

David Bartholomeusz

with foreword by Jamie Douraghy

SPIRITUAL

WEALTH:

**DAILY REFLECTIONS
FOR CONSCIOUS
CAPITALISTS**



Spiritual Wealth: Daily reflections for conscious capitalists by
David Bartholomeusz

Published by David Bartholomeusz

Copyright © 2021 by David Bartholomeusz

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law. For permissions contact:
davidbartholomeusz@gmail.com

Editing by Jerry Olasakinju

Cover by Milana Tsyhanenko

Book designed by Jeya Jeevanathas Marimothoo

Digital setup by Shabbir Hussain

ACKNOWLEDGING

Sarah: a light in every dark place

Alex and Nicola: the living essence of play

Jerry: transforming ideas into prose

Chris & Lib: setting the example from my first breath

The Adelaide Central Market: environment is behaviour

TESTIMONIALS

I am grateful to David for simplifying such a complex topic into practical steps.

Daniel Nel - Founder and CEO, Nebula

After years of slogging without knowing where I am headed, I now have more meaning and direction thanks to the perspectives presented in David's book.

Saahil Mehta - Executive Director, ResNet World

The bite size format is easy to digest. It reignited a form of motivation within me that I have been struggling to find. I have rediscovered meaning with my work which I now find is more sustainable for where I am in life.

Anthony Lam - Managing Director, Punchy Digital Media

In our modern age, where attention spans are low and distractions are high, David's simple routine based approach to a complex topic is the perfect method to make meaningful changes in all aspects of your life. It may well be THE catalyst for finding fulfillment beyond the balance sheet.

Jonathan Sloan - Songwriter & Music Producer

David's book lights a path that ultimately brings us to the understanding that there is no path. This book is full of valuable insights and clues about who we really are.

Hartmut Bock - CEO, Promimente

TESTIMONIALS

The risk of getting to the end of the journey of business building, only to arrive unfulfilled, is a risk I'm not willing to take. This book has re-framed how I embark on this internal journey as a conscious capitalist and ensured I arrive fulfilled.

Ash Bent - Founder, Sketch & Etch

After 35 years of self exploration, philosophical discourse and experiencing a myriad of new thought programs, I thought I'd see it all. Then I read David's book. He's managed to take all the various disciplines and pull them all together in one overarching frame of reference. More than impactful. It's a reference for living!

Mark Worster - CEO, NoWaitNation

Where many books assume capitalism is inherently anti-spiritual and exploitative, David Bartholomeusz brings to life the powerful urge at the heart of the success of capitalism: the desire to understand and delight others, to create new things, to lead and empower; to transform our environment to suit our vision rather than contort ourselves to suit the visions of others. The practices in this book will bring you closer to these fundamental and life-altering forces within.

Luke Toop - Developer, Innodev

TABLE OF CONTENTS

Foreword

Prologue

Preface

Egohacking and conscious capitalism

Chapter 1

How To Use This Book

Chapter 2

A life in many parts

Chapter 3

Growth

Chapter 4

Subconscious Awareness

Chapter 5

Internal Exploration

Chapter 6

Life By Design

Chapter 7

The Journey Ahead

Afterword

Author Notes

FOREWORD

One thing I've learned about David is that while he stands fully in the present, he has already taken two steps into the future. His ability to observe people, absorb what he sees by their behavior and then ideate on how to create a better future for everyone, manifests clearly in this book.

Spiritual Wealth introduces dynamic concepts that kept me wanting to read and learn more along the way. We do not live in, nor fit into a one size fits all world. By creating a customized habit system like the one introduced here we can become better versions of ourselves. As a long time competitive fencer, I resonate deeply with the spiritual athlete David uses to paint a clear picture of what it takes to move oneself forward in all aspects of life and work.

Like every entrepreneur, David has faced innumerable challenges, stared down each one of those to push himself and others around him to break through self-limiting beliefs towards bridging that proverbial gap between expectations and reality.

This book is a valuable tool to help build that bridge!

Jamie Douraghy

Founder Life Work Integration

3 time USA Fencing Veteran National Champion

2 time medalist Veteran World Fencing Championships

PROLOGUE

I have arrived at this point in my life by focusing on value rather than size; asking myself what action creates efficient value for my customers, my family, my community and my life, and choosing the course which seems to benefit all areas a little over the course of action that might benefit one area greatly.

The biggest barrier I have overcome is the conundrum of what comes first; family or vocation. I have worked for 25 years to create a vocation that allows me to put my family first and a family that allows me to put my vocation first, by creating a community-based approach to running a business where my clients love to hear my kids playing as I work with them to solve their business issues. My wife and children participate actively in creating value for our clients as a part of our day-to-day play. This has allowed me to set the goal of my wife and I being able to work 2 hours a day from anywhere in the world to create a million dollars profit annually; an aim that we are well on the way to fulfilling.

My life's course has been primarily as a storyteller in the world of entrepreneurship, rather than as an entrepreneur; I consistently show an opening for financial gain. I have not yet become interested in the accumulation or spending of money. I've always been fascinated however by how the energy surrounding money flows relative to the dynamics in the community. Through storytelling, the use of rituals and a desire to empower leaders at the edges of possibility I have been able to channel significant my own physical, mental and spiritual discomfort to the benefit of myself and others. I am fascinated to observe the flows of money responding to the personal growth that I share with others. After moving quietly past the million in personal wealth accumulation quite a few years ago, I'm gently coasting toward the 10 million mark in my mid forties without doing any "work" in the process of that financial flow. Showing up in the world as an opening for spiritual growth directly proceeding from the flow of financial wealth seems to be my path, so I follow it with curiosity.

My plans for the future are to continue relishing fatherhood and to create experiences for my children that have them see community, self, family and business as integral parts of a life that works. One of our big projects is living, working and playing in a different country

for a month at a time each year with friends who are entrepreneurs so that our whole family can learn the wider meanings of family, self, community and business.

The main things that I am known for in business are guiding people to devise customised habit systems, developing organic growth models for businesses with no investor equity and championing dynamic product differentiation over product superiority.

As a facilitator and storyteller I have over 30,000 hours of front of room experience with group sizes ranging from 5 to 5,000. Where I make the biggest impact on the lives of those around me is through generating paradigm shifting environments as well as delivering habit formation experiences. I'm also an expert in creating musical experiences to support rites of passage.

In this book I share a process that has allowed me to simultaneously build both wealth and wisdom through direct encounters with capitalist culture. It's a method that has helped me consistently discover better versions of myself whilst adding deep value out in the world around me with startling efficiency. By setting the objective of optimising internal and external growth in a single system at the start of my entrepreneurial journey, I have been able to make unique discoveries about how to navigate my life with ease and grace. This book lays out the 3 simple steps I follow and provides daily grist to the mill of this gentle growth process.

Let me know your thoughts at: davidbartholomeusz@gmail.com. My assistant checks this email daily and tells me if I need to respond personally each Wednesday and Friday.

PREFACE

Egohacking and conscious capitalism

Just as we can biohack our body by wearing orange glasses after dusk or neurohack our brains by eating lion's mane mushrooms, it is possible to hack our soul in a process I call egohacking. This book lays out the foundation of my daily egohacking process as a collection of daily reflections for conscious capitalists.

When I talk about conscious capitalism I am simply referring to that tribe of people for whom internal exploration is of utmost interest. It is about those who are also interested in leveraging the prevailing capitalist model to bring admirable value into the world. There is no suggestion here that folks such as these (of whom I am one) are better or worse than anyone else or that spirituality or capital mastery are worthy pursuits. I am simply endeavouring to provide a resource for people like me who already match this general description.

I hope you find this book useful and resourceful as a daily check-in with what is possible in life when we set aside our fears of inadequacy and delusions of grandeur and pleasure to embrace the process that allows us to make the journey in the moment with ease and grace.

I help conscious capitalists who feel frustrated at the lack of enjoyment material success brings to discover confidence, community and clarity so that they can build internal wealth directly through the processes they are already using to build external wealth.

Without this book these people will continue to feel as though they are:

1. Out of step with both business and spiritual communities;
2. Frustrated or isolated in their personal journey; and
3. Unable to experience the depth of their potential as human beings.

Living this way is tough; in the face of abundance of every inner and outer resource, such folk may feel creatively stagnant,

socially repressed and wrong footed in a journey of deep personal importance. Some report feeling like impostors in a world that used to feel so familiar to them as they strive to discover the next level of creativity, contribution and clarity. Others say they feel guilty because they know in their hearts that their community is impoverished due to their personal inability to open to their best life.

Exploring the ideas in this book will support such a person in re-experiencing themselves as a spiritual being who is returning to a familiar home rather than feeling like a lost traveller scrambling about in a foreign land. It provides guideposts that allow them to reclaim creativity, community and clarity on their own terms, in their own time, and in so doing rediscover curiosity, confidence and calm.

Such a reader will be able to recontextualise familiar experiences that were once shameful, confusing or isolating as the building blocks of a deeper identity that wishes to find loving witness and external expression. Internal expiration will become fun and easy and yield insights that are empowering to the reader and valuable to those they serve.

CHAPTER 1

How To Use This Book

Step one

Set aside your preconceptions about what is possible by using a process like this daily: (a) Set aside any idea that you are too shameful, lustful, sullied (or anything like that) for this process to support spiritual growth directly through your journey in capitalism. (b) Set aside any idea that you have no ability or right to emerge spiritually through capitalism. Everyone has an equal right to spiritual growth and the ability to emerge spiritually is equal regardless of circumstances.

Step two

Figure out the daily situation in which you engage most with your spiritual side. It could be before you do your meditation or prayer. It could be before you exercise or walk your dog. It could even be before you have sex or light up your first cigarette for the day. It will be particular to you in the life you have now, and could change from time to time. The spirit finds an opportunity every day to attempt to emerge. The circumstances the individual finds themselves in at any given time make no difference to the spirit, even if it is completely forgotten to the person that it shares the journey with. Take this seriously and discover that daily “thing”, no matter how emancipated or shameful it seems right now. It is there. Go find it. If you can't find it then look to the activity in which you feel most deeply connected with life that occurs regularly each day and start there. It could be as simple as your regular cup of coffee between breakfast and work, as enlightened as your morning sun salutations or as seemingly mundane as your secret daily tryst with a co-worker in the janitor's closet. Find that daily thing you do no matter how shameful or enlightened it seems right now, because that is the foundation habit of the emergence of your soul. That is where one minute a day in this book does its work.

Step three

When you are about to enter the daily ritual you have identified, set a timer for one minute and then go to the page that corresponds to the day of the year that it is today and read the text in bold at the top. If it doesn't resonate for you then just sit quietly until the minute is done.

If, however, the text resonates for you in some way then read the longer piece that's not in bold below the bold text. Either way, wait for the timer to go off and then proceed directly into your spiritual practice. Then after your timer goes off for one minute go into your usual spiritual practice regardless of how shameful or enlightened it seems. Remember, your spirit doesn't judge; It just wants to emerge.

This process helps lead us directly from shame to joy every day and empowers the body and mind to approach your soul and your soul to approach your body and mind. It's a simple practice and it works gently in the background over time and requires no effort. It takes only one minute a day and it works regardless of where you are at in your entrepreneurial and spiritual journey.

Over the course of a year, daily reflection from the point of view of a conscious capitalist will support entrepreneurial growth, particularly for those who are interested in spiritual aspects of prosperity.

We begin the year by getting straight down to business and start thinking about how to show up as a visionary leader who can leverage the passion of others for the benefit of the wider community.

We then dig deep into the foundations of human behaviour and reflect on hacks and attitudes that allow us to become masters of our own behaviour.

With these behavioral foundations considered, we begin reflections on the internal workings of the mind. For those unfamiliar with cream, trance and breath work some of these concepts may seem novel. However they are processes which have been established for thousands of years and for me they form the foundation piece of creativity.

In the final season of the year we reflect on how life can be improved when we take the time to intentionally design it to be excellent.

This book is designed to begin a conversation, not to make any sort of authoritative statement about the true nature of financial wealth, human contribution, or spiritual growth. My hope is that your participation in this conversation will provide a playful space for you to experiment each day with what is possible in the course of your life as it unfolds in each moment.

As such, when your inner intelligence feels at odds with your reading of my thoughts, I would urge you to reflect on the differences between what is going on inside you and what you are reading and trust yourself to know the best way to be in action each day.

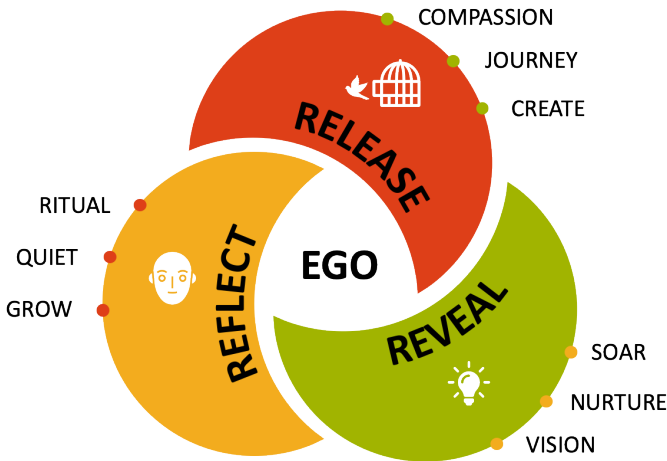
Please note that the ideas shared in this book are anything but random. They are based on a 12-month work syllabus that allows an entrepreneur to engage actively in growth over this period. This book is designed as essentially a cheat sheet for that process allowing the user to ideally get a significant benefit that might be derived from a 12-month educational program for entrepreneurs but without having to do the study. What separates this book from the others is that it reveals the most efficient way to grow. It's designed to make the most impact with the least effort rather than be high impact and spectacular. By engaging your own mind with these simple thoughts daily over a 12-month period, all of your existing knowledge can be brought into focus to allow you to be more conscious and effective with very little effort. Additionally, note that this book is designed for use by adults. A younger person's guide would function differently to this book.

