

A Master in the art of Living

Draws no sharp distinction

Between their work and their play

Their labour and their leisure

Their minds and their bodies

Their education or their recreation.

They hardly know which is which.

They simply pursue their vision of excellence

Through whatever they are doing and leave

Others to determine whether they are working or playing.

To themselves, it always seems as if they are doing both.

Other Reports by Chris Walker

The Great Relationship Report

The Improved Self-Leadership Report

The Why am I Single Report

The Vitality Report

The Personal Harmony Report

The Inspired Vision Report

The Innerwealth Report

The Stay Young Report

About the Author

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The Power of Stillness

“Xtreme Skills for
Busy People”

Chris Walker

Xtreme Skills For Busy People - The Stillness Report

Disclaimer

This guide is not free, it is copyrighted with all rights reserved. The author does not assume any liability for the misuse of information contained herein. The information contained within this guide is offered to provide you with beneficial concepts regarding your health and well-being. The author is not a doctor or psychologist nor does he claim to be. Please consult your primary care physician before changing any medication, exercise or remedy. By consulting your physician you will have a better opportunity to understand and address your particular symptoms and situation in the most effective way possible.

While every attempt has been made to provide information that is both accurate and proven effective, the author, and by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical and mental conditioning, body type and the specifics of mind Spin, successes may vary.

A special note for Those of You Who Are Suffering from the Wasteful Symptoms of Spin, RIGHT NOW:

If your mind is spinning and you feel on the verge of desperation you need help Right Now and we're here to help. You can book a personal consult over the phone or by internet connection within 24 hours of reading this; simply by going to the web at www.innerwealth.com and sending Chris an email.

Other wise, this report will contain all you need.

To your health!

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Xtreme Skills For Busy People - The Stillness Report

A note about this Report

We're going to need to be honest with each other. I'll begin. I am not a global expert in psychology, therapy, Buddhism, religion, sex, yoga, tantra or anything else like that. I have studied Zen, yoga, tantra, sex, business, engineering, Buddhism and comparative religion. Plus a whole host of other things like Shiatsu, Kriya, Tibetan healing, Ayurveda, an MBA and Environmental science (BE).

So, this report is designed to help you experience the best of life, to enjoy those special moments of balance without the long recovery periods normally associated with personal growth.

1. Introduction

Have you experience days when your head goes faster than your feet? Or days when all the fun, happiness and reason for working seems to evaporate? If so, you are experiencing just some of the overwhelming consequences of 'Spin.' This report is going to show you how, with the flick of your fingers, you can stop it, focus your mind and turn-up, 110% in the moment, anytime you choose.

Count up the sleepless nights, worry, anxiety and relationship struggles and you will be starting to understand the huge cost of Spin in the world today. Translate this 'Spin' into how it affects others and our physical and mental health and it's easy to see why we consider 'Spin' the most expensive epidemic in the business world today.

The cost is not just in money terms: Add lost concentration, broken trust, depressions, obesity, conflict and millions of wasted hours stumbling through unnecessary, inspiration sucking emotion. Then, bring your awareness to the countless relationships that struggle with the 'Spin' that can't be released between work and home, and, aside from your own application, you'll see that by mastering this art of Stillness you'll be able to help countless others too.

This report will help you 110% STOP Spinning, anywhere, anytime.

'Spin' causes pain. It affects our ability to love, to concentrate, to laugh and it infects those around us so, getting it under control will make a huge difference.

Conventional process don't work for busy entrepreneurs. Some people stop Spin by slowing down, backing off and becoming mod-

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erated in their work and life but they end up addicted to escapism which, because it's boring, defeats the very quality of life an individual is searching for. Slowing down, as you will see in this report , just causes more Spin.

Many people use one of the four substitutes to stop spin: Food (including alcohol and substances), Greed, Sex and Spirituality which, in turn, are addictive and have significant side effects of their own.

Other people try to resolve their Spin by selling up, changing their lifestyle, dropping their goals and spend the rest of their life sitting under coconut trees.

Those are just some of the radical choices people mistakenly pursue in order to find Stillness. They rarely work.

This report will demonstrate simple everyday techniques that will help you stop stressful thinking, 110% anytime, anywhere.

Xtreme skills to stop Spin are simple but they are not simplistic. They are the distillation of 35 years of my experiential research into techniques such as Zen, Yoga, Business Management, Competitive Sport Psychology and Human Development.

Your commitment to learn how to Stop 110% is going to eliminate so much distraction, clear up so many confusions and there will be a significant enhancement of your work and relationship enjoyment. These techniques are not "sit in a cave" escapes, nor do they require a whole weekend of relaxation to achieve. When you learn how to 110% STOP - you learn mastery of instant recovery, instant inner peace, instant peace of mind; and that leads to an inspired life.

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By learning to 110% STOP you're going to cut through myths that keep people chasing their tails, you'll generate new ideas, slice through intellectual mind stuff that accumulates in our ego as part of a busy business life. 110% STOP is about authentic ways to live a balanced and happy life.

We will show you the skills to sustain a good attitude even if those people around you are 'spinning'. So this is not just about your current circumstances and how to maintain a great healthy relationship, but also about how to deal with parents, ex-partners, friends and work stuff that, in any way might be affecting your performance in life right now.

This report is written for anybody who wants the best out of life. Spin drops the quality of life, quality of relationship and quality of work down and down until, at rock bottom it can become survival. We're going to make sure that it never happens again.

Learning to 110% Stop is a fight against mediocrity. Nobody wants mediocre. A mediocre job, a mediocre relationship, mediocre health - it's so depressing just mentioning it. So, if you are like us, you'll want to enjoy life - take charge of your experience in life - and like a great skier, if you don't know how to 110% Stop you can't begin to 110% Go.

Backing off is not the answer. The opposite to happiness is not sadness, it's boredom. Pulling back from excess risk might be great but pulling back from inspiration and joy in life, that's a death sentence, a choice that can easily sabotage our whole life. So, 110% STOP is not a process for moderation. It's a process to allow full immersion in life and, instantaneously, full extraction.

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You see, it's easy to start a relationship. We fall in love and that's that. But what if we can't get back to that "fall in love" experience? Are those first moments, those first months, the best we will have? Well, if we don't know how to 110% STOP, the answer is yes. It's only when we STOP that we really do connect in Love to our partner.

It's easy to start a business. We get a genius idea, we register, borrow money and there it is, but can we keep the inspiration alive? Are those first months the happiest we'll be and will the rest of our work days be one struggle to the next? The answer is yes if we don't know how to 110% STOP. Because inspiration comes only when we STOP the Spin.

There are many techniques sold for peace of mind and if you have 20 years to practice and master them, then they're fantastic. You may have to give up your business, relationship and inspiration to achieve great things, but that would be a small price to pay. Right?

Wrong. There's no need to become a hippie, or a radical cave dwelling meditator to learn the skills those amazing techniques offer. All we need to do is extract the pure essence of body control, mind control and inspiration and package them into a few hours of learning and you'll have the result without the years of lamenting.

Who has the time to wait? We certainly didn't. As entrepreneurs, we found we needed upgraded skills every single day, not next week, now.

Twenty years ago, my partner said to me, "Chris, you are out of balance." So, I took three weeks off work, went on an amazing -expensive and luxurious holiday - when we got back, she was so

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impressed with my new found happiness, we fell in love all over again.

But three days after we got back and I was back at work, that balance was gone. My partner said to me, “that didn’t last long,” but I didn’t have another three weeks spare nor the cash to do another holiday.

So, I made it a mission to find techniques to drill down and get the benefits of those beautiful holidays whenever I chose, without the holiday, the three weeks or the cost. I achieved it, and now I still take three weeks holiday, but not to find balance instead those holidays are to enjoy life.

We take people to Nepal Himalayas to do vision quest. It takes 10 days to walk up and back to those magnificent mountains, and for most people it takes three of those days just to stop spinning. We teach these simple techniques contained in this book so that, when the time comes, each person can do their vision quest, tap into their inspired vision.

But you don’t need to go to Nepal. We’ve included all the skills you need right here.

We’re not going to pretend this is easy, or that it solves all life’s problems or that it guarantees bliss for eternity. That’s our other book (joking). But we do know that stopping the Spin puts a whole new perspective on work and life. It raises the bar on life because knowing how to 110% Stop, you’ll have more confidence.

We’re not making wild, guru like promises of life transformation that make you hyperventilate with excitement to turn the next and the next page. I am Australian, and we’re a little more inclined to value real results than to make grand promises. Let’s do it.

2. Overview of Spin

Spin is caused by a mass of information coming into our mind creating too many options for choice or too many choices and not enough information to make sense of it. Simply put, Spin means we get overwhelmed by information. An imbalance between input data, output options and processing speed.

Conventional ways of dealing with this imbalance have been through sensory withdrawal (meditation) - where input data has been reduced to a minimum and output choices have, albeit temporarily, been reduced to very short time frames. The less input data we have (we call this noise) and the shorter the time frame we are concerned about (we call this being in the Now) - the simpler life becomes and the less Spin we experience.

This is fine, as long as we can run off to caves, meditation huts or Himalayan Retreats each time we get overwhelmed.

Other alternatives to handling Spin include weekends where we disconnect from the demands of work and, in a similar way to the Himalayan Retreat, we create a shortened sanctuary of solace, preparing for Monday. The sad part about this seemingly cultural ritual is that we do have family who need our attention on the weekend and so, we either deny our obligations to partner and family on weekends to be in retreat or, we fulfil obligations and don't recuperate. Either way, it doesn't seem to work.

Given that the escape method is very sporadic, the weekend method is complex and disappointing, people turn to the last bastion of hope in stopping Spin. Alcohol, food, sex and spirituality.

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We call these the four substitutes because these are what we become addicted to when all else fails to stop the Spin.

Thirty years ago, I got into an uncontrollable Spin. I was like a car stuck in mud, the more I tried to get out the deeper I got in. I went down and down, and while maintaining a family life, a business life and my social life I was using every substitute, every weekend and as many escapes as possible to cope. And that's the best word, cope.

I was coping, or at least trying to cope with life, rather than live the best of it. I worked hard, played hard, enjoyed success, but I just couldn't stop spinning.

The side effects of spinning are dramatic. If you're a small business owner, an entrepreneur, an artist, a performer or a disgruntled employee or simply a person in relationship with someone who is spinning you'll know what I mean. Lost health, lost happiness, depression, sadness, lost ambition and a sense of lost purpose are just a few. Life gets harder but the rewards seem to be less.

There is another option and you are going to be inspired by it.

Instead of pulling away from life, I'm going to encourage you to dive more deeply into it but instead of taking information on board that comes in scattered patterns of complexity, we're going to demonstrate that there's an order in all chaos. So, you'll be able to filter incoming information in such a way as to fit it into one of three categories. Truth, Lies or Emotion.

In that way, instantaneously you'll be able to categorise input data, and know what to do with it: Act, React or Compact.

99% of what comes to you is noise, meaning it's emotion, lies and half polished data that, if you act or react to, will Spin your

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head. So, just this idea alone is going to free your mind, and help stop the spin.

Nobody is going to treat you better than you treat yourself, so, there's no value walking into your home with your head full of worries and woes from work and then wondering what the hell happened to your relationship.

And at work, if nothing changes, nothing changes. So, if you keep thinking along certain choice parameters you'll end up with the same conflagration of confusion that causes you to accidentally generate lies, emotions and half truths. So, you'll make a more positive impact on the environment around you too. There's order in the choice, chaos too. We'll demonstrate how to narrow down choices simply by sifting out those options that are going to cause more drama than they solve.

Finally, the meditation model of narrowing down time in order to reduce noise, reduce options and therefore find yourself in the zone of inspiration is going to be a winner. Because in that process you'll be inspired. You'll fall in love with your partner over and over, you'll recover faster in your work life, come home happier, be more relaxed and enjoy life, even if those around you aren't able to.

There are many ways to learn how to Stop the Spin. I've learned the consequences of Spin by running at 100MPH into brick walls, getting hurt, dusting off and retrospectively working out that the choices I made and the information I used to make those choices were flawed. It is expensive, it hurts and a total waste of time (unless you write a book about how stupid you were and how smart you

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became as a result of endless disasters). I don't recommend that process to you. It hurts.

There are thousands of books out there teaching you how to be at peace, how to calm down, how to work better and live better. Most of them come out of academia or intelligencia, where people sitting behind nice government sponsored university degrees, hypothesise about the possibilities of life and work. Great for them but for me, life and love are not hypothetical, I don't want to join the ever increasing population of anti-depressant taking executives (nearly 30%) and I'm not keen to live in a cave any longer than I have had to, they stink.

There are also thousands of yoga classes, meditation classes, and self-help workshops; and having owned yoga schools, travelled the world teaching and learning all I can say about that industry is that we need to be discerning - careful.

This Report brings the best process to help you Stop spinning and we hope, with good logical lifestyle management and a few myth busting truths, that it will help you balance your life and bring your best home.

How do you know if you are spinning too much:

Spinning too much can cause any or all of three different categories of symptoms. For convenience we divide these into three categories: Physical, Mental and Inspirational.

Physical symptoms include:

- * *Addictions - dependance on alcohol, tobacco and substances.*
- * *Excess eating - overweight*

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- * *Hooked on adrenalin - needing a daily fix*
- * *Increase or decrease in sexual libido*
- * *Lowered immunity - catching more colds, allergies*
- * *Headaches and body pains*
- * *Digestive upset, gas and burping*
- * *Trembling hands, legs and feet.*
- * *Sensitivity to temperature*
- * *High blood pressure - hypertension*
- * *Tiredness and exhaustion*
- * *Feeling depressed, hard to breathe deep.*

Mental Symptoms include:

- * *Forgetfulness*
- * *Boredom*
- * *Moody and grumpy*
- * *Depression and hyper sensitivity*
- * *Cravings*
- * *Wanting to escape, throw in the towel, give up.*
- * *Confusion*
- * *Lost concentration*
- * *Frustration and uncertainty.*

Inspiration symptoms from Excess Spinning include:

- * *Uncertainty about the future*
- * *Don't know what to do*
- * *Too many options*

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- * *Craving holidays and isolation*
- * *Boredom and repetitive strain mind injury*
- * *Disgruntled and uninspired*
- * *Lost commitment*
- * *Depression*
- * *Addictions to sweets, caffeine, adrenalin, stimulants.*

Who is at risk?

Although excess spinning - too much thinking - is a potential issue for all people, there are certain groups who are more susceptible to it than others.

Grouped by occupation:

- * *Entrepreneurs, leaders and small business owners*
- * *Full time domestic caregivers*
- * *Sales and Marketing personnel*
- * *Healers, therapists, and psychologists*
- * *Service industry front of desk personnel*
- * *University students facing examination*
- * *Any occupation requiring significant travel away from home*

Risk groups categorised by Body type:

- * *Fire constitution*
- * *Air Constitution*
- * *Ether Constitution*
- * *(See www.innerwealth.com for Be in Your Element analysis of Body Type)*

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Risk Groups categorised by Lifestyle

- * *High achievement ambitious individuals*
- * *Couples with new born children*
- * *Single people lonely for relationship*
- * *Couples experiencing difficulty in relationship*
- * *Individuals facing uncertainty in their work life*
- * *Youth with uncertain future*
- * *Individuals struggling with high financial commitments*

3. Conventional Remedies

Excess Spin hurts. It and the subsequent effects it causes constitute around 50-60% of doctors visits and nearly 80% of lost time at work. We estimate that Excess Spin also contributes significantly to nearly 90% of divorce and relationship break up.

Excess spin, turns to emotion. In her landmark book, "Molecules of Emotion," Candice Pert, whose work won a Nobel Prize describes the degree to which emotional molecules dictate the state of human health, immunity and mental health.

Both Eastern and Western scientist have approached the topic of reduced head Spin for centuries.

Western process have focussed on cure using psychological intervention and pharmaceutical support while Eastern science has focussed more on prevention. The ultimate result has not been positive. Western addictions to long term medications and the abundance of therapies have not been able to slow the flood of social, personal and business mental health problems. They are, by international statistics, the greatest pandemic we've ever experienced.

Most of the effects go undiagnosed. Obesity, depression, domestic violence are the more extreme consequence of extreme Spin, but lesser known symptoms include lost productivity, unhappiness, addictions and lost libido.

Eastern process has focussed on cause. The Meditation and Yoga epidemic that has swept the planet has bought some moderation to the challenges of spin, but it's mostly out of date and involves considerable mediation between the enjoyable fast pace of Western life and the idealistic crawl of a meditative life.

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Most people are trapped half way between the two. This is often referred to as the living dead. Mediocrity in life. It comes because an individual is too afraid of the consequences of going forward at 110% - just in case they fall short and break cultural codes, and too afraid to Stop 110% just in case they can't start up again.

The net result of this is a potpourri of hybrid teachings that combine medication, meditation, yoga, alcohol and entertainment in an attempt to help people slow down in their down time, and not go too fast in their up time.

The results are poor at best. No pill can substitute for inspiration and no meditation is going to help an entrepreneur or struggling care giver, to deal with overwhelming information, with an overwhelming and increasing number of options, right now, this minute.

Other alternatives

The hybrid Eastern and Western approaches to excess Spin have plenty of competition from much less addictive and more simple solutions.

Digital options

The flurry of MP3 players, Ipods and digital radio has made it possible for people to zone out, find space in any space. These devices have significantly helped to lower spin, bring mind into focus and calm the nerves. They are an escape mechanism and perfect supplement to a busy lifestyle. They can be used anywhere, and because the choice of music can be infinite, are highly adaptive to circumstance.

DVD and Blu-Ray, when used in balance with life can provide excellent and rapid de-tuning of excess Spin. By drawing the viewer

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away from reality they can create a welcome relief from Spin. There are some questions about the veracity of these as a Spin reducing process based on the very rapid return to reality afterward. However, it is acknowledged that this digital process is far more beneficial than alcohol or tobacco.

Physical Options

The link between excess Spin and the lack of physical exercise is well documented. Hence, exercise is a vital and important part of any process that aims to bring the mind into focus, sustain a healthy emotional balance and cause inspiration.

