



WHY THE WORLD NEEDS YOU

GET ON YOUR MISSION WHILE YOU STILL CAN...

Why The World Needs YOU

The Call Of The Times

**A little book to inspire you to get on
your mission while you still can...**

By Michael Mackintosh

Awakenedacademy.com

Copyright ©2016 Michael Mackintosh. All Rights Reserved.

“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

If you’d love to discover your true life’s purpose - get access to the

“Discover Your Dharma” free training series here:

realizeyourdharma.com

For Jenny

The world needs you to come alive.

You have lives to save.

It's destined.

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 New Paradigm (and learn 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 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.

Why I Wrote This Book

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 19+ 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 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 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 make a 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

WHY THE WORLD NEEDS YOU

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?

* * *

THE IMMENSE POWER OF THE TIMES

These are intense times to be alive. The winds of change are upon us. These are no ordinary days we are experiencing. Nothing stands still for even a moment. Almost every kind of tradition, system, organization and idea that's held strong for generations is shaking to the core. On one side, a whole old-world system is slowly collapsing and yet, from the cinders of this burnt, decayed tree on the verge of total collapse, emerges the sapling of the new world: "The New Earth".

Whatever your beliefs about the future, it's hard for anyone to deny we're standing on the verge of an enormous change; an unprecedented time for humanity. The world is trembling. The waves ripple through us all. Rumbling inside of us, the greatest earthquake the world has ever known, seeding a new way of living in the depths of our souls.

As we move into the 21st Century, we can no longer rely on things staying as they used to be.

We're now living in a new era, a time of immense, relentless transformation and 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, either consciously or unconsciously, and the heat is on. Take a good look around you, a deep look beyond the superficial facade. Look deeply into people's eyes. Feel your feelings fully. From all sides the old systems of government, business, and social structure are crumbling, as we simultaneously experience the dysfunctional inner patterns within us arising, then sinking and slipping away because they no longer serve us.

We're living in a time where the dysfunctional things that used to work no longer have any value and we simply can't keep doing the same things anymore. Life is becoming more challenging. We have no hope of returning to the comfortable past when it seemed we could get away with being unconscious and asleep, hiding behind our creature comforts and playing small. This is the end game and I know you can feel it.

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

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" – or 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, most importantly, right now it's up to US to bring on this new world through our own personal transformations – as Mahatma Gandhi demonstrated to us, "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 wonderful re-creation and 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, a mindless cog in a wheel someone else created, doing something we hate, for a system that no longer has any meaning.

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?

What Holds us Back?

One of the biggest reasons some people choose to play small and remain passive about transformation is because they believe disempowering myths that block them from even attempting to change their lives or changing the world. If we don't even think about trying something, what will happen? Nothing. We'll stay trapped inside an invisible jail, created by false beliefs we've not 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. These myths make us believe that 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?" But 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.

It's time to break the chains that bind us, break down the walls of lies that have trapped us in an invisible jail.

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 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 of 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 what 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, its that we don't want do it. It's not that we can't do it, its 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 extraverted 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 deep appreciation for my time and floating out of the class on cloud 9. It was a deeply rewarding experience and I came to look forward to the classes instead of fearing them. Over time I

realized that 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 (and even more so on Facebook) but internally they are 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, my own needs have been far exceeded to the point that I'm amazed at what's happened in my life.

Over the last 18 years I've lived in the most beautiful places on the planet, travelled the world, experienced countless profound spiritual experiences, created multiple companies that have gone on to make millions of dollars in sales - helping people all over the world. I've found

an amazing life-partner who I love, and I have the freedom to do what I want every day - which is to serve others using my unique gifts. I'm blessed beyond belief. And none of this would have ever happened if I'd say 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 medical 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 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 you 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 an closer account to 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 or 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 was about 1 billion, amounting to approx. 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.

In 2000 the population was about 7.2 billion which works out to about **one hundred seventy-two billion eight hundred million hours of human experience per day.**

That's one hundred thirty-four billion four hundred million more hours of stories and experiences per day!

So what is 30 minutes of ruthless editing of the events of the day actually showing us when compared with over 172 billion hours of real-life stories? 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 effects 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 their's. 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 cast 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 cast. 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.