Best wishes to you in your year ahead. May the reflections provided here bring you inspiration, insight and joy.

CHAPTER 2

A life in many parts

The framework which underpins this one-day-at-a-time approach to fostering creative genius every day is shown below; a simple diagram of a way that we can envisage the conscious capitalist arriving at a state of continuous flow that yields genius reliably across the course of our life.



As you can see there are three core elements that interplay around each person's ego. By building awareness of these three parts: reflect, release and reveal, and the three aspects contained within each we can begin to get to know and differentiate between different parts of our emerging self.

The reflective part of me is the primary aspect that allows me to design a better life. Release is about integrating the things that are happening to me every day so that I can show up more focused and aware tomorrow. The revealing part of my ego is a more visionary part of myself that is more accessible during sleep.

My reflective part seems to have three distinct aspects: The ritual

aspect, to me, seems like some sort of priest. A diver into a realm that is larger than my understanding. The quiet aspect of me is something more like a saint; some sort of conduit for truth that specialises in settling quickly around disturbances and noticing subtle changes. And then there is the growth aspect that is more like an architect who designs and creates things like tactics, habits and accountability structures.

The release part is also made up of three distinct aspects. The compassion aspect is somewhat like an athlete who attends to their own needs before fussing with the needs of others and it overflows with energy. This aspect is very connected to the body and the breath. The journey aspect is more like a disciple who simply opens to possibility in every moment. This aspect is a source of focus on process, journey and depth. The third aspect in release is creativity which is like some sort of regal warrior or guardian who consistently shows equanimity and integrates our learning for the good of all.

The reveal part of me is made up, firstly, of a vision aspect which occurs for me somewhat like an Oracle who tells stories and clarifies things that I already know somewhere deep down. It is the master of strategy and effortless behaviour. The second aspect is nurture, which shows up for me like a curious and playful explorer who consistently seeks to probe within, most especially, during sleep and also during waking experiences that seem impossible. The final aspect here is the soaring alchemist; he is a multiplier that remains open to guidance, inspiration and strokes of genius.

These aspects are not designed to reflect a complete list of every part of what goes on inside me. However, by creating a model for myself I am increasingly able to understand myself more deeply and also, quite importantly, imagine conversations between various aspects of myself.

To learn more about these aspects and to discover which aspects are currently more or less dominant in your life as well as and probably more importantly how much mobility you have between these different aspects, I encourage you to join our community at the link below. When you do, you will be linked to a tribe where you can take a valuable and brief test that can start you on a much more clarified path of self inquiry.

<https://www.facebook.com/groups/336946781225272>

CHAPTER 3

Growth

Concerning:

- strategic and tactical cadence
- customer avatars and journey
- differentiation
- lead funnels
- cash conversion
- empowering people
- intelligent data
- priority
- process
- delegation
- accountability
- brand promises

January

1

Planning for the year, quarter, month, week and day ahead keep my activity directionally correct

Creating a map of how the future might unfold is boldly creative and in no way binds its creator to set actions in the future. As I regularly bring my mind and my intuition into the ritual of prediction I create clarity in future action and also spare myself the bother and inefficiency of speculating on what might happen from moment to moment.

January

2

A predictable daily, weekly, monthly, and annual structure settle a family as much as a work team

Designing dedicated rituals within a family where dreams are shared and priorities are negotiated provides a foundation for inclusion of the creativity and changing needs of its members. By reminding the group that we are inventing possibilities rather than holding ourselves to outcomes, we can learn much about what we can achieve together and explore each other's dreams in a supportive manner.

January

3

Accountability transforms a dream into a plan

When I commit to sharing the unfolding of my dream with others and undertake to inform them of my actions in service of this dream, I take extra efforts to ensure that my actions move me in the direction of my dream while working on it in reality. As I continue to explore my dreams in the presence of others I move steadily in the direction of my best life.

January

4

**A handful of scheduled meetings with clear agendas is
the beating heart of my organization**

Communication is one of the key factors that distinguishes an organisation from a rabble. By creating a clear procedure by which communication occurs and supporting a culture of diverse interactions, I transform a gathering of individuals into a high-performance team.

January

5

**Every meeting should either be sacred or cancelled:
Agenda is the litmus test**

When I force myself to set a clear agenda for every meeting I am consistently providing opportunities for myself and those around me to show up with directed creativity. I remove myself from idle chitchat and wild speculations and provide my mind with a focused environment in which genius may be converted into tangible action.

January

6

**Agree on the challenge and witness creativity
emerging spontaneously**

Once the agenda of a meeting is clear to every participant we find that most of them will become far more focused and creative while handling the tasks at hand. The mind relishes a clearly defined challenge and when we approach these challenges as a group in a systematic communicative environment the possibilities multiply.

January

7

**In making my dream visible to others I discover more
about who I am becoming**

From the moment that I bring my dream into a shared environment with someone whom I trust I subject that dream to both internal and external inquiry and am able to bring my awareness to the possibility latent within that dream in a much more focused manner. Whilst openly exploring a dream takes courage it also allows me to become more aware of why I desire the things that I do.

January

8

**To live in the moment of service to another is the
essence of entrepreneurship**

The cultivation of awareness and focus is of direct interest to the entrepreneur. As we broaden our ability to show up in the moment of another's need we begin to flow genius from within and manifest it in the world.

January

9

**Broadcasting with clarity and sincerity the description
of my desired clientele is deeply attractive to virtuous
partners**

It takes courage to openly broadcast an intention to serve a specific group of people while withdrawing our circle of services from others. In doing so, however, we distinguish ourselves in the eyes of others who wish to serve these people in other ways. As we attract these like-minded fellows we notice that we are leading a tribe of service-focused journeymates.

January

10

A unique combination of existing, simple processes is usually more effective than a novel invention

The ego wishes to discover a solution to a problem of which it has no understanding. It invents diabolical solutions to problems that may or may not exist. When we become more interested in solving the real and immediate problems of our fellows we discover that most problems are better solved by a combination of existing methods that are familiar in isolation but novel in combination.

January

11

I can deepen my understanding of my ideal customer by offering them simple things in novel combinations

Building new inventions from scratch is time-consuming and expensive. If I truly aspire to discover ways of offering a better life to those I desire to serve, I discover that I am able to quickly and efficiently introduce them to novel combinations of existing solutions and thereby discover their needs and the solutions to them with speed and accuracy.

January

12

Unconditional love is a direct pathway to market: To lead another from desire, through lust, to joy is a holy act

As I become more willing to witness my own wants and needs and build clarity and awareness as to the innocent desires that sit within these cravings, I notice an enhanced ability to witness without judgement the needs and wants of others. As I support my ideal customer in the joyful resolution of their cravings I discover inner genius that leads to beautiful and refreshing creativity.

January

13

**My customer community is a heaving ocean of desires:
Through reflective listening I offer them something of
great value.**

As my inner awareness expands so does my outer awareness. I begin to become curious about the desires concealed beneath the wants and needs of those whom I serve. As I gain clarity about the true desires of my customers I am able to create joyful solutions to the problems that they experience in life.

January

14

I cannot lead another from lust to joy until I have experienced this distinction myself.

My journey within deeply serves an entrepreneurial journey without.

The acknowledgement, investigation and embracing of primal instincts and desires provide us with a direct experience of the transformation of lust to joy. As I develop deeper compassion for my own humanity I become increasingly creative in the solutions I can provide for the wants and needs of my customers.

January

15

**A worthy guide explores the territory thoughtfully,
refining the map at every turn for the benefit of future
travellers.**

As I spend time more deeply listening to and understanding what life is like for my customer, I become increasingly capable of drawing a map for them which shows them how to move from their current state of need and want through to a place where their desires convert to joy. This process of leading the people I desire to serve to brilliant solutions to everyday problems is at the heart of my role as a conscious capitalist.

January

16

Loyalty emerges spontaneously when I tend a safe space in which my customer's dream can blossom.

As I become more aware of my own dreams, the dreams of the people that I wish to serve become clear to me as well. Where once I try to convince and coerce, I now find myself able to hold a space in which members of my customer community can engage with everything I have to offer

January

17

I speed my journey to market when I engage with a story in which my customer is already the hero.

The more that I open to my own journey, the more I discover that I can accommodate the journeys of others and embrace the fact that they are the hero of their own journey; that my role as a conscious capitalist creative is to empower them as the hero of their own story.

January

18

**Becoming a customer of my own product can be fun
and illuminating**

Of all the roles that I can play as a leader in my business, one of the most fun is that of inhabiting the worldview, perceived constraints and needs of the ideal customer that I wish to serve. As I begin to experience the things I am creating from the point of view of the user I gain insights about how to offer more with less and see beyond my assumptions.

January

19

**To witness another as they cross the horizon of
possibility is its own reward**

Helping others see that there is a process by which they can move from wants and needs through desire to joy sets in motion the foundation for someone I serve to begin creating their best life in the presence of mine. As they discover they can move from pain to joy through their own engagement with the systems and processes I have brought into being I get to witness them seeing who they can be through my own process of creative flow. We can dance together at such a moment to the benefit of all.

January

20

**My customer is stuck in desire. I lead them through lust
to joy**

As I discover that it is possible to revisit my own wants and needs and to move through lust to discover the joy latent in my own desires I realise that I can also guide others through this process. As I begin to know the deeper desires of the customers that I serve I can create a discovery process for them to move through lust to joy as I have

January

21

I am continuously discovering ways to more compassionately guide my customer to the fulfilment of desire amid a stampede of wants and needs.

As self awareness and behavioral mastery build within me, I become increasingly willing and able to extend this compassionate internal process outward to those whom I choose to serve. By creating beautiful processes that lead others from wants and needs through desire and lust to joy I refine my own understanding of my own desires and their joyful fulfilment.

January

22

I can set the journey up to reflect the fact that not everyone who starts it with me will choose to finish it.

It is easy to become discouraged when someone I wish to serve wanders off to a different path. However, there is an opportunity to build out the early steps of my customer journey to reflect the fact that not everyone will want to stay the course. It is natural for each of us to explore before we make a decision about what is best for us right now. As I distinguish those who finish the journey from excited starters I gain a deeper understanding of whom I best serve and whom I merely entice.

January

23

My customer feels safer when I share a clear map of the path ahead early in the journey

As I become more experienced with guiding my core customers from wants to joy it's easy to forget how scary it can feel to be sitting in pain without any hope of its resolution. Few things suit my customer early in the journey with me than a clearly drawn visual map of the steps that we will take together to move them from wants to joy

January

24

By aligning myself with those who have already earned the trust of those I wish to serve I build credibility and begin to emulate their success.

Rather than earning the trust of those I wish to serve through painful trial and error it can be quite straightforward to identify others who serve these people well in other areas of need. When I discover those who have already built trust with those I wish to serve I can move beyond my ego and emulate them and in so doing learn an incredible amount about how to show up in service of my people and how to win their trust.

January

25

**If it's not crystal clear to me how a customer moves
from hello to yes, what hope do they have?**

No matter how deep my desire to serve, or perfect the process by which I help others, it is always a big deal for a new customer to make the shift from discovering what's possible to stepping into action.

It is my opportunity to bring all of my creativity to bear on these critical early steps in the building of a trusting relationship with every person I hope to serve. By forcing myself to map this process visually in its simplest form I have the opportunity to achieve true genius by simplifying the process and building trust using a single image of the journey ahead.

January

26

An explorer becomes a guide when they create a journey that reflects the needs of the essential traveler.

To be of deep and lasting service to those I wish to serve it is best to serve the few with expertise and care rather than trying to be something to everyone. By guiding only people who must take the journey that I am the master of, I learn to differentiate between an essential traveller and a curious explorer. Whilst curious explorers may accompany me for some part of the trip, essential travelers stay by my side all the way and reap deep benefits from my guidance.

January

27

Clarity on where folks are stumbling in the early steps of the journey is essential to creating an improved experience for future travellers.

I benefit greatly when I listen with care to the early struggles of every traveler I wish to serve. The first few steps of a new journey set the tone for a confident expedition. By learning quickly where those I guide stumble early in the journey I can get future trips off to the best possible start.

January

28

Every ‘no’ suggests a deeper ‘yes’.

Rather than treating a “no” from a customer as a rejection, it is possible to conceptualise this as a clue to a deeper yes. Sometimes a customer is not able to believe that we can help them and sometimes we don’t understand the customer’s desire deeply enough to serve them well. By treating once negative responses as clues on the path I can discover the deeper desires of, and a pathway to joy for, those I wish to serve.

January

29

Differentiation can be as simple as combining a few existing processes in specific service of my customer's needs.

I help those I wish to serve move from exploration to bold action, when I show them a new way of doing things that are already familiar to them. I can provide this inspiration most simply by combining existing processes in creative ways that serve the specific needs of those I wish to serve.

January

30

Familiar things presented from a fresh perspective are usually more inviting than wholly new concepts.

For those who I wish to serve, to move from pain through lust to joy is challenging at best and terrifying at worst from their perspective. By bringing my creativity to bear on processes which they already feel comfortable with and combining them in inspired ways I provide an inviting journey that can quickly and efficiently lead my customer to a joyful resolution.