Ironically, the worst affected by excess Spin are in the two extremes of this exercise continuum. Either exercising to excess or not at all. Excess exercise, usually associated with adrenalin can weaken the body-mind and cause extreme Spin just as the lack of exercise can.

Exercise with poor breathing practice is also regarded as a cause for, rather than a prevention for spin.

Herbs and Spices

The link between food, mind and emotion is well documented and provides an exceptional opportunity to maintain a balance. Coffee is known to stimulate spin, while chamomile tea reduces it.

There are, however, many herbs and spices that complicate the mind control world. For example, although coffee is a stimulant and does increase spin, it is also very grounding. Chamomile on the other hand calms the mind, reduces Spin but causes ungrounded thinking. Hence, as a busy entrepreneur or in attending intense meetings

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chamomile might calm us, but it will unground us and make our contribution to that meeting less than realistic.

Breathing Practices

There is a diversity of breathing techniques that bring mind and body under the control of the individual. You can raise or lower your energy levels, your moods and your inspiration purely through breathing technique.

These are, however, highly taxing on the nervous system and need to be done under strict supervision, which, in the west and most of the east, is hard to find.

Good breathing rhythm, proper breathing technique are best to become a habit of everyday life, rather than a technique for adjusting life. Good breathing rhythm and proper breathing technique can be studied without need for supervision.

Sex

Sex and Spin have been associated since time began. When people get fearful libido can shift. When there is uncertainty, libido can also shift. Depending on the individual those shifts can be extremely high or extremely low.

Much of the sex industry is built on the basis of stress relief. Very little of it survives on the pure quest for pleasure. Sex is a well known antidote for Spin - however, too much can cause it.

4. Are You Spun Out?

Consider a human being as a half cooked chicken. Some parts are going to taste good, some aren't. Our expectation that we're going to find a partner or ourselves in that "fully cooked" ready to eat state creates enormous and false expectations on our relationships.

There are two you's. Your Public/Private self and your authentic - True Nature. Everyone has the authentic one, it's the you behind the You - Egoless. This is the part of you that you connect with when you 110% Stop Spinning.

The rest of the time we go backward and forward between who we want to be (Public Persona) and who we are (Private Persona).

When we Stop 110% we fall in love, get an Inspired Vision, connect with life and recharge our batteries. When our ego is taking control, we're either pushing our Public persona, or pulling our Private persona, jumping around trying to make life happen.

It's these two Public and Private persona's that cause spin. They interpret information differently, they rarely agree with choices each makes.

One persona (Public) is trying to do the right thing by everyone else. The other persona (Private) is trying to do the right thing by ourselves. Neither has any peace with itself. Second guessing what's right for others is a minefield and second guessing what's right for ourselves has enormous repercussions on others. It's a trap and we're dealing with this argument every day.

The authentic part of us, doesn't listen to either of those two. When we're inspired we don't compete. We slip past all that and straight to the core of it. No spin, total inspired, in love.

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The Public and Private face we have is a two headed dragon traditionally called our E-Go. Everyone has this E-Go, no choice. It's called by many names: our personality, our identity or our values. The amazing thing about this two headed E-Go side is that it lives, eats, and thrives on imbalanced information.

So, the more lies, emotion and half truth your E-Go is fed, the happier it is. This is called motivation, romance and marketing, the seduction of the Public/Private personality.

If you want to make a really scary movie, start studying this ego. The two headed dragon we call our Public and our Private faces is such a minefield of illusions and compensations, even psychiatrists commit suicide trying to understand it.

So, what we're suggesting here is "Don't Go There."

There's order in the chaos, but if you start trying to work out the right and wrongs of your personality, the good side bad side, fix this and don't fix that, you'll end up more spun out than when you started.

The way to jump ahead and put yourself one step over and on top of most psychiatrist's knowledge of the world (please hyperventilate now) is to learn how not to take those Public and Private sides of your ego so seriously.

We're going to demonstrate how and why this ego can take humanity to war, send business bankrupt and, more relevant to this book, send relationships to the pits.

Order In Chaos.

That two headed dragon, we call our identity, wants to see and feel all the great things we call attraction, romance, delight, pleasure and whatever else we label as good. So, the Public persona, searches

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for all the pleasures life can bring and usually finds some. But the Private persona, doesn't have so many choices. All it can do, is to see, feel and experience the opposite to the public persona.

What you are going to witness here is exceptional. The order in the chaos, in spite of all the coca-cola that's sold, there are still two sides to everything, everyone, every thought is an Adam and an Eve.

Behind your ego is one you, Authentic you, not split into right and wrong you. A you that loves but doesn't get attached. A you that chooses but doesn't want the "right" answer. It just is what it is. No stress, no spin, no judgement, no reaction, no fear, no sadness, no happiness. It just is what it is.

Then, over the top, like skin on potatoes, we put our Public and our Private personas. Those two are linked to balance each other. No choice. So, the more self-righteous we want to be on one part of our Persona, the more self-wrongeous we will feel on the other. Public and Private persona's balance each other. That's spin.

The higher we go with one persona, the lower we go with the other. So, Spin comes from this wanting to be up, and feeling down cycle when we're trying to live life in the myths of emotion.

You can't have one without the other. The more weight we put on the Public side of the ego, the more weight we put on the Private side. In other words, the more we bluff, the more we hurt - over thinking, questioning, judging, emotional stuff like fear, guilt and worry.

We label the EGO as HE-Go. The more E-Go we have the more we ask "Where did He-Go?" (For women it's a SHE-Go) It's this

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She-Go, He-Go that makes all the noise that causes spin. The bigger the She-Go, He-Go, the louder the noise.

A big She-Go or He-Go is a great thing: it projects us to entrepreneurial adventure, thrives on adrenaline, loves challenge, and more importantly saves us “face” when we’re faced with adversity. So, when we’re under any sort of threat, the He-Go, She-Go, will ramp up and make a Public shield so that nobody gets to see our “other side.”

This is the bluff that runs the world and causes Spin (stress).

Spinning Noises

Once we connect with somebody in the 110% Stopped Space, that connection can never be broken. So, parents love children no matter what, children love parents no matter what, siblings, friends, and all who we connect with at this simply authentic space, never disconnect. Ex-partners, and most importantly, our current partner are connected to us at this place of authenticity.

However, if our Public or Private persona’s, E-Go gets emotional it can make lots of spinning noises and then we can’t feel that connection anymore. We can be spinning at 1,000kph and therefore make it impossible to experience, even remember, that connection.

When this happens, people think, “It’s time to slow down.” But slowing down makes matters worse. A spinning ego, totally in control will Spin faster when it has more time to think.

110% STOP means ego free. It means STOP, recover, return. It means that when you walk in the door at night at home, you can, before walking in that door, STOP, recover, let go, arrive.

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If you work 8 hours and wait until hour number 8.5 before you STOP, you'll have so much momentum and have been working with so much hype, it will take hours to slow down.

Slowing the Spin to be appreciated

Entrepreneurs often think changing people, advising them, giving suggestions is going to help. Maybe at work we get paid to do it. But at home, that's depreciation. Appreciate means nothing to change something to be thankful for. Every time we talk about what could be improved we depreciate. The more we express our impression that nothing needs to be changed, that we are happy the way another person is, the less we Spin out, and the more we appreciate them. Then the more they feel appreciated.

Liking Yourself

In Nepal, my monk friends work for years to be allowed to go into silent retreat for 3 years, 3 months, 3 days, 3 hours, and 3 minutes. In that time, they stay alone in a little room with only one attendant allowed to serve them medical needs and occasional supplies. They work their butt off to get permission to live in solitary confinement in the snow with barely any food.

Now, ask this weird question: What is the most severe punishment in a jail? Yep, solitary confinement. Huh?

What's the difference?

It's totally easy. The HE-Go and the SHE-Go, hate to be alone, and the authentic self, loves it.

In public life the E-Go presents itself to the world in order to get what it needs, approval and acceptance. It also blames everyone around it for anything negative, in order to avoid having to deal with

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the Private side of that Public face. That's life in the fast lane and a part of that blame process for the dark side of the ego, the balance to the Public uppers, is a partner. So, we're feeling bad, we come home, blame the partner and our public E-go, remains unblemished. (Well sort of unblemished).

What happens is that after a while, the partner does "push back" and politely suggests we blame someone else for our depressions or frustrations, and then we're facing the horrible realisation that we're not happy at home. We then desire another partner. Someone new to deal with our Private side, to make us happy, but ultimately, someone new to blame.

Putting a person in solitary confinement simply takes away the "blame quota" I mean, in a single cell, with no space, who are we going to blame for how we feel?" There's no escape, we feel crappy and being angry or rejecting a partner doesn't help.

So, romance and appreciation help people survive with triggering their ego to go into blame and victim mode. It's a softening process for those who have no mastery in getting down past the Public personas of the ego. The more we appreciate our partner, the less defensive they become, the more open they become therefore the less resistant.

With softening of the ego we get closer and closer to the real authenticity that sits beneath it, the love we felt when we first met our partner. So, romance and appreciation are not means to their own end. They are, instead, a massage of the ego, to slow our partner down from the Spin of 1,000mph and bring them back to authentic moments every now and then.

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Why is romance and appreciation so absolutely vital? Well it goes like this. If appreciating a partner can slow their Spin and soften their HE-Go or SHE-Go so that we can get closer to falling in love everyday; then by appreciation of ourselves, by romancing and appreciating who we are, as we are, we also soften our ego, and get closer to the real foundation of truly great relationship: Authentic

This is a fundamental skill as a business leader because appreciation motivates and inspires people to follow the vision. People like to be around those who appreciate them.

5. 110% STOPPING

Stillness

They say in some teachings that if you become desireless you'll know yourself, but the contrary is true: if you know yourself you will become desireless.

To quiet the mind means to isolate the mind. On the other hand, to still the mind means to go somewhere deep. Quiet the mind is vulnerable. It is the surface of the lake, always ready for something to disturb it's surface. To still the mind means to dive beneath the surface of the lake. Where surface ripples do not disturb the stillness.

When I first started to study Zen, I was completely ignorant of the human capacity to find extreme quiet in the mind. I'd always wrestled with silence and had used the usual blokey process of physical exhaustion or alcohol, and sometimes sex, to calm me down.

I didn't like the prospect of being under the supervision of a teacher either, I'd always rebelled against any formality and tradition so, when the monks turned out to be really nice people and quite understanding of my complete incapacity to sit still, I was pleasantly surprised.

As usual, I'd read a lot about what I was going to learn in Zen, it sounded perfect - inner peace, perfect focus and laser concentration,

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so I came to the first class totally excited about it. We sat down in the little room, with its perfectly polished wooden floor, clean unmarked walls, Buddha statue down the end with a few candles.

The floor boards cut deep into my ankles because, when most people sat cross legged with their knees on the floor or at least out to the sides, my football and rowing history, and lack of stretching throughout, made it impossible to get my knees more than 12 inches apart. I was more like a grasshopper than a butterfly.

So, with my expectations screaming for achievement, my intention totally intense, I sat down in the most awkward of body postures, waiting for instruction. I waited and waited. No one else in the room moved a muscle. I waited. I sat. I moved my aching legs, I shifted my bum on the thin mat, trying to release the tension, it didn't work. I started to sweat. What the hell. I was doing nothing, just sitting on my bony bum, holding my hands in my lap, surely it can't get any easier than this?

What happened next was extraordinary. We sat.

We sat and we sat and we sat. "Cripes, how long do we do this for?" You can see, I was very Zen in my thoughts. My head was going faster and faster, instead of calm, inner peace and concentration I was getting angry, violent and disturbed.

If someone had said, "Hey Walker, here's a gun you can end it all," I would have pulled the trigger.

One hour, two hours, three hours, four hours, five hours - suddenly the monk moved, I was watching him out the corner of my eye. He moved a millimetre, said something like a big long yawn, UMMM, then left.

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The rest of the group gathered their stuff and prepared to leave. I was so happy it was over. So, it was just a matter of standing up and walking out of that room doing a polite bow to the statue at the front. Right? In theory, that was right but my legs were as stiff as that marble statue. I was gone. No connection was left between my head, my legs and life.

When everyone left, there wasn't even chatter outside the room, it was a silent retreat but the least I thought they'd allow us was a "gee, that was tough" comment. But no, shut up and go contemplate your navel was the theme. So, given the lack of audio evidence that people had moved away, I waited long enough to give them distance, then, rolled over onto the floor lying on my side with my legs still jammed solid in that grasshopper position. I started to rub my knees and thighs trying to regain control.

There I was like a prisoner in some torture chamber, strapped up and trying to escape. I couldn't release. Anger came up. I started to grunt, I mean, anger and silence are not a good pair, I didn't intend it but I started to growl like a rabies infected dog in the back streets of Manila.

Then, Zen hit me between the left shoulder and the right.

Right in the middle of my chest I started to cry. Big boogy snotty tears. Uncontrollable tears, dribble came out my mouth onto the nice polished floor, I wretched and wrenched, I tried to stop but there was no way.

In the next hour, 30 years of un-cried male pain bubbled up to the surface. Years of self-protected macho defence dropped away, the leaders facade, the father that's coping with life, the partner who

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is always there to help, dribbled out onto the floor. This was Zen, and oh my goodness, I needed it.

After some time, (it felt like 3 hours) my legs started to untangle from their frozen knot and at around the same time the monk who had sat at the front of the room came in. I'm a bit shy to reveal that when he stood near me, I slithered across the floor, still on my side and grabbed his ankle. I hugged his ankle like I hugged my teddy as a child, I hugged and I hugged and I cried.

He didn't flinch.

I expected him to flinch. Now, with someone else in the room, the tears became different, the crying became sobbing and eventually stopped. I was now back, aware that someone was watching, I struggled to remain in that space, now I was split again, "What was he thinking, what was I doing?" It didn't take long and even with a kind hearted monk, my ego crept back, to make it "right" again.

I never had that experience again. Bit by bit over the next five years I used yoga to stretch my thighs to be more like a well cooked chicken than a marble statue. I learned to breathe so that when the emotions came up, they came out in a single breath rather than be capped under that armour I called 'me'.

Day by day I learned Zen, the amazing art of sitting doing nothing.

There are some achievements we can be proud of. I got belts in karate, I got ribbons and medals in rowing, I filled my bank with money and had an annual "my net worth" valuation to prove how clever I was. I had three children, a house, a Porsche. Damn, I was the top dog by all the measures I'd hung out as the earmark of Chris Walker, but here in Zen, there were no trophies.

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I mean, what's it going to say, "Champion at sitting, doing nothing?"

Doing, doing, doing, doing, doing, being, being, being, having, getting, wanting, needing, rejecting, accepting, desiring, wanting, having, measuring, accepting, rejecting, doing, having, being - no wonder I was a mess. I was on a bicycle pedalling my butt off trying to get somewhere and going so fast, I'd forgotten why.

The mortgage, the bank, the tax bill, the new car, the wages and political opinions had swirled into a soup I called my mind, no wonder I was addicted to recovery. I was a champion at everything, except life.

I didn't want to give it all up either. I was never compelled to discard the business world and run off to some hot beach and sit with my thumb in my backside fishing for the rest of my born days on earth. All I wanted was the skill to STOP whenever I wanted, to put things in perspective, to learn how to disconnect whenever I chose. And as extreme as the adventure of my life had been to date, I wanted extreme STOP.

Many of my clients and friends had created hybrid lives. Living with a partner they didn't totally enjoy, living with children who were more objects of responsibility more like pets they were responsible for, jobs they compromised in order to avoid stress.

Mediocrity in anything is a poison I have never been willing to swallow. And living life to avoid stress, to avoid the joy that comes from a stretch, that was unthinkable. In the private club men form around a camp fire with a few beers after surfing all day, my friends would share their stories of how they coped with marriages that bored them, business that stressed them, a life of crappy com-

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promises. I couldn't comprehend it, and by my own nature, would never survive in it.

Zen was a turning point. I knew how to go full steam ahead, I knew how to give 110% to whatever I wanted to do, I always felt the guidance of a greater hand whenever I went forward, but I didn't know how to be a good person in the process. I didn't like me.

Now it was time to stop beating myself up for the challenges I got myself into. Now it was time to be good to myself, not with the usual ego trophies and sleazy orgasms on the side. I wanted to arrive in life in an authentic self respecting way but I was never going to create a hybrid life of compromises like some of my mates.

I spent thirteen years of my adult married life trying to be someone I wasn't. Other people liked me, but now I wanted a way to be authentic.

I was a deeply split man, totally happy in my private world, surfing and working and loving life but trapped in the obligations for profit, for family and a relationship that fed me crumbs when I wanted a whole meal.

Aside from my own personal imbalances, I hurt too many people I loved and I didn't have the skills to process that discomfort. I needed to reinvent myself, my life and my thinking. I turned to Zen.

Step one on this new road of authenticity

Zen is brilliant. There's no philosophy. You just learn to "shut the hell up." Meaning, get below your ego.

My ego was a brilliant machine. It had survived the death of my mum, the abuse of a crazy alcoholic step mother, a grief ridden father, abuse by bullies, street gangs, car theft, police chases, bluffed

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its way through two university degrees with an IQ of a cat, built a highly successful business and created a home for a family. My Ego was a champion ego with sport and surf lifesaving and hundreds of sleazy encounters with beautiful women all over the world. What more could a man ask for? Let's start with liking himself.

When my mates sat around those camp fires late at night on the beaches of Victoria's Great Ocean road, and when they were free to speak about their love life, the stories of lies and cheating, affairs and strip clubs and brothels made us all roll with laughter. Each one was elevated by the degree of debauchery and painted perfect by the class of lie each guy had used to disguise their life from their partner. I was one of them. I could tell my stories with humour, but when I heard others telling theirs, I was revolted. Amazing isn't it?

Amazing how we can judge others for what we do. I used to say things like, "Gee, Paul is going to get himself into trouble, he's lying and cheating, having an affair, drinking too much and doing shady deals at work." Like I was squeaky clean and the more I judged the misdoings of others, the cleaner I got.

