

ART of PREPARATION

EX 1 • PERSONAL DEVELOPMENT AFFIRMATION

What do I do?

Positive Self-Talk. Reflect deeply and write your Personal Development Affirmation (PDA).

Why should I do it?

Learn to identify the gap between where you are and where you want to go.

Description: Where is your mind?

Intentional living requires defining goals with milestones that can be experienced each day. Set your sights on your higher aspirations, define your North Star and establish identifiable waypoints to know you are on the right track and progressing daily.

Reflection: How do you feel?

When you read your PDA, how does your experience of being in your body change? What is the new posture that feels consistent with fulfilling this intention? What interrupts or even prohibits you from making this new posture, your *new standard*?

Outcome: What did I learn?

Set Goal → there can be no focused effort and direction without first anchoring clear personal benefits.

Importance: Why did I do this?

Likelihood of achieving meaningful personal development is enhanced when direction is clear.

ART of PREPARATION

EX 2 • MAKE SILENCE YOUR FRIEND

What do I do?

Make silence your friend. Practice moments of silence.

Why should I do it?

Learn to be calm and still, even for a short time; let your critical, judging mind take a rest.

Description: Where is your mind?

Just as music is made possible by silent spaces between notes, the Universal rhythm played around you can not be heard unless the constant chatter of *mental notes* can be first observed. Silence is the voice of the Universe.

Reflection: How do you feel?

When sitting in silence, is there a palpable change, a space created, in your body? How does your body change when tension is released? There is no right answer here; just observe how your body resonates with silence.

Outcome: What did I learn?

Ability to calm mind for short periods → allowing moments of mental space.

Importance: Why did I do this?

Allows moments of mental space to *free* you, then you can *choose* your direction vs. solely reacting.

ART of PREPARATION

EX 3 • PRACTICE SELF HONESTY

What do I do?

Practice self honesty. Return to silence, then reflect and think before you speak.

Why should I do it?

Learn to control your words and actions vs. solely reacting due to habit.

Description: Where is your mind?

Awareness of self requires creation of a self-reflecting *mirror* that illuminates your words and deeds as *others see you*. This requires honest self-examination and self-discipline.

Reflection: How do you feel?

When you pause before speaking, notice how the weight of every part of your body changes and now naturally rests underside. Can you feel calm and centered, if only for a moment? This *living calmness* can become a new felt reference point from which to act; it can be a resource for living intentionally.

Outcome:

What did I learn?

Ability to speak with intention → break reactionary response.

Importance:

Why did I do this?

By learning to speak intentionally, your thoughts and actions will serve as causal seeds in cultivating more open and honest connection with others. You will be developing a *conscious* habit to be more mindful of how your behavior affects causally (positively or negatively) others.

ART of COMPASSION

EX 4 • FEEL THE ENERGY OF THE UNIVERSE

What do I do?

Notice *in detail* all things around you; notice dynamic changes of energy between people in conversation.

Why should I do it?

Learn to *extend your awareness* outside yourself by turning your *mirror*; observe deeply how others respond to the present.

Description: Where is your mind?

Awareness of others requires that you *extend your awareness* in space by noticing in detail all things around you; notice the dynamic changes of energy between people; practice simple awareness without conscious projection.

Reflection: How do you feel?

Note what you feel when extending your awareness. Be mindful to include your body as you notice changes around you. Practice becoming aware of what your body knows and is telling you, without words, regarding the changes that are occurring around you at all times.

Outcome: What did I learn?

Ability to notice dynamic changes of energy between two people; practice simple awareness without conscious projection.

Importance: Why did I do this?

You are learning to *extend your mind* without judgment, thus setting the stage for later development.

ART of COMPASSION

EX 5 • COMPASSION THROUGH MINDFUL ATTENTION

What do I do?

Practice compassion through mindful attention. Focus 100% on others, giving your complete attention without multi-tasking.

Why should I do it?

Learn to connect with others 100% by offering complete attention to your interactions at each present moment.

Description: Where is your mind?

Connecting deeply with others requires that you empty yourself of your own agenda in daily interactions. By noticing 100%, you will learn how to give full attention to others.

Reflection: How do you feel?

Experiment listening to others as if your whole body were acting like a receptive ear drum. What does it feel like in the body when you let go of your agenda and really listen? How does *being present* deepen and change with continued practice?

Outcome: What did I learn?

Ability to focus 100% on another → deepening connection to others.

Importance: Why did I do this?

You are learning to *get out of your own way*, thus preparing yourself for deeper, more meaningful connections to everything around you.

ART of RESPONSIBILITY

EX 6 • INTROSPECT BEFORE YOU ACT

What do I do?

Elevate your PDA to your highest calling. Acknowledge, and make peace with, all negative feelings and desires, choosing instead healthy alternatives.

Why should I do it?

Learn to first *interrupt*, and then *reconfigure* the cycle of behavioral influences originating from a lifetime of programmed reactive responses to others.

Description: Where is your mind?

