in the form of unstoppable debt,

environmental crisis, ongoing wars, severe addictions, and the loss of trust, joy and wealth.

If you want to change the world, don't think just about you. Think about how you can benefit as many people as possible, yourself included.

The Question That Cuts Through

One of the easiest ways to check if your ideas and projects are truly beneficial is to ask this question:

“Am I surrendered to the highest good for all?”

This question has two parts, both essential.

What is the highest good for all? Just the act of considering the possibility that there even is a “highest good” expands us into a far greater frame of awareness. When we consider the highest good, we open our eyes to see all sides of a situation. We get a 360-degree vision. We break free from prejudice, positionality and attachment, and look at the world from a place of compassion, insight and long-term thinking. Considering the highest good makes us stop obsessing about *what I want* and start asking *how can I be of service to as many as possible?*

Am I surrendered? Being surrendered is a deep gesture of the heart to align with what is true, no matter what. When we're surrendered, we put aside our preconceptions and our forceful ways and become an instrument for something higher than our own egos. We're gentle, yet powerful. We've gone beyond the fickle personal will — the scheming, craving, manipulative part of us — and summoned up a vast power known as Divine Will. Divine Will is charged with power and capable of amazing things. It's not interested in limited personal gain.

Just asking this question is an invocation. It opens the door to a completely new way of seeing and living. It brings our ideas and projects up to a level where we look down from above and ask: *who else could benefit from this? How could this idea be even more valuable to even more people, on an even greater scale?*

How to Be Surrendered to the Highest Good in Daily Life

Being surrendered to the highest good doesn't mean you have to create a global project that

affects every soul on the planet. The size of the project doesn't change the spirit of the work. The point is to expand your horizons — to look beyond just you and your idea and ask how this could serve more people, yourself included, in a bigger way without extra work.

Here's how to do it in three steps:

1. Reaffirm your intention. Before you dive into a project, say it out loud: “I am surrendered to the highest good for all. I'm committed to creating win/win situations.”

2. Create a win/win/win plan — or move on.

Brainstorm how you can create better results for everyone. Ideally, brainstorm with the people who are involved so they feel included. There's a saying: if they plan the fight, they won't fight the plan. If your team is resentful and feels they're losing by doing the project, you've lost the game before you've even begun.

Ask the powerful questions: How can we make this even more valuable? How can this benefit even more people in an even better way? How can I benefit more from this while helping others at the same time? If

the ideas don't reveal themselves instantly, take some space. Leave your subconscious to work in the background. The answers will come.

3. Get on with it. Once you've found an upgraded win/win/win, go to work making it happen.

A Note: The Highest Good Isn't Always What Feels Good

Many people assume that whatever is the highest good is also the thing that will give us the most pleasure. It's not. In many cases, big changes only occur after something old has died. Most new ideas are met with cynicism and resistance, simply because they're different. Most people don't like change.

Regardless of how wonderful or beneficial your project is, there will inevitably be some unhappy people, no matter what you say or do. Someone will be unhappy for purely selfish or obscure reasons that have nothing to do with you. Fear, insecurity, grief over loss of the old — change brings all of it up. People may complain, feel terrible, and think the whole idea wasn't worth it. But fast forward a few months or years and

everyone is better off. Being surrendered to the highest good is what lets you weather the storms of change and see your ideas through.

And sometimes, like Stephen Covey said: “It’s either *win/win* or *no deal*.” If the other parties are simply not interested in mutual benefit, walk away. Find another way. Don’t work with people who aren’t on the same page.

See how many win/win/win situations you can create — and enjoy the process.

GOLDEN KEY 5

Create Your Personal Best Day Ever

“Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.”

— MAHATMA GANDHI

Changing the world starts with you. And it starts TODAY, by making today your best day ever. What does it mean to have an amazing life?