January

31

Diversity begets cooperation and empowers others to serve in complementary ways.

Every effort to creatively combine existing processes in ways that are new or novel helps me create a journey which serves the exact needs of my ideal customer. Furthermore it frees up space for like-minded guides to take residence around me and provide a nourishing ecosystem in which those I serve can grow.

February

1

Better to be different than better.

Whether or not my creative solutions and beautiful processes are of any external worth lies in the eye of the beholder. To aspire to be better is fantasy compared to a consistent desire to be different. Each time I explore my own creativity I can bring into existence beautiful new opportunities for possibility. Being better is not something that I control. Being different is always an option for me.

February

2

**My customer holds a persistent space in which I can
show up truer today than I did yesterday**

What a gift it is to have essential travellers asking me to guide them from need to joy. The feedback that they provide me in every moment is fuel to a creative flow that precipitates genius. The discovery of a better way is often more to do with my openness to their vulnerable sharing than the spurts of inspired creativity that yield beautiful yet untested insights

February

3

**Providing a new way forward using existing resources
is the essence of compassionate creativity**

Any fool can build a solution to a need given unlimited resources. These solutions rarely satisfy the deeper desires of customers and are rarely sustainable. As a conscious capitalist I bring a flow of creativity to the needs of my fellows to discover elegant solutions that create deep and lasting impact.

February

4

Genius reveals itself more in context than content

More and more I notice that complex and nuanced solutions whilst seeming like genius when viewed from outside the need often are of little use in practice. In cooperation with essential travellers the simplest of interventions can prove the most impactful steps on a journey from need to joy

February

5

I strengthen my business by discovering what is essential and resourcing this only

Whilst it satisfies the ego to serve every person who stumbles into my habitat, to build a strong business it is critical for me to discover the core services I need to provide to move an essential traveller along the path that we must walk together and then resource only these services. By tending only to this path I create a clear and robust road through wild country.

February

6

**Clarity around outcomes and accountability engenders
self responsibility and proactivity**

It is wise to seek clear and transparent agreement within a group before setting out to achieve noble deeds. When each member of the team understands their role and how their performance impacts those around them it is possible to achieve excellence with ease and grace.

February

7

If it's not core to my business, it's usually better to get someone else to do it.

As I begin to work more closely with essential travellers on the journey that I wish to guide I discover that some aspects of the service I provide are fundamental to a successful arrival and others simply make the journey more pleasant. The more clearly I differentiate between the essential and the pleasant the greater the opportunity I have to bring others in alongside me to deliver all the non essential elements whilst I ensure that the fundamentals for success remain persistently in place.

February

8

Less process usually means more cash.

Every extra dollar that my business holds within it makes it more robust for future customers. By eliminating unnecessary processes I build a service that can be consistently available for those I most desire to serve.

February

9

Every reduction in process makes my business more robust. Simplicity is prosperity.

Of course I want to make the journey for those I wish to serve more enjoyable. However, every comfort comes at the cost of more complexity and less efficiency. If my true desire is to move an essential traveller from need to joy then I will strive to keep every process throughout the journey as simple as possible.

February 10

Expertise builds process, genius supersedes it

Because I am familiar with the territory and the journey it is always possible for me to add in extra little features to my customer's journey from need to joy. Such expertise creates a pleasant journey. However the deeper opportunity for the conscious capitalist is to discover the simplest way to move my customer from need to joy. This is where true genius emerges.

February

11

My ideal customer appreciates my help and will be eager to reward me early in the process.

As I learn to flow my creativity in beautiful ways, many travellers will be attracted to set out on journeys with me. However not every explorer is an essential traveler. These essential travellers are the key to a truly inspired offering for those I wish to serve. By noticing how and when these essential travelers reward me early in the journey I can be sure that these people are indeed my ideal customers and build a robust and sustainable process that guides them from need to joy.

February

12

Like minded followers instinctively integrate behaviors which model wise strategies for living.

As we begin to blossom as a guide, like-minded travelers are naturally attracted to us. They may respond to the advice we give them. Much more likely, however, they will emulate behaviors they see us doing which are wise strategies for life. Each time I show up consciously creative in life I provide a powerful model for others to emulate.

February

13

**Vulnerably sharing my own learnings from past failures
is a powerful act.**

Followers tend to see only our successes. They are often more obvious and are regularly celebrated by our ideal customers. By introducing them to stories of failure I provide them with a deeper context as to how I came to discover the best ways to serve members of our chosen community.

February

14

**Guiding those I lead to a solution they believe in is
efficient and empowering.**

Whilst it is simpler and more calming to the ego to tell others what to do and more liberating to abdicate accountability and wait for my followers to find their way, I show up best when I gently guide those I lead to a solution that reflects their creativity within my deeper experience.

February

15

**My strategy is borne on the wings of tactics created
and owned by the team**

Once I have a clear understanding of what a successful journey looks like for my essential traveler I can leverage my efforts by creating a strategy that my followers can bring to life using insights of their own. By providing a clear strategy I provide the context for inspired tactics to emerge from within the ranks of my team.

February

16

**Guiding another to discover their own leadership
potential empowers both of us**

The ultimate grist to the mill of leadership mastery is to empower others to discover their own leadership potential. By calming my ego and willingly providing platforms for others to equal and then exceed my own genius I discover how to become an inspired leader.

February

17

**Shared values are the hearthstones upon which
inspired creativity incubates**

By attracting followers whose values are closely aligned to my own I set up a powerful culture where the insights and actions which have helped me emerge as a conscious capitalist allow these like-minded followers to do the same.

February

18

Providing another with access to a team in which they can explore their hidden talents may elicit deep commitment.

Each of us discovers our best life amid a community of like-minded travelers. By attracting like-minded folk to and deeply connecting them into an inspired community I allow them to explore what their best life might look like. As they begin their journey toward their best life they bond strongly to the community that I have provided them with and deeply appreciate what has become possible as a result.

February

19

I serve my ideal customer best when I exclude everyone else from my service.

Whilst the ego wants to say yes to everyone, and stay in the fantasy that I can be all things to all people, over the course of my life I end up helping a lot more people at a much deeper level when I accept that my role is to serve just a few very well. By serving these few with excellence I am able to discover my best life, lead essential travelers from want to joy and also leave lots of room for other wise folk to serve their chosen people without distraction.

February

20

When my team feels heard they will share more precisely their own needs and those of our customer.

By listening with open curiosity to the ideas and experiences of my team I open up a safe space for them to share with me what they believe is of deepest importance to those that we all wish to serve. In understanding the needs of those I lead and those I serve I create a community of service that brings more joy than I could ever bring alone.

February

21

**Improved feedback systems support better choices
about who to serve and how.**

By creating and maintaining systems that gather clear and effective feedback about how well we are serving our essential travelers the whole team is able to make wiser choices about how to allocate resources and which opportunities to pursue.

February

22

Where can I naturally elicit feedback about what improvement looks like?

By carefully observing those I lead and those I serve I can become more aware of the essential times to take feedback and build natural opportunities to learn about how to improve the experience for everyone.

February

23

**Discovery of my ideal customer is as important as
discovery of their ideal solution.**

By insisting on discovering an ideal solution for a specific core customer I become ever more accurately able to distinguish an essential traveler from an enthusiastic explorer. Whilst explorers dance along the road with me, an essential traveler appreciates the service that I offer and helps me discover a truly inspired solution to their deeper desire.

February

24

I learn faster by putting suggestions in the data to the test of reality.

The only way to know whether or not feedback is useful is to make changes and put these to the test with my core customer. By consistently taking feedback and then building out new solutions I create a virtuous cycle through which I can discover the exact nature of the person I wish to serve and the simple process by which I can move them from need to joy.

February

25

The deeper need is often suggested subtly; every piece of evidence builds my pathway to market.

Especially in the early days when I'm just beginning to build trust with those I wish to serve, feedback will be general and shallow. In order to arrive at a truly inspired solution for an essential traveler on the road that I wish to guide upon, I continue to be open to frank feedback from essential travelers as my role as a guide unfolds.

February

26

I cultivate behaviors that allow me to be directionally correct in every moment at every level of existence.

In order to arrive at my best life I need first to understand where it is in relation to the life that I have now. Once I understand where I am and the direction in which my dream life lies, it's my opportunity to begin to explore behaviors that take me in the direction of my best life at every moment.

February

27

**My priority might differ from that of my teammates.
What matters is that we remain directionally aligned.**

Each of us has different priorities at every moment. When we ensure that each of us on a team are all moving toward the same overall goal we can move gracefully around obstacles on our way to a great place. It is my responsibility as a leader to ensure that every member of my team understands the general direction in which we are all moving together.

February

28

The clarity to define and courage to nurture a singular and meaningful priority can be powerfully attractive

When I take the time to fully describe what I am setting out to do so that it can be easily understood by every member of my team and every person I wish to serve and then continue to engage in actions which clearly demonstrate my commitment to my chosen and I distinguish myself as a person of clear intent. Anyone around me whose dream life is in the direction that my lies in will be inclined to join my team

February

29

In this moment, there is only the priority

By building systems that allow me to know the priority instinctively in every moment I remain in a more persistent flow. Genius emerges without effort.

March

1

In this living moment there exists at most a single priority. The leader is the person who calls it early and often.

In every moment there are many good actions but only one is wisest of all. The person who consistently communicates the wisest opportunity for action to their teammates moment by moment by moment naturally emerges as a leader regardless of seniority or structure

March

2

Whist I maintain directional correctness and situational awareness, a quiet voice persistently offers the immediate priority

Far deeper recesses of wisdom are discovered when I begin to notice a quiet voice that suggests rather than seeks to impress and control. Access to this deeper genius is achieved by maintaining focus around the priority and ensuring that I consistently return to the direct path toward my best life. I learn that I can rarely discover the best way by thinking about it directly and that by cultivating an open state of mind I can regularly discover inspired actions.

March

3

A celebrated priority invites creativity and enjoyment.

Framing priorities as opportunities to enjoy exploration of possibility is a consistently good strategy in building a team culture that invites play. As a team begins to play with possibility their engagement and genius blossoms.

March

4

How often genius emerges from persistent focus on refining that which already seemed excellent.

My ego wishes all to know me as a god amongst men. I stay trapped in this fantasy for as long as I continue to indulge the idea that genius comes from within me. By consistently returning to processes which are already excellent I challenge the creative flow that emerges through me to recombine excellence in ways that transform it into genius.

March

5

To provide a map by which an essential traveler can consistently navigate their journey is a crowning achievement in any entrepreneurial venture.

Many people will be enthusiastic to explore space that we have become an expert guide within. However, our core concern remains with the essential traveler who must travel the road which we have decided to guide people along. Whilst it is fun to entertain the enthusiastic explorers along the way, the touchstone of a successful business is its ability to guide this essential traveler from need to joy in a simple and approachable fashion.

March

6

Until we create a safe space to explore, our process is merely the sum of the team's preferences, alien to the customer's needs.

As soon as I forget about the needs of my customer I begin to build processes that complicate their journey. The shortest way to discover the simplest possible process in serving our core customer is to provide a safe space in which every member of the team is able to explore the desires that underlie the pain, wants and needs of the core customer.

March

7

We arrive at the core process faster and with more enthusiasm when we explore it together.

It is imperative that every member of the team have access to core customers so that they can consistently recast their understanding of our customer's needs. By bringing together informed team members and discussing diverse observations of customer pain and solutions to that pain we are able to seize on inspired solutions and expose them to customer scrutiny to scan for the genius within.

March

8

Until it can be understood through a brief explanation of a handful of simple steps, the ideal process is yet to be discovered.

Inspired creativity is a step on the way to genius rather than genius itself. By consistently bringing new ideas to our customers we proliferate our process. As we begin to understand the underlying desires of our core customer we discover simple core processes within this nest of creative ideas. Elegant genius emerges from this mess of flow.

March

9

This transformation of customer desire, through lust, to joy, once captured in a process, is a manifestation of goodness in here into the world out there.

I regularly find myself too shy to accompany my customer into the fire of lust that surrounds their wants and needs. In this way I cheat them of a solution and myself of resolution of the deeper desires within each of us. Only in my witnessing of their lust can my customer understand their deeper desire and provide me with clarity that I need to provide them with a joyful resolution to their pain.

March 10

**The core process is born from a marriage of customer
need and visionary insight**

When I just do what my customer tells me to do, I feed the lust within them. When I do only what my heart tells me, genius will never crystallize from the creative flow that I engage in. It is only in the dance of these two foundation elements with one another that the seed of genius germinates. As we discover the deeper desire together, we build an elegant process that guides my core customer directly to joy

March

11

**The heart of the core process has just two elements.
One elicits lust from desire, the other transforms this
lust to joy**

Desire remains silent beneath wants and needs and is only accessible to us here in reality through the observation of lusty behaviour. Therefore it is essential to build trust with those I wish to serve so that they can help me understand the desire that longs to be satisfied. Once I'm familiar with this desire I'm able to convert their lust directly to joy by guiding them to processes which directly serve their deeper desires.

March

12

Dreaming and planning are sides of a coin.

Whether it's a daydream or a vivid sleep time memory, every dream
can inform my plan.

March 13

Delegation becomes a priority once I clarify and share my zone of genius and flow environment.

Until my teammates have a clear understanding of the process by which I flow creativity and how this converts to value for those we serve, any attempt at delegation will be frustrated. Once my team knows how I show up best, they will support my request to live entirely in my zone of genius.

March 14

Knowing precisely which accountabilities are to be delegated is a foundation for sustainable team expansion.