Authentic intentional action requires that you build upon the practice of *noticing*. Your aim is to act with purpose. You are ending the cycle of mindless action in daily life. Make peace with and acknowledge all your feelings, embracing them with honesty. Redirect negative energy to more positive outcomes in accord with your PDA.

Reflection: How do you feel?

Notice how you feel when you interrupt habitual reactions in daily life. Notice how your body releases and softens as you continue to drop negative habits. Notice how you feel more calm and centered (your *new standard*) right after letting go of a negative reaction.

Outcome: What did I learn?

Ability to make peace with destructive tendencies enables you to change course without blame or shame. Redirect to positive outcomes; break the cycle of negative reactive habits.

Importance: Why did I do this?

You are now truly taking complete control of your life and destiny by breaking free of the hidden obstacles holding you back from living in accord with your PDA.

ART of RESPONSIBILITY

EX 7 • SERVE OTHERS SELFLESSLY

What do I do?

Focus 100% upon serving another, paying attention to the need to first *anticipate* in the moment, and then *deliver* services needed.

Why should I do it?

Learn to remove self-imposed obstacles and deepen your connection to/with others.

Description: Where is your mind?

Selflessness is the condition of being unattached to selfish ego-based needs that arise in the present moment. Selflessness is thus an *action verb* that can be performed in the service of others in daily life.

Reflection: How do you feel?

Notice how your body changes when you serve without expectation of recognition or reward. When you are truly engaged in service, what happens to your sense of spatial awareness or the passage of time? When you serve most effectively with clarity and awareness, are you not also centered and moving in accord with your new standard?

Outcome: What did I learn?

Ability to serve selflessly fosters a new level of connection. You are fueling this process by a new habit of redirecting negative attachments toward more positive outcomes.

Importance: Why did I do this?

You are engaged 24/7 being *without self*. This redirected *intentional* service precedes deeper *non-intentional* service that is fueled instead by the actual experience of true connection — selflessness.

ART of RELAXATION

EX 8 • DYNAMIC BREATHING

What do I do?

Practice daily Dynamic Breathing starting with comfortable sessions of 8-10 minutes, then increase duration over time.

Why should I do it?

Learn to *taste* experientially a qualitatively new kind of experience — 1st Order Awareness.

Description: Where is your mind?

Exercises 1 - 7 have now prepared you to experience and enjoy longer periods of planned silence, calmness, and connection.

Reflection: How do you feel?

Dynamic Breathing occurs with the whole body. Notice how you respond to this practice over time. Every session can be experienced as different and new. What changes occur in your whole self when you are truly focused (2nd Order) or when you are experiencing the ground of all intentional, directed experience (1st Order Awareness)?

Outcome: What did I learn?

Ability to experience 2nd Order Awareness in flashes at first, and then over extended periods of time.

Importance: Why did I do this?

You can now apply focused 2nd Order Awareness at home, at work, and at play. Increasing the habit of 2nd Order Awareness lays the groundwork to *taste* 1st Order Awareness.

ART of RELAXATION

EX 9 • DYNAMIC MEDITATION

What do I do?

Practice daily Dynamic Meditation starting with comfortable sessions of 8-10 minutes, then increase over time.

Why should I do it?

Learn to experience 1st Order Awareness and call upon these moments of clarity and connection in daily life.

Description: Where is your mind?

When you empty your mind of needless clutter, you begin to experience directly the pure stage upon which your intentional life has been cast. 1st Order Awareness is a natural state that you can experience. With continued practice, it can also serve as the new foundation for *conscious action* in daily life.

Reflection: How do you feel?

Dynamic Meditation occurs with the whole body. How does energy shift and flow as you expand and contract your awareness? As you relax much more deeply, how do you feel when you let the practice of expansion and contraction become the same? What happens to your overall sensitivity and awareness when you *let go* of all relative thinking? Expansion and contraction is purposeful imagery only; they are pedagogical *training wheels* to help you let go of the habit of directional experience.

Outcome: What did I learn?

Experience 1st Order Awareness so you can call upon this experiential state in daily life.

Importance: Why did I do this?

By practicing regularly, you learn to apply this clarity of consciousness when you need it most — in daily life.

ART of CONSCIOUS ACTION

EX 10 • PRESENCE THE WORLD AROUND YOU

What do I do?

Apply the cultivated feeling/experience of deep relaxation during times of stress in your daily life.

Why should I do it?

Learn to be calm and clear in times of stress.

Description: Where is your mind?

When you develop conscious habits consistent with 2nd and 1st Order Awareness, you can call upon these states in daily life. You *act consciously* because your practice is cleaning the *dust* (mental attachments) that make cloudy the mirror that is your mind. By polishing your mirror, you are able to apply this insight into your daily life, acting in ways consistent with your PDA.

Reflection: How do you feel?

What happens in the body as you practice calmness in stressful moments? Rather than trying to control bodily reactions, include them as part of your practice of calmness in daily life. Let the growing sense of deep calmness inform you of the possibility of holding intensity and calmness as One. What is it like to embrace (not react to) arising, upper-side sensations ... and invite them to sit along side your growing sense of deep calmness and present connection?