Your life is a series of years, months, weeks and days. If you want to have a truly remarkable life, begin with the chapters that make up a life, start with one day. Start with making today a remarkable day. What creates a remarkable day? Remarkable moments. So if we want to have an

amazing, remarkable life, we simply need to have remarkable ‘moments’.

How long is a moment?

It’s not even a second. Or a split second.

Moments come and go even while we become aware of them. Just reading this sentence millions and billions of micro-moments have already passed, while you, the eternal presence, the conscious being, have been witnessing it all, stable and powerful.

To change the world, our main mission is to be here now, in this moment, and make this moment the best it can be. And from there, we can create the best moment, ever, the best hour ever and the best day ever. Fast- forward, and we end up having the best week ever, the best month ever, the best year ever and the best life ever.

When you look at life in this way, changing yourself and changing the world is easy. It’s just one moment, one breath, at a time. The eternal now flows from one moment to another, as a river flows into the ocean.

Forget about changing the whole world and focus on making the most of this moment. Then this moment. Then this moment...

And to be fully present, we need to set up our lives and daily routines in the most supportive way possible. While, in theory it doesn't matter what happens around us (many spiritual teachings say we should be happy all the time no matter what), in practice what we do and how we live our lives does affect us. In reality, unless we are already enlightened, we need to look after ourselves and create a situation where we can most easily have the best day ever.

Over the years of coaching and mentoring thousands of people, I've discovered that most people can have at least 80% of their best day ever RIGHT NOW if they re-arrange a few things. This is a shocking reality check. We often blame circumstances and say things like: "if it wasn't for _ *I'd be able to do _*, *I'd be so much happier, more relaxed, more productive if_____*"

But on further inspection, most people can experience far greater joy and infinitely better

days - TODAY - if they are willing to shift things around and do things a little differently.

Are you willing to create your best day possible?
Are you willing to take full advantage of all your opportunities and make your life epic?

Are you willing to come back to the present moment and be happy?

Do these exercises to discover how you can make your life as close to your best life ever – RIGHT AWAY

What Makes Up Your Best Day Ever

1. Your Best Day Ever Needs To Be DIRECTLY Connected To:

- ✦ Your Dharma (values, passions, talents, skills, mission, vision etc)
- ✦ Your PLAN (eg. What you do in your day that directly moves you forward in your success)

1. According to the 80/20 Law, only 20% of what you do leads you to 80% of your success.

It's essential you keep checking that you are spending your time doing the 20% that MATTERS

MOST TO YOU! Avoid the trap of running around doing things that don't lead you to success.

What this means in real life is each day you choose to invest as much time, energy and money into thoughts, words and actions that bring you closer to what you truly desire. And you remove all the other things that are sabotaging you. It sounds simple. And it is. But putting it into practice at each moment is where the magic happens.

Are you willing to remove things that are NOT aligned with your vision and invest that time into what really matters?

How to Design Your Best Day Ever

Be honest, and answer these questions to discover your personal Best Day Ever: Some of these questions are similar to the previous ones. You can use those answers here. Now's the time to make this practical.

STEP 1 - What Brings You the Greatest Joy?

Write down the things that bring you the most joy (and are more connected to your Dharma) in the various categories of your life.

- ✦ People who uplift you
- ✦ Activities that inspire and elevate you
- ✦ Foods that nourish and make you feel good
- LONG TERM
- ✦ Things you do to relax and rejuvenate
- ✦ Work that's aligned with your dharma
- ✦ Anything else you love that makes your life wonderful and is aligned with your dharma

STEP 2 – Top 20% That's Working

Look at this list and pick the TOP 20% that brings you the greatest positive impact on your life with the LEAST effort. Find the VITAL FEW things that make your life truly remarkable.

STEP 3 - What's NOT working for you in your life?

Write down all the things that stress you out and drain your energy.

- ✦ People who drain you

- ✦ Activities that cause you stress and make you feel weak afterwards
- ✦ Foods that sabotage you
- ✦ Work that's NOT aligned with your dharma and feels wrong
- ✦ Anything else you do that makes your life miserable

STEP 4 – What is the TOP 20% that's NOT working?