Once I have a map of everything that I do which has been arranged so that anyone can understand the ways in which I'm using my time and how this leverages my zone of genius it is possible to expand my team in harmonious and inspiring ways.

March

15

**One person's grind is another's flow. Partner with
passionate people.**

It is easy to suppose that the things that shut down my energy shut down the energy of another but nothing could be further from the truth. By clarifying the exact nature of every task that I engage in it is possible for teammates with different zones of genius to engage with these tasks joyfully.

March 16

**When those I lead understand what brings me to life
and what I do best, delegation begins.**

My teammates have chosen to follow me because they see a pathway to their best life on my journey to mine. By continuously informing them of the discoveries I am making about what I do best and how I arrive there, I allow them to discover how their best life emerges in the context of my own.

March 17

Every delegation provides an opportunity for another to step up in service and explore their best life.

By forming a clear understanding of how the emergence of my teammates' best life overlaps with my current role I am able to discover tasks which can be naturally delegated to the people who are already in my team as well as guess at who else we should bring into the team to maximize our impact.

March 18

Wisely delegated work looks much simpler once refined by the hands of a passionate custodian.

It is easy to test how quickly I am improving in delegation. As my mastery of delegation improves I will notice that the tasks I delegate are quickly made better and simpler in the hands of a well chosen successor.

March 19

**I invite genius each time I move a task from my grind
stone to another's flow zone.**

Through understanding the zones of genius of every member of my
team and matching tasks perfectly to people I create a culture of
creativity in which genius naturally emerges.

March 20

To witness another with respect in the heart of their struggle builds bonds of trust and kinship.

My teammates aspire to capable execution of their responsibilities and vigilant supervision of their accountabilities. Each time I interfere with their journey I disempower them and undermine their self-confidence. By trusting them to make good on their promises I provide them with a platform to discover who they really are.

March
21

**To the extent that it elicits curiosity or motivation,
feedback is useful. Context trumps content here.**

Performance data is content. It only becomes useful when it is contextualized within the aspirations of each individual in my team. By sharing data in ways that invite creativity I empower my followers to discover inspired creativity.

March 22

When each team member knows what they are accountable for and what others rely on them for, trust can build.

It is my responsibility as the leader to consistently clarify who is accountable for what on the journey that we make available to our core customer. When every team member understands how the satisfaction of their accountability impacts those that they work with they are able to build a culture of trust and respect.

March 23

**When I empower others to claim ownership I inspire
identity and passion.**

Well resourced adults aspire to autonomy. By showing my teammates the elements of the journey that are well matched to their best life's journey I guide them to deep self expression as a member of the group.

March 24

**Inspiring another to show up powerfully in the midst of
uncertainty honours both of us.**

Every time I guide a teammate to a solution of their own making I
allow them to discover who they can really be and at the same time
discover more fully who I can be for others.

March
25

Feedback is the grist in a mill of creativity.

Creativity is the process, the deeper goal is genius. The friction created by feedback is the substrate that grinds away the surplus and leaves only a beautiful solution.

March 26

**Have I created a sound opportunity for another?
Yes. Then it is their role to fail or succeed, beyond all
expectations.**

It falls entirely to me as a leader to create opportunities for those who follow me that are within their ability to achieve. Once I have done this it falls entirely to me as a leader to give them space to discover who they can become in the face of a worthy challenge.

March 27

A precise promise is more powerful than a big one.

Whilst wants and needs feel very large especially when amplified by an experience of pain, the deeper desires that motivate these feelings are tiny and precise. A promise that matches exactly the deeper desire of those I wish to serve is exponentially more powerful than even the most spectacular promise to the masses.

March 28

In falling short I open a space for a more precise and useful promise.

By risking getting my promise wrong I invite immediate feedback from the core customer I wish to serve. This feedback process is essential for me to discover the deeper promise that will inspire my customer to action.

March 29

**I need only promise a process that supports the easing
of my customer's pain**

My core customer is an essential traveler across the land in which I have sworn to guide brave folk. They require no gimmicks, incentives or discounts. They require a solution to their pain. By identifying this pain and showing my essential traveler how we can solve it together I lead them from need to joy.

March 30

Agreeing on what we both have at stake reveals a deeper yes

For an essential traveler, embarking on a journey to resolve their pain can be quite scary. By taking the time to discover what we both risk in working together I ease my customers' fears and inspire them to action.

March

31

Taking a stand for future possibility suggests my best life in unexpected and powerful ways

Courageous creativity, I begin to discover, is not actually noble. It is gracious. In stepping away from pride and allowing space for my soul to emerge authentically into reality through standing for the creation of something which seems impossible I approach my best life directly and discover the seeds of genius hidden within the flow of creativity emerging from me.

April

1

**I remain thankful for my infinitely desirous customer,
whose lust I kindle on our journey to joy.**

It is me who actively leads my core customer to lust. Until I do so I spend my days patching up surface wants and needs to the satisfaction of no one. However, once I meet the essential traveler at the peak of a pain I can begin to understand a deep desire that can be converted directly to joy.

April

2

A powerful promise clarifies the true source of pain as much as it relieves it.

Unpleasant as it may seem, it is essential for me to stir up pain in the life of those I wish to serve. In the presence of pain, the desire that sits underneath wants and needs can be discovered. Then and only then can I begin the task of relieving a source of my customers pain rather than patching up symptoms.

CHAPTER 4

Subconscious Awareness

Concerning:

- quiet
- rituals
- rewards
- rhythms
- ideal days
- bio stacking
- automatic behaviors
- payoffs
- swapping out behaviors
- habit creation

April

3

Finding my way to a peaceful state can open a door to possibility.

Creativity flows best when all of my basic needs are met and I set aside time to discover the calm within. In this flow of creativity I can begin to spot fragments of my best life.

April

4

**Children remain a miracle to me for as long as they
continue to forgive without resentment.**

Innocent willingness to accept without judgement the fallibility of my fellow travellers is one of the more subtle cornerstones of a continuously playful existence. By observing children I rediscover the fun in everyday existence.

April

5

**Verbalizing my gratitude for the conduct of another is
a gift I can always give.**

Each time I notice an act of kindness elicited by another my mind experiences gratitude toward that person. By verbalizing that gratitude I bring my body into line with my mind and surround myself with supportive journey mates.

April

6

**Every possibility regarding my life's work lies latent
within me.**

There is virtually limitless potential for my life latent within me. The opportunity lies in connecting myself to an endless flow of creativity which can refine itself into genius as it encounters reality.

April

7

**My dream life persists, half discovered, at the far edges
of my fondest dreams.**

The din of reality can make it difficult for me to notice the deep desires emerging from my soul in every moment. Each night this noise settles down and I have an opportunity to glimpse my best life directly as it emerges in my dreams.

April 8

The act of creation is pregnant with risk and beauty.

The creativity which flows through me has no intention or design. As it emerges into reality it can be interpreted in many ways. It takes courage to expose this flow of personal insight to others but in doing so I also have the opportunity to discover the genius within my most inspired creations.

April

9

My dream life exists beyond my fears of who I might become.

I spent my childhood becoming me. Quickly those around me began to mold me in ways that seemed safe and useful to them. As I move beyond the pain of scorn and rejection, I realise that I am well equipped to judge for myself what to show to others. I continue this process of emergence that was cut short by the interventions of those who wished to protect or control me.

April 10

Once my willpower is spent for the day, my rituals can return me to a useful path.

Focus and attention consume energy. Although I can build this energy to some extent, I will usually expend it before the day is done. At this point the rituals which I have turned into habits take over and allow me to show up ideally for the remainder of the day.

April

11

When I ritualize a unique family practice, its power is amplified.

Every tribe is unique and in the formalization and celebration of this uniqueness I unlock a new level of enthusiasm and belonging in every member.

April
12

**The sharing of stories is at the heart of a thriving
community**

Humans bond and create together best in story. It provides enough
factual truth to be relatable in reality yet enough embellishment to
inspire creativity.

April

13

Even a simple act like dining with my team can engender creativity and trust.

These timeless rituals of nourishing our body, mind and soul are the backbone of a thriving tribe. By constantly bringing my journey mates together to bond in these primal ways I create a foundation for the emergence of genius.

April
14

**Conscious curation of my zone of genius is an access
to unlimited creativity.**

By directing the emerging flow of creativity back into itself I can create a virtuous spiral of inspiration that becomes an inexhaustible wellspring of new ideas. This demonstrates to me unequivocally that creativity is flowing through me not from me and means that I can patiently await good ideas rather than demanding them.

April

15

Ceremony between lovers supercharges their synergy

By formalizing the unique quirks of the bond between myself and another I amplify the creative potential of all our playful interactions.

April 16

**In grief, I can sometimes catch a concealed reflection
of my truest self**

The hidden regret that sits just below my awareness during grief can be a powerful wayfinder to my best life. By creating a safe space for grief to live within me I invite these regrets to reveal themselves so that they may transform to insight.

April

17

How I indulge others gives me clues about useful rituals to create in my own life.

I often subconsciously project my own desires into the actions I take to improve the lives of others. By noticing the ways in which I bring joy into the lives of those I love I can achieve efficient insights into my own desires and investigate rituals which might bring me joy.

April
18

Rituals I employ to empower my family could hint at an aspect of my best life.

By noticing the formalized structures that I rely on to bring out the best in those closest to me I can speculate about what my best life might look like and rituals that might support me moving directly toward it.

April
19

Fragments of my best life might be reflected in my preferred form of service to others.

Especially when I am volunteering my time or expertise with no thought of external reward, I can catch glimpses of my soul emerging directly into the world. These preferred forms of service, which are unconstrained by customer or employer expectations, can tell a very clear story about my zone of genius.

April
20

Work day highlights scattered clues about my best life.

Those aspects of my workday that I look forward to with most anticipation are likely to hold some aspect of my best life within them. By noticing the common threads between all of the things I love to do in my workday I can speculate as to how my best life shows up in my work life.

April 21

**When my best life becomes an exploration, every step
forward bristles with possibility**

I could stop grasping at my best life as some sort of forbidden fruit hidden away somewhere in my future and begin opening to the emergence of my best life in fleeting moments right here in reality. In this process I can become increasingly excited about what each day holds when I engage with it from a state of focused awareness and an attitude of curious exploration.

April
22

The safe space in which desires are revealed provides a rich source of inspiration

I once thought that inspiration was rare. I discovered however that inspiration flowed abundantly from the creative flow that was available every time I arrived into a safe space in which I could explore my deepest desires.

April

23

**Within a sacred space, my darkest secrets can reveal
my brightest talents**

In a carefully curated safe space with people who I intrinsically trust
can I reveal the most primal of my desires. These hidden aspects
contain fragments of my best self which can be reassembled as lust
gives way to joy.

April 24

My secret indulgences serve everyone better when I craft them into daily rituals.

Hidden desires elicit wants and needs. When I believe that these wants and needs speak deeply of who I am I become ashamed and hide my desires from the world. By creating daily rituals that attempt to serve my desires directly I bypass the surface wants and needs and discover direct pathways to joy.

April
25

**A tiny, creative change can transform a group of
individuals into a family.**

It is possible to focus my creativity on my tribe and explore how they interact with each other. By offering playful yet meaningful group processes that build deeper bonds between each member I create a safe space for each member to witness the humanity of every other.

April
26

**Fleeting thoughts of noble service can inspire rituals
that empower entire communities.**

By formalizing seemingly trivial yet unique ways in which I serve
my tribe I empower other members to do the same and build a
foundation for a culture of playful celebration.

April

27

**Sharing little rituals in my workplace empowers others
to engage and create.**

Each time I invite a colleague to share a tiny celebration or mark a small occasion I empower myself and all those I work with to explore their own rituals and celebrate their creativity openly.

April 28

**The subtlest of celebrations, done daily, leverages all
the power of possibility.**

By identifying and consistently celebrating predictable small wins every day I send consistent messages to my subconscious that every part of me is welcome to express itself in reality.

April

29

**A small step toward the one we love opens the way to
a new dance between us.**

By moving towards those who love me I subtly invite unconditional love from them, even if just for a moment. The safe space that opens up between us bristles with creativity and possibility.

April
30

**If money, time and social expectations were no object,
how would I celebrate daily?**

In the absence of external constraints, my soul expresses its desires fully in every moment. By speculating about celebrations unlimited in their expression I can discover playful new ways to empower my creativity.

May

1

**When I do good “out there”, it’s helpful to do good
“in here” so my deeper self knows we are on the right
path.**

The playful child deep inside me has no designs on right action or
desire to impress. Unless I actively inform it that it’s moving in a
direction that supports the emergence of my soul, it wanders playfully
from desire to joy with nothing to return it to activities that transform
creativity into genius.

May 2

**When those I trust celebrate me, and I'm open to their
praise, I open to a more powerful view of myself**

By opening to praise from those I deeply trust I build self-confidence through the esteem of others. While the actions of the adoring masses serve only the ego these private recognitions are of deep personal importance.

May 3

When I help another, rewarding myself makes me more likely to help another in the future

My body and mind learn to repeat behaviors that are rewarded. It is important to send powerful messages back to all aspects of myself when I take right actions so that these actions become habitual and emerge often, powerfully and without effort.

May 4

It makes sense to celebrate the jar that holds the medicine. It too is an integral part of the healing process.

Realizing that all of this goodness is flowing through me rather than from me might seem like a reason to disassociate myself from the celebration of all these inspired actions flowing effortlessly from my being. However the bearer of good tidings is an essential part of the tidings themselves and the only witness of their faithful delivery.