Zen was great for this. You sit down and shut up. So, all the ego trophies don't matter a damn. And, the only person who you can judge, is you. So, here I am, sitting in these little rooms doing nothing, unable to mask-up with, "Hey, I'm doing better than you." And the only person I have to deal with in those little rooms, is me.

Occasionally, there were some escapes, even in the Zen room. One retreat down near Port Arthur on the southern most tip of Australia, in a bush hut that took a day to walk to through a winding bush track I met the Aussie version of a Zen monk.

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Trained in Japan, and now living in isolation down in this self made hut, within a stones throw from the Antarctic, this great guy and his delicious dancer wife had gone into eternal retreat. They lived off road kill (animals hit by cars), some grains they carried in on their backs, rain water and honey they harvested. I doubt they even owned the property.

Here at Deer Point, where no paper, books or pens were allowed, this couple were my kindred spirits. As extreme as my life was in the outside world, theirs was extreme to the inner. I loved these guys so deeply with their home made this and hand made that.

They showed me the maggot heap where road kill that had been squashed by one too many cars to make it edible lay in trenches filled with maggots, and in turn, fed the ever hungry chickens who in turn provided breakfast eggs.

No electricity, no heating, no cooking - just a little camp fire, a few warm blankets and Zen.

I attended several retreats at Deer Point. All communication was by mail, and always weeks of turnaround before any reply, they'd walk to the main gate to check the mail each week, write replies on the back of the envelope and post it back on the spot.

Their Zen room was a snake haven. Warmer at night, cooler in the day, it was no uncommon to find one or two snakes sharing the "doing nothing" time. We'd sit from 4.00am by candle light until 2.00pm when we'd be assigned (silently) work duties like chopping firewood or clearing maggots that were trying to migrate to other areas of the little clearing.

But the greatest part of this little retreat was the teaching about time. In most Zen retreats a timer will announce the completion of

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an hour of “doing nothing” at which time, there is an opportunity to stand, (if you can), walk around the room in meditative walk, then sit and start the next hour. However, down here, in South Tasmania, my Aussie Zen monk had no clock.

We’d sit, he’d ring the bell and away we’d go. There was no way of measuring time. Not even a wrist watch, nothing. And that’s where it was hilarious. The monk would often nod off, fall asleep, (as we all do in Zen from time to time) then suddenly wake, realise that he’s been asleep, and ring the bell to end the “hour.” That hour could be anything from 5 minutes to 2 hours, depending on how much he’d lost track of time in his sleep.

I’d never understood how mechanical, how measured my life had become until that experience. Even my Zen was measured in time. My love making was measured in time. My kisses, my joy with my children was measured in time, my work performance and ego-pride in my sport was measured in time. “Hey, I just trained for two hours, spent three with the children and worked for ten hours, don’t you think I deserve a few hours to myself?”

Zen taught me about this myth. Time isn’t important. Three seconds in absolute connection with my children was worth a whole lifetime running around trying to change them, want them, need them and expect stuff from them. You might not agree with that, but just try having your children sail off into the sunset with their mother and her new partner, and lose 100% control over anything that happens to them for the next 10 years of their life. You will draw the same insight as I did. There are more than material ways to have relationships with our children and it’s only through the absolute stillness we learn in such practices as Zen that we find them.

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A child dies, a child gets taken from us by separation and we tear our heart out when the only form of connection we trust is the physical. But the more I did my Zen practice, the less I depended on the spacial, physical, material connection as the only form of communication in life.

And that's a bloody amazing discovery. Like at work. How long does it take to do a day's work? Well for me, back in the old ways, it was the time between starting a day at work and finishing. That's so stupid because that piece of string is as long as we want and so it forces us into a complacency about the quality and depth we go to. It's like going to work and working at half pace for 10 hours and then coming home proud of it.

The honest truth about my old work time is that the days were too long. If there were just a total of 16 hours in the day I would have been happier and healthier than with 24 hours. I didn't like myself enough to spend time doing nothing, I didn't like my ex-wife enough to want to hang out with her equally clumsy time management (although with children as the primary focus that's sort of the way things are), I didn't want to go home early, it made me feel uncommitted to the job.

These days I work four hours a day. Before I start, I do my Zen (I'll show you a short cut to Zen later in the book) so I get into the zone, I then clean out my head, my emotions and my worries about past and future stuff - not by blocking it, because that's just going to build up depression, I clean by processing stuff, then, I do a little "get happy" ritual, which means my work is done with a smile and voilà, I start. It's self-quality control.

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I estimate I do 10 hours work in four. Not by smart work practices like “The Four Hour Working Week” but by turning up.

It’s the same at home. I grizzled and complained about my ex-wife not being perfect, and my girlfriends not being perfect, but here I was talking in terms of hours of time spend with such little pleasure as a result. These days, I don’t put the egg timer on the bed head, (joke) or measure my relationship on how nice things are decorated around the house. I measure my relationship on connection and the main variable in that equation is? Me.

After my divorce I had about 20 relationships in as many months. Cripes I couldn’t believe what I’d been missing hanging onto a dead marriage. When my marriage was on the rocks I did everything to save it. But after that 20 months, if I could have turned back time, I would have done everything to sink it.

I met the most amazing people in that short period, some of whom are still to this day, 25 years later, my close friends. Women whose attitude to life I’d never experienced, women who were funny, visionary, inspirational. I couldn’t believe that I’d been so attached to my marriage, when the world is such an amazing place outside of it.

I love extreme. I love a great relationship, one in which the length of time we stay together is not the measure of quality, but the depth of connection is. That’s the Zen of love. Just being able to turn-up 100% in love for ten minutes a day, it’s worth all the kitchen cleaning, floor sweeping, bathroom mopping chores. But without that 10 minutes, the rest for me, is just crappy time consuming pre-tence at love.

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So, please don't get me wrong. I didn't want my marriage to end or to lose my involvement with my children, and, 99% of all the reasons my marriage failed were mine. So, I'm not advocating people run away from marriage just because there's a bunch of options outside of it. However, my marriage was sunk long before I cheated, it was sunk when, after 6 weeks together at the beginning of thirteen years of marriage, my ex-wife threw an empty bottle at me. Nup, what I'm saying is that if the ship was sinking, and there's a life boat, I'd rather get off the ship before it takes me down with it. And the only thing that determines whether the ship is sinking or not, for me, is the quality of that connection. Nothing else matters in the long term.

The point I came to in my journey was to realise that quality of time is really precious, and the less we value that, the lower our self-worth will become. People I work with in communities where there's no time pressure have the most social problems, the most violence and the dirtiest environment. So, it seems that time is a great barometer of self-worth. And yet, there's a time valuation on the other end of the spectrum where people try to cram so much into time that there's no real depth to it.

Zen introduced me to the idea of depth of time rather than length of time. Inspiration is a much overused word but that's the closest thing I can find to describe the experience of depth of time as opposed to length of time.

When I work on something that inspires me, I can get 3 hours work done in 5 minutes and there's no messing around. But if I'm not inspired, then, the work can take 3 hours and I'll probably have to do it twice.

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Is it the work that's different or is it me? What's the essence of Inspired? It's me. I don't want to be running around the world looking for the inspiring place, the inspiring job, with the inspiring people who make inspiring jam, in the inspiring relationship. That's got the same odds as buying tickets in the lottery and this is my life, not some lottery. So, it's me that decides if something is inspiring or not, and that choice doesn't have to be so hit and miss.

So, I've been in relationships where my partner is about as inspiring as watching paint dry on the wall. What do I do, judge her and run or do I shift my perception? Relying on a partner to be inspiring in order to be in an inspiring relationship is like sitting in Zen and waiting for the monk to calm your mind. It doesn't work.

Step 2. On the Road to New Authenticity - Learn how to Sustain Inspiration.

My clients say to me, "Chris, I'm going to sell this company, buy that one, take more time off work, fix my relationship, get healthier and be less stressed. What do you think?"

I usually reply, "Been there done that, it doesn't work."

At one stage in my life I was feeling crappy, stressed out, in the "wrong" relationship, overweight, having an affair, drinking too much and playing too hard.

I packed my bag, went to Nepal and climbed the Himalayas. Great. I spent \$100,000 preparing for it, training for it, buying gear, going to New Zealand learning about it and finally doing it.

I got there, got to the top of this mountain after all that work and came to a really disgusting conclusion. I was me.

I brought the same head-space up that mountain that I had back in Sydney, only up here, I had no one to blame for it.

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Sitting on my butt in a Zen retreat is a long way from standing on a mountain in Nepal realising that I'm the source of my inspiration, and \$100,000 is a huge investment to make just to realise that I am the source of my problems. But, that's what it took.

Life isn't sitting on our butt all the time in Zen. I remember coming to the airport after a Zen retreat and finding myself stuck in a traffic jam. I was going to miss the plane. My hands started sweating and my eyes started popping out of my head.

Seems that sometimes sitting in those perfect spaces, with perfect people, in perfect silence doing perfect nothing, is not all that easy to apply as an entrepreneur with a schedule, a partner and a budget to meet.

So, I needed a portable Zen process. One that went with me all the way to the airport so that the quality of time in my life was under my complete control. I want to be inspired, not because of circumstances, but in spite of them. That way, I'm no puppet to "the organic health food, peace loving, stay away from life world."

It took another few years to make Zen portable, but I did it.

Here's how. I had to find a way to get behind my ego, just like Zen does by sitting us down and not giving any vantage point for our ego to step in. In Zen, there's no movement, no talk, no trophies, no result and no one to blame for what's going on in our head, that's why it's the most confronting path.

So, how could I do that while sitting in the board room or sitting with my partner? What exists before we become ego personalities?

The answer is nature. Before human beings get their grubby little hands on the world with opinions, possessions, property rights and religions, the world just is what it is. There are no books or

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Jesus or Buddha or Mohammed around to indoctrinate people into a certain way of seeing life or death and there's no moral or ethical code to help people sort out their life and make it safe. There are just laws of nature.

So, I figured that if we apply the laws of nature, without interpretation or transformation, we'd be pretty close to an ego free interpretation of reality.

OK, so I started studying the roots of religion and culture all the way back to Egypt and found that there were schools that existed - eight of them in fact and almost 6,000 years ago, that taught the laws of nature - they were called Mystery Schools and their teachings were called the ancient mysteries. The whole idea was to tap what the world would look like if the human ego didn't get in the way.

They use the word inspiration a lot. It's definitely not the English word but the ancient equivalent. Their motto was "As Above - So Below" meaning that if you can understand what's going on in the real world and find the order in the chaos, you really do understand the mind that created it.

Ironically, that's sort of the same as Zen where the intent is to cut through the rhetoric of the ego self, (the one we invent from all our beliefs, thoughts, religions, morals, ethics and values) and find the "You" that exists below your E-Go.

It was easier to find than I expected. First because everything in the ancient mysteries comes from the observation of nature. Nothing is "handed down" from a Prophet and so, there's no emotion, no attachment and no comparative. Second because it's not about self-development.

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The whole mission of those mysteries was to understand human nature, to explain it, rather than change it. To those amazing enlightened beings, life was about choices and circumstances, rather than ego improvement.

Maybe they needed a bit more ego, because around 500 bc, they all got slaughtered, and religions got born.

So, without the wise ones, who were able to heal a physical wound as well as a mental one through an understanding of cause and effect, pandemonium broke out and the power base shifted from who had the most wisdom, to who had the biggest army. And basically, that's the history of the world as we know it.

However, nature still holds those secrets to the great "pre-E-Go" era. That's what you tap into in order to do, "Zen on the Run."

This was an important discovery because I didn't want to be running off to a three week retreat in the Himalayas, let alone an hour in my meditation room, every time something in my life was not the way I liked it.

My choice was to stay inspired by life, which means outside the reach of my ego, no matter what the circumstance.

Zen on the run relies on the natural laws and these are a part of the ancient mysteries preserved in nature. They are the keys to an order in the chaos, a meditation on the run. Using these laws you can slice through anything in life, drill down, no matter what is happening, or where you are, and find the Zen spot, be inspired.

6. Finding the Zen Spot - Order in the Chaos

1. Balance

Our Ego thinks in terms of more or less. So, it thinks better or worse, more pleasure or less, more happy or less, more right or wrong. That's the ego.

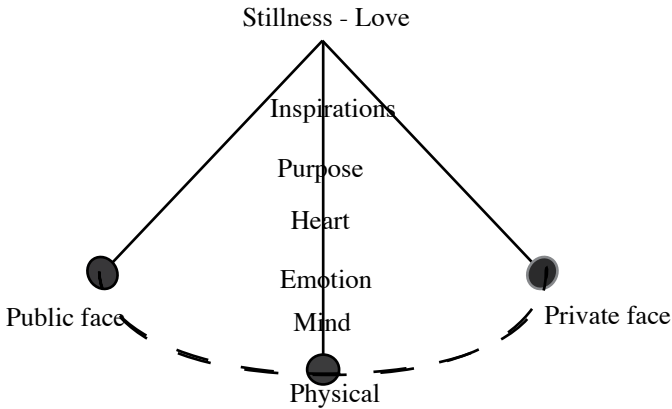
Natural law on the other hand suggests that everything is in balance. There can't be more or less of anything. It's always equal, but because we observe with our senses, and therefore think with emotion, it's really easy to mistake what we think is real, to what is real. Like an ice-cream or global warming we might ask good or bad? And the emotional answer would be there. Natural law will say, both good and bad - equal.

So, if I need to chill down my emotions, like when I'm walking in the front door of my home to meet with my partner, instead of carrying a bucket of half stories into the house, I stop, balance the day, then go in. That's a Zen moment and when I do walk in the door, I can feel the love.

There are seven levels of thinking.



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The lowest level is GOT TO. In 'got to' thinking there is extreme imbalance in our mind and so, we're really wired up, pumped for excitement and full of adrenalin. It means we're really reactive, highly charged, stressed. It's the most powerful, physical state of the ego possible. At this level everything is physical, material and real. If we want change we push, physically move or re-arrange. This is the most stressed level of life because it is the most bipolar. The pendulum swings from all good on the right, to all bad on the left. That's the fickle part of the ego at this level of consciousness. We're either way up happy, or way down angry. It just comes from extreme fundamentalism and it is usually expressed in physical attraction, sex, or physical repulsion, violence and corruption.

Rising up to SHOULD Do, the ego is less physically based and now more mentally based. Should, is a moral and ethical judgement based on some belief, value, code, idea, experience. Many people who are still not healed from a past trauma and who moved on from the past by judging others, are in this level. This is the level of criticism where the person will either extremely accept others, or

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extremely reject them. It is the level of elations, way up, or depressions, way down. The pendulum swings are still huge, and this is a long way from the stillness of Zen.

NEED TO and WANT TO are highly regarded human ego states. They reflect that a person has evolved past the fundamentalism of physical attraction and repulsion, mental elation and depression and come to a place of self-fulfillment in their life. This is a great realisation. It doesn't mean that we're no longer angry, depressed or attracted and elated, it just means that those emotions aren't running our life anymore. We see things from a more balanced perspective.

When someone says, I feel it in my heart, what they are saying is, "I am getting what I WANT."

So, this NEED To and WANT to level of life feels very different to the fundamentalism and mental judgement of the lower, more powerful E-Go states below it.

So, I think it can be clear why a lot of entrepreneurs build material success but can't live to enjoy it. The GOT To and SHOULD do, levels of life create amazing material success, but those mind-states can do those things without much love and heart.

So, the entrepreneur or leader is at work at a GOT To level and walks in the front door of their home like a real ass. Their partner is calm and doesn't have to or Got to, all day. They might be looking after the family or running their own business but doing things at a much more conscious level. But the entrepreneur walks in the door all pumped up with adrenalin, or exhausted from burning it. (We have three hours of adrenal energy a day maximum).

DESIRE to, CHOOSE to, and LOVE to, don't manifest materials. They manifest humanitarian results. Good motivation, good

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health, good fulfilment. They are sustainable states of happiness unlike the vacillating states of the powerful ego below them.

This is mental and emotional awareness brought down to the most powerful and simple explanation. There are seven levels of thinking. Each one has its function. The E-Go is strongest in the lowest, and the Zen of life is the strongest in the highest. Stress is associated with the E-Go and love is associated with the Zen.

The difference between each level is massive. The cause of the difference is purely based on how we perceive our circumstances, and what level of material - mental - stillness we want to function at.

The poor person in war torn Africa, or Third World country might not have choices. They might be in a “GOT to” space just to feed the babies, just to save their life. But the average person in a First World country has, on average, no real limit to their choice. And yet, there is more depression and more violence in the First World than the Third.

There’s human law based on the supremacy of the human ego, and there’s natural law. One is extreme imbalance and this is E-go, the other is perfect balance, extreme STOP. We can, with practice learn to slide up and down that scale at any level we choose.

2. Growth

We start things, we grow them and then we become incompetent at handling them - including relationships and business. We rise to the level of our incompetence. We give birth to new ideas, relationships, friendships and then we start to expand and build them up until we become incompetent at managing them. Then what? To

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become incompetent, to rise in anything until we get frustrated with it is natural. Go figure!

I did an engineering degree and apart from the occasional “team development” training, that was all I did for seven years while I worked hard at building my business. Eventually the business was doing great but I wasn’t because I hadn’t looked at life differently, I was applying the same self-management skills I learned seven years earlier.

In my first marriage, we started perfectly, then the relationship started to grow, we started to add responsibilities and dreams to it. Bit by bit the relationship grew but we didn’t. We became incompetent at managing our relationship and it fell over. Actually, there’s a great opportunity to grow through incompetence. It’s a really honest awareness.

Like when I studied Zen, I thought that when I did Zen, I’d come to stillness with the world, but that’s not true. I came to stillness with the world I knew, and when that happened, the world I knew expanded. So, then I needed to do more practice and be more masterful in Zen in order to handle that “expanded world.”

We can create life bubbles in which we get married, create a job, make children and build our wealth and have opinions about the whole universe. Those are bubbles because we create safe comfort inside those bubbles by staying in control of our self created universe. But the second natural law argues with this bubble model of safe life. It will challenge religious, personal and material boundaries, whether we want them challenged or not.