Look at this list and pick the TOP 20% that brings you the greatest NEGATIVE impact on your life with the LEAST effort. Find the VITAL FEW things that make your life truly miserable that you can change.

STEP 5 - What's the 1% most significant triggers?

To have the best day ever is easy when you focus on the one main thing that makes the biggest positive difference - and avoid the one main thing that trips you up and puts you in a bad mood. This sounds simple, but once you do it you'll realize how profoundly powerful it is.

Find the positive triggers.

What is the ONE big thing that you commit to doing each day that will make you more likely to do the other things? What one thing will have the biggest positive impact on your day?

How we start our day affects the entire day. What can you do first thing in the morning to make your success inevitable?

Remove the potential sabotage.

What's the ONE big thing that can screw up your life?

What's the ONE thing to AVOID doing that could potentially screw up your day?

What's the top 1% essential things to have the best day ever?

Pick your one big thing to DO each day and one to AVOID.

STEP 6 – Create Your Best Day Ever

Now you know exactly what brings you the greatest joy (and what sabotages you), it's time to bring it to life and create a tangible, real, step-by-step daily practice. In this step you're going to

write out your Best Day Ever from the moment you wake up until you go to sleep at night.

This means you'll REMOVE the 20% that usually drains you - and replace it with the TOP 20% that brings you the greatest joy so you end up with a vastly improved way of living.

Example Usual Day (for someone who works):

- ✦ Get up at 6.30
- ✦ Have coffee
- ✦ Rush off to work
- ✦ Stress out in the traffic
- ✦ Get to work and complain about everyone being incompetent and annoying
- ✦ Rush to buy fast, convenient, unhealthy food at lunch
- ✦ Tolerate the rest of the day at work
- ✦ Deal with annoying traffic
- ✦ Come home and watch TV until late
- ✦ Eat a TV meal
- ✦ Go to sleep feeling depressed

Example Best Day Ever (for someone who works):

NOTE: the changes in this new day

- ✦ Get up at 5am brush teeth and freshen up to be ready early
- ✦ Meditate and do yoga for 30 mins
- ✦ Go for a walk watching the sunrise
- ✦ Have a smoothie
- ✦ Make healthy lunch for work
- ✦ Listen to awesome audios in the car on the way to work
- ✦ Smile at everyone and hold the vision they are all great souls - see the best in everyone
- ✦ Take a long lunch at the park
- ✦ Listen to audios on the way home
- ✦ Shower and go out for a quick walk
- ✦ Eat dinner with ____
- ✦ Work on book for 1-2 hours
- ✦ Meditate
- ✦ Go to bed early so I can get up early
- ✦ Give thanks for all the good in my life

As you create your own new, empowered lifestyle, aim to make it as close to your perfect day as you possibly can RIGHT NOW. For example, one client told me her perfect day included waking up early, going downstairs and seeing flowers on her table, and doing yoga.

She didn't realize how easily she could make that happen. I told her to go ahead and buy some flowers right now. Then in the morning, do her yoga. That's it! All of a sudden the quality of her life drastically improved with just those two simple upgrades and she felt like she was living in a new world. Simple, yet profoundly powerful.

It doesn't have to be complicated or difficult to feel good and have your life go well!

IMPORTANT NOTE: You may not be able to have your ultimate perfect day because you have a job or other responsibilities that make it hard to do everything you want. That's OK. Don't let it stop you from doing everything you can to shift things now.

The essential thing here is to:

1. REMOVE or reduce as many unnecessary things as you can (like social media, movies, pointless conversations, low-value work).
2. REPLACE them with the 20% that makes you feel awesome and directly moves you towards your vision and dreams.

Each day you CAN make a difference. Countless people have achieved great things while working full-time jobs. Ironically, having other responsibilities and less ‘free’ time forces you to make the most of those precious hours and moments you have left. If you have only a small amount of flexibility right now, then use every moment of it. As you do this, you’ll gain greater clarity, inspiration and power that will help you find ways to create better and better days.