May

5

**Celebrating helps me understand who I am becoming.
It's part of the growth process.**

Acknowledging my adherence to a process that I know leads to future good is wise. By consistently encouraging myself to build habits of better action I begin to succeed without effort.

May

6

**I know I'm grounded when I can enjoy the flow of pure
ecstasy without needing to mark the occasion.**

As I become open to celebration the desires of my soul become
increasingly able to emerge directly into reality without friction.
Joy begins to elicit ecstasy and I am able to experience celebration
without formality.

May

7

What I resist persists. Persistent behaviors are thus natural telltales of resistance.

Behaviors which won't go away, for good or for ill, show us where we are resisting growth in our life. By noticing this resistance to change I can begin to discover new opportunities for deeper growth.

May 8

What natural rhythms can I notice? Everyone is a launch pad for more useful behavior.

Each one of us exists in a body. And that body exists in a society and an environment. Within the body's natural rhythms there exist a host of opportunities for triggering useful behavioral change. When we add social and environmental rhythms into our repertoire as well we discover that even within the natural rhythm of our day there are plentiful opportunities for simple yet effective behavioral change.

May

9

My family gels naturally in certain situations. That's my opportunity!

Noticing the situations in which my family consistently finds itself in harmony, whether these moments are common or rare, provides me with an opportunity to make the most of the predictably natural flow that we find together.

May
10

The ebb & flow of natural community dynamics elicit many subtle opportunities to influence the journey.

By taking notice of the elements of my social life which are predictable I can discover regular opportunities to experiment with new behaviours in consistent social settings. This allows me to develop new social habits and test variations to discover how small changes can make big differences.

May

11

**How is my work day set up in a way that fosters
unhelpful behavior from me?**

An alternative to stewing in shame or grief around regrettable behaviours in my workplace is to notice where unsuitable behaviors are occurring and begin analysing what is happening before these behaviors occur or the prevailing environmental conditions in which these behaviors are occurring. Understanding the external factors which are influencing my behavior does not excuse my behavior. It provides me with ideas about how I can improve my environment so that helpful behaviors are more likely to emerge.

May 12

Noticing when, where and how I naturally settle into a state of calm provides clues for growth.

Creating dedicated space for a quiet voice to emerge is heroic yet unnecessary. By noticing the moments in which I naturally settle into a state of relaxation, no matter how fleeting or infrequent, I discover valuable information about how my quiet voice emerges naturally. By noticing patterns and favoring certain recurring conditions I discover hidden opportunities for peace emerging directly from the life I already have.

May
13

Passion proceeds from a creative outlook.

I used to search desperately within for the passion that would return me to my zone of genius. These days I enjoy an endless stream of creativity which flows from predictable behaviors which I engage in habitually. By consistently cultivating internal and external environments that promote creative flow I gain access to genius which is ready to emerge once I begin sharing my ideas with others.

May
14

**What inspires me in another may be a reflection of my
hidden best self.**

It is wise to notice whom I venerate and seek counsel from those who I consider role models. By understanding what I find beautiful in them I begin to understand the hidden beauty within myself.

May
15

The natural rhythm of my body can offer pathways to more useful behavior

The human body is naturally inclined toward regular daily, monthly and seasonal rhythms. By developing a deeper appreciation for the reliability of such regular behavioral activities I can discover numerous opportunities to attach new behaviors to existing ones that occur reliably.

May
16

I could nurture an environment in which my inner circle makes requests of each other without expectation.

By actively curating rituals during which those closest to me can share their own desires and witness the desires of their friends without any expectation of fulfilment of these desires I cultivate a safe space where lust can find its way to joy.

May
17

Opportunity knocks each time I notice an authentic way to show up in my community.

Rather than bowing to others' wishes for me to show up useful, I can instead notice where I show up completely myself, yet useful to others in the moment. Even if these authentic acts of service are significantly less helpful or spectacular than the artificial ways that I serve others right now, they are still more valuable. These tiny authentic acts of service are signposts pointing directly at my best life.

May
18

**Systems that pull for me showing up in flow more often
can shape a future in which I work mostly within my
zone of genius.**

Genius emerges from creativity. Creativity becomes abundant once I create an environment in which I consistently experience flow. Building systems that make flow more likely for me in each moment is foundation work for a life of effortless genius. Taking the time to build systems, environments and behaviors that make me even slightly more likely to enter a flow state each day moves me into a virtuous cycle where creativity begins to stimulate creativity without external effort or curation.

May
19

Hidden potential is revealed when I blend an existing negative view of my best self with a new, more neutral one

For so long I bullied and maligned the negative self-talk which seemed to be the stock in trade of my internal dialogue. Once I realised that negative self-talk could not be dispelled by further negative self talk I took a different approach. By discovering the negative view of myself latent within my self-talk and introducing a neutral view of myself into this internal conversation I discovered that the negative voice was only trying to protect me and was able to guide it to a safe place where I could nurture it to health.

May
20

**Often a need is sated through expressing desire
vulnerably to a trusted companion.**

Every need is a guide post to a hidden desire deep within myself. These desires are natural aspects of me that drive creative genius. By cultivating relationships and spaces that are truly safe I can begin exploring the desires that underpin all of these surface needs and wants. By fully embracing lust I begin to learn how to move from desire directly to joy.

May
21

It's my prerogative to intentionally cultivate a space in which showing up is encouraged.

Genius emerges from creative activity in living human beings. By consistently cultivating spaces in which I and those I journey with can show up as human beings with bodies, minds, souls, desires, hopes and dreams I build a community that draws forth an endless stream of creativity that naturally results in genius.

May
22

Even simple urges such as the need to pee or a tummy rumble offer accessible launchpads for useful new behaviors.

I no longer concern myself with how functional my existing behaviors are. I concern myself only with understanding the reality of my current behavior and the opportunities this behavioral environment presents for experimentation and play. By creatively exploring who I can be in each moment and consistently applying my attention to making small alterations to predictable sets of behaviors each day I build behavioral mastery.

May
23

The ebb and flow of the family dynamic is a persistent wellspring of authentic behavioral ideation.

In the unconscious space of family dynamics that I was born into I can discover so many automatic behaviors that I am doing and that those around me are influencing me as they do. With so many invisible behaviors going on every minute I now realise that if I'm lost for ideas about how to change my behavior for the better all I need to do is notice one of the behaviours I've stopped noticing and play with it.

May
24

Even the most conservative status quo provides ample opportunity to leverage behavior for the good of the whole.

Restrained or constrained behavior is still behavior. It lacks nothing in terms of complexity or usefulness when compared to creative or flamboyant behavior. Latent in every single behavior is an opportunity to add in a new behavior that can change the course of my life.

May
25

Even negative work situations can be bootstrapped in useful ways, so long as they occur reliably.

I concern myself less these days with whether my present situation is negative or positive. What matters to me is whether or not the situations occur predictably. Once I know the predictable environmental conditions and reliably occurring phenomena in any environment I can begin to play with new behaviours in these consistent environments and discover more about how I can grow as a human being.

May
26

Authentic behavior is effortless, thus providing a unique access to existing behaviors congruent with my best life.

I focus my attention far more on authentic behavior than “good” behavior. “Good behavior” is a subjective idea and at best, whereas authentic behavior is evident to me unequivocally. By linking authentic behaviors to environments and situations that are enhanced by me simply being who I am I tune myself to my environment and create a better world in ways that are directly related to the living of my best life.

May
27

**To share a deep desire with a trusted companion
without expectation is a gift to both of us.**

Each time I explore the true nature of my own desires in the presence of another I provide an opportunity for them to witness my humanity and thus better explore their own. At the same time I allow lust to emerge from me authentically so that creativity can find a way to convert my desires to joy.

May
28

**Shameful behaviors are just as useful as inspired ones.
Both provide equal access to a tiny positive step.**

Once I begin to play with new behaviours in predictable external environments I notice that whether a behavior results in genius or dysfunctional is highly contextual and that the level of creativity I bring to the situation is a very unreliable predictor of good or bad outcomes compared to how much feedback I take from my environment as I move into action. Thus I come to remember that playful creative activity is the direct pathway to genius and that every seeming failure is a step on the road of my best life.

May
29

Possibilities open up when I discover what I habitually do the moment I wake up.

The moment of waking is one of the most powerful moments of opportunity in life. By getting into a habit of doing routinely useful behaviours when I first wake I set my day off in a useful direction and amplify any positive potential in my day whilst dampening negative tendencies and influences.

May
30

What is the first thing I do when I settle into my safe space with the ones I love?

By noticing firstly when I routinely enter a truly safe space and then by discovering my instinctive first action each time I enter this space I become aware of the transition point between need and desire. By increasing my awareness of this transition point in my everyday life I can begin to directly observe the emergence of my soul.

May
31

Noticing the dynamic of dinner with friends can inspire behavioral creativity.

Even simple social rituals such as meals with fellow travellers can provide us with a stable foundation for behavioral experimentation. By bringing new behaviors to consistent environments such as these I can begin to notice the automatic behaviors which create the life that I have and play with new behaviors to see how they might impact the journey ahead.

June

1

**New behaviors can gently bloom into awareness while I
lunch with my workmates.**

No matter how mundane the ritual, so long as it occurs persistently
in a predictable way time and again it is of equal value to any other
ritual in terms of bringing my awareness to how it automatically
unfolds and then inviting play during its unfolding.

June

2

My morning routine can never have too many habitual steps.

Much has been said and so many experiences shared of how foundational a morning routine can be to a joyful life. While emulating the greats will take me some of the ways to behavioral mastery, a deeper opportunity is to get absolute clarity on exactly how my morning routine unfolds when uninterrupted and then to begin to play with this routine to learn more about how I can influence the emergence of positive habits.

June

3

There is always room for more play in my evening routine.

During the morning I am fresh and alert. I can take advantage of the condition of my body and mind to experiment vigorously with behavioral possibilities. In the afternoon, when I am often depleted, I find that playful interventions coupled with curious awareness tend to help me balance my morning routine. By creating space for play every day I encourage hidden desires to emerge so that I can dream about them and then reflect on possibility with a fresh mind the following morning.

June

4

**Latent in every feeling of being let down by another is
an access to a new behavior for myself**

Humans are human. I know this and yet when they function as designed I use this as an opportunity to judge or build a resentment.

Once I accept that I cannot control how others behave I have an opportunity to discover that these disappointed feelings are actually created and exist wholly inside me. Instead of blaming myself or feeling ashamed of the expectations I have placed on another I can observe these feelings closely to figure out what standard I hold myself to that sits underneath my projection of that standard onto another.

June

5

**Every time I notice that I've been lost in the moment,
it's my opportunity to ask "what transported me
here?".**

At first flow seemed very elusive to me. However by taking the time to notice each time I emerged from flow I was able to track my way back to what was happening in the seconds, minutes and hours immediately preceding the flow state. By gathering data and finding the frequently occurring precursors of flow I am able to build these cues into my environment and behaviour and thereby discover a world where creativity is effortless and abundant.

June

6

**Those I grew up with and who grow up under my care
know pretty much every behavioral button worth
pushing already.**

Whilst I remain blind to so many of my automatic behaviors, those who are closest to me know how to get me to behave in all sorts of ways on cue. Through playful curiosity in a safe space with such people I can learn much about how to influence my own behavior from those who have been doing it for years.

June

7

I can remember lost fragments of my best life by reflecting on times I said yes to something big without a second thought.

Whilst most of us say yes far too often and with far too little awareness most of the time, there is some potential latent within this process. Almost every yes comes with a nagging doubt or a hint of preservation. However, by recalling times where I have given and unreserved yes in full knowledge that only good could come of my involvement I can start to figure out the conditions that proceed those insights into the fortuitous emergence of my best life in the moment.

June

8

Once I know my habitual daily work behaviors I can play with behavior 9-5.

I regularly set aside time to remap my already quite clear diagram of my work behaviors. These externally influenced and outcome based behaviors are the most frequently changing of my automatic behavior sets. They are also often constrained within a very predictable operating framework. This combination of a high rate of change and stable environment make them ideal candidates for playful interventions. By running such behavioral experiments at work I can add more value in my role and achieve behavioral mastery on the clock instead of in my spare time.

June

9

Foraging about natural highs is a playful path to deeper insight.

My body and mind are connected by an intricate and finely balanced system of hormones and nerves. Within this system there are seemingly endless opportunities for delicious experiences that require no drug, medicine or guru. By playfully experimenting with ways to elicit ecstasy from the natural functioning of my body I can gain deep insights into direct pathways from desire to joy.

June 10

What was happening the moment before that delicious sexual experience happened?

The throes of ecstasy can seem a gift from the unknown until I take the time to notice the prevailing conditions before such states unfold.

By reflecting on environmental and attitudinal conditions in the moments and hours before ecstasy I can discover numerous ways that I can curate more frequently occurring, and eventually a persistent presence of, ecstasy.

June

11

Embracing negative self-talk provides a powerful access and sometimes initiates playful forgetting.

No one taught me as a child what to do with all of this dark chatter inside my mind. Even if they had it's unlikely I would have had the focus or experience to heed their guidance. Now that I am more aware I can begin to embrace negative self-talk instead of maligning it with further negative self talk. As I do so I discover how this conversation has kept me safe all my life. As I begin to cultivate a healthy relationship with this part of myself and provide a safe place for it within me it often calms down and I forget to indulge in associated negative behaviours.

June
12

**It is my prerogative to persist in negative behavior.
Doing so with playful awareness provides irresistible
access.**

When I witness my primal rage running its course within sustained awareness it rarely leads to much external harm. In this process of observation I often see the desire that sits within this lusty outburst with startling clarity.