Nature grows life at the border of chaos and order. So, we swing in big or little oscillations between those two. There’s no choice, we

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have the balance of support and challenge, chaos and order, pleasure and pain and we swing backward and forward. The only thing we can do is not have the emotional high reactions when there's an up- per, and therefore not the emotional lows in a downer.

We can reduce the swings.

Our ego, on the other hand loves to get things right. So, when we stuff up, the ego beats us up. Especially if that stuff up becomes public.

So, there's another Zen moment. I get incompetent and can I 'still be still with stillness' in that incompetence? Last week I was incompetent and next week I'll probably feel competent again. That's the gift of competition.

This is one of the most important things you will read in this book. So please try to understand it in context of your work and home life. *Nature destroys anything that does not fulfil its purpose.* So, ask yourself over and over and over, what is the purpose of whatever I am doing? Don't ask, "What is MY purpose?" Instead, ask "What is THE purpose of what I am doing?" And then you'll be looking for order in the chaos, rather than E-Go centric ambitions.

The purpose of a relationship for example can be very different from your purpose in your relationship. You might want a good friend, a person to share life with and someone to love who loves you and brings a family into the world. That might be your purpose. But the purpose of a relationship, from a non-ego perspective, is not happiness and if you know that, you won't Spin so much during times of drama and challenge.

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Nature's Purpose for a relationship is to support and challenge you. Have all your relationships done that? Good, then you're human.

Remember we are trying to think big here, to get above the ego just to find stillness and depth in life. If we always talk about my purpose in what I do, it will be a bubble mentality. That's the level at which we live our life and no problem is ever solved, nothing is ever understood from the level at which it was created.

To rise and see, we must rise out of our self created bubble and see what is the bigger meaning, the larger purpose. Why would the universe put two people together? Why would nature put two people together in a challenging experience where love binds them but emotions and judgements challenge and support them?

I meet a lot of people whose health is suffering. They go to all the different medical experts but the answers to health problems are not in the hands of medical experts. They can fix, but I wonder if they can cure?

Before the wisdom of the Mysteries of Nature got split up into different fragments of religion and philosophy, the medicine that cured illness included the medicine that cured the cause on a mental level because they knew that nature only causes disease or illness in a body when it has something to tell somebody. And if that person doesn't hear what needs to be heard, then, the illness or disease doesn't go away, it just moves to another part of their life.

Those ancient teachers called those bubbles of life, frustra. We call it frustrating to be on the edge of that bubble wanting better health but unable to achieve it because we are unaware of the chang-

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es that are needed on a personal level. We get stuck in our E-Go and therefore experience “Locked In Syndrome.”

Whether it is our health, work, money, mind state, social life, relationship or self-worth, frustration and illness is a sign that we’ve got “Locked in Syndrome” we are not growing, we are just fulfilling our purpose rather than the purpose of what we’re doing.

We can survive doing our purpose, doing what we want in relationships but then, we should be considerate not to complain about our illness, mind stress, emotion, and lack of stillness. If your opinions and beliefs, judgements, have remained fixed, you haven’t grown.

So, the second natural law helps us live deeper and wiser because it challenges our ego and if we can work with this law, rather than be opinionated and independently stubborn, we’ll find inner peace anytime, anywhere.

The key to growth and the ability to expand these bubbles of frustra comes from the simple application of the first law of nature, the law of balance.

Anything we see balance in we grow from. Anything we see imbalance in we build the bubble from. Frustra are made from judgements or right or wrong. The more rigid we are in those judgements the more we struggle with life and growth.

The most resistant person to frustra growth is the fundamentalist, but there are many disguises for fundamentalists. They can be born again religious fanatics or health food paranoid people who can’t get over their judgements on mass consciousness. It can be a person in a relationship, totally fixed on what they want, unable to bend or adapt.

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Under the frustra we see the world and judge it, good or bad. Above the frustra we see our world and see balance. The more balance you see in your decisions, the wiser and more growing your life will be, and this is called harmony.

3. Interconnectedness

Going somewhere or doing something in order to STOP Spinning will be a very frustrating journey unless there is a teacher to guide you. We can find places where our mind goes quiet, and then there is a great opportunity to feel connected to our partner. But if such a place is physical or requires some adherence to doctrine then we are going to become fragile to anything that disturbs our mind. That is why I am not a great advocate of western teaching in meditation. They usually require isolation and separation. And what good can that do for our relationship with other people? Living in a cave is not going to quench our partner's desire for intimacy.

In Nature, *nothing is ever missing*. Now, to be honest, this was the most unusual discovery I made out of all the five natural laws because it implies that, no matter what happens, everything is OK.

I'd spent a lifetime making things OK and I'd been in financial places where things were not OK, so, when I read that everything is OK no matter what, I found it hard, really hard to translate. But it does translate.

If I have an apple, I eat it, is there still an apple? According to Zen, and to the Ancient Mysteries, and therefore Natural law, of course there is still an apple. It's just changed form.

My E-Go doesn't think so, and at "Got to" and "Should Do" there's definitely no apple, once it's eaten it's history.

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To the Green conservationist, when I chop down a tree, it's gone. No longer a tree. So, they see the world through 'Got to' eyes, and that's the end of their 'fundamental' reality. And this is good because on the other side of the fence, arguing the opposite are 'Got to' logging companies, who don't see any other 'Fundamental Reality' other than to chop down the tree because they've 'Got to' feed their families and shareholders. The two 'Got to' are the two sides of support and challenge, and between the two, *nature grows at the border of chaos and order*. Simple.

But, and there is a huge but, everyone is stressing out, getting violent, reacting, taking anti depressants, addicted to Yoga classes and being extremely aggressive in this.

The real question is, "What are you going to do?"

There can be no peace in a mind that's attached. It's like holding onto the door of a train and thinking we've going to change the train. Life, like the train has far greater agendas than ours. The real purpose of things is not always what we want.

People come and go, things come and go, life changes and to our E-Go there's a massive loss. But, is there?

Is the apple really gone?

The ancient teachings of nature say NO. The apple is still there and therefore we live in an abundant world.

The 'GOT to' person will not accept this, because for that state of mind, if it's not MINE it isn't really counted. A partner is MINE and if they are with someone else, enjoying life, then they are not with me. Like when my children sailed off into the sunset, I grieved because they were MY children and they weren't with ME, so I 'GOT To' get them back. But how far can a child ever get from a

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parent? They can leave the front door but they never leave, they just get out of our control, out of our material possession. We can hold on, like holding onto the door of the train, but, really, there's no need.

Nothing is ever missing, it just changes in form.

So much of our drama in life, and therefore so much of the cause of us not turning up in a relationship (whether business or pleasure) is caused by this lack of abundance and the subsequent attachments it creates.

We get attached to what we had, what we want and what we don't want. And that's understandable. However, if this is a permanent state of displacement, one that draws us into always comparing what we've got to what we do or don't want, we can have no peace, no love and we'll have this pervading sense of inadequacy.

So, the natural law of all this is that nothing is missing, just changes form. The apple can't go away, just changes form. The ex-partner can't go away, they just change form. Money can't be gone it just changes form. Health can't go away, it just changes form.

This is a weird idea I know. But it's an amazing realisation. And what it does is make 99% of all corporate training programs and public self-help workshops a farce, or at the least, reveal them as E-Go building ceremonies that don't solve just shift problems.

The key to this stunningly weird reality is to see ourselves as holistic.

There are seven areas of life inside our life bubble. Sometimes we make a lot of money and what we've done is robbed one area of the bubble to fill up another. Sometimes we lose money but it's not really gone, it's somewhere else in potential.

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So, real impenetrable stillness comes from this state of abundance. Nothing can go away, just changes form. A battery can have a full charge (potential) or it can be plugged into a car and start the engine (material). Things can be real in material form or in many other forms. The E-Go only values what it can touch and feel, but that is not the only reality. So, the E-Go attaches to people and things and builds empires and wealth, but there are two sides to that world, and the pendulum can swing out of control. The core, the stillness that can keep that world in balance needs to be integrated as well.

That's why I practice two completely separate skills. One is how to GO - 110% into whatever I do with inspiration. The other is how to STOP -110%, and then I can keep the balance between my E-Go world and my Real world of stillness.

In my relationship I use the interconnectedness law of nature a lot. It's all too easy to separate myself from my partner and say, She's that, I'm this. Now when I do that, I make massive mind noise, real 'GOT To' ego attraction but I lose the essence of why I'm in the relationship, so I do reality checks. If I'm abundant in life then whatever I see other people do, I recognise in my self. The only difference is what area of life we do it in and what form.

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We can't love and judge someone. We can love someone sometimes and judge them sometimes, that's the yo-yo up and down the mind levels of balance. This interconnectedness law, is how we get back to love whenever we want to connect with our partner.

If we stay in Zen 24/7 we'll end up in love, poor and single. Dropping into the E-Go is how we create our humanity, materiality and responsibility. It's not a matter of compromise. We need both, and we need them both at their best.

I chose not to be in relationships where my partner couldn't find stillness. There's just no material on earth that can replace that experience of complete connection. But I also don't want a relationship in which my partner lives in Ga-Ga land and aspires to perfect stillness 24/7 and therefore can't enjoy the rough and tumble of great sex, a good disagreement or challenge me on my own frustrations. But that's my choice.

4. Harmony

This is nature's law of vibration. Everything vibrates at a certain frequency, even a rock. So, there's low frequency thinking, "GOT To" and there's high frequency thinking, "LOVE To". There's no right or wrong frequency. Low frequency thinking causes material abundance, high frequency causes love and happiness.

In an orchestra there are low and high frequencies and that's what causes harmony and we love harmony.

So, rather than fixed frequency thinking, nature is demonstrating that there's a need to play the whole orchestra rather than get stuck in life trying to be the Holy Right. Flexing seems to be the way.

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If you are dealing with someone at work who has no money for the rent, their partner walked out and their parents just passed away, then, it can be a lower frequency situation.

Love, stillness and connection is a high frequency vibe, and to achieve this you can go from low to high simply by being thankful.

The level of thankfulness we have for something determines the vibration it has. So, if we're angry at our business, we lower its frequency and we lower its profit. If we're angry at our relationship we lower its frequency and destroy it.

We need to be at a higher frequency than those people we lead, but if we're way up in the inaudible frequency, then, only the dog will hear us. To be thankful is good communication. We can appreciate people in order to lead, love and live with them but we are wise to know when too much gratitude will push them away because they don't hear above their own range.

I helped some indigenous people in Canada. I did a good job but indigenous people are really generous. They were so thankful, they were on a frequency I couldn't hear. It made them feel bad that I couldn't receive their appreciation and I was trying, but for me, I'm just a boy from the Aussie bush and I'd never had that appreciation before. Flooding people with gratitude is like the feedback on a speaker.

Our vibration is a matter of good communication and holding it stable is a full time job. If an employee or a family member gets us angry or frustrated, or we become all self absorbed in GOT To or SHOULD do, our thankfulness drops and we just won't be welcome.

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Sustaining thankfulness is a martial art. No karate champion will have more power than this. Life dishes up a million things for us to feel crappy about. It gives us permission to go change people and things we don't like. Fix global warming and all that, but it's all based on something wrong. Something we're not thankful for.

While we react without thinking we'll be locked into a disharmony we hate. Reacting to the world, judging people, fixing our partner is how we sabotage what we want.

It's all a matter of intent. If you find gratitude for global warming, and you work on changing global warming, then that's one type of inspiration. If you work on global warming because you hate all those people who heat the world's atmosphere then you'll be sabotaging all the good work you intend.

In my relationships its a full time job just staying thankful. It's so easy to walk in the door as the management consultant from hell and start consulting in my own home. My partners don't fall in love with me to be put through therapy, fixed, changed, modified, improved, transformed or consulted to. They fall in love to be admired, appreciated, respected and loved. Even when it feels so great to give help I'm better to hammer a nail through my tongue to a piece of wood if that's what it takes to shut up, and appreciate her.

What we appreciate grows. And that's the natural law of vibration.

5. Seek the Sun

This is the law of hierarchy - all nature seeks sunshine. Even the tiny, weeny, little things on the bottom of the ocean need Sun. But, what's the Sun? Does this mean that all we have to do is join a nudist colony and run around getting Sun-Burnt?

Even a carrot can't grow without Sun.

When I was 5 years old, an ice-cream was the Sun. When I was 10 years old that ice-cream was nice, but time with my Dad was the Sun. By 15 Dad was nice, but Denise was the Sun. By 20, I'd forgotten about Denise, I was married, graduating and getting a great job and winning Olympic selection, these were the Sun. By 25 I had a great job, that was nice, but owning my own business was the Sun. By 30 I had my own business, a wife and my graduation, my income, Dad was a great mate and ice-creams were a regular treat. Bringing up my three children became the Sun. And then, there was an eclipse. The lights went out.

Climbing up that apple tree each time I'd look up and see the apple I wanted most, I'd reach up for it, get it and then see another apple higher on the tree that looked even more delicious. This is a beautiful motivation, it made me enthusiastic and driven, highly motivated, but what I didn't see, was that it implied ingratitude.

If I am always unsatisfied with what I've got, reaching for higher and higher, then the unspoken truth is, I'm not content with where I am or what I've got. In business this might be a great entrepreneurial drive but in a relationship it can be a catastrophe. If I am always wishing things to be different in my partner, I am, by implication dissatisfied.

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So, there is a dilemma. How can we be inspired about the future and really grow to higher and higher fruit? We need to be reaching for the Sun as nature intended without sending a big low vibrational signal to the world. We don't want to be sending low signals to our children and partner that we're not happy with them.

The answer might surprise you.

We can't.

The very notion of an inspired vision implies a desire to reach for tomorrow, to improve, make better, evolve and reach for the Sun. If we stop doing this, we become depressed and desperate, sad and exhausted. It is every bit a part of nature's intent for our life.

On the other hand, the very notion of contentment, stillness or Zen, is not wanting anything to be different. Total contentment means enlightenment and this is an extraordinary space to achieve with a partner in love. It is an extraordinary space sitting in my sea kayak paddling across a bay. No desire, no ambition completely in the zone. This is Inspiration.

Reconciling these two dichotomies is a really important part of your balance in life. The balance between happiness in the moment and happiness that comes from an inspiration about the future.

This is where we can make and break our lifestyle. If we become obsessed with stillness, we STOP running and start basking in the SUN. Nature will not allow it and we'll eventually grow old, get ill, restless or broke in order to bring us back to some sort of inspired vision for life. If, on the other hand we become obsessed with an inspired vision, nature will put the brakes on for us, we'll get ill, make mistakes, have accidents. We therefore, and quite obviously need both.

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They say in some teachings that if you become desireless you'll know yourself, but the contrary is true: if you know yourself you will become desireless.

This is where there is a great awareness. The egoless part of you, your stillness, Zen or Soul, wants nothing, needs nothing and therefore has everything. The ego part of you, your ambition, desire and vision wants everything, never has enough and therefore doesn't ever feel like it has everything.

So, there's a public/private part of our life, and there's a second part. And this is the most important split for any human being in work or relationship to understand. There's a part of us that's attached, inadequate and hungry for more and there's a part of us, that wants nothing, needs nothing and therefore, has everything.

The public/private part of our identity is split in two. It's our E-Go that has two sides. An upper and a downer. The more faith we place in this E-Go nature the more we Spin out of control. It's like owning a wild horse, sometimes it's passive, sometimes crazy, but it's easy to manage as long as we don't forget that we own the horse, it doesn't own us.

So, just because we're content on the inside it doesn't automatically mean we're content on the outside. Nature gave us a whole swag of motivations and we need to use them all. I've witnessed people trying to suicide because their ego got smashed and they lost their vision, ended up in the zone of stillness but without the capacity to handle the incredible power of it. And, I've witnessed people who have been so obsessed with the outer world, they've lied, cheated, corrupted and gone completely out of control in pursuit of pleasure and material wealth.

7. The Zen Spot at Home

Your partner is perfect; you are perfect, just as you are. If you are not perfect already then there is no possibility, no way that you can become perfect. The whole situation is totally crazy; you are already that which you want to attain.

This is why simple techniques can help.

Relationships are not an attainment, but a discovery. They are hidden beneath expectations, judgements, emotions, ambitions and they are hidden within you. It is not a matter of doing something, or fixing something, that just causes more unsteadiness; it is a matter of not doing, being in appreciation. That person is worthy of love and so are you, right now. Nothing to change.

The Best Change Is No Change

Many people come to their relationships wanting to change something about their partner, or comparing their partner to some ideal that exists in their mental catalogue. But even the poorest person is wealthy in some form. Even the most terrible person is beautiful in some form.

There is nothing to change in anyone. Nothing is ever missing, it just changes in form” is one of the most loving and potent states of mind that a lover can create. It begins with an acceptance that everyone possess every human emotional trait. If we love the trait in ourselves, we will love it in others. If we hate it in ourselves, we’ll

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hate it in others. With this approach there can be no blaming the world for the complexity of our life experience. *There's nothing to change only something to love.*

Once I decided that “your stress is not my stress,” I could separate my love from my emotion. That's so important although not so sexy.

Romance requires that we find appreciation of what we already have. When I am single I appreciate the friendships I have and when I am in relationship I add that. By being thankful for what already is, we close the appetite for “wanting to fix the world” and make people feel valued.

The person who wants to fix others is hiding from love. Always looking for better, more better and best is the entrepreneurial success formula but it doesn't work in relationship.

Love is not a possibility, it is a reality. Thankfulness appreciates what is, rather than what could be. I was a management consultant and my job was to go out and fix business problems. So, I'd go looking for what was wrong with that company. I was brilliant in that work and had brief after brief lined up because I could do in three days what large consultants took months to do.

But I brought this head-space home and became a total ass. I was always looking for what was wrong, what was fixable in my partner. To live with me back then must have been a nightmare. I'd be making suggestions about how things, how to be more happy, how to make life better even when my partner didn't ask.

Living life under a microscope has its advantages but it is the furthest thing from romance imaginable.

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People become as we treat them, and to be always trying to help, fix, sort out, make better, improve someone has a hidden back hand built into it - “you are not good enough, just as you are.”