Congratulations!

Each moment you invest in doing what’s good for your soul makes you stronger and creates a compound effect, like compound interest. Each moment you create an empowered moment, you

build greater positive momentum until it begins to create a life of its own.

Do you want to have the best day ever? It's in your hands now.

You can either start experiencing this, or not. It's up to you. And remember - each time you do what you love, it creates positive habits and helps you have the best day ever. So just by taking one step forward, it makes it easier and easier for you to take the next step, and the next, and the next until you're running... and after awhile you'll be flying towards your dreams!



Take Monica.

She was miserable. Stuck in a job that no longer served her. She got real with herself. In her own words:

"It was either death or change. The obvious answer was change."

So she changed. She quit the job. Moved home to her mom's peaceful sanctuary surrounded by nature. Started taking on fun jobs that were pure play for her. Started a YouTube channel sharing her thoughts and her story openly. Built a morning ritual practice. Created an altar in her bedroom for prayer.

The Best Day Ever exercise you just did? Monica did the same one. The difference is she actually built it into her life. So can you.

GOLDEN KEY 6

Do It Now and Do It 1000%

Now is the moment of power. This is it. All change starts here. All power belongs to those who are in the now and live from their hearts.

Let me tell you what 1000% actually looks like.

I quit the soul-crushing 9-5 and moved to Hawaii.

I had no plan. I had no job. I had no income. I had \$824 to my name and six weeks before I had to either find a way to make money or get on a plane back to a life I'd already buried.

I had one asset: a beautiful set of drums sitting in my parents' garage back in England.

I sold them. Used the money to buy my first marketing course. Spent the next three weeks studying it like my survival depended on it — because it did. Then I sent my first email launch to a tiny list I'd been building.

In three days, \$7,437 came in.

I'd love to tell you that's the end of the story but it's not. The lesson came after. I got cocky. Stopped listening. Stopped studying. Stopped following the system. Within a few months sales had plateaued and I was scrambling again. That's when I learned the real lesson this chapter is about: high vibe alone isn't enough. You need spiritual alignment AND practical systems. Either one without the other will fail you.

But the part you need to hear right now is the front half of that story.

I had \$824 and six weeks. I sold the only valuable thing I owned. I bet everything on the next step. I went 1000% with no backup plan and no Plan B to slow-walk back to.

Burn your boats. Then do the work.



Even while having a clear vision, with certainty and daily rituals, is super powerful, it does not guarantee success unless you do everything fully and from your heart. We need to feel meaning to be fully alive. Most people lead mediocre lives because they live in a constant state of distraction and interruption, their hearts are not in what they are doing. They are rarely focused on one thing with all their power, instead their energy is dissipated between bouts of multi-tasking and half-ass attention. Being fluffy and half-hearted does not get the magic results we deserve. It never works – it just leads to frustration, tiredness, stress and ultimately hopelessness. Leaders need to be

100% present, directing their full attention and power to the moment – giving their ALL at every moment, burning with Nizjay.

Whenever I chat with David Wolfe - Raw Food Guru and one of our Superhero Training Professors about this topic - he always mentions this famous quote from Og Mandino: “I will act now. I will act now. I will act now. Henceforth, I will repeat these words each hour, each day, everyday, until the words become as much a habit as my breathing, and the action which follows becomes as instinctive as the blinking of my eyelids. With these words I can condition my mind to perform every action necessary for my success. I will act now. I will repeat these words again and again and again. I will walk where failures fear to walk. I will work when failures seek rest. I will act now for now is all I have. Tomorrow is the day reserved for the labour of the lazy. I am not lazy. Tomorrow is the day when the failure will succeed. I am not a failure. I will act now. Success will not wait. If I delay, success will become wed to another and lost to me forever. This is the time. This is the place. I am the person.”