June 13

A safe share from a trusted fellow can provide more growth even than inspired discipline.

Far be it from me to say anything against spiritual fervour. However, zeal is not an experience I can routinely incline myself towards as a needy, lusty human. As I become more familiar with the people around me who have my best interests at heart and develop the self-confidence to explore darker parts of myself in their presence I notice that the sharing I receive back from my journey mates often inspires me to more sustained holy activity than a personal visit from all the gods.

June

14

**An even safer space persists just beyond playful
vulnerability with true friends.**

At first I found it scary to show my true self even to those I knew had my best interests at heart. After a while however this vulnerability became a mutual space for fun and joyful discovery. As we find our way together beyond lust, the joyful space we build together invites a more persistent flow of even deeper sharing.

June
15

**Passive aggression yields nothing. Explore fantasies
and acts of aware aggression.**

At best, holding anger inside yields nothing. At worst it is a hotbed of unknown expectations, festering resentments and conflicted feelings. I prefer to let my mind run away with lusty speculations until the desire within me is plain to see. I am capable of determining when direct aggression might result in something positive and each time I engage in such behavior with focused awareness I discover much about my hidden self and the nature of its emergence.

June
16

**Embracing my ego creates a space for playful
exploration of boundaries and stories.**

Rather than hiding my ego away I can nurture space for it to speak freely without directly impacting my actions in the moment. In this safe space my ego can playfully explore as well as inform me of where to stand up for myself and when to paint a picture of possibility.

June 20

When my hidden attempt to control another is revealed, unconditional love becomes available

In the absence of wisdom, experience or awareness, we have no choice but to control others and thus wants and needs emerge from hidden desires. When I vulnerably share the lusty parts of my humanity with those whom I have tried to control they embrace my humanity with startling frequency. In the presence of this generous witness I can begin to love these people without condition and watch our relationship blossom.

June
21

**That little thing I continually let myself off the hook for
could be the seed of hidden genius.**

Underneath all of the noticeable behaviors that regularly humiliate me in front of folk I want to impress stands a host of tiny little indulgences that can be seen only by me. By noticing these tiny spots of darkness I am able to discover seeds of genius that I can coax out into the open far more easily than large and awkward shortcomings.

June
22

Which daily habit could I do differently today, with awareness?

With awareness comes an opportunity to notice a stable operating environment and flexible behavior. I can play with such behavior without expectation. Mastery emerges at this moment.

June
23

**Exploring with loved ones remains its own reward.
Notice why at the moment.**

This entire journey unfolds entirely within this fleeting moment. Continuously returning to playful exploration with those I love remains a persistent virtuous cycle which has continued to benefit me and all those I journey with. Every time I notice this in the moment with another I experience joy.

June 24

Saying sorry can be experienced with curiosity when I choose to experience it as planting a creative seed.

On the surface of my life where need and shame prevail, saying sorry is scary. As I begin to learn that I can apologize to those who hold my best interests at heart and in so doing earn a quiet witness to my lusty humanity I begin to realise that every precise and aware apology creates a safe space for a hidden desire to begin its transformation to joy.

June
25

**When I play with my schedule I sometimes discover
that less is more.**

Once I have a clear map of my weekly schedule it becomes possible to mess with it in all sorts of fun ways. This sometimes daring rearrangement of priorities and duties often reveals inspired ways to engage differently in each moment and cause so much more with so much less fuss.

June 26

What existing behavior could be done with love and appear the same out there whilst being transformative in here?

Rather than mincing about in some pious holy fantasy I consistently have the option to look at existing behaviors and discover one that can now be done with unconditional love. By engaging in seemingly identical behaviors from this place I relinquish resentment and expectation from my experience and discover ways to move directly from repressed desire to authentic joy.

June 27

By indulging fleeting fantasies I reveal creative ways to express desire and sometimes forget the urge to suppress it.

I find it better to amplify a fleeting fantasy and suppress it. Although ideally I would treat such a lusty thought with equanimity, by amplifying it a little in its early stages I reduce the risk of it vanishing away into hidden resentment. By learning to notice these needs and wants and providing a safe place for them to live I begin to discover more inspired ways to express the desires that underlie them.

June
28

**In grief over something out there I am sometimes
nurturing something forgotten and wonderful in here.**

As I nurture a safe space for grievances to live inside me and learn how to care for them without amplifying or marginalizing them, the primal desires deep inside me begin to slowly show themselves. These grievances persist because of the seed genius they contain. I am wise to nurture the space for their emergence.

June
29

The frustration of conscious incompetence can be exchanged for playful exploration in every moment.

Increased awareness can be perplexing and self limiting when we focus on our new understanding of how far from mastery we currently stand. This provides an ideal opportunity to exchange these feelings for an attitude of curious fun in each moment of the journey.

June
30

A regular, playful check in with a trusted friend can be the most powerful of accountability structures.

I am much more likely to stay in action when someone I respect is informed of my progress. Creating this check-in process as a light-hearted and honest reflection on my human condition is much more effective for me than a serious and concerned analysis of my shortcomings.

July

1

Booby trapping my world with triggers for behavioral loops is a fun exploration in itself.

I find continuous fun and liberation in the delight of stepping into a trap that I have previously laid for myself that nudges me in the direction of excellence. This inner conspiracy to guide myself into my best life in spite of all my human limitations is a creative endeavor that brings me enjoyment in its design, its activation and the realisation that experiencing my best life has just become even more of a certainty.

July 2

Every botched behavior is an opportunity to notice and set myself up better for tomorrow.

I used to use behavioral failures as an opportunity to celebrate the hopelessness of my human condition. Only a slight shift of mindset was required to instead notice the depth of my humanity and begin to conspire around ways to adjust my internal and external environment such that I could show up just as human the next day and get a better result

July 3

Falling off my bike is only upsetting to the extent that I already decided that staying on was the game.

If I decide that this journey toward my best life is going to be hard and effortful and full of pain then I will be right in that assumption . If I decide that this journey toward my best life is going to be entertaining and fun and joyful then I will be right in this assumption also. Noticing myself flipping between these attitudes reveals the interface between need and desire.

July 4

**The more delicious the outcome of a new behavior, the
faster it becomes automatic.**

By building in delicious rewards for my body and mind into every new behavioral intervention I make the behavior become habitual much faster and build pleasure into the process.

July

5

**I need no permission to celebrate the transformation of
a shameful habit into a playful enquiry.**

As I build a safe place for grief to live without amplification or marginalisation I discover many internal resources that enable behavioural mastery. Through creative expression and cultivation of flow states I can support the emergence of genius through a process of playful exploration.

CHAPTER 5

Internal Exploration

Concerning:

- trance
- self hypnosis
- shadow
- flow states
- morning routines
- afternoon rituals
- body scans
- equanimity
- breath
- integration
- guidance
- prospective memory
- sleep design
- dream signs
- eality checks

July 6

A trance might simply be noticing without forming any opinion about what is being noticed.

Whilst there is so much to explore within us, it's easy to get caught up in the experience. Sometimes I notice that I'm noticing the action of my awareness in the absence of any "me" to be aware of. This doesn't have to be mystical or spectacular. Trance can just mean noticing silently in this moment and declining to make that mean anything.

July 7

This is not new; I hypnotize myself every time I fall asleep.

Every time I fall off to sleep my body moves through self hypnosis into a state where it's usually unconscious. However, it is possible to move into sleep consciously, or become conscious that I'm asleep, while I'm sleeping. When I'm aware that I'm asleep, I am aware of myself as a self-hypnotized consciousness. From there, the possibilities are myriad.

July

8

Connecting with others who also engage in inner reflections could make this journey more enjoyable

Many of us find that exploring within is enhanced when we share the journey with others. Whilst we may experience a lone journey for much of the time, many of us find great joy in sharing experiences with others, and some of us believe that we all journey into a shared inner space. Whatever your personal views, it seems clear that, as the old saying goes, we go fast alone, whereas we go far together.

July 9

**Trance is an opportunity to observe my inner workings
without judgment**

Operating without an ego is next to impossible when we are awake but when we are asleep it seems so easy for most of us. In the absence of judgments and expectations I can observe the inner workings of my mind. This allows me to interact with myself in surprising new ways. This process, for me, has been the birthplace of true compassion. First for myself and then flowing quite naturally for others.

July
10

**If I notice that I've fully let go of expectations, I could,
if I wanted, call that a trance.**

As all of these different parts of me settle down into their natural state it's possible to notice an ebb and flow of all manner of experiences oscillating across numerous spectrums. I notice time and again that I find myself in a trance that is neither spectacular or ecstatic; so often, it shows up in the interplay between a virile human and a curious spirit sharing the same moment.

July 11

**The ecstasy of exercise, meditation or even sex can be
a pathway to trance.**

For many of us the pathway to trance is not necessarily found in a secluded temple but rather through human activities which move us into more earthly forms of ecstasy. These states often herald a space in which we notice this moment and ourselves as a witness of that moment. For some of us this can be called a trance.

July
12

With a trusted guide I can let go of any fears I have about encountering challenges on this journey within.

It is so common for those new to this inner journey to insist on exploring alone, without support around them. This journey is beautiful and powerful and is often leveraged by sharing it with someone with more experience or enthusiasm. Veteran travelers derive so much joy and access a deeper level of learning by guiding others in their explorations. Take the opportunity to share this journey with a trusted guide.

July 13

Every time I return to flow I build focus without effort.

There is no work to be done in building the focus that is central to creative genius. The simple yet subtle act of noticing that I have left flow, and then returning to it without fuss is the foundation process that serves me as a creative person. This continual process of returning to an open state of awareness in the moment of creativity is my part of the process. As I build a stronger habit around this behavior I notice my ability to focus as a more persistent phenomenon, independent of my will or intention yet intimately linked to the deeper persistence of open awareness in this moment.

July

14

By opening to play, I begin to explore my intrinsic desires and talents.

When the mind is fixated on controlling a future outcome, it is restricted and creativity and flow become scarce. Play is a wonderful access to a more open attitude where significance is traded for curiosity. In this space of interested exploration, expectations are gently exchanged for possibilities and the journey becomes fun and engaging in its own right. In this safe space, desires may begin to express themselves as separate from wants and needs, and talent often reveals itself naturally to meet these delicious morsels of spiritual guidance. Until we are open to desire, we fear wandering toward lust. The more we open a place for play, the more often we move to desire; this wanting in the absence of expectation allows the spirit to express itself in the moment through the body.

July
15

**A safe space where I can regularly share vulnerably
and witness courage is a precious asset worth investing
in**

I have found self-compassion to be an effective pathway to sustained flow and all of the creative benefits that emerge from it. One of the most reliable accesses to self compassion is cultivating regular rituals within spaces that promote vulnerability and witness. When I share deeply with others I can notice the gap between the inner critic and the human reality. When I witness vulnerable sharing from another with equanimity I begin to experience self-compassion in the moment in which I, at once, relate to their sharing and also reserve judgement. For me, this process of regularly reserving judgement toward another has been a consistent access to an openness to the whole of myself.

As this whole self emerges, I begin to discover hidden genius and functional behaviors that I once automatically labelled as shameful or disgusting.

July 16

When I notice that I've lost myself in my work, I get a glimpse of my best life.

I find getting lost in my work to be more a function of the environment that I set my work up in than even the nature of the work itself. I also find that arriving at singular clarity as to the precise nature of the work at hand and commitment to focus fully on one task until it is complete leverages my environment in such a way that I can find flow states even in mundane tasks. In flow I open to thoughts and insights that were always there, but never had space for expression.

Setting up these spaces and attitudes of creativity provides a foundation from which discovery can flow playfully, without effort.

July 17

When I remember to recall a flow state, I notice that I was capable of indefinite deep focus all along

I see so many folks striving to maintain “zen master” states of meditation, prayer and attention. In flow, I am effortlessly focussed. To recall the nature of my entry into and the maintenance of these states is to delve into the truth about focus. The potential for it is persistent.

This potential, when experienced first hand, can be a source of elation and emancipation. So when I notice I have left flow I can take a moment to notice: What triggered this? What maintained it? And, who was I during this state?

July
18

Ecstasy and flow are closely related. To experience one is to glimpse the other.

When I don't notice flow, this can be ecstasy, and when I don't notice ecstasy, this can be flow. These two states are intimately related and exploration of the relationship between these states as well as the arrival at each state as a transition from the other is a powerful way to expand our access to both. Beyond this, it can help us deepen our experience and comprehension of desire as separate from wanting or needing. Pure desire is an endless virtuous wellspring of creativity; so these subtle distinctions are worth exploring through direct encounters.

July 19

**Embracing shame fully is an act of quiet courage
worthy of reward, witness and celebration.**

To reside, resigned, in a state of shame is a place of no retreat. However, surrender remains persistently available. When I surrender my position of shame there are two common outcomes: I may remain in shame. So nothing is lost. Or I may move to a more dynamic state, such as grief or pride. When I move from shame to any other state I move from a zero sum game to a position where I have something to lose. To return to shame usually hurts. To remain in shame generally does not. To risk moving out of shame takes courage. When I take the time to celebrate this, shame can become a place to rest and everywhere else a place to play. Neither being right nor wrong. One is simply associated with momentary courage, the other with benign resignation.

July 20

Beginning my day with practices that pull for clarity and wisdom helps me do more with less.