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

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. Or

they are waiting for the now legendary 21/12/2012 to arrive—or for some galactic alignment 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.

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, right here. Today. No questions. No excuses. NOW. Literally RIGHT NOW as you read these words.

NOW.

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.

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.

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 Raven 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 Raven'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 have 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.

Signs of Living in The New Paradigm

Soul conscious: We identify with our eternal nature when we speak of ourselves: "I am a spiritual being. I am a guest in this world. My home is a world beyond. My natural state is peace, love, bliss, power, and purity. I am immortal, lovable, wonderful, light and easy. Life is sweet and I am eternally safe. Everyone is family. I am pleasantly amused and entertained by this wonderful play I am in and life is fun."

Everything belongs to you: In the new paradigm we know we are living in our own world and there is never even the thought of complaining or blaming others for anything. "It's my world and I love my world," will emerge from our heart. We act as if we are a benevolent trustee of everything and either solve a challenge when it can be solved, or let it be when it cannot. We do not sit on the side lines and blame, not even for a second.

Living our dharma: Living our dharma means we have a clear purpose and mission. Our purpose is divinely ordained. It is bigger than us and is our life's work. From this place, there is no distinction between work and play. Everything is equal. Our work is our play, our play our work. No matter whether we are on a beach at sunset embracing the glistening ocean or sending an email—it's all the same thing feeling. We

love what we do and do what we love. We have no obligations—ever. We either do it with love—or we don't do it at all. Life is seamless and beautiful.

Pure vision & lifestyle: Life is beautiful. We no longer need the intense stimulation we used to need. We feel contented and happy with ourselves and enjoy the simple things in life. Our diet is pure, mind is clear, and heart is clean and full of love. We look on others as spiritual beings of the same eternal family. We feel love and benevolence to all. We are free of lust, anger, ego, greed, and attachment. We are in the world, but not of it. People love us. We love them. Life is sweet.

The Transition Or Confluence 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 5 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 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 through 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.

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 Thrumman

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

"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 & 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 Nizjaj?

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” Creating Winning Situations

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

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 enough, you'll discover that many ideas and projects to 'change the world' are really self-centred desires in disguise, created by wolves in sheep's clothing. They masquerade as wonderful initiatives

to change the world, when in truth, they are selfish (or even insane) ideas; massively weighted towards benefitting a select few, while harming the many. If you study history, you'll find endless initiatives to 'make the world a better place' that ended up causing tremendous harm. For example, in 1938, Adolf Hitler was on the cover of Time magazine as *Man of the Year*. But, by 1945 almost 6 million Jewish people had been killed in death camps, and the world was experiencing one of the most brutal wars to date.

Look deeply and you'll see selfish, short-term projects everywhere. It's not always immediately obvious, but scratch the surface and you'll find another story. However, as with all things in life, it's only a matter of time before the truth is revealed. After awhile these shadow projects tend to backfire and fall apart, riddled with scandal, corruption and bankruptcy.

We need to learn the lesson here.

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 automatically give birth to animosity, competition, resentment and a lack of future cooperation.

Win/lose situations end up turning into lose/lose over time, where everyone suffers. When people are burned by an idea or project, they tend to shut down and avoid future opportunities.

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 had been out for themselves at the expense of others, including those from future generations, and now we're facing the consequences of this in the form of unstoppable debt, environmental crisis, ongoing wars, terrorism, severe addictions and 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.

New Paradigm Leaders Realize that all Lasting Success Comes from Cooperation, Not Competition.

New paradigm leaders think differently. They look beyond just their own needs into the larger picture and ask: "How can I truly serve the world while also benefitting myself? How can I create win/win situations?"

As a leader, you need to create mutually beneficial situations. This is possible only when you zoom out, take in the bigger picture and look for the long-term consequences of your ideas while making sure that your plans will lead to the highest good for all.

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

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

On the surface this may seem like a fairly straightforward question, but it's imbedded with deep and profound implications.

This deeply revealing question is made of two extremely powerful, distinct parts that smash all selfishness and limited thinking and awaken compassion and wisdom within us.