This burning power to act on inspiration is the hallmark of a superhero. If you are serious about your mission, read this quote often and repeat it in your mind. Now is the moment of power. We may not do everything perfectly, but “we have to do the best we can. This is our sacred human responsibility.” – Albert Einstein. These sentiments are echoed from ancient times until now. In the words of Leonardo da Vinci, “I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.”

How to Be Fully Focused and Live From Your Heart

- ✦ Once you know what to do – think no longer - Do it now and do it with the full force of your soul.
- ✦ Make a decision. Either do it with 100% commitment - or don't do it at all. Jump in with both feet and keep moving forward.
- ✦ Cancel all ‘I have to’s’ and ‘shoulds’ that are not your highest calling. Say ‘I choose to...’ What’s your deep motivation for doing this?

- ✦ Tell people how you REALLY feel and what you really want (stop playing the game of people-pleasing and focus on being real and doing what you are here to do)
- ✦ STOP MULTI-TASKING. Focus = Follow One Course Until Success.

GOLDEN KEY 7

How to Transition From Where You Are to Where You Want to Be (Without Screwing Up Your Life and Alienating Your Friends and Family)

How to Transition from Where You Are to Where You Want to Be (without screwing up your life and alienating your friends and family)

I've noticed that when people change, it typically creates a lot of upset.

When you change your life and act differently, the way people used to treat you, and in some cases, manipulate you, no longer works - and this causes all kinds of drama. Most people are deeply uncomfortable with change. Change is threatening. Change shakes things up. But without change, we're stuck in a downward spiral that ultimately leads to depression and misery.

I owe it to you to share a sobering note of caution as you move away from the old ways of being and into your new life. It's important that you move into your new life with as much ease and grace as possible. Some people get the "wake up call" and decide to leave their family, job and old life behind, abandoning all responsibilities and consequences. This can cause long-lasting damage to your relationships with your family and friends that can take YEARS to rectify. I have seen it happen again and again. This is not the way to go. Instead of running away from your life into the enchanted forest in search of truth, I encourage you to stay in your life with your family and make changes on the inside that gradually become outer changes. The real enchanted forest of truth is

inside. The deepest changes happen within and once those changes occur, the outer world naturally gives way to the new you. As you begin making changes, I suggest you avoid preaching to and judging your friends and family for being where they are. It's wise and loving to accept them as they are and, in fact, love them MORE. As you change people will be upset, but you can lessen the drama with love and compassion. Instead of trying to change others, love them. Lead by example, speak less, speak softly and sweetly with love.

What to Do If You Have a 9-5 Job

We all start our journey from where we are. If your journey begins in the middle of a life fraught with obligations and responsibilities, don't worry or be frustrated. First focus on the 80/20 principle and do all the MOST ESSENTIAL things as effectively as possible so your life is sustained. Then outsource or reduce/remove as much of the non-essential activities and duties as you can. This will create up to 80% more time. Use this time you have freed up to FOCUS on clarifying your dharma,

engaging with your tribe and moving forward on your mission. Do not waste even a second.

Every single day you can move forward on your new life with new rituals until you are 100% aligned with your new lifestyle and way of being. For some this will happen in weeks, for others months and for others it may take years before everything in their life is aligned. However, fully accept your life is exactly where it needs to be NOW and continue to focus on keeping your consciousness high and intent on the mission. I guarantee miraculous things will happen through these methods.

You will encounter some noticeable changes that impact your relationship with your family and friends.

How to Deal With Your Thoughts

People often ask me what to do with unwanted thoughts. We have about 30,000 thoughts a day, and 95% of them are the same ones we had yesterday. No wonder it can seem hard to change our lives.

Here's the trick. You can't stop the first thought from coming — most thoughts arise out of habit, unconscious, automatic. But when a thought arises, it IS your responsibility to redirect your energy and not get caught up in the spin. You can't stop the first thought. You can stop the second, third, and hundredth.