I worked in indigenous communities helping people move through their personal challenges. At least 50% of the people who came to me were trying to fix things in themselves that didn't need fixing. They were doing to themselves what I was doing to my partner.

So much of the healing came from just reassuring people that their experiences in life, and their actions in life were quite normal even if those didn't conform to the moral and ethical codes of organised religion.

If we don't appreciate people the way that they are, we lose the opportunity to love them. We can continually avoid love by always thinking about possibility and this habit, which can make an entrepreneur rich and famous, can destroy a relationship and the happiness and heart of their partner.

In modern society one is taught to change the world in order to create lovable circumstances. It is an approach to life that causes much suffering because it begins with the premise, “You do not have something, and now I will go out and get it for you.” Or, “I do not love something in myself so now I will go out and change myself to make me lovable.”

Automatically, there is a loss because there is a premise of “without,” or “inadequate.”

Sometimes, with the best of intent to help our partner improve we do the opposite. By offering to help someone change without their request we're implying inadequacy, without knowing it.

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To keep the honeymoon alive I treat my partner as if there is absolutely nothing about them, even the things they think need to be fixed up, that needs to be changed.

I can sometimes feel like chewing my tongue off because I can see so many opportunities to reduce their challenge or minimise their pain but that is their life and their choice, all I can do is to appreciate my partner as they are, and for who they choose to be.

My only real choice is to love them or leave them. Fixing them is not an option.

*There is a moment in time, when the universe stops
and my heart stands still in truth.*

That moment is now, appreciating what I've got.

That moment is my love for you.

Behind the drama and emotional chaos, there is really something absolutely beautiful, there is an order so predictable, it's beautiful. Behind every ego sustained drama there is another story, a beautiful story, a joyful one, a story of love. Nothing is missing, it just changes in form. There's nothing to change.

Once we understand this transparency of everyday life we can bring gratitude and thankfulness into the smallest moment, the simplest gesture and even the most public of circumstances.

With an open heart we learn not to punish people for who they are. Other people can't belong to us, no matter how much we love them; our only right is to appreciate them. Don't allow support or challenge to distract you from doing what you love, being with who you love, and giving what you love. Give respect to people by

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honouring their choices even if you don't agree with them. Love is not attachment. Do not react to negativity, ignore it, let it pass you; don't even hit the ball back.

Only Nature can create the magnificence of a flower, but any foolish mind can pull it to pieces.

Today, love without expectation. Love someone you hate, love someone you fear, love someone you left behind, and don't take their reaction to heart. Make every day a Valentine's day, and see how many people you can honour, past present and future. Love them from a place of gratefulness. Love them knowing tomorrow may never come, and that the deepest regret any human being can have, is to hold back their love, even for a second.

Today, light a candle in your heart for all those people that you love or have loved. Drink a glass of fresh water to their beauty, their gifts and their ways. Hope and wish that today, on this everyday Valentine's day, they are in love, with love and they are happy. What else could real love be, but the wish for someone else's happiness.

Give double what you take

Emotion is so complex. Who does what for whom? And how much is that emotional support worth compared to real cash money support? When I broke up with one partner I'd spend \$100,000 supporting her new business, and still for her, it felt like I was always on the take. It's not her fault, it's emotion.

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Emotions value and devalue contributions based on some very fickle realities. Really, nobody can give more than they take and nobody can take more than they give.

What I do now is still give as much as I can, however, I try to be more unconditional with it by not valuing my gifts as high as they cost. I ‘discount’ what I give to those I love by 50%. In other words, if it costs me 200 efforts to help a friend, I acknowledge that, to them, that help is worth 100 efforts.

If a romantic holiday in the Maldives cost me \$2,000 I assume that my partner will value it at \$1,000.

The key here is to give unconditionally. Then it’s not a dollar for dollar exchange. It’s the quality of the generosity that’s important, not what the receiver translates it to.

This is how it is in that moment you fall in love. You forget to judge what is missing. Do you know how we punish a prisoner who is already in jail? We put them in solitary confinement. Why is this so bad? Because they have no generosity, they’ve forgotten how to give, they only know how to take, and in a solitary cell, there is nothing to take. They become all emotional and angry, and therefore for them, isolation is deprivation. To the Swami in the cave, that cell is an opportunity to meditate and give peace to the world, they are generous and therefore the “punishment” is the path to enlightenment, love.

Think different at work than at home

For the entrepreneur who has mastered the art of giving to get, this idea of open ended generosity might feel uncomfortable. And this is just another one of those mind-state differences between a successful romance and a successful business. Unconditional giving.

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In a relationship we can't be measuring what we get back, nor can we ask for any acknowledgement. All you can ask is, "Do I love this person enough to give as much as I can to them?" But if you do that at work, and you don't get a good day's work from someone, then you'll simply go broke. Business is designed to be an equation between productivity and generosity. But relationships do not function like that.

Another radical difference between good relationship thinking and successful business thinking is the desire to be right. In business we are rewarded for being right every time. In relationships we get divorced for being right all the time.

Managers, business owners and entrepreneurs can go to work and say, "I know what's right for this universe I call my responsibility." That awareness is important for business success but if we take that same head-space home, we become a parent to our partner, a half individual separated from them by the width of our head (Intellect).

In relationship, we don't know what's right, we can only feel what is right for ourselves. That's not a rigid righteousness. Backing off from that 'I'm right' strategy is a really important element if we want real progress in relationship.

Another important difference between business thinking and relationship thinking is that relationships are horizontal while business can be vertical reporting structure. In business we're meant to know more than those we lead, that's why we're a leader. However, try being "all-knowing" in a relationship and then one partner will swing to extreme right, the other, or their children counterbal-

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ance that emotional stance by swinging to the left, the complete opposite.

In relationships people balance each other. So, if one person is risk taker their partner can often become risk averse. Or if a partner is in a safe boring lifestyle, then the other might just get a bit out there. Compensation in relationships is more common than people think. I've conducted many personal sessions with people about their love life and the greatest blind spot is this balancing each other.

A lady came to me for help because her husband wasn't spiritual. She was fanatical. But where she became infatuated with her version of "spirituality" he became infatuated with anything he thought was the opposite including beer, chips, rabbit shooting and pornography.

She went to one side of the path he went to the other, they balanced each other and "bang-bang" they butted heads.

I did a keynote at a High School in Canada. It was a country school and they had lots of social challenges. The front row of the lecture theatre had a group of pregnant 14 year old girls and up the back, a group of boys looked like they'd be more at home in a boxing ring than stuck here in a class listening to me.

I'd volunteered for the gig. It could have been my worst nightmare. The teacher introduced me over the scream, walked up to the back of the theatre and went out, closing the door to 200 hot, wet, sugar and whatever else hyped up students and me. My presentation was about nature. I decided to do something completely different.

I shared an hour of my failures, screw ups, mistakes, blunders, accidents and "bad things" that had made up the hidden side of my professional life. From car theft, breaking and entering, street gangs

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and other rather seedy activities that made up the shadow of my life. They listened. Glued. Instead of being a teacher, or bringing a message of hope, I just gave them love by not judging them. Half way through I noticed an accumulation of teachers at the back, they'd heard the silence and wanted to know why, and when they heard why, probably wanted to stop it.

Yet another difference between work thinking and relationship thinking is that at work we can ask people to put on their public face, to impress clients, be harmonious and fit the cultural norms of the business, but at home, we're dealing with the repercussions of that public persona, we're dealing with our partner's private persona.

I had a relationship with a woman that everybody loved. They loved her at work, at gatherings and at weekends. Her public persona was so lovable however, when she came home, I got the left overs, the other side, the balance that she couldn't express during the day. I may as well have been in a relationship with a cat. All she wanted in her private time was to be stroked and nursed. I got really jealous of all the attention her friends got while I had to manage on left overs.

We can't change that aspect of our partner either. Wanting to change them, without them asking for help is really judgemental and just a sign of our emotional imbalance. We change people by turning up 110% appreciative for who they are, public or private persona.

Don't overload your relationship

If you are in love it will show. In your eyes, your face, the way you walk, the way you sit, everything will show it, because you are not the same person. You have been touched. Your E-Go is on holiday and people know it.

But, if you are only in Love when you find a partner to fall in love with then your life and relationship will be a mess. Before you fell in love there was not the same experience, so basically you were walking around incomplete without a partner and now you found one, you feel in love. That's like a puppet on a string, it they sneeze you shake and that's spin.

If you are one person before you fall in love, and then you are somebody else after you fall in love, there is dependency on this great experience, and that is the beginning of both business and relationship problems.

Falling in love is just a moment of 110% STOP in front of someone. But there's no real reason why you can't do the same with a tree, a flower, your computer and your coffee in the morning. The possibilities are limitless.

To really STOP SPINNING we need to have these experiences of falling in love, with and without our partner. There's no use being exclusive with it. That just breeds vulnerability and reactive emotions.

Someone in a relationship has to have enough love to stand still, totally 110% STOPPED while the other person spins. One person in a relationship is usually the Spinner, it can even be a tag team, but if two people spin, in other words feed off each other's emotional

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drama, then that's like a cat fight, no one wins and everyone gets scratched.

To remain stable in life, we must learn to be in love without a partner, as well as with a partner. We must become "in love" without someone to love. It is a loving attitude to life, to trees and children and sunsets, in love with a movie, and in love with our parents. To be stable in love, we must be in love with our past, present and our future.

Good relationships are not built out of a fearful dependency that says, "Without you, my life is not worth living". That expression comes from someone who is severely depressed and you have become their anti-depressant.

If someone says, "I can't live without you," then they would be wise to go to a doctor or seek some help because that is a real depression and it's dangerous.

You are not an anti-depressant, you are a lover of life, and a lover of lovers. So, the question is, are you in love with life? All you need to do is learn the art of 110% STOPPING and you can fall in love anytime you choose.

We cannot pretend to be loving and open hearted to one person, and judgmental and protective toward another. That's two faced and it's mistaking the public and private persona's and their judgements for love.

Really falling in love, in absolute terms means in the Zone, inspired and in those spaces, there are no conditions, no expectations. Thinking belongs to our E-Go. 'In love' is not like a suit we wear that can be put on and taken off. Love is a way of living, an attitude

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from which we choose a relationship, and then we become exclusive in our actions.

When the love we have becomes an exclusive love, it is not real love. It's a fake love. To say, "I love you," but "I hate her" that's a farce. Don't listen to that rubbish, it is a poison and a prison.

If somebody loves you and hates someone else, then, the part of you that might remind them of that person they hate is going to surface one day and what will you do then? The only choice in that situation is to pretend to be someone you are not, hiding your real public and private persona's and that might be great at work but at home? I don't think our home is a place for fake. You'll end up going half mad trying to fake it, being somebody you're not, especially at home after a day at work, you need to be real. Not another half person.

Exclusivity suffocates. Some partners want the beloved to love only them, no one else. They don't know that unless you can love all, you cannot love anyone. The wife might say the husband can love only her, and not be loving toward anybody else; the stream of his love should flow only toward her. But she does not realise that such love is false, and that she has caused it to be false. How can a lover who is not full of love for everybody be loving to his or her partner?

A magnificent key to creating a harmonious, lasting and sacred relationship is to understand that a loving person treats both those they like, and those they dislike, with love. The true test comes when we are asked to love those who hurt us, those who are unkind to us, and most importantly, in our relationship, our lover who brings truth home to us, by challenging us.

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You must be aware that your attitude in your life causes the quality of your life. Your emotions are not fixed; you are not a leaf blown around the park wherever the wind takes you. There is no authenticity in following your emotions. Only animals cannot choose how they respond to circumstance.

Falling in Love every day is so important to a healthy relationship. Otherwise it's just a memory.

I remember getting into a relationship while at a yoga ashram (that happens a lot). We were in some state of bliss and bingo, we met, fell in love and went off to celebrate.

For the next months all we could talk about was how great that falling in love day was. Really, that was the end of our relationship, it ended before it started because we had no idea how to get back to that great start. We just lived in the past every time we wanted to remember how great our love was.

If we don't have the skills to 110% STOP we can't fall in love deliberately with our partner. We just keep talking about how great it was when we fell in love, hoping that the same feeling will return by accident and the irony is that the harder we try to fall in love again, the less it happens because trying is thinking and love is the opposite.

People love to be appreciated

To improve your relationships with people, begin treating everyone you meet, friend or foe, loved one or stranger, as if they needed your approval. Extend to each person, no matter how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of any reward.

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Instead of waiting for the world or your lover to become lovable, change how you see the world, change the film, not the screen. The true source of stillness lies within you because you can change how you see people. You can see them as bad, good or both bad and good. You can see people with a balanced view and therefore be less emotional - more wise.

There are two sides to everyone, public and private. See both, don't be naive in dealing with people, but focus on the positive.

That's a vast different perspective than positive thinking which just creates emotional uppers in public and downers in private.

We can become a Hindu, or a Christian or a Muslim and move to a commune, but the minute we stop our practices, the crack appears and we find ourselves back where we started, being the same us. Underneath ideologies, concepts and philosophy, we don't change at all. Even after 20 years of spiritual practices, highly disciplined yoga and Zen, nothing has changed, I was only dressed up in different clothes.

Learn to admire life rather than wanting to change it. Find contentment within yourself, there is really nothing to change. You, your lover, and your extended family, are perfect. Remind yourself that there is absolutely nothing to change, only something to find balance in. Build each day on a foundation of pleasant thoughts by always looking for the two sides. There are two sides to everything, simply make a point of focusing on the positive. People become as you treat them. So acknowledge their gifts. Let the negatives take care of themselves. Remind yourself that through the power of thought, you can achieve any dream you choose organically. Let the dream in your heart be real.

Personal Options

Once you see that emotions always come in pairs, the positive and negative in every situation, your life can become more inspired because you will be less spun out. You'll always see double. Emotions cloud inspiration and there can be no stillness in a heart where emotion is present. Don't listen to half stories, they block out love. Instead, see all emotions are patterns, pairs. Look for two sides to everything and everyone, then, like in nature, love becomes natural.

If a person who insulted you went to a monk and insulted them in the same way, the monk would not be angry at all. So it is us who makes a difference. It is our reaction that determines the resulting feeling. The other person is not the source of our problem, we are. The other person ignites the source that resides within us. So, if a person insults you and there is no anger inside of you, no anger will surface.

This is an enormous awareness because it forces us to stop blaming people for how we feel. You were angry already, and they just brought it out. Anger, especially anger we don't even know we have, can really block our love and sabotage our relationships. So, rather than getting angry, we can really feel anger and acknowledge it already existed.

If you reach into an empty barrel, you will bring nothing out of it, but if you reach into a full barrel, your grasping hand will retrieve something. It is the same with provocation. A person who insults or hurts you, is just reaching into you and making you aware of what is already there. If there is anger or pain in there, they will be able to bring this out for you, so thank them. In other words, they have not

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done anything except make you aware of what is already happening within you.

This is how we deal with emotion in a healthy relationship. If you cause me a reaction, it is my work to do, not “your fault.” One man said to me, “I hate you” and I replied, “Me too sometimes.”

Growing is the answer to pain, suffering, and disappointment. In the face of challenge we ask, what is the benefit of this situation? Where have I done that to people? What am I learning here? If they are doing this to me – and nobody does more to me than I do to myself - then where am I doing it to myself? This is what we call growth.

This means taking responsibility for blockage. If the love feeling between you and your lover is fading, look within you and see where self-deception has intruded.

The deep desire to grow through challenge will make a person into something of a fanatic. Not a closed minded fanatic, not a fanatic full of judgments about others, a fanatic only in the sense that they dedicate themselves to attaining the highest standard of their own humanity. *All your worries vanish in nature, as long as you are not sitting in nature, worrying.*

8. Zen Stops

Who are you when you are not your money, your success, your religious idealism? Who are you without your values, your identity and personality? Can you just be connected to your soul?

To 110% STOP is a really important gift and to achieve it, you need to learn how to be empty. That means we are not the mother, brother, sister, auntie, cousin, leader, partner, male or female. To be empty we are not old or young, happy or sad, healthy or not. To be empty we are not impressive or impressed.

We want nothing,
Need nothing
And therefore
We have everything.

When you find emptiness will find movement. Emptiness is not always static, but any movement that comes in emptiness is without motive.

“All human evil comes from a single cause, man’s inability to sit still in a room. And, all men’s miseries derive from not being able to sit in a quiet room alone” . - Blaise Pascal

110% Stopping is easy but one of the big challenges is the fact that we get tensed-up in such a way that moments of opportunity don’t come frequently enough.

Actually, stillness sits within us all the time but because of our beliefs, ideas, identity and emotions, we lose touch with it.

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So, the art of 110% Stopping is knowing how to get back in touch with that very natural and beautiful part of ourselves, whenever we choose.

When I first started sitting in Zen, my E-Go hated the idea of stopping, so I even made excuses like, “Oh I am too busy” or “Oh, I’m OK, I’m already still”. There were thousands, millions of mind games, because to be emotionally and mentally naked, to sit in silence and feel my True Nature surface I had to let go of my E-Go. And that means all my self doubt and mind stuff was there to see.

Most people, even though they might declare undying commitment, absolute devotion to their work, a dire, heart felt love for their partner are unwilling to let go there E-Go even for a few minutes.

All we have to do was to sit down and shut up, but do you think that’s easy?

When I started Zen I thought I would be just like a samurai warrior. I visualised myself stepping into that meditation room, bowing to the statue, walking to my cushion and sitting in perfect stillness. So, easy.

But, after 3 minutes, my back started to itch. Of course, I was advised not to scratch it. Then my knee ached, then my feet went numb, then I needed a pee. And because I was learning to sit still, I simply sat there in hell, sweating profusely. It was the first time in 35 years of my life that I’d stopped adjusting my public and private personas, the first time I’d resisted scratching an itch, or tolerating pain without remedy. No wonder I’d struggled to reconnect to that feeling in my relationships. I didn’t even know how to deliberately get below my body agitation and my head stuff.