So what does it really mean? What are the implications of this?

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

Both of the aspects of this question need to be fully understood:

1. What is the highest good for all?
2. Am I surrendered to that?

What is the highest good for all?

To create win/win situation we first of all need to understand what the highest good actually is. What is the highest good? What is the highest good for everyone? Just the act of considering the possibility that there even is a 'highest good' or greatest good, expands us into a far greater frame of awareness. This question enlightens us and pulls us up and beyond our limited mind into a new perspective of life and how we're connected to everything around us.

When we consider the highest good, we open our eyes to see all sides of a situation. We get a 360 degree vision. We get out of our limited, blinkered point of view and begin to empathize with others. We break free from the invisible chains of 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 awakening to what's really going on and 'how can I be of service to as many as possible'?

We see the world as an interconnected whole.

We go beyond the win/lose consciousness into win/win awareness.

How can I make this work for as many souls as possible? How can this project/idea be aligned with the highest good for all?

Our attention moves away from competition into cooperation.

How can you create as many wins as possible?

Instead of I win/you lose, we now think - I win/you win/they win/the planet wins/others win

We try and create as many wins as we can - win/win/win/win/win/win.

This is a beautiful exercise in love. Just thinking about how your ideas can benefit more people is, in itself an invaluable experience. It makes us more loving, more forgiving, more compassionate. It brings us into a place inside our hearts and minds where we can see the world as an interconnected whole, where we perceive the subtle connections between our selves, our families, cultures, countries and the planet. Just asking these questions gives us a sense of what it's like being an astronaut looking down on our beautiful planet from space. One planet, one family. Everything is connected. There are no countries or borders or national interests. There is just us. We're all in it together. We all belong to each other. Our hearts are open.

Am I surrendered?

I am surrendered to the highest good for all. The other aspect of this statement is being surrendered. This is a deep gesture of the heart to align with what is true, no matter what. When we're surrendered, we're willing to put aside our preconceptions, our forceful ways and be an instrument for something higher than our own egos. We're committed to serving the greatest good instead of just charging on with yet another crazy mission for personal gain. Being surrendered to the highest good requires great humility. It takes a great soul to be humble and go beyond

their automatic drives to power and pleasure and instead be an instrument for the greater good.

When we're surrendered, we're gentle, yet powerful. We've gone beyond the fickle personal will, the scheming, craving manipulative part of us that secretly wants the last piece of cake, or the best seat, or whatever it is, and summoned up a vast power known as Divine Will. Divine Will is an energy field that's aligned with Divinity. It's not interested in limited personal gain. It's charged with power and capable of amazing things. When we simply begin to open our hearts and minds to being surrendered to the highest good for all, we summon Divine Will automatically.

This statement is an invocation to experience a paradigm shift. It opens the door to a completely new way of seeing and living. It brings our ideas and projects up to a new level, where we look down from above and wonder 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 FOR ALL IN DAILY LIFE

Being surrendered to the highest good for all doesn't mean you have to create a global project that effects all souls on the planet! The size of the project doesn't change the spirit of the work. The main thing is to expand your horizons and look beyond just you and your idea and consider how this could serve more people (yourself included) in a bigger way, without extra work.

In many cases, we can do the same amount of work, in about the same amount of time, and yet create better results. Take time to reflect on this and allow your genius mind to give you the answers and insights you need.

Here's how to do it:

1. REAFFIRM YOUR INTENTION

Before you dive into a project, reaffirm your intention by saying:
"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

Take time to brainstorm how you can create better results for everyone and truly apply this in your life and work. Ideally, brainstorm the plan with other people who are involved in the plan so they feel included in what's happening. There's a great expression I heard once about the

power of involving your team in planning: If they plan the fight, they won't fight the plan.

It's so true. One of the initial win/win situations is simply making sure your team (or people you're working with) are all on the same page and feel heard and appreciated. Even before you do anything, if you have buy-in from those working on the project, everyone is happier and the project is far more likely to be a success. If not, then no matter how great your ideas are - if your team is resentful and feels they are losing by doing it - then, in a sense, you've lost the game before you've even begun.