Simply notice the thought, and decide whether to follow it or focus your attention somewhere else. If a thought isn't bringing you joy, ask: What do I *actually want to experience?* What's a *better thought?* What do I *want to focus on?* Give your energy to the new thought, and the old train passes by.

Know in advance what thoughts you DO want to think, and think them consciously and repeatedly. One of my personal favorite mantras: “*I am an embodiment of bliss.*” Repeat powerful thoughts. You're in charge of where your energy goes. It takes practice — but you can master this.

What Will Happen If You Do This?

You're standing in front of an open doorway to another world. If you study and follow these

golden keys and break the myths that bind us, you will truly have an extraordinary life that brings tremendous fulfillment, happiness, contentment, peace, pleasure and abundance. “Doing what you love is the cornerstone of having abundance in your life.” – Wayne Dyer Life will be easier and you will feel like you are going with the flow rather than against it. You will get out of bed in the morning with joy knowing you are living in integrity with yourself. You will be free of that niggling, gnawing and nauseating feeling deep in your heart that something is wrong, and you want to evaporate...You will be living your dreams, not dreaming about the life you wish you were living.

You will feel hugely liberated by cutting all the poison vines of excuses trapping you and finally be able to live the life your were born to live.

You will create a tribe who loves you dearly and looks to you for guidance and have the opportunity to bring joy to the lives of others.

Your very presence in the world will inspire others and all your own desires will automatically be fulfilled through your soulful service. You will live

a full life and die with a big smile knowing your life was worthwhile and many souls will be happy you lived.

Each day will be an adventure, no matter what challenges may come your way.



**WHAT THIS LOOKS LIKE IN REAL LIFE —
MICHAEL'S STORY**

Take Michael Kiernan.

When he started his journey, by his own description he was “a depressed, angry, broke and old man.”

By the time he finished the program he was — again, his words — “a peaceful, happy, prospective and very young looking 50 year old.”

In his own description of what happened:

“It’s quite indescribable. I went from a depressed, angry, broke and old Man to a peaceful, happy, prospective and very young looking 50 year old. I have so many avenues yet to travel. It’s like the beginning for me and not enough time to do it all. I learned to be more assertive and meaningful to everyone I meet. I learned not to rush anymore and just be present and just be peaceful. I learned that everything is possible and attainable when in a state of peace and gratitude. Most importantly I learned to be my own coach.”

That’s the transformation available on the other side of this work. Not a small adjustment. Not a slightly better version of the life you’re already in. A complete re-becoming.

It’s not just possible. It’s already happened — to hundreds of people who picked up a book like this one, recognized themselves, and chose differently.

You can be next.



I'm so excited for you. The world needs you. Start small. Start where you are and begin the next phase of your amazing journey through life.

Sending you so much love and appreciation for showing up at this time. I wish you all the best on your journey.

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Final Thoughts to Stay on Your Mission and Lead a Tribe

You've read a lot.

By now you should know why the world needs you and how you can make a difference. But here's the big question:

What are you going to take away from this book?

How are you going to bring your ideas to life?

Knowledge is power, yet it takes application to fully unlock that power.

Here's some final blessings to support you unlocking that power and making things happen:

Re-read this book. Feel into the action points that touch you most. Note them. Commit to doing them. Ask yourself: "Where and when will I apply this?" Put it in your calendar and make it non-negotiable.

Talk to a trusted friend or group. Discuss how this book has impacted you. Create a support system of like-minded people committed to healing each other, making these changes, leading through example. Connect with them weekly. The group mastermind aligns you with a power beyond what exists alone.

Wake up early and start your best day ever. As soon as you wake up, tune into who you really are. Set the day. Then move.

Focus on your mission. Even if you're busy, you can still take time to focus on your vision and purpose. Keep your energy on the 20% of actions that are directly moving you toward your goals.

Give your best ideas away for free. Share your best ideas and most effective principles with everyone who'll benefit. Create a culture of open sharing. The more you help others, the faster you'll see change happening. Don't hold back. Giving is receiving.