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The next time I went to Zen, I lasted 30 minutes before the itch drove me mental. That little itch had become a flesh eating, skin peeling, puss causing plague. My mind couldn't take it. Too much bloody silence. I begged for death. But really, it was just sitting down, in silence. I realised that I was addicted to noise. The thing that dared to ruin my relationships, was my ego.

Noise ran my life?

It wasn't the itch that drove me mad, it was the silence because in silence, my mind noise lost its power.

The noise in my head: thinking, worrying, wanting, desiring, questioning... and more just wouldn't stop. I thought I'd go mad in that silence, but after a year of studying Zen, I had risen past the 30 second response to an itch and could now sit for a day, in silence and enjoy an amazing expanded connection.

Zen creates an amazing openness and this is how we can achieve some of the 110% STOP,

A Japanese woman who practiced Zen took me home from work one night and then Zen took on a whole new meaning. You can read about it in *Zen Sex: The Way of Making Love* (Paperback) by Philip T. Sudo.

From this experience and my year in Zen, I realised how, in the past, even my love making had become busy. I was counting orgasms and hours of pleasure rather than connections made. I'd translated my entrepreneurial success ethic into my sexuality.

The idea of learning the art of stopping, breathing, smelling, tasting swimming in love had never occurred to me. I'd measured my life in pleasures and shouts and ecstasy, this was all new. My Japanese partner and I celebrated the highest connection in love, our

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love making lasted nights and days but there was not a real focus on sex. Each time we were together, we merged - 110% STOPPED.

The more astonishing thing was that there was no boundary to our love making, it wasn't limited to our home or to the bed. We'd sit in coffee shops making love with our eyes, her hand on mine. This was not infatuation, it was deep connection everywhere we went. There was no need to rush home and strip down, because with the ability to 110% STOP anytime we chose, we knew how to strip our egos anytime, and that's the gateway into another world. There was, even in those most public of places the deepest experience of intimacy I'd ever had.

What I also observed was that my Japanese lover was not just in this state of eroticism with me. She was in that state as she made toast, tended the garden, washed her clothes and took a shower. She bought her intimacy to our relationship because it was her. She treated herself with the same love that she shared with me. She took long baths by herself, with candles and music, she brushed her hair each night sometimes for an hour. I always wanted to be part of that celebration, to join her in the bath or brush her hair but I wasn't always invited. She wanted alone time.

When it was time for us both to move on, we parted without words. We both knew as we looked into each other's eyes for the last time. It was time to leave.

Some months later I met a lady and tried to practice the Zen art of love with her, but she did not understand the gift of stillness and she did not know how to strip away her ego from years of practice. She had been to many self-help workshops and tantra classes but it was all cosmetic, new ways to create her ego, not remove it.

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At night my new partner would want to be in my arms and this was special, but I felt like I was the instrument of her personal happiness. My Japanese partner had shown me how important it was to arrive in love making already in love rather than using a partner.

After this time when I realised what I'd found with my Japanese partner could not be replicated with someone who didn't understand the "ego-free" state of stillness, I recognised something very important: The only way to not Spin out in a relationship was to find the qualities I was chasing in a partner, in myself.

Stripping down the E-Go

To be naked we need to remove clothes. But to be emotionally naked we have to remove our ego. A relationship built on ego is very painful. At first it is not painful because we are on the upside of the ego, attracted, infatuated, but all ego is dual sided, and eventually we experience the opposite repelled and resentful.

Many clients speak of the resentment and anger their partner carries. It is a really common problem couples have and it stems from ego attraction into a relationship and then ego repulsion out of it. That's why finding a common ground in Stillness is so important. It helps couples to go deeper past the E-Go and judgements helping people to be really naked.

You might think that it is better to admire only the unique qualities of your partner, but this will mean that you reject all the qualities you don't like. This is the duality that causes too much unrest in your home. It is better to admire both their good and their bad qualities, they both have value.

9. Work-Life Balance

When work life starts to spin, relationships suffer. We are more transparent than we think. When we don't come home inspired, happy and fulfilled by our work we load a huge burden on our relationship.

Sometimes we load our partner and sometimes our children with the burden of "MAKE ME HAPPY." It puts a lot of pressure on them.

The same thing happens in reverse too. Sometimes the home caring person spends their day doing repetitive things and "just can't wait" for their partner to come home in order to experience the "Joy and Happiness" of life. This too, loads a relationship with more than it can carry.

If your partner says to you, "You are out of balance, spend more time at home" then what are they really, really telling you? For example, if you spent the next 3 weeks at home, doing nothing other than being around the house but the whole time you are there you are spinning, would they be happy?

My partner used to complain that I was out of balance even when I sold my business and took up full time caring.

When we are spinning, we're out of balance, no matter where we are. Even twelve months living full time in the home we'd be accused of being out of balance if the whole time we were there our mind was racing and we weren't really "turning up."

But Spin is not always mental. Some people are perpetually unwell, and with that un-wellness comes a withdrawal, an excuse not to be present, so, even physical discomfort can be an imbalance

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factor, it's not just mental Spin we need to deal with in order to find balance.

A balanced person has a balanced relationship.

Relationships do not balance people. Relationships thrive on balanced people. If a partner throws all their enthusiasm into a relationship and hopes that "at last" they have found happiness because of that relationship, then they too are spinning, they will not be able to "turn up."

A balanced person has a balanced day.

In conventional jobs, people arrive at the office around 8.00am and leave around 6.00pm. If that individual becomes out of balance, spinning by say, 9.00am, then they can only hope to survive the day without some major error or rude outburst on a colleague. By 10:00 am they have Spin on top of Spin. So, by lunch time, they can't wait to fill their belly with anything that grounds them. By 2:00pm they are sleepy so they take coffee and Spin some more and by the time they come home, they're so Spun out from all this, all they want is a good meal, sex and TV. Not always in that order.

The next morning the process starts again, Spin builds on top of Spin, this poor individual just can't wait for the weekend, but when the weekend comes there are obligations, unfinished work because they didn't get their work done in the time.

This imbalanced life is often resolved with substitutes. Substitutes are: Food -Substance, Greed, Sex, Spirituality. They are all things that, in a balanced life add to the flavour of diversity, but in the imbalanced life become the means of escape from reality.

Unbalanced people live unbalanced lives hoping that one or all of the substitutes will resolve the imbalance.

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But balance is natural and imbalance is unnatural, so all the substitutes in themselves become more dependency, more expectations, more desires and this in itself actually causes more imbalance.

The new partner, obsessed with sex is really hoping that the pleasure lasts forever. They hope they've met a sex machine who's e going to perform for them for the rest of eternity. Because they've substituted sex for natural happiness, now they are vulnerable.

Vulnerability is heralded in relationships as a good thing, but it's not. Authenticity is a good thing in relationships but vulnerability implies a dependency and dependency in relationships means hyper sensitivity and that causes Spin.

The more we Spin, the less we "Turn up" so even a really vulnerable, sexually hungry, totally affectionate partner will, on the one hand be really invested in the relationship, but they will not be able to really turn up, they just won't be able to STOP the Spin.

The best sex my client ever had was when she fantasised about someone else while she was making love to her partner. So, Spin can really help a sex life, there is no question about how much fantasy can play an important role in sex. But there is more to sex than sex and sometimes, the greatest sex can be the least fulfilling.

It is the same at work. Many people blame their day for their Spin, but most are using Spin to get through the day. If we create a boring routine, if we arrive at work but can't turn up, if we're bored and unhappy at work we create Spin in order to cope. We think about holidays, tonight's sport on TV, the Simpsons, the next episode of Desperate Housewives, last weekend's fun or next weekend's plans.

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Spin takes us out of the present circumstances and that's a survival mechanism, however, it does not achieve one very important element of life, fulfilment.

So, an out of balance person quite often deliberately creates Spin in order to stay out of balance. They don't want to be here in this activity, so they create a past or future thought.

From this you can see that there are two primary sources of imbalance. One is work overload - too much to do and not enough time - which in turn creates worries and thinking even when a person is not at the office. This is called, stress.

The other source of imbalance is Spin that is deliberately woven into life in order to avoid the mundane reality of present circumstances.

As a Balance Consultant, I'm often asked to help improve the Happiness factor of people in a large organisation. The first thing I need to determine is which of these two sources of Spin is most common. Their treatment is absolutely different. One comes from poor work management practices - for which we say -*evolveyabastard* - and the other comes from an attitude issue.

Both however, suffer from excess Spin. Both will come home unable to Turn up, and therefore both will be suffering the consequence of an imbalanced lifestyle.

For the vast majority of people compensation is normal. If they are Spinning to the right at work, they try to Spin to the left at home. If they are overloaded at work they want no pressure at home. If they are bored at work, then they want stimulation at home. And this can set in place all sorts of patterns that, in turn, sabotage the quality of their life.

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Balanced people work in balance and have balanced relationships. So, balanced people don't get messed up in compensations. They don't have weekend to balance weeks, they don't have relationships to balance work and they don't need substitutes even though they might enjoy them.

It's easy to tell how much personal balance a person has by just listening to their conversation. Looking at the chart below, you'll see the different levels of balance, all the way down to complete imbalance - "GOT TO" and all the way up to a totally balanced individual, "LOVE to."



The more out of balance a person is in their person, the more out of balance will be their contribution to their work and relationship.

For example a GOT to person will be desperate to make their relationship work, but, at the same time desperate not to tolerate anything they don't like in their relationship. So, they've "Got to" have their relationship and they've "Got to" have it the way they want. This imbalanced approach makes them extremely enthusiastic to start a relationship and extremely rigid within it, which makes them extremely hard to live with, which makes them withdraw extremely quickly. This is imbalance.

When we become all or nothing people, it's because we've started to Spin, either because life is boring so we've created ways to

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escape it, like substitutes, or we've become incompetent at managing ourselves, and we're into overload.

Either way, the cause is the inability to 110% STOP.

Balanced People Live Balanced Lives

Unhappy people at work, come home, looking for more from their relationship than nature intended or not giving as much as nature intended. Imbalance at work breeds imbalance at home.

A balanced person turns up at home with the same investment as they bring to their work. However an unbalanced person comes home to compensate for their work, or goes to work to compensate for their home life.

Home is meant to be a place of rejuvenation, a place to retreat and celebrate love and happiness. A place to relax and recuperate, a cave into which an individual or couple can regroup and find their centre. But if we drag an unbalanced self into that space, then it's like wearing muddy boots on a clean white carpet.

We need to do our dirty laundry as a work in progress rather than delay it or chunk it down into work and home. The capacity to 110% STOP is therefore not an exercise we do for the rest of our lives, something separate from our day that we do in the morning and forget. It's a way of life in which we come back to centre anytime, as many times a day as we need.

But there are some issues.

Maybe you are in a relationship you don't like, and so, Spin is your way of coping with it. Staying unbalanced might be your way of surviving a bad circumstance. Maybe at work you are in a job you don't like and so, you Spin yourself, either by getting too busy to

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think (stressed) or by drifting off into Never-land, either dreaming of the past or something in the future.

So, that becomes your first point of reference. Do you really want to be here in this moment?

If you don't then you are going to be on a lifetime of imbalance and that's going to be tough. All life experiences, whether it be your work or your relationship are a balance of support and challenge. But the Spinning individual wants only half that equation and so they want to change their partner, change their job, change their country of residence, do whatever, to avoid the balance of life.

A person in an office who blames the work, blames the company or blames themselves for a job they don't like is playing victim. That's the real disempowerment of life, to blame circumstances for our Spin.

The business person who is always under pressure, stressed, and who blames the company, the work, the economy, is playing victim too. We are always supported and challenged, and if we're looking for a half life, then we're not looking for a real partner or a real job - and that's the cause of imbalanced personal life.

If your partner is upset because you bring criticism to them, then they are only wanting a half person in their relationship, and you are not a half person. The fantasy world motivates people to make money, win championships and do all sorts of things because their dream is to escape the dark side of confrontation at a personal level, they are running an imbalanced model of life, and can only go from affair to affair.

Real jobs support and challenge us. Real Relationships support and challenge us. It's the cosmic joke. We get attracted to our per-

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fect mate, and once we're involved, we get what we need, rather than what we want.

An imbalanced person is running an imbalanced model of life and so, they can't see the cosmic joke. They really think there's a place to hide, a relationship to find where there's more pleasure than pain. That's just imbalance from the start and it turns us into extremely hyper sensitive, deadly serious, heavy people.

Lighten up

110% STOP is a skill that really cuts through the public and private E-Go. However, if when we release that practice, we're operating with a fictional model of life, we're going to be like a learner driver trying to work out how to use the clutch, kangaroo hopping down the road. Stop, start, stop, start.

It's better to lighten up a bit, cut yourself some slack. Balance your model of life so that, life becomes more understandable, rather than always something you're fighting against.

All people have two sides. All jobs have two sides. All relationships have two sides. Those who know this, work with life rather than against it. Those who don't are forever out of balance and addicted to substitutes in order to cope.

Lighten up, every relationship will challenge and support you. Every business will challenge and support you. It's fun as long as your expectations match what nature intended rather than some fantasy you read in a book.

Self-help gurus sell the upside in order to make money. Personal growth books promise that, if you do, "THE RIGHT THING" you won't be challenged. The "art of positive thinking" promises that you'll change your life following that principle. But you can see

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through that imbalanced process. Positive thinking is just one half of your two personas. The more positive thinking you inject into your relationship, the more negative you'll experience. That's life.

So, rather than using 110% STOP to punctuate your imbalanced life model, it's really wise to use 110% STOP to support a deeper and more profound inspiration in your balanced life.

That's called preventative medicine. Expect reality, enjoy reality rather than expect fantasy, and wrestle with reality.

Blame doesn't work

Relationships are not healing retreats, wellness centres, therapy institutes or punching bags for our frustrations. Home is a sanctuary and a place where we bring our best.

The most toxic of relationship "dirty boots," is blame.

People find it so easy to blame their partner for their unhappiness. In fact, some people need a relationship in order to have someone to blame for their unhappiness. Blame is poison and prevents real intimacy.

Many years ago, long before Zen awareness, I had a relationship with J. She was a soft gentle soul with beautiful clear eyes. Her heart was always wide open and I felt so lucky to know her. We moved-in together, travelled throughout Asia staying in the best Spas while she wrote reviews. We made love under the stars, in hot tubs and in resorts with rooms the size of a palace. But all too soon the relationship started to feel uninspiring. I felt like she was too emotional, too unpredictable to rely on and we parted painfully.

The reality was that I was hoping this relationship would give me a new lease on life. My work was stuck, my life was uninspir-

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ing. I was in a self created bubble and I was wanting this beautiful woman to come inside that bubble and make it feel better.

She was perfect and it's quite amazing to witness that everything I needed to do to improve my own life was reflected back to me in all those things I didn't like about her. But I blamed her, and missed that golden opportunity to grow my life.

I tried to coach J into a different way of life, which, in essence was like trying to change her to fit my comfort zone. I offered to coach her, and in particular, help her change anything in her that didn't align with my good self. It just made her more polarised. To the degree that I went into a rut on one side of the fence, she went the opposite with the same tenacity. It wasn't a conscious rejection of my happiness, it was just compensation.

I emphasised routine, she emphasised creativity. I emphasised following logic, she emphasised following her heart. I emphasised my "life purpose" she emphasised putting money in the bank. It felt crappy, we started to quarrel.

We were in a perfect dynamic: the more I went to one extreme, the more she balanced me with the other. There are no such things as half people with half personalities but imbalanced people need imbalanced models of life, so they thrive on half truth, half people. And the only way to sustain that model, is by blaming the job, partners, life, children, the enemy, or whatever.

Buffer Zones

Entrepreneurs can eat, sleep and drink work. Partners love that aspect of our life but it doesn't take long for a partner to demand that they get treated like a partner, not a business colleague. And that's a real battle in an a busy life: Knowing how to take your hat off after work.

What works, is to make sure you understand the difference between the mindset that makes business a success, and the mindset that makes relationship a success.

If you are a business owner or an entrepreneur or a leader in life you'll understand how work and life can so easily overlap and then start to treat our partner as part of the business and forget to treat them as a lover.

It's good to find a middle ground somewhere between 110% Stop - Falling in love daily in relationship and 110% Stop - Being inspired at work. For example: throwing a ball in the park, going for a run together, swimming together - something physical and fun. What it is doesn't matter as much as the fact that there's some other dynamic for you both to enjoy somewhere between 100% work and 100% love.

For this middle ground of balance, discount all time spent eating, watching TV and time spent with friends and family. That's distraction time. Not middle ground.

Many business people don't have those partitions. They talk about work until bed time, they talk about work while they have dinner, they watch TV with laptops on their knee sending emails, the mobile phones are frequently ringing about work (International business has time zone issues).

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We know from corporate development that if a leader doesn't create daily space from their work, they lose perspective and get very attached to their business. Usually, that spells disaster both at a personal stress level and in leadership. So, people often sabotage both their work life and love life by not putting buffers in place.

When I was, for my short stint in life, an employee, I didn't have to worry about buffer zones. I'd walk out the door of the office, take off the work hat, throw it on the back seat of the car and put it back on again the next morning. I had sport commitments that demanded I leave work at work, and I had babies that demanded 100% focus. The split between work, love, family and life was so easy.

Even when I started my own company it was easy. The business wasn't big enough to get outside my managerial competence. But entrepreneurs have a habit of growing things without growing themselves. I started with a \$1,000,000 business and a \$1,000,000 competence and grew the business to a \$5,000,000 business with my \$1,000,000 competence and the way I did that was to extend my work hours, worry time, and strategy time into my home time. So, in the end, my partner paid for my incompetence. She sacrificed love time and relationship time to pay for my lack of competence to manage what I'd created.

99% of relationship problems are work related and most of those are caused because people expand their business into their home and don't expand their self-leadership skill. They, like me, become committed to the growth of their sales or profits, but forget that their skill at thinking faster, clearer, deeper and wiser needs to expand too.

How to get more done in less time - no compromise

If work life is not managed well, if a person has a job they can't manage or emotions at work they can't process then they will come home with those muddy boots and tramp their unfinished business all over the house. It affects their children as well as the life of their partner.