My soul exists within my body. I ignore this at my peril. We have long known much about the ebbs and flows of human energy, and every day our technological approach refines this understanding with new precision and perspective. As I move from sleep to waking, I have a singular opportunity to infuse my day of waking with a flavour or accent that can resonate throughout the day. Furthermore, in the morning, various parts of my being are brimming over with vitality, potential and fitness. To intentionally contrive and embed habits which collude toward more frequent and more sustained bouts of focused attention and deep awareness throughout the day is a practice that rewards the practitioner both immediately and over time. Those first few minutes of the day are where this prize is generally won.

July 21

I can show up better for others when I take the time to balance my own desires and perceived needs of the people I love.

To feed the goose who lays the golden eggs or to be a vessel of the boundless power of love? This age-old question can remain or it can be used as a setting-out point for an exploration of the relationship between our own feelings of resentment and unconditionality. In every interaction there are boundaries beyond which I find myself exploited and other separate boundaries beneath which I find myself needy. These boundaries often coincide, and there is a clear point of perceived fairness, but often there is a deep gap or overlap which provides a useful space for self observation. In finding situations in which I feel both resentful and unconditional, or in feeling neither, I begin to see that so much energy is spent in judging my position in relation to others. By teasing out the relatedness between my desires and my perception of the needs of others I can begin to experience these two seemingly opposing forces as both arising from within me and beginning to use them as a tool for self exploration rather than a hamster wheel of judgement.

July 22

Each morning is an opportunity to fit my own oxygen mask before assisting others.

Can I give a greater gift to those around me than showing up with more capacity, deeper equanimity and cheekier curiosity? When I allow my desires to flow in the moment, untethered from expectation, I begin to experience an indefatigable compassion for every experience as it shows up. Every new morning is an opportunity to recreate a state of preparedness for the inevitable ebb and flow of life that continually unfolds before us. To prepare myself thoroughly sets an intention to show up better in every happening that, once a habit, is a source of effortless excellence that rewards all, and the practitioner most of all.

July 23

When I start to fuss about when to strive and when to rest it may be because I now see myself as an elite athlete in the game of life.

As I explore within, I may begin to notice that I've become quite particular about when to engage with what is happening around me and when to retreat. As I settle myself, I naturally notice with greater clarity that I am human. Some situations are simply beyond me. At a certain point in any given day I benefit greatly from rest. As I get to know these external realities and internal fluctuations more intimately

I know instinctively when to sally forth and when to convalesce. Trusting these urges builds confidence and helps me rediscover that rest is the natural default position, and action the exception.

July
24

I can become aware of best-life behaviors revealing themselves in walking and sleeping flow states.

Flow is persistently available. Some find its persistence first in sleep, most of us in waking. The latent potential for self discovery in flow exists across all states of awareness. What fluctuates far more is my tendency to notice these revelations. They seem as unremarkable as any other experiences flowing through my awareness. However, during flow, these behavioral revelations are far more likely to emerge, so it makes sense to cultivate awareness of flow as it is occurring. The easiest way to encourage awareness in flow is through a playful disposition. In this state of engaged equanimity, I remain focused and aware without being attached. I can observe our own genius as it is and begin to understand how we show up in flow. My best life is not something I can maintain through control and willpower. It is something I begin to embrace as I let go of perceived needs and open to the expression of my desires.

July 25

Figuring out what time of day my creative energy at its peak opens up the opportunity to schedule in moments for genius to emerge.

Everybody is different. Every day is latent with opportunities, and as we age, our energy flows can change. Noticing flow at all opens up the opportunity to notice when it is most likely to occur. Rather than being surprised when my being fails to enter a state of genius on demand, I can cultivate an awareness of when flow is most likely and associate myself with internal and external environments that encourage its emergence at those times. Rituals of play, placed strategically in alignment with states of openness can take me strongly in the direction of sustained flow on a daily basis, removing the need for on-demand states of genius altogether. When the potential for genius is plentiful it is common for a state of persistent inspiration to ensue, bolstered by a deep confidence that creative resources are persistently present.

July
26

Achieving clarity about the reality of my internal state this morning is more profitable than putting on a brave face for the day ahead.

Liberating the morning as a time to reach a state of deep preparedness is widely considered an indulgence in modern society. For those that reverse this notion and build out a robust foundation for achieving single-minded focus before transitioning from sleep to activity seem to most others impossible creatures. Endowed with capacity to embrace the vicissitudes of the other, reality and the moment, these patient folks seem to sail through the day. What most fail to see is the process that begins around sunset and finishes when the practitioner assesses honestly that they have achieved clarity, equanimity and curiosity. The first step on this path is to take the time each morning to honestly assess our state. Once this habit is in place, a playful journey toward mastery begins as I become ever more willing to make the appropriate preparations for a successful day.

July 27

Once my creative juices are spent for the day, it's sensible to stick to routine tasks, and wise to rest.

My body can be honed to very high levels of capacity, and yet whatever that capacity is, it is always limited. To bring awareness to when this state generally ensues and to design my day to present me with simple tasks when my capacity lends itself to no more than this is a winning strategy. Resentments and failures greatly reduce and enjoyment increases. The wisest of us goes one step further and simply rests, acknowledging that fiddling about with little tasks has little long-term impact. Rest, on the other hand, allows me to integrate learning, maximise growth and extend my capacity in the future.

July 28

When I take time to intentionally switch gears I can show up better for my loved ones.

Showing up virtuously can look very different in different contexts.

Switching gears as we move from one life context to another is a core skill. Most of us have a daily opportunity to practice this as we transition from work mode to family or friend mode. Cultivating a ritual in this transition period can provide a precious learning and growth environment. As I learn how to show up with the same values yet different behaviors I begin to trust in my ability to match my awareness to the context that I find myself in. Being “present” need not be hard in the moment. Preparing intentionally as we transition helps me learn to get out of the way of expectation and allows genius to flow into play time and frequently allows me to bring play back into my work life.

July
29

I can share a healthy journey by discovering wellness communities that resonate with my style.

Every habitual behavior that builds health capacity moves me to greater capacity for future health. So willfully clinging to individual health goals and programs is often more about appearing to be prioritising health rather than building out a foundation of health.

Participation and service in communities of health are far better predictors of sustained health capacity. Associating ourselves with like-minded fellows surrounds us with an environment and culture of healthful action, and serving others provides a place of playful self-reflection that can yield deep change in beliefs.

July
30

**Fitness might be better contextualised as being fit for
my best life.**

With so much social imagery focussed on ideal appearances of health, confusion reigns when using external standards to judge personal fitness. As I explore our best life, I begin to discover a more clarified context of what personal fitness might look like. As I embrace my desire to be a weightlifter, a priest or a politician I can reach deep clarity around the physical, mental and spiritual capacities which I wish to develop. Once I understand what I desire to become, becoming fit to that end presents a clear picture of how to curate my personal fitness.

July 31

**At the end of the morning's striving I approach a
crossroad where I choose between prosperity and
scarcity**

Once I become aware of when my creative juices are spent for the day and begin to choose simple tasks or rest, there is an opportunity to ritualize this moment of choosing. Is all the flow I have to offer today enough to sustain my continued existence on this planet? When I begin asking this kind of question it can seem confronting or esoteric. As I accept that we are building capacity and approaching our best life as directly as possible in the circumstances, I reach a point of acceptance in which we realise that no more can be done except building capacity for the following day. By ritualizing this moment and choosing to build an awareness for capacity rather than fretting about overwork or vacillating in simple tasks, I open a door to acceptance that I have done all that can be done for now and accept the emerging being that I am.

August

1

It can be fun to explore which playful activities might stir my desires or bring me joy.

Wiser folks tend to skip much of the side-stepping and tiptoeing toward genius and go straight to play. This is not to say that they abdicate the reality of the life they have created for themselves so far. Rather they actively design opportunities for play into their day and employ their creative energies to invent more playful ways to execute their existing responsibilities. Sensitive to the tendency of bitter folks to sabotage their play routines, they become ever more sensitive about how they set these new play experiences up so that they are able to enjoy play without triggering explorers on other paths. Playful exploration of the play opportunities latent in every moment is a virtuous cycle that elicits joy and stirs spontaneous revelations of true desire.

August

2

Taking the steps necessary to integrate the experiences that life is presenting is the work of a responsible adult.

Each day is an opportunity to experience reality in new ways. Some delicious, others painful, and many in between. These experiences can be opportunities for us to learn and grow to the extent that we firstly recognise them for what they are as they are occurring, and then create spaces, rituals and rhythms that allow us to reflect on the new learnings in the light of our existing experiences, desires and expectations. This process of integration provides deeper context to what seems to be happening to us and allows us to move past the story of our expectations where we can begin to appreciate how our deeper desires and existing experiences interact with new information. As I integrate new ideas into who I am, resentments begin to give way to gratitude and personal growth is no longer subject to any external condition.

August

3

There is a quiet intelligence inside me that sets me up for useful experience. I curate it at my peril.

My conscious mind appreciates only the fraction of reality that relates directly to my ego's plan for continued comfort. Everything outside of that narrow field of view is invisible to the loud and active part of my existence. Simultaneously there is a stream of quiet awareness going on within me that many believe conspires to provide me with an experience that pulls for the emergence of a more expressed inner self. In seeking to control my experience of life I close off my awareness of this quiet intelligence. It continues to operate, whilst I remain unaware of the opportunities that are passing before me day in day out. To the extent that I create an environment where I can become increasingly aware of this persistent quiet intelligence, I begin to experience growth as interesting and persistent.

August

4

Knowing who I should share deeply with is wisdom. To extend the circle calls for courage.

Each of us is exploring in a way that reflects their own experience and there are many paths. As a rule, others like to hear that my path is the right one about as much as I like to hear that their path is the right one. Those exploring similar territory are our roadmates for a while, and those who wander our paths to guide others along the way make themselves known. Beyond a few kind words exchanged with these two types of journey mate, there is little to gain in demonstration. However, when we do discover a friend or guide along our path, it serves us and the other to call out and risk a mistake of judgement. Travelling with another as we explore within is a great joy, and in allying with another, even for a while, benefits both.

August

5

Asking why the groups I'm in do things the way they do can reveal shared stories about how my world is.

Every tribe develops its own internal rhythm. As a member of a tribe it benefits me and the group to call forth the stories that underpin this rhythm. Whilst not all will welcome such questions, the wiser members of the group will generally welcome these questions as an opportunity to revisit the lore and legends of the tribe and encourage experienced members to share their memories. As a new member I can create a simultaneous opportunity for members to recall why and how the tribe prospers and at the same time shine light on the elements of the culture that no longer serve the needs of the group. This quiet followership is a wise first step that can assist the group and the individual in assessing how well they are matched with mutual respect.

August

6

A meeting without an agenda usually has a hidden agenda

Wiser folk take pains to define the purpose of a meeting before they engage in it. Conversely when I agree to interact with others in idle conversation I am vulnerable to all manner of internal and external strife. When I strive to define the boundaries and purpose of a discussion I invite plain speaking, creativity and vulnerability in all participants and model honest leadership that gently attracts virtuous folks and repels opportunists. Every such act of leadership builds an environment around me that pulls for safer spaces to explore who I am becoming.

August

7

I can begin to know a quiet inner voice, capable of testing the truthfulness of any statement. If the voice answers yes or remains silent, it's that voice. Any other answer is not that quiet voice.

It is known by many names, most precisely “the daemon”; this quiet voice that remains silent in all circumstances except the presence of truth. I regularly consult with this inner guide to resolve the wiser of two right paths. By taking myself farther off from the louder voice of the ego, refining my statement so that its agenda is singular and making an honest appraisal of my true motives I can arrive at an honest question to bring to this quiet internal knowing. The daemon answers only yes, and only in the case that the statement is true. Often it remains silent, inviting me to seek deeper quiet, reframe the testament or find deeper honesty. Often louder voices claim to be this voice. The moment they process beyond a singular yes, they assist me in knowing them as separate from this quiet voice, and I acknowledge their assistance in knowing the ego and the daemon more intimately.

August

8

Discovering venues and fellows conducive to primal expression can call forth the foundations of deeper self acceptance.

My normal instinct is to grasp straight for the chalice of self acceptance. It is not an object for the taking. Self acceptance arises in an environment conducive to it, and two of the necessary ingredients for its emergence are spaces and friends that invite increasingly primal expressions of our desires. The ego learns early to hide these desires for our own safety. However, as the soul emerges, there comes a time to coax them forth once more. Deep self acceptance often involves the discovery and embrace of deeply hidden desires. Whilst I can not force these desires to show themselves, I can seek out the places and people who tend to provide safer spaces than I am accustomed to. As my experience becomes increasingly conducive to true expression, deeply hidden parts of myself emerge, providing an opportunity to experience more of who I really am.

August

9

The shadows grow longest as the light settles down immediately behind me.

At first the emergence of hidden elements of myself can be inconvenient, awkward or even terrifying. Although these aspects are hidden for reasons that made excellent sense in terms of self preservation at some stage in the past, it may no longer be necessary to hide some aspects of who I am. I learn through repetition that as these hidden aspects approach the surface of my being, resistance to their emergence escalates, sometimes exponentially. This tension, often scary or upsetting the first few times, eventually becomes a welcome, if uncomfortable herald of revelation. Fear gives way to anticipation.

August

10

**Quiet wisdom emerges as I become curious about
where in my body I notice intuition**

Gut feelings need not be isolated to the belly button region. The body can be as good a gauge of useful vs counter-productive as the mind, and many of us find it a more effective vehicle for discerning between the wiser of two right choices. To notice uncomfortability in the face of choice and provide an opportunity to notice the body's state in relation to a choice can begin as a playful game and emerge as a powerful vehicle for navigating life's journey. The intention to have a little fun in the face of an uncomfortable choice is all that is required to make a start.