Every YES is a NO. Every NO is a YES. Say "no" to the distractions in your life. There are endless ones. Every "no" to a distraction is a "yes" to your dreams. Become expert at saying yes to the few things that matter most, and no to everything else. Miracles happen.

Find your people. *"You are the average of the five people you spend the most time with."* — Jim Rohn. Connect with those who are 1000% passionate about their mission. Good company is perhaps the single most powerful factor in your life. Surround yourself with as many positive influences as you can and you'll naturally be lifted up to a higher level. Who can you connect with that will lift you up?

Use your strengths. The more you invest your energy into the handful of things that have the

most impact with the least effort, the faster you'll move forward. No one is excellent at everything. Exclusively do what you're best at and most effective at — and let someone else do the other stuff. This is very important.

Be remarkable. Create. Have fun. Play. Do something new and different. Allow your creativity to shine. Try things. Do something unique. Let yourself dream and be open to things outside the box. Enjoy fearless creativity.

Keep learning and evolving. Life is an ongoing adventure. All great teachers are also continual students. Keep filling yourself with inspiring ideas and positive influences.

Have compassion for yourself. Each day, give yourself some love. You've gone through a lot to get where you are. Even though you're not where you may want to be, you ARE where you're meant to be right now. Tell yourself: "I'm doing great. I'm ok. I'm moving forward. I'm loved and happy to be alive."

Speak with yourself the way you'd love to be spoken to. You're going to be with yourself for

eternity. You are your own closest friend. Share that level of love and blessings with yourself. All change begins with you.

Smile on yourself and smile on your life.

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A Few Honest Questions

As you've read this book, a couple of honest doubts may have surfaced. They come up for almost everyone. Here they are, and here's my honest answer to each.

“The world needs me? Honestly, that’s hard to believe — especially with everything going on.”

I understand. When the world feels heavy, and your own life feels hard, the idea that the world

needs you can sound almost impossible. So let me be practical about it.

You don't need a stage, a platform, or perfect conditions to make a difference. In an ordinary week, there is a lot you can do. You can share your gifts. Start something. Teach what you know. Show up for the people around you.

And even when life is hard, even when things around you feel chaotic or uncertain, you are never powerless. You can still send love and blessings through your own energy and vibration, and that reaches further than you think. You can still help your family. You can still help your neighbors. You can still connect with people online and be a light for someone who needs one. You can still be kind. You can still be steady. You can still be the calm in someone else's storm.

Different seasons call for different things. Some seasons are for building something big. Some are for holding steady and helping the person right in front of you. Both matter. Both are the world needing you.

The world doesn't need you to fix everything. It needs you to do something, from the heart, wherever you are.

“You keep saying ‘leader.’ But I don’t see myself as one.”

Then let me tell you what I actually mean by that word. It's probably not what you're picturing.

A leader, here, is not a person on a stage with a microphone and a crowd. It is not a title. It is not about being loud, or being in charge, or being the center of attention.

Being a leader simply means this: you take responsibility. You stop waiting around for someone else to fix things. You decide to do something. You hold a vision of how life could be better, and you move toward it. You serve.

That's it. If you do those things, you are already a leader, in your own quiet way. Some of the most powerful leaders I know are gentle, soft-spoken people who would never use the word about themselves. They simply care, take responsibility, and act.

There is a kind of leadership that doesn't need a spotlight. Softly powerful. Steady. Of service. That is the kind the world needs most right now, and it is completely available to you.

You don't have to become someone louder to lead. You just have to become more *you*.

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Let's Talk — Book a Sacred Session With Us

Let me be straight with you.

The reason you'd want to get on a Sacred Session with us is because, frankly, you need it.

If you've read this far, you know the world needs you. You feel the call. You know there's something you're here to share — and a part of you is starting to wonder what it would actually take to share it.

That's what a Sacred Session is for.