"No compromise." Set time limits for your work and find process to make your work fit into it. That's how you evolve your work life.

If you think the same, act the same, do the same, you'll get the same. And work is always expanding. The only place I've seen work load contracting is when I contracted to a Federal Government. There the model is, "keep people happy, contract the demand to fit the incompetence." But for an entrepreneur, a commercial manager or business owner, that model will never work.

Home should not pay the cost of poor self-leadership at work.

When I hit these periods of incompetence I'd blame the job or my business partner. I played victim as if I had my hands tied behind my back and couldn't do anything about my process of work. Like most entrepreneurs and small business owners, I had a big investment in being super competent and so, it was easier to blame the world than look for ways to get more done in less time.

So, it came down to me. It is my responsibility to grow my competence at work in order to stay on top of the stress, the challenge and the process. If I just expand my work hours to fit the work load there's no growth, and if I do, the Federal Government model, and contract the work to fit my competence, I'm going to be as depressed, addicted to food and unfulfilled as some of those people.

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When work starts running your life then go back to basics and look, research, seek out ways to improve your process, don't expand time. Fix your work time without compromise. That's good self-leadership. Accept that incompetence is normal, and we can't shrink our work to stay competent, instead, we need to expand our skill and work through periods of incompetence. And that's how to hold a smooth work-life balance.

It's our choice whether we are good to live with or not. In a relationship, the head-space we bring must be different to the head-space we apply to work. The two are so different it's like being two different characters in the one movie.

10.Inner-Wealth

Stressed and dizzy people push others away. A baby held in the arms of a stressed person becomes stressed. A lover sharing a moment with a stressed partner picks up the toxin of it. An office with one single stressed person can be completely transformed for the worse by that one individual.

So, you can easily see the cost of Spin in a relationship and at work. One or both parents can, by osmosis, bring down the health of their entire family and one leader can infect a whole team with Spin.

Stress, emotion, worry and excess ambition mean we might be losing everything we're working for and the irony is, the harder we work for it, the less inspiration we will share. So, we can easily be running in the opposite direction to everything that is important to us.

The question is, "Are you in love enough, inspired enough to be 110% Stopped, while everyone else around you Spins?"

That's the real challenge. Because if you Spin, you are not the leader. The person with the least Spin, sees the most order in chaos, leads.

Sometimes that means shutting up.

You might see your partner doing something crazy, or somebody might be complaining about you, do you have the Stillness not to react to it?

That's the real question for an entrepreneur.

We can't give what we haven't got. If we can't see order in chaos then how can we lead others.

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The person with the most Spin usually gravitates to one of two extremes. They either make a lot of noise, and therefore can't be Still or they get depressed and take all the noise from the outside and put it inside themselves. Either way, the less order we see, the more blame we send out, the more noise we create, the less we lead.

Your Spin Is Not My Spin

People who are caught up reacting to each other are going to snowball their stress and kill their communication. Their tension will sacrifice all that is special by trapping the ego in an emotional tug of war. The harder one person pulls on their emotional strings, the harder the other will react unless one of those two people know how to 110% Stop.

People can, in the beautiful ambition to help each other in life, undermine their whole capacity to live what they deserve.

When I feel stress in somebody and it's directed at me in blame or accusation I simply affirm: "Your Spin is Not My Spin."

Releasing a person to have their Spin while we stand still releases them from our judgement and disconnects them from our reactions. That's really important because everyone needs to feel the right to Spin to their heart's content. Interfering is not an option unless they ask for help.

I describe it like this. If a person stands in the middle of a room and swings a metal chain around the room, you'll soon learn to stand outside the reach of the chain. That's the "your Spin is not my Spin" process. So, the more stress they have, the less communication - authenticity we can have because that stress is, like the metal chain, determining how close we can stay.

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Now, in a work situation we might be in a position to request that the chain be shortened because it's extremely unproductive, but in a relationship, telling our partner to shorten the chain is like clipping a bird's wings. Better to say, "Your Spin is not my Spin" or "Your Stress is not my Stress."

The model of interference in the name of friendship just breeds resentment. Rescue breeds resentment so the, "I can fix your problems" model means we run in and try to stop the chain, block it, or even get hit by it. But the person swinging the chain, Spinning their life is causing the Spin and as soon as you step away, they'll do it again. We can't change that by running in and getting clobbered by the chain or grabbing hold of it. Control doesn't work.

In my work I meet many stressed out and traumatised people. I used to dive in and get attached, but that doesn't help. Two stressed people are not better than one.

Instead I learned to stand back far enough so I didn't get tangled in the chain, so that I could be objective, not attached, unemotional. So, I opened my heart to all of it, but didn't go down with the sinking ship. I just help people. "Their Spin is not my Spin."

It is so important to hold stillness in relationship. If we start reacting to people, reacting to somebody else reacting to somebody else who is reacting to somebody else, you've just made your life a complex catastrophe instead of a sanctuary. If you can Stop the Spin, you become an anchor point for those around you.

Reacting to reaction is a rebound effect that can destroy health. I don't recommend reacting to the news on TV, any applause, any criticism, praise or put down. I suggest "take no credit, take no blame."

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It might sound a bit boring, but if you're happy before the applause, or happy in spite of the put down, you'll be far more capable of authentic contribution, and that is, really fulfilling.

The weird part about this is that when we try to help our partner reduce their Spin triggers, they feel, at some level, judged and therefore disrespected. The more we react, the less appreciated people feel, which in turn, makes them react, which in turn causes us to react, which in turn makes them feel less appreciated, which makes them react. Stopping this cycle is critical.

It's a cycle that's best not to start and one that, if there's children involved in the relationship, they'll probably feel responsible to fix.

11. Self Respect

Playing the character

Being good at our work, our relationship, our sport and so on requires that we expand, rather than contract the definition of our personality. Good relationship requires one character, good entrepreneurship requires another character, good at a sport or art requires another character. So, instead of just two personas, a public and a private one, we can have seven or eight public and seven or eight private. We can tap those characters anytime.

Monotone is not inspiring. Monotone is boring, and that in itself creates Spin. We are multidimensional beings and with a light hearted, balanced perspective we can play any character. Admitting that we can play any character builds self respect, choosing which character to play builds relationship.

I suggest to my clients that they enable these characters in order to broaden their interpretation of who they are. To embrace a whole different and broader way to “TURN UP” in life. Instead of trying to be half a person, embrace the whole public and private, good and bad, light and dark of themselves, even if they choose not to express it.

Spin is often created when we try to fake it. We get defensive of anything that might imply that we’re anything but perfect. So, we start to believe our own public persona. Then, when someone points out our private balance side, we get Spun out. Really, there’re two sides to everyone, so why not accept that it won’t go away and at least, in your self-perception, accept yourself. That alone can reduce Spin by 90%.

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I'm talking about not holding our achievements, our "good character" our cleverness, our thoughts, wealth or religious devotion, not even the measurement of our waist line or chest size as a definition of who we are, that's self esteem, and instead, I'm talking about self-worth, total, balanced and real.

People are not going to like us more than we like ourselves. And yet, if we get a swelled head, about how clever we are, we're going to attract the enemy. So, how do we walk the fine line between self-worth and self-esteem?

For years I thought this meant pride. I'd sit around thinking how clever I was. But I wasn't always clever and the rest of the time I was trying to ignore or fix that part of myself. That is called low-self-worth.

There are two sides of every human. The religious fanatic might try to excommunicate the bad or stupid side but that's a farce. Those two sides exist in everyone and the more we respect that balance, the more choices we get about their expression.

The more we pump up our public self, the more we get thumped in our private self. Just try walking in the door of your home to your partner feeling like you are some sort of entrepreneurial hero. They'll bring you down in an instant. That's nature doing balance.

So, self-esteem goes up by putting on a public front, but in private goes down when experiences the balance downside. Self worth stays constant.

You see, the thing is we don't seek approval more from others than we seek it from ourselves. So, although some people thought I was seeking approval from others, the truth is, I was seeking self-approval.

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The Spin in that is that the more I approved of myself the more I disapproved of the bits I didn't like. So, as a result, and we see this all the time in very fundamentalist and moral righteous people, I became really defensive and, truth be known, evasive. I just tried to damp out the bits I didn't want to know about and cut out anyone in my life that reminded me of those bits.

The trouble with that process is that my partner, the person I loved, knew me best and was there to witness the real me.

She knew my private and public face, and so, I started hiding the parts of me I didn't like from my partner, and that was the end of intimacy.

Always trying to become someone special, or at least different to who I am made me defensive, self-protective and fake. It's also exhausting.

With Self-Worth as the focus, suddenly we find out that the things we have been trying to fix for the past 30 years, are actually quite a necessary part of life.

Self-respect means we get over trying to change ourselves, find some contentment and thankfulness for who we are, unlearn the judgements we place on ourselves and others (they are the same) and then turn our attention back to being inspired in life and love.

Learning to be happy, alone

The journey we take learning to enjoy our own company is a really important step in reducing the Spin in life.

We have to become our own best friend instead of asking others to do that for us. At first, it can be a nightmare. Enjoying alone time is a whole science because even though we spend many hours alone

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in our life, we don't always enjoy it. Mostly, when we're alone we're distracted, doing something, being something.

Being alone each day for ten minutes can make a big difference to your life. When you first start consciously sitting down to be alone, you might need a book to read or at least a note pad to get things out of your head and onto paper.

But eventually, being alone each day for a few moments of personal stillness is a great enjoyment without any distractions and this is an important part of 110% STOP. It means without music or distraction just sitting down and checking in on how things feel in your world. Not even talking or watching TV!

Sometimes we don't want to slow down, life feels great and really exciting so we are tempted to skip that time alone practice and just throw ourselves in at the deep end. But after a few bad choices we realise that just a few minutes of a reality check each day can really make a great impact on our life and keep us inspired.

In the times when we are single in our life, we need to spend the same time doing our personal alone-time practice as we do when we're in a relationship. It's vital, because we do know that nobody can treat us better than we treat ourselves and I assume you really do want to share the best time possible with others.

A wonderful demonstration of how beneficial this personal time-out can be is when I take people up trekking in the Himalayas. It's one of the most beautiful places on earth near the Sacred Lakes of Gokyo and Mt Everest. My groups walk to the edge of those lakes and stop in awe. They take a few photos, but then, there is silence, a few moments of stillness, it's automatic, people just stop and contemplate. They might sit down on a rock, by the edge of that aqua

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blue lake, surrounded by the highest mountains in the world, and they go into a small trance. They stop thinking, talking, photographing, and even burping or farting (which with a Dahl lunch is the real miracle), and they 110% Stop. There's nothing to change.

We don't need to trek all the way to Nepal to have those moments of personal stillness. Just watching a tree grow for a few minutes will do it. We find it just reconnecting to nature.

People who live connected to nature don't have to worry too much about this personal connection time because it's already a part of their balanced day but most people living in the city become strangely cut off from that connection, and when we disconnect from nature, we disconnect from ourselves.

That is why I recommend this connection time for people in the city where man-made buildings have taken the place of valleys and mountains, and the roar of traffic has been substituted for that of boisterous streams. Something definitely happens to city-dwellers; they get brittle and polished, they have churches and museums, drinks and theatres, beautiful clothes and endless shops. There are people everywhere, on the streets, in the buildings, in the rooms and so, people lose connection with nature. So personal time-out can really help sustain that natural relationship with nature.

Those moments in life in which we connect to nature require that we cease thinking and worrying and striving just for a few moments each day. Alone, so that we can bring our authenticity to life.

Keeping Life Simple

In India we can be humbled to the most beautiful simplicity of life. The simple humble people on the street painting their doorsteps, lighting incense and touching their forehead to statues. It is the simple reverence to nature and humility to accept the beauty of their circumstance that is so overwhelming. Just being in the presence of simple people can reduce our Spin.

It's important that with all the to-do lists, schedules, emails, reality TV shows and bus timetables, that we just don't forget to be simple in life, with ourselves and as a result of that, with our relationship.

Keep life simple so that we don't get into rebound stress, reactive loops of stress and emotion. We need stop running for a few moments each day so that we can forget about the mortgage, the rent, the fat on our belly, oil in our hair, the spot on our face, the next deal, the kids at school, the yoga back bend, what people think of us and just 110% Stop and be authentic in silence.

Underneath all the stress and struggle there is the stillness, we just need to clear away the noise that makes it hard to feel.

12. Xtreme Stops

Everybody knows how to Go 110%, but only a few people know how to 110% STOP. My pattern for stopping used to be to burn myself ragged until Friday, unwind at the pub Friday night, recover Saturday morning, do something interesting on Saturday afternoon, go out Saturday night and get drunk, recover Sunday and start worrying about Monday about 6.00pm Sunday night. It took me all weekend to recover from the work week.

The truth is, I didn't really recover fully and my partner suffered the "where's my partner syndrome."

I've run marathons and done a whole lot of sport and no sports person trains 5 days back to back without recovery and then takes the weekend to recuperate. My goodness, we'd be dead. So, why do we do that with our life?

Stress, tension and exhaustion - Spin - accumulate just like fatigue in sport and like the concrete inside a concrete mixer, if you don't hose it out every day it's going to set hard and then it'll need a jack hammer to get rid of it.

That's the equivalent of working from Monday to Friday without taking a bath, or eating. We do change our clothes, and take baths but we don't recover well from each day at work.

It takes exercise, every afternoon after work to clean out the cement from our day. It takes a bit of fun, a few minutes throwing a ball and some light happy simplicity. But that's just cleaning the dirt off. We need more than that, we need to recover, and we need it fast.

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Xtreme stops help you recover fully anytime you want. I do it every 30 minutes. I'm determined not to cause fatigue in my life, I don't want to bring myself home in a bad state to meed my partner. Therefore, I do a lot to prevent Spin accumulating into stress and fatigue.

Mental fatigue is as damaging to work and life as physical fatigue is to health. So, Xtreme Stops are designed to deal with both.

Now, before we begin I want to say something that's really counter cultural, counter medical and counter hippie. And that is, "don't back off."

Recovery, Xtreme Stops do not mean to gravitate to the safe zone somewhere half way between doing something with all your heart and soul and doing nothing. Backing off from life is the cause of significant depression, restlessness, tiredness and mental ill-health. You don't get to where you want to go, stuck in the middle. Some even call this place "living dead" but I don't want to label it.

I have worked with people all over the world who get trapped between doing what they love and sustaining a healthy relationship. They get stuck trying to please everyone and it seems to be that the most common practice is to aim for mediocrity in both.

With Xtreme Stops, you set up a fight against mediocrity in your life. If you go to the gym, do a work out, don't fluff around. If you go to work, work your butt off.

The reason most people gravitate to mediocrity is because they are trying to survive and the reason they are only just able to survive is that they don't know how to 110% STOP - Recover - and get back to life.

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There was a time when I made a life out of Xtreme Stop. I became all spiritual and started to think the meaning of life was inner peace. That's nonsense. The meaning of life I don't know, but what I have observed in my life and those of countless others is that when *we do our work with inspiration, our relationship with consideration and our personal time with contemplation, there's no need for hibernation...*

So, let's learn the art of 110% Xtreme Stops. How to recover after a day, an hour or a minute of exertion so the next moment is the best moment of the day.

So, let's run through a check list.

1. You have a job and you don't blame the job for your state.
2. You have a relationship and you don't blame your partner for your state.
3. You have a life, you breathe, think, fart and eat.
4. You know that everything you'll ever do, be and have is a perfect balance of support and challenge. There is no pleasure without pain.
5. You want to love 1110%, Work 110% and Die laughing.
6. You care about others and the world.
7. Mediocrity is your number one enemy. If you do it you do it 110% no half life. So, if you dance you dance, if you play you play.
8. You are aware that you have 6 sensory inputs and when those 6 sensory inputs are focussed on just one single thing, you are in an enlightened state, even if you are sitting in prison.

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9. There's no half stop, no slow down, no back off, because none of those helps you recover and all of them send you home half cooked.

10. TV, alcohol, caffeine, chamomile tea, Valium, Prozac, sun-bathing, going to a restaurant, a weekend in a fancy spa, yoga and aerobics are considered DOING not STOPPING. So, we get that clear these are all Spin causing additives to life.

Practice between performances

It takes six weeks to create a new habit. So, for the next six weeks I'm suggesting you'll need to set aside time to practice these skills. Once the six weeks is up, and you feel confident, then, implement the Xtreme Stop process into your life everyday, once, twice, a hundred times. You never know when you will really be tested on this.

The skills to Stop don't mean sitting like a marble statue in some ashram 400 miles away from the people you love and the work you love. Stuff happens, life grows at the border of chaos and order and so, you'll need to become adept at these skills in the real world.

I was standing at my office window in New York City looking out over the magnificent September day waiting for my car to arrive to take me to the airport. Boom, a plane flew past my window so close I could have touched it, and, after a few seconds struggle, dove into the World Trade Centre.

Over the next 8 hours the most terrible drama unfolded and as everyone knows a great suffering. In this time, and what is not often reported, were the everyday reactions of the people on the streets of New York. Panic set in, people were hurting even 20 miles away

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people went into shock. It was here that my Xtreme Stop skills were really tested.

My training in Xtreme Stop allowed me to help hundreds of people, without losing my own centre. I was able to put my own emotions aside, and certainly not the degree of involvement the fire and police had to do, but I did my part.

Being able to provide support and love during these terrible days I gave all I could without tiredness. My support was more than a quiet surface of a lake it was a deep self-knowing, a contribution beyond my ego and deep to my core.

I went to fire stations where nearly the whole squad had been lost in that disaster, I just stood and let people come to me for support. I must have embraced hundreds of people, tearful mates, friends and families. I knew no one but I gave what I could.

There are many material things that are valued much higher than this support and yet, it is from this kindness that all the great things in life can evolve. Sometimes, this is the most important gift, to be still amongst the drama.

Xtreme Stop is when we fall in love, create inspired vision, connect to people, and make peace. We fall back in love every day in Xtreme Stops and so, it is not the most popular quest but the results are unquestionably some of the most acknowledged of human achievements.