Powerful Questions to Create Win/Win/Win Situations

How can we make this _____ (project/situation/idea) 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?

Keep asking the questions until you create a more effective, more compassionate outcome.

If the ideas don't reveal themselves to you instantly, don't worry. Just take some space. Get away. Leave your subconscious mind to work away in the background as you focus on other things. The more you keep

asking the questions in a relaxed state, the more your subconscious mind goes to work to deliver the answer. But it's important you don't force it. Keep relaxing and allowing. Ask yourself: "Am I willing to find win/win situations? Am I really surrendered to the highest good for all? Am I willing to receive the answers and plans I need to make this happen?" Just relax.... And then SUDDENLY, when you least expect it, the ideas and answers will come thick and fast, flooding your mind with insight and details. Then be prepared to capture this flood of ideas. Write it all down or leave yourself a voice memo. Be ready for when that happens.

3. GET ON WITH IT!

Once you've discovered an upgraded, win/win/win situation you can go to work making it happen, if it's truly win/win.

STRANGE ANOMALIES

Interestingly enough, not everyone wants to create win/win/win situations.

Some people have zero interest in understanding anyone else's point of view. And even some only want to hurt other people. If you find yourself in a situation where the other parties are simply not interested, no matter what you do, then it's best to walk away. In life and work, it's always

better to be able to leave the negotiating table than end up with harmful compromises. I love Stephen Covey's perspective:

"It's either WIN/WIN or NO DEAL."

In other words, unless you can create a truly beneficial situation that serves as many people as possible, then you walk. You leave it alone and find another way. Or create another project. Or stop working with someone who isn't on the same page.

The Highest Good isn't always what FEELS good.

This is a big one. Many people assume that whatever is the highest good is also the thing that will give us the most pleasure. But 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 on the basis of them being different. Most people don't like change. We are comfortable with what we know and don't want the hassle of learning new things and changing what we're used to. As this is the case, regardless of how wonderful your project or beneficial your upgrade will be for the most people, there will inevitably be some unhappy people, no matter what you say or do to help them embrace the benefits. Even if you listen to their ideas and get useful feedback, someone will still be unhappy for purely selfish or obscure reasons that have nothing to do with you. As things change, it brings up emotions like fear, insecurity, hopelessness,

grief over loss of the old, etc. During the moment when people feel distressed and confused, they 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. The long road brings benefits. Being surrendered to the highest good for all allows you to weather the storms of change and see your ideas through to their successful completion.

What we need to remember is being surrendered to the highest good for all requires thinking about the big picture, for the long term, and looking beyond the limited attachments we have to our comfort zone. Here is an example to paint a practical picture of this concept:

If you want to build a new home on the site of a dilapidated, burned-out, shell of a house, you first need to knock it down. But leveling a house is nasty, dirty, dusty, loud and unpleasant business. It's hard, tough work. And that's only part of the project. You then need to dig deep foundations and fill them with cement - which again is not much fun and a lot of work and doesn't look like much is happening. After that the building begins, and while we can begin to feel progress at this stage, it still brings more noise, more dust, dirt and smells. And it can go on for months and years - all the while, there is really no comfort or peace in the work.

The whole process, right up to the time of moving in is, frankly, a bit of a nightmare. The building process is completely different from the experience of living in a home; that end result that can bring peace, joy, happiness, comfort. And yet, without all that noise, the endless banging and breaking and shifting things around, you wouldn't be able to relax and enjoy the space.

In in some situations, being surrendered to the highest good for all is easy and doesn't require a huge internal or external shift.

In other cases, being surrendered to the highest good means being willing to knock down a house and start over, and be willing to deal with the chaos in the middle.

It's an mystery unfolding.

It's your mystery.

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 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 effect us. In reality, unless ywe 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 last 20 years of coaching and mentoring thousands of people, I've discover 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)

2. 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're 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 profanely 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 effects 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.

This 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!

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.

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)**

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 lesson 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

Something I am repeatedly asked is what to do with unwanted and “negative” thoughts? We have between 30,000 to 60,000 thoughts per day. 95% of these thoughts are the same thoughts we had yesterday! And most of these 30,000-60,000 thoughts are mundane or negative. (So it’s no wonder it can seem hard to change our lives if we’re thinking the same things every day!)