Outcome: What did I learn?

Instead of reacting mindlessly (*UN-consciously*) in times of stress or fear, you live with purpose (PDA).

Importance: Why did I do this?

You are taking responsibility for your life and thus learning how to choose wisely even when the going gets tough.

ART of CONSCIOUS ACTION

EX 11 • CONSCIOUS ACTION IN DAILY LIFE

What do I do?

Let actions arise from mental clarity consistent with the polished mirror of your *conscious* mind.

Why should I do it?

Learn to live selflessly in accord with the limits of your *conscious* mind.

Description: Where is your mind?

You are now applying lessons learned having practiced Exercises 1-10 in daily life. Now you are prepared for change not just in times of crisis (Ex. 10) but throughout the day because you are clear about your goals in service to others. You are seeing your life as a whole now, thinking and acting in accord with your highest aspirations (PDA).

Reflection: How do you feel?

As you practice conscious action throughout the day, what arises in your whole body? How does it feel when old habits (negative behavioral patterns) arise? Include these observations of *felt changes* in your practice. These reactive patterns, once identified, can become beacons helping you to navigate your practice of *conscious* and *embodied* action.

Outcome: What did I learn?

Instead of reacting mindlessly (*UN-consciously*), throughout the day, your speech and action is one with your PDA.

Importance: Why did I do this?

You are now living intentionally in accord with that about which you are *consciously* aware. This is preparation for awareness of the sub-conscious mind.

ART of LIVING NATURALLY

EX 12 • BE IN AND WITH NATURE

What do I do?

Let go of habitual *tunnel vision*, especially when observing your connection to nature. Extend and expand your awareness *externally*.

Why should I do it?

Learn to *witness* the on-going teaching that nature and your environment is providing at all times.

Description: Where is your mind?

By learning to *presence* the universe around you, you are opening yourself up to greater depths of connection with your deeper self—specifically, your still unnoticed subconscious and unconscious motivations. Without surfacing these hidden attachments and desires (dust), they will remain as *unseen* and *unforeseen* obstacles to your personal and spiritual development.

Reflection: How do you feel?

As you connect more deeply with the natural world around you, internal dust may show itself in the body. After all, the body is constantly sustained by an interconnected Universe. What does it feel like when you embrace and illuminate difficult sensations as they arise? As you extend your awareness, how does this insight foster further changes in the felt sense of your whole body?

Outcome: What did I learn?

Ability to experience directly your deep connection to the Universe that supports and sustains your very existence at every present moment.

Importance: Why did I do this?

Experiencing directly your deep connection with the Universe opens the door within; thus revealing your subconscious mind.

ART of LIVING NATURALLY

EX 13 • BE IN AND WITH ALL YOUR EMOTIONS

What do I do?

Extend and expand the light of 1st Order Awareness to surface the hidden *dust* still affecting your speech and actions in daily life.

Why should I do it?

Identifying attachments in the subconscious and unconscious mind serves as the gateway for true connection.

Description: Where is your mind?

Building upon self-honesty (Ex. 3 & 6), coupled with 1st Order Calmness, you can now *surface* previously hidden subconscious and unconscious causal forces that influence you. By extending and expanding your awareness *internally*, you are now able to shine a light upon heretofore dark areas of your consciousness. Embracing the difficult work of ongoing self-examination serves as the seed, water, and sunshine for your continued journey.

Reflection: How do you feel?

The whole body is a field within which you can practice illuminating subconscious causal seeds. As the seeds become transparent and rise to the surface (conscious mind), be open (not resistant and tense). Welcome these experiences no matter how painful. You can only heal and dissolve that which you can first accept and then understand. If palpable resistance arises, then take a breath, re-set, and start anew.

Outcome: What did I learn?

Releasing subconscious attachments allows more positive outcomes; you begin to feel as though you are finally the *captain of your ship*.

Importance: Why did I do this?

Experiencing directly the internal seeds that cause a perceived *disconnection* enables you to make friends with your whole self, not just your conscious self.

ART of SERVICE

EX 14 • SERVE OTHERS IN DAILY LIFE

What do I do?

Follow your highest calling. Serve others in daily life.

Why should I do it?

Experience the joy of Universal connection; you are helping others to be the best they can be.

Description: Where is your mind?

By experiencing directly your original connection to the Universe Itself, you are also experiencing a *natural* connection to others. Your actions are motivated by a deep connection to other persons; hence you naturally *put yourself in the place of others* without conscious attention and effort. You are One with the Universe.

Reflection: How do you feel?

When serving others without expectation or hope of recognition and reward, how do you feel? What happens when your experience of separation dissolves? When you are non-separate, your actions are motivated by the Universal Connection that is always present. Real training is truly learning how to get out of your own way.

Outcome: What did I learn?

Ability to serve others selflessly without effort or attachment.

Importance: Why did I do this?

Your life becomes a positive vehicle for continuous transformation for the good of yourself, others, and the world.