Samurai

The traditional Japanese Samurai who, when challenged for a contest, (and these were always to the death,) would take up a stance facing their opponent. The two Samurai would cross their razor sharp swords in front of their faces and begin a deep process

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of absolute Xtreme Stop. Hours would pass, sometimes 7 or 8 hours until one of the Samurai had a thought. This was the window when they lost contact with their Xtreme Stop position and dropped into their E-Go. A single second of lost focus in which their opponent would strike, probably only one blow, leaving them to die.

We don't have Samurai swords but we do have entrepreneurial choices, and in relationship we need moments in which our mind can stop spinning and we can fall back in love with our partner. We don't have those swords, but in some metaphoric way, when we don't recover from Spin, when we're out of control, the consequences are just as bad.

In Xtreme Stop we are connected. Nobody escapes it. We are connected to everyone that we've ever loved and who has ever loved us. So, it's also a great healing space.

Thinking and emotion subjugates connections and so, Xtreme Stop cuts through those emotions and slides us past thinking.

Xtreme Stop - Skill 1. True Nature

The first skill in Xtreme STOP is to tap into our natural connection to nature. The first step in Xtreme Stop is to go to nature and reconnect with your roots.

Here are some clues:

1. Witness beauty. The observation of beauty in nature draws all the human senses into one single point of focus.

2. Feel Small. Witness the immensity of nature, the breadth and height of nature. The stars, the horizon, the trees and the history. Nature has been here 3 billion years just so you can have a glimpse.

3. See balance. Observe life and death in nature with equal impression. Do not infatuate birth without infatuating death. All of nature functions in cycles - this is the order in the chaos.

4. Respect the time frame of human existence in the overall plan of nature. We are travelling at one million miles a day around the Sun, one thousand miles per hour in rotation on the surface of the earth and the Sun itself is hurtling through space. The Sun is one of an estimated 6 billion Suns in our galaxy, and our galaxy is one of 50 billion galaxies measured in the known universe. It is wise to keep this perspective.

5. In Nepal, when I take people to the mountains it is easy for them to Xtreme Stop. We feel so small compared to the magnificent vista that the experience of E-Go evaporates automatically. Who we are, how important we are, and what we think just become trivial compared to the magnificent perspective this amazing space creates.

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It takes effort in nature

Taking people to Nepal doesn't work for everyone. I took a bunch up there one day and they just talked about the stock market. It's not a place for victims waiting for nature to "do a trick" on us. We've got to want it, and we need to invest in the intensity of the experience.

So, even in the most perfect of places, it does not guarantee Xtreme Stop. If we're thinking too much before we go into nature, we'll be thinking too much when we come out.

If we're wound up from work and don't know how to unwind, and in our effort to reconnect we could choose to spend 6 years living in a cave alone, eating peanuts, and find that all that's been achieved is a very bad digestive system and a lot of gas.

The extraordinary challenge of Xtreme Stop in nature is to become so consumed by something that we forget where we are, what we're doing and why. Beauty does this to us, whether it's in the eyes of a lover, a great painting, a magnificent dolphin jumping out of the water or a business proposal.

Another thing to watch out for is complacency. I have the most beautiful view out of my office window across Sydney Harbour. Sometimes I forget, I just work away until a visitor comes and admires the view. And then I remember how it was the first years I was here. It's easy to get used to beauty and then get bored or complacent with it. Then it doesn't magnetise us anymore. No stillness.

Extreme Stop - Skill 2. Body Control.

Our body is the extreme of our ego. Our body seeks pleasure and avoids pain. But given that pleasure and pain are always balanced we can say, that our body is dumb. It knows how to survive but it is not the basis of our life.

Many people follow their feelings. They invest in the emotions of what feels good and running away from what feels bad. This is animal nature, not human nature. It is the body dictating life and that's an extremely volatile and unstable existence.

Your body is an immaculate machine, built and created by nature and the creator, it must be cared for, and well managed but that is the most important realisation, it cannot care for itself. You must take charge of your body, to feed and provide what it needs, not what it wants.

Feed our body until it is ready to explode and it will still think "How can I fit more in?" If we listen to our body as our driving motive for life, we'll end up addicted, distracted, unhealthy, obese and without moral boundary. The body knows no limit, except of course, illness and disease. So, like a child under the guardianship of a good parent, we need to exert control.

Skill 2 in Xtreme Stop is to exert some discipline over your body, become friends with it, a good parent. To achieve this, you need willpower.

It's written in many great texts that willpower is God power. If we lack one, we lack both. This in itself might be a great insight.

What goes in our mouth, our ears and our heart reflects the choices we make, and this is all to do with Willpower. What are our

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actions, our disciplines? This is also to do with Willpower. If we lose the Will, we lose everything.

Practice - Dead Stillness

Sit, lie down or stand in a place where you won't be disturbed. Relax your body. For the next 10 breaths, don't move at all. Be dead still. Pay good attention to your posture and alignment and, once the practice begins, do not move one single muscle.

On the next round increase the length of the session to 20 breaths. Do not force or change the breathing pattern simply focus your mind on the count and don't move a muscle.

Continue to do this until you are able to achieve 10 minutes of dead stillness. It will take an amazing power of will to achieve this. Make sure you are in a safe place where your nervous system can relax. Set a subtle alarm so your mind can let go of time concerns. Make the alarm incredibly faint so there is no shock.

If you fall asleep during the practice this is a good sign.

Do this practice 2 or 3 times day. When you wake, before you arrive home from work and before bed. The results will be extraordinary and you will find your health, mind and heart to recover from any stress.

During the session, do not try to control your mind. Observe it. Do not try to change your breathing, observe it. However, the single most important thing is dead stillness. Do not move a muscle even if it aches. Dead stillness in itself will be a mastery in you life.

Extreme Stop - Skill 3. Breath control

The body stillness practice will have a dramatic improvement on your life. Now, after some weeks of practice you may choose to add the breath control to the practice of dead stillness.

Breath links body and mind, hence, once the body is in stillness, you will be able to transport this experience across to your mind through your breathing practice.

With your body in dead stillness, begin to exert control over your breathing in the following way.

Practice Square Breathing

Using the square breathing method: Inhale to the count of 8, hold for the count of 8, exhale for the count of 8, hold out for the count of 8.

When you have achieved some of this practice, increase the breathing count to 9 on each element of the practice, then 10,11,11, 12 up to 20 counts on each leg of inhale, hold, exhale, hold.

If you move your body one millimetre, start the whole practice from the start.

You may close your eyes at first, but after practicing this for a few weeks it's better to keep your eyes focused on something, a flower for example. But don't glare; soften your eyes using your peripheral vision. Perfect practice is to slightly close the eyes so there is just the slightest view.

Gradually increase the breathing time from 10 to 20 cycles over the course of your training.

Eventually, you will be able to transport this body awareness into all your daily activities.

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Practice full body breathing technique. Breath in to your lower abdomen, then middle upper and top chest. Exhale in the reverse direction, compressing, top, upper, middle chest then abdomen.

The measure of a great cycle of breath is the complete compression of the abdomen on exhalation (using abdominal muscle) and the degree of side rib expansion on inhale. Do not let the abdomen protrude past the rib cage during inhalation.

All breathing is done through the nose and the breath should not be audible. A full breath with deep breathing should not disturb the gentlest feather placed within 50 mm of your nostrils.

Habits take six weeks and with six weeks of practice you will find this exercise becomes a habit. It will even become a regular rhythm in your sleep, improving both depth and recovery during sleep.

Many of my clients use this practice along with counting the gratitude for the day, to fall asleep at night. They prefer to lie on their back in the corpse pose (dead stillness) and sleep this way. They report an extraordinary improvement in recovery and energy as a result. Most report that it took some weeks to get accustomed to sleeping on their back.

More advanced technique for Xtreme Stop Skill 3

Being with physical stillness, and mastering breath control, become aware of all your six senses. Smell, taste, see, hear, touch and feel (inner connection - intuition). It's a complete meditation in its own right, bringing all your senses together focussed on one object creates pure mental Stillness. You can also transport this beautiful state back to your city life by creating nice environments where the

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scent, sight, sounds, feeling and tastes in your office and home are harmonious. You don't have to be wealthy to do this. Just tidy, careful and thoughtful.

Xtreme Stop - Skill 4. Mindfulness

Desire, wanting and ambition Spin our mind. There's nothing wrong with spinning our mind if we wish to experience drama, theatre and emotion in life but, there are times when a spinning mind needs to stop so we can fall back in love, be inspired and recover.

I have practiced this mind control with clients who have not mastered the previous skills, however, it is made more difficult when the body and breath are not under the complete control of the individual.

Spinning mind causes lack of clear thinking, emotion and loss of memory.

Although the spinning mind needs control, the best place to begin is by causing the mind to become considered in its actions. That consideration is what is called Mindfulness.

Mindful action is the first step

Mindful action precedes mind control. If we cannot generate mindfulness in action then mind control is difficult.

If we do not have mindfulness, we will be ill-considered in our life and our mind will be slothful, out of control. We might throw our shoes off, slump in the chair, gulp down dinner and leave the kitchen like a dog ate there. This is an outward reflection of our inner state of mind. We are the environment we create so, mindfulness is a way of controlling our actions in order to create a good internal environment. Mindfulness means we think before we act. Every-

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thing in mindfulness becomes important, from the way we place a book to the words we speak. All is important to Xtreme Stop.

Mindfulness checklist

- * *Eliminate unnecessary movements of your hands and face.*
- * *Hold your posture tall and avoid tapping fingers and swinging feet.*
- * *Speak mindfully - not fast.*
- * *Never exercise to 100% exhaustion.*
- * *Eliminate nervous shocks and trembling hands.*
- * *Do not activate your adrenal glands more than one hour a day at the most.*
- * *Place things, don't throw things.*
- * *Set limits based on health, not appetite.*
- * *Get used to denying your body its cravings as an act of self-respect.*
- * *Eat slowly and never eat and walk.*
- * *Breathe deeply breathe properly. (Full yoga breath)*
- * *Avoid toxic foods, salt, processed food, fat, sugar.*
- * *Don't overdo stimulants, our body gets lazy and dependent on them for what it can do naturally.*
- * *Find a daily routine, including wake time, sleep time, exercise time, right food, right health, right hygiene, right rest and stick to it. See how many days you can string together without breaking the routine.*
- * *Stretch your body even when it doesn't want it.*
- * *Move your body each hour or less.*

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- * *Change your heart rate hourly. (Not suddenly).*
- * *Beware of excess.*
- * *Use supplements to boost immunity. (Act before you need to)*
- * *Have regular blood tests to check your health.*
- * *Go to nature*
- * *Have a massage, don't talk during it, be mindful who does it.*

Xtreme Stop - Skill 5. Mind Control

Emotion, worry, stress, depression, anxiety, anger: these are the pandemics of our current society. They come from the lack of stillness in the human mind, a stillness that can be achieved with relative ease using Xtreme Stop Techniques.

Let's begin with the awareness that human beings are bipolar (public and private personalities), some more extreme than others and it is this natural state of bipolar thinking that causes drama in the mind. A "Got to" person will Spin more extremely than a "Love to" person.

"Got to" thinking is the most Bipolar thinking. Any more bipolar than this is referred to as schizophrenia, where the individual is so split, they Spin so hard, that one pole of their personality (public or private) doesn't even want to know that the other pole (public or private) exists.

We don't want that.

We can't stop our mind from thinking, but we can think with less polarity.

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It's not what you think that matters, it's how you think.

Our thinking can create great happiness or disaster. If our process (how) we think is messed up, so will be our head and our relationship.

Nature seeks balance in all things but human minds are free to think whatever they like and for most people, that freedom results in disaster. The pursuit of pleasure without pain, attraction without repulsion, like without dislike, upper without downer, elation without depression can only be sustained with drugs and medication.

It's far better to think the right way, than think you're right.

Free will means we can choose to see the world in whatever way we wish. And for the most part, people see the world, their life, their partner, their job with bipolar vision - either good or bad, better or worse.

In a bipolar state, emotional thinking, the human mind has no stillness. The more bipolar we think, the more emphasis we place on presenting a public face and the more traumatised we feel. And so, the major pandemics of the world - depression, stress, anxiety, anger and all the physiological illness come as a consequence of imbalanced - GOT TO and SHOULD thinking.

There can be no stillness in a mind that is obsessed with creating one sided circumstance. If we think our public image is real, then we can really make a mess of things.

Mental health is a choice for which we may need to contradict conventional processes of thinking.

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| Conventional Thinking | Balanced Thinking |
|----------------------------------------------------|---------------------------------------------------------------------------------------|
| Fun = More happiness. | Happiness and fun are two different topics. |
| Success comes from hard work in one area of life. | Success comes from balanced thinking in all areas of life. |
| Results come from high emotional charge. | Results come from sustained focus and real skill. |
| Leadership needs control. | Leadership needs to balance divergent needs. |
| What we think is really important. | How we think is more important than what we think |
| Love comes as a result of what we do. | Love is an attitude we bring to what we do. |
| For consensus, and harmony, everyone has to agree. | Consensus means half agree, half disagree. |
| Business and pleasure never mix. (GOT TO) | Business - pleasure – the boundaries are fictitious. |
| Challenge means we did something wrong. | Challenge is a good sign; it's a sign of growth. |
| Expressing emotion is healthy | Feeling emotion is healthy; expressing it is destructive and counter productive. |
| We avoid mistakes of the past | There were no mistakes, just times of short or fast growth. There's nothing to avoid. |

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| Conventional Thinking | Balanced Thinking |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| If we do the right thing there will be no challenge, war, trouble. | There are little tremors or an earth quake. Challenge comes in little bits or big, we can choose form, but not eliminate. |
| Human laws are God's laws. | Nature's laws are God's laws. |

The emotional brain runs on overdrive. It speaks about benefits and drawbacks and prefers them to be imbalanced. It's job is to inflate one, deflate the other. The more disparate the thought process is, the more powerful the E-Go state is, the more motivated people feel, the more depressed they get. So when directed at a partner, our own emotional brain will wish to experience all the upside and none of the downside. As a result, it can't sit still.

Stillness at the mind level comes when we lose interest in seeing the world in an emotional discriminating way. Half truth.

In their true nature, all things have balance. As long as we can see both good and bad in anything, we will be able to experience mental stillness, or in simple language, perfect reception.

There can be no peace in the heart of a person whose mind is glued to the model of half truth. Every emotion and worry comes from a half truth. There are always two sides to every situation, and, person.

Mental peace is a precious gift. It is not complex to achieve however, it does require some counter conventional thinking technique. There are two sides to everything. Seek the balance in all thought and you will have perfect stillness whenever you choose.

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When you walk in the door at night see that your day is left in harmony by knowing that there is a balance between what you could have done better and what you did great. This equation can never be beaten, not in one day, one hour or even one minute.

Here are some suggestions to help bring more mental stillness into your day:

- * *Banish doubt – deal with real reality only when making decisions.*
- * *Banish worry – either do it with love, delegate with love or dump it with love.*
- * *Retell all your past history so it becomes ineffective and neutral in your mind.*
- * *Practice the art of thinking one thing, doing one thing and bringing all your senses to focus on one thing.*
- * *Acknowledge that your body health reveals your mental health – it's nature's bible and really real.*
- * *Learn the art of active rest and recuperation. Sloth doesn't do it.*
- * *Value the quality of your sleep more than the quantity of it. Prepare for sleep well.*
- * *Get exercise twice a day to keep your head clear of fog.*
- * *Beware of stimulants because they all create emotional downers.*
- * *Use thankfulness to keep your mind alert.*
- * *Remember: what you appreciate grows.*
- * *Do balanced thinking. Never do positive thinking.*

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- * *Don't affirm the impossible.*
- * *Move desperation to inspiration, it saves a lot of energy.*

Xtreme Stop Skill 6. - Spiritual Techniques

“When you are inspired by some greater purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed.” - Pattanjali

Yoga Sutra

All human beings search for happiness. But the ultimate realisation is to cause it.

There are four standards that measure the health of any relationship. They have nothing to do with spiritual love or the amount of sex a couple share.

If we can sustain those four mind-states we know that we are working and living with good quality mind space.

The four mind-states are:

1. Kindness.
2. Generosity.
3. Compassion.
4. Gratitude.

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Kindness

Kindness is a gentle attitude, expressed in the way you think, speak and act. There is limitless scope to show this attitude, and no matter how much attitude is developed in this way, it is never too much. It grows great dignity. One can never do too much.

Generosity

Generosity will unlock any emotional gate and find its way to any heart. It is the key to progress. It implies abundance for all, but requires some sacrifice at times. All those recognised to have been great in their time have been generous, giving people, but they have never been weak. They have never softened their responsibility towards themselves or depleted themselves for others.

Compassion

Compassion is care. It begins at home but expands and grows with people in work and social environments. The simplest definition of compassion is the removal of suffering of others. That means, in essence, not causing suffering. To live with compassion means to put yourself in the shoes of another person.

Gratitude

Gratitude is a great foundation for a loving relationship. Thankfulness, which is gratitude in real life is a wonderful intention. A thankful person can live joyfully, can accept change, will grow with an open heart and will be magnetic in love.

What we appreciate grows. What we don't appreciate depreciates. If we criticise people or offer them advice they don't ask for, basically we are saying we don't appreciate them the way that they are, and that depreciates them, their feelings and commitment.

Closing remarks

One day, you are going to be dead. On the day you die, you may get a few moments to look back on your life. You'll count the kisses, the hugs from your children, the birthday parties, the moments of love, and you'll remember the special moments in your career. You'll add up the friends who have stayed loyal on the fingers of one hand and you'll start to smile.

You'll smile at all those stupid things you worried about, all the distractions, all the spin that, in the end, has just been a total waste of life. You'll smile about this, because, like billions of people before you, and billions after you, you'll simply see how trivial most of the Spin really is.

If regret is the last thought that enters your mind before you pass to the darkness, you will also join billions before you and probably billions of people after you who mistakenly thought that Spin was the essence of happiness. Don't wait until that last breath to recognise a better approach to life! Don't die with a molecule of regret in your heart.

Life's too Short to Spin