If you want to create a better life, it's essential you turn these crazy thoughts around so you can feel more joy and freedom and stop the waste in your head.

How to do it?

The first thing to realize is you can't stop the first thought from coming. Most thoughts emerge out of habit without us doing anything. They are unconscious. They just appear and there is nothing you can do to stop it.

However, when these thoughts arise it IS your responsibility to re-direct your energy and not get caught up in a spin. The big realization is we don't need to continue to think negative thoughts. We can't stop the first thought from coming but we can stop the seconds, third and 100th thought from spinning out of control.

Simply notice your thoughts, and decide if you want to continue that thought, or focus your attention on something else. If you're having thoughts that are not bringing you joy, then ask yourself: What you DO I want to experience? What is a better thought? What do I want to focus on? Start giving your energy to that new thought and the old train of negative thoughts will pass by.

Know in ADVANCE what thought you do want to think and think those thoughts consciously and repeatedly, so when other thoughts do arise you know where to direct your energy. Realize that YOU are in charge of where you direct your energy and it simply takes practice. Keep doing it and you will master this essential art of thinking.

You can also think mantras in your mind. For example. "I am an embodiment of bliss' is one of my personal favorites. Think powerful thoughts, that bring you joy over and over and over and over again.

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.

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.

Call To Evolution

FINAL THOUGHTS TO STAY ON YOUR MISSION & 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 and feel into the action points that touch and inspire you most. Make a note of what the action steps are and commit to DOING THAT. Ask yourself, "Where and when will I apply these actions?" Put it in your calendar and make it non-negotiable! (and do it!)

Talk to a trusted friend (or group) about this book. Discuss how it has impacted you and create a support system of like-minded people

who are committed to healing each other, making these changes and leading through example. Connect with them weekly to support your ideas and really make things happen. The group mastermind aligns you with a power beyond what exists alone. This group energy will make your life infinitely richer and easier.

Wake up early each day and start your best day ever. You now know what you can do to create a significantly more inspired life. As soon as you wake up tune into who you really are and how you can remain empowered and inspired in your day. Do this every day and keep smiling!

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

GIVE Best ideas for FREE. Share ALL your best ideas and most effective principles for free to all who will benefit. Create a culture of open sharing and giving. The more you help others, the faster you'll see positive change happening. Don't hold back. Giving is receiving. Giving is your ticket to success.

Use your strengths (focus on what you are here to do – nothing else). The more you invest your energy into the handful of things that have the most impact with least effort, the faster you'll move forward. No one is excellent at everything. Exclusively do what you are best at (and is most effective) and let someone else do the other stuff. This is very important.

Every YES is a NO. Every NO is a YES. Be careful. Focus. Every YES is a NO. Say "NO" to all the distractions in your life. There are endless distractions. Each time you say "NO" to a distraction you say "YES" to your dreams. You open the door to your destiny. What are you saying "YES" to? What are you saying "NO" to? Become expert at saying "YES" to the few things that matter most and "NO" to everything else, and you'll witness miracles happen in your life.

Mastermind Groups. *"You are the average of the five people you spend the most time with."* – Jim Rohn. If you want to break into a new level of being, glean the support and genius of others. Find ways to connect exclusively with those who are 10000% passionate about their mission. Continue to focus your time and energy on the 20% people who are most active, excited and willing to excite and motivate others. 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

and automatically be lifted up to a higher level through osmosis. Who can you connect with that will lift you up to a higher level of being?

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 to come to you. 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. Check out all the resources on the next page to continue moving forward with ease and joy.

Have Compassion for Yourself. Each day, give yourself some love. You've gone through a lot to get where you are. Even though you are not where you may want to be, you ARE where you're meant to be right now. Share love and compassion with yourself. 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.

All About YOU - Personal Support

Experience A Complimentary Session With Our Awakened Coaches To Enjoy More Freedom, Creativity & Wealth

"Sometimes you just need to connect with someone who 'gets' you."