If you want to know how to be of real service in this lifetime — as a spiritual teacher, as a coach, as someone who guides others through what you’ve walked through yourself — and if you want the help, the skills, the support, the tools, the methods, the proven systems, the technology, and everything you actually need to share your gifts easily and confidently in the real world, then let us know.

We’d be happy to sit with you. Hear where you are right now. Hear what’s been getting in the way. Hear what you’re really being called to do. And come up with a plan for you — a real plan, specific to your life — that can actually help you move forward.

“Sometimes you just need to connect with someone who ‘gets’ you.”

— MICHAEL MACKINTOSH

In your complimentary session you'll get:

- 1.** An opportunity to share what's really going on in your life with someone who can hold space and really listen — so you feel seen and heard.
- 2.** Compassion, understanding and non-judgment. Sometimes just sharing helps release the weight and lighten the load.
- 3.** Specialized, personal support and guidance on the next steps you can take to overcome challenges and move into a higher level of success.

It's a conversation, not a sales pitch. If we're a fit, you'll feel it. If we're not, no hard feelings. Either way, you'll leave the call clearer than you came.

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About the Author

MICHAEL MACKINTOSH is a best-selling author, spiritual teacher, meditation expert, and the founder of Awakened Academy and OmBar Chocolate Company.

Michael has been on the path for 22+ years, with 28+ years of meditation practice rooted in the Brahma Kumaris tradition. Through his programs, over 1,000 people have been certified to share these methods with others. His daily meditations on Insight Timer have generated **85,000+ five-star reviews** from listeners around

the world, and he hosts the Your Wish Fulfilled podcast.

Michael is the #1 Amazon best-selling author of *The Path To Freedom*, *The Dharma Keys: 108 Ways to Awaken Your Path With a Heart*, *Do Nothing, Achieve Everything*, *Overcoming Ego & Connecting to Your True Self*, *Get It Done*, *You Are Not A Person*, *How to Connect with God's Love*, and *Let Go & Awaken*, among others.

Michael divides his time between Sedona, Arizona and Kauai, Hawaii. He loves inspiring spiritual entrepreneurs to simplify their life, get on their mission and create real wealth.

Learn more at awakenedacademy.com.



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More Free Resources to Support Your Mission

Three free trainings to keep moving you forward, depending on what you need most right now.

Discover Your Dharma — And Success Will Follow You

Why are you here? What's your true path? If you're ready to embrace your true life purpose, you'll love this free video training.

Get it here: awakenedacademy.com/dharma



Turn Your Talents Into a Business (and Change the World)

Discover how to do what you love and get paid for it — even if you're just getting started. In this free video series you'll learn how to turn your ideas and knowledge into income, activate your creativity, and start an online (or offline) business with ease, grace and joy.

Get the free training here:
awakenedacademy.com/ep



The Introvert's Guide to Fulfillment, Happiness and Success

Are you an empathic, introverted soul? Do you feel overwhelmed, anxious and drained with too many people and too much going on? Do you need plenty of time to yourself to relax and just be?

If you said yes, this free course is for you. I created it because I'm an introvert myself. You'll get the hard-earned secrets to overcome anxiety, overwhelm, and feeling too sensitive — so you can uncover your own unique way of being in the world and create a lifestyle that works for you.

Get your free course here:

awakenedacademy.com/introvert



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Stay Connected

Thank you so much for reading this book. I'm excited for you to share your gifts and make the world a better place to be.

If you have any questions, write to me:
support@awakenedacademy.com

If you loved this book or found it useful, I'd be super grateful if you'd leave a short review on Amazon. It touches my heart to hear from readers — I read all the reviews personally. Your support really does make a difference.

Leave a review here: [amazon.com/Why-World-Needs-YOU](https://www.amazon.com/Why-World-Needs-YOU)



I'm wishing you long-lasting health, wealth,
happiness and success.

May you fulfill your highest potential in this life.

Much love and blessings.

Here's to you.

Go create something amazing.

— Michael