- Michael Mackintosh

These are intense times and it's not always easy to know what to do next. That's why talking to someone who 'gets' you can really make a whole world of difference.

You are a unique being in all the universe. Your dreams and challenges are unlike anyone else's because you are a unique soul, with unique gifts and abilities. That's why we don't think there is a 'one size fits all' approach to success in life. There is simply not one diet to suit everyone. Unlike most business and personal growth companies, we don't believe there is one same path for everyone.

We are the only place that recognizes that your needs are unique and you need custom support on your journey that will work for YOU based on who you are and where you're at. You have something amazing to share. We're here to help make it happen.

Would you love to connect with someone who understands?

We offer complimentary coaching sessions to support your unique path.

In your complimentary transformation session with our Awakened Coach you will 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 some of the next steps you can take to overcome challenges and move into a higher level of success

Find out more here: <http://www.meetme.so/awakenedacademy>

Connect With Michael

Thank you so much for taking the time to read 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 of any kind, feel free to contact me at support@awakenedacademy.com

You can follow me on Facebook: <http://bit.ly/wtwndfb>

You can check out my blog for the latest updates here: <http://awakenedacademy.com/blog/>

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!

Michael Mackintosh

Other Books By Michael Mackintosh

To find other books go to:

<https://michaelmackintosh.com/read-books/>

About the Author



MICHAEL MACKINTOSH is the #1 Amazon best-selling author of *The Path To Freedom & The Dharma Keys*, among others. He is a spiritual teacher, multi-passionate entrepreneur and mentor. He lives in Kauai, Hawaii and Sedona, Arizona with his beautiful partner, Arielle.

Michael loves inspiring spiritual entrepreneurs to simplify their life, get on their mission and create real wealth.

Learn more at: [Amazon.com/author/michaelmackintosh](https://www.amazon.com/author/michaelmackintosh)

One Last Thing...

If you loved this book or found it useful, I'd be super grateful if you'd post a short review on Amazon. It touches my heart to hear from you. I read all the reviews personally so I can get feedback and make this book even better. Your support really does make a difference.

If you'd like to leave a review, then just click the review link on this book's page on Amazon here: <http://bit.ly/whytheworld>

Thank you!

You're awesome.

Michael

More Free Resources To Support Your Mission

Want to discover your life's purpose?

Discover Your Dharma And Success Will Follow You

Why are you here? What's your true path?

Find out the answers and start living the life you're meant to live!

If you're ready to embrace your true life purpose, then you'll love this free video training.

Get it here: realizeyourdharma.com

**Turn your talents into a business (and change
the world!)**

Discover how to do what you love and get paid (even if you're just getting started)

In this free video series you'll discover how to:

Turn your ideas and knowledge into income

Activate your creativity and get your mission off the ground

Start an online (or offline) business with ease, grace & joy!

And so much more...

Get the free training here: enlightenedpreneurs.com

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, then you will love this free course for empathic introverts.

I created this program because I'm an introvert myself. In this course you'll get all the best methods I've learned to be a highly successful introvert in a noisy, crazy world – without selling out. You can be yourself *and* be successful. You're awesome just the way you are. Discover 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. Easily create a lifestyle that works for you and tactfully liberate yourself from wasteful social obligations.

Get your free course here: softlypowerful.com

Special Discount To Support Your Journey

As a thank you for purchasing this book, we are offering a serious special discount to those of you who really want to take your lives, and the lives of those around you, to the next level. We want to help as many people as possible, who in turn can help others, and radically change the landscape of the world! Are you in?

If you want to really make change for yourself, and show up in the world with your gifts, apply for a space in our next enrollment of Awakened Academy Spiritual Coaching Certification and Online Business Training. Set up a time to talk with one of our coaches to discuss, and if it inspires your soul and fills your heart to join us, let them know you are eligible for “The World Needs Me” Discount and you will instantly get \$500 off the tuition!

Click here: meetme.so/awakenedacademy to set up your FREE intro coaching session to talk about your mission and see if Awakened Academy is right for you. If it is - you'll get \$500 off when you join.

Sending you lots of love.

Go create something amazing!

Michael