August

11

Discovering unconditional love for another provides a window into our own soul

Why do seekers always seem to quest for unconditional love? What if it only seems like the journey is pulling for this experience? What if in reality the soul persistently sees itself reflected in every other soul, and during the journey within, we as the observer begin to notice this? Could that be the feeling we experience as unconditional love - something that is persistently present yet only noticed distinctly when the conditions are conducive to our noticing?

August 12

What freedom, when I open to sharing about how a shared experience was for another.

Reality exists out there. I can approach an experience of it through many modes. A fun and efficient way of building perspective and bolstering creativity is to open fully to a new perspective of an experience that I have already created an intuitive and egoic impression of. The sharing of a new perspective of an experience that I have decided is real from my limited point of view firstly challenges my assumption that my experience and reality are equivalent, secondly provides me with new inspiration for alternative actions and thirdly allow me to see with ever increasing clarity where in my thinking process I tend to collapse external reality into my experience of it.

August 13

How much will this matter in a year?

So long as my expectations are being met at each moment, everything seems right with the world. Then something happens and I perceive a gap between my expectations and my perception of reality. At this stage a wise traveller becomes curious and begins to wonder what the growth opportunity is in this gap between reality and my expectations. What has happened? What did I expect? How does it feel to be thwarted in this way? How can I adjust to what is? However, the easy path is to forego the learning and simply adjust my perception; tweaking my beliefs about reality to patch up this gap. When I choose this path, it's only a matter of time before the gaps between reality and my expectations add up and I begin to resent the growing chasm between my internal fantasy and the factual information coming in through my senses. At this stage, I can move to shame and /or blame, and delay my learning once more, or I can take this second opportunity to use reality to grow. Whether I notice the learning gap in the first presentation, the second, or in the morass of shame and resentment, my go to question to open to growth is the same. How much will this matter in a year?

August

14

In reserving judgement even for a moment I begin to notice a quiet voice that only says yes to right action or remains silent.

When I notice a gap between my expectations and reality, an opportunity for growth is presenting itself. It heralds discomfort so most people will turn away and move through fantasy and denial to resentment and shame. The wiser traveller reserves judgement and moves to curiosity, seeking out the source of their expectation, the reality of the situation and the possibility latent in the combination of these two learnings. In the peaceful space that exists in the acceptance of the two learnings, creativity can flourish, and when a pathway forward is revealed it can be set before the quiet voice known as the daemon. In the presence of right action, the daemon whispers a quiet “yes”. In any other circumstance, it remains respectfully silent, and, as a general rule, the ego will launch into a loud, lower potential share of its own.

August

15

**Where pain meets pleasure, sits an aspect of
equanimity with a glint in its eye**

Widely considered taboo, possibly due to the sublime subtleness of what is, on either side a deeply visceral experience, is the precise point of experience where pleasure meets pain. As I open to what is, I begin to notice these subtle inflection points on the experience spectrum. The point where pleasure meets pain is as instructive in my experience as any of the more polite places to visit. I am a soul experiencing reality through a body. The body may inform the soul as much as the soul the body, and in ways that the soul can not fathom on its own. To arrive at this inflection point invites an equanimity that can be deliciously precocious, perfectly human and primally wise. Whether it's at the 40km mark on a marathon, the moment before your creative block releases or something more kinky, these opportunities present with increasing frequency as we open to this journey. Silent witness is all that is required to grow in the place where pleasure meets pain.

August

16

To rage responsibly is to rage absolutely. Set it up, let it burn, emerge from the ashes.

Every forgotten shame is a phoenix, waiting to be reborn. The potential to evolve is enlivened in the presence of unconditional witness. Nothing more is required. In practice, this can look pretty messy. I let these phoenixes fly as children and was punished for doing so. As an adult, however, we can develop experience and support conducive to these phoenixes being reborn once again. When shame shows itself, there is an opportunity to curate an experience where it can be witnessed as it chooses to consume itself and be reborn in the possibility of this new moment. When I take the time to witness even one shame resolving it this way, I open the door to every hidden potential within me to transform to genius in the fullness of time.

August

17

There is nothing to gain by second guessing that part of me that knows how deep to dive within.

There is a part of my consciousness that operates below the surface.

Without the interference of my ego it can hum away much more effectively and process all of the data coming in through my senses as well as all of the integrated experience in my memory. It's a profound part of my faculty as a human being that operates persistently for my benefit. As I journey within, it invites me to experience glimpses of what is happening down there, under the surface of my mind. My fleeting awareness can only glimpse fragments of it for moments in time, but even these tiny snippets can be wellsprings of creativity and genius or heralds of opportunity or foreboding. Since I see only single trees within this immense evolving forest, there is no benefit in bringing a conscious control element to this process. To dive without expectation leaves me with the same reward as with expectation.

When I dive with expectation I pay the cost of future resentment.

However, in diving deep without expectation I dive at no cost.

August 18

The body knows as well as the mind or the soul what is appropriate to the circumstances of the moment.

Whilst generally quieter or perhaps less urgent in its communication, the body communicates suggestions of better action in each moment, as persistently as even the most restless mind. These intuitions, stirrings or gut feelings are a source of information that we can become deeply connected to when we take the time to check in with the body. From a simple body scan or walk in nature through to a deep breath work session, there are myriad ways to begin tuning in to what the body has to say.

August

19

**Enjoy the fruits of settling into quiet awareness within
a safe space inhabited by like minded travelers**

The ego will often want to control the process of exploring within, as it does for any perceived opportunity or threat. A practical prophylactic to this predictable response is to align ourselves with those more experienced in the journey we are setting out on. When we see veteran guides opening to awareness with less expectation and more curiosity than our eager selves it can provide a space more conducive to experiencing the unsophisticated joy of awareness and encourage curiosity.

August

20

**The fruit ripens in its season. We choose only how we
nourish the soil each day.**

There is no bargaining with what lies between the surface of my awareness. It simply is. It is my opportunity to explore it on its terms. In rushing forth with expectation I simply experience more fantasy.

The processes that keep me from experiencing reality out there operate just as fully as I venture within. My role is to open. To return to curiosity, and cultivate a safe space and notice the persistence of focus, especially in the presence of a busy mind, soul and body.

August 21

Each time I engage courage to explore fear I nourish a deeper self that emerges in its own time.

The ego amplifies fear to its own ends. It keeps me safe. It helps me pretend that things remain as they were. My persistent opportunity is to simultaneously explore fear. To embrace it as it is and notice the gap between reality and the amplification of fear. Through courage I begin to experience fear as it is, unmodified by expectation. As I do so, fear begins to make way for the potential that it has been hiding. These aspects of our hidden self emerge in their own time. In each moment where fear is embraced, this process of emergence is on track.

August

22

Ecstasy is a controversial yet powerful access to the wisdom latent within the body.

As the soul expresses itself in the body, I may experience ecstasy. Ecstasy is persistently available; our willingness to open to it is limited. Amid social, religious and egoic taboos around the acknowledgement of this deep, perennial joy, it remains our continuing option to open to ecstasy. As we do, the wisdom of the body may become far more obvious to us. In opening to the physical expression of the soul, clarity of intuition becomes immediately accessible.

August

23

**When I embrace shame as an echo of hidden beauty,
sometimes it transforms.**

The ego quickly discovers the power of shame to keep our behavior and beliefs stable and safe. This is right egoic action, to be acknowledged for its part in the whole. Beyond this accommodation, shame can be leveraged as a direct signpost to some form of hidden beauty. Whether it is genius, inspiration or grace, behind every functioning shame pattern lies some powerful yet hidden aspect of who we really are. This aspect remains wholly intact and becomes immediately available the moment the shame is embraced.

August

24

**The outward expression of what is within gives it form;
a presence at a moment in time**

As I begin to rediscover hidden aspects of myself, I can show up as a powerful witness and in so doing provide a safe space into which creativity can emerge. My witnessing need not be passive. These emerging aspects take form only to the extent that they find expression. To speak, draw, write, paint, recall or even dance the emerging aspect is to support it in assuming form out here in reality. Such honest witness allows me a direct experience of the natural tendency of the soul to manifest itself.

August

25

**A safe space to share experiences is a valuable asset;
both for myself and for those I desire to serve.**

This timeless compulsion to gather and share stories persists naturally in a world where the soul consistently seeks expression through the body and the mind. Rather than mining my deeper recesses for nugget of genius there is always an option to associate myself with environments in which these precious resources well up to the surface naturally in a form that is ripe for harvest. In the back and forth of storytelling, as the sharer and then the witness, I invite a resonant flow between the members of my tribe that pulls for visionary opening, insight and synthesis.

August

26

When I notice a trance, it can feel like Im sharing a timeless, boundless space with what is best in all of us

As I delve deeper, I increasingly associate genius insights with the environment rather than with the operation of anything personal to myself. As I show us more frequently as a witness of myself in trance I begin to notice a subtle communion between what once seemed my personal aspirations and an emerging sense of perennial flow that is moving through me rather than from me. In this place where I enjoy the fruits of this journey within, I start to acquaint myself with a limitless, effortless creativity that simply is. No coaxing or contrivance is required. It persists there, available any time someone opens to it.

August

27

During playful openness I often discover genius deep within. With courage, I share it with others

When I set aside the desperate wanting to be a fountain of goodness and provide myself with a playful environment that calls for receptivity, genius emerges spontaneously. The courage to share these seemingly disjointed, ill bred or pointless insights is key in two respects. Firstly, in sharing these seeds of ideas I place them in soil where they may flourish and one day bear fruit. Secondly, I begin to establish habits of openness. Each time I forget to censor genius, I emerge more likely to notice it again in the future.

August

28

Treasures abound, secluded in darkness. As I set aside judgements, they emerge into the light.

Genius is buoyant, and abundant just below the surface of my awareness. As my expectations subside, the layer that keeps them in place opens. Tiny pores, for brief moments. The first fruits of such surrender often seem like the destination, yet they signal only the beginning of an unquenchable flow. Once I realise that there is more genius available within me in just a few open moments to serve me with engaging activity for a lifetime, access to genius seems less alluring, and I become more selective in the way I engage with this quiet voice within.

August

29

When the desires of my heart are expressed so that another can behold them, my dream becomes a vision.

There is no need to choose between the journeys within and without. The soul has no interest in packing up who I really am into a convenient turn key activity schedule for my body and mind. It just is. As I begin to discover who I am, I realise that half the fun of the journey can be figuring out how to turn elements of all this inner beauty into something coherent in reality. This continual state of co-creation between my emerging sense of self and my mental and behavioral activity allows me to exist in full human flight simultaneously with unbounded spiritual delight.

August

30

**The beast within is generally more open to care than
the beast without.**

As I become more open to these darker elements, and expectation and judgement recede from habit, the darker side of my being emerges into reality. Social and egoic motivations to suppress these parts of myself abound and regularly keep me apart from joy. Having witnessed the depth of my depravity, I know from experience how much damage it can wreak as it takes external form. Suppressing it is the second best option. Unleashing it leads to chaos. As I open more fully to the activity within myself, however, I begin to discover ways to witness, nourish and embrace these darker aspects. As they heal, they often show up in ways that can be safely, and even sometimes brilliantly expressed out in the world.

August

31

Gut intuitions and primal instincts emerge quietly from a stillness within whereas reactions spark from habitual flashes of aversion and dread.

At first it can be confusing as I tune in to two quite separate streams of awareness. One, stemming from past memories and future fantasies shows up as flashes of what can seem like inspiration. On deeper inspection, or sharing with a trusted colleague, however, the ephemeral nature of such thoughts begins to become familiar, and I am able to distinguish them from a second type of awareness. I note that this second type, by contrast, lacks insistence, makes no conditions, and heralds no future outcome, good or ill. They emerge, persist, recede and re-emerge in a way that feels unfussy and without any internal significance of their own or reference to what is, was or could be. As I spend more time in the flow of these sharp strokes of want and gentle visits from enthusiasm, I begin to distinguish between them with ease.

September

1

Those who choose to love us without ever needing to like us are the gems in our crown of friendship

It is easy to worship one part of another, on the condition that that part remains the core feature of the shared relationship. To embrace the totality of another without condition is love of another type. As I begin to reveal more of myself to others, I provide a space in which others can powerfully show up as one type of friend or another.

Unconditional friendship is a foundation stone of the safe space in which I emerge as an authentic creature that is visible to others. This process of showing up works as a virtuous cycle between the traveler and their witness. Each shows up more fully in the emerging presence of the other.

September

2

Genius begins to flow once I know who will witness my vulnerability with respect.

Genius flows in the presence of a respectful witness. These people are not necessarily the cheerleaders or celebrants of my fame. They show up across the spectrum of my existence as observers of the dignity of my existence irrespective of its seeming worth, or otherwise, in the moment. As I begin to notice who these people are that stand beside me as I soar and crash, rarely helping or fussing, yet always observing with patient interest I feel increasingly free to express parts of myself that have been previously hidden. This process of opening up in the presence of someone who remains free of judgement is a key to inspired flow.

September

3

Visiting the quiet place where I discover inspired actions might be the most important work I do each day.

Every moment can be spent in any way. And every moment is spent. So why the rush to busy myself with the day to day? What if every moment was spent on a meaningful action or a search for one? Though it can seem like I am doing much less, in taking the time to appreciate the few important ways in which I can show up in the immediate future, far more can be achieved. To build my ability to discern great actions from good ones is a profitable use of any moment in which a great action is not possible.

September

4

Venerable beings who show up in life, dream and trance could be considered guideposts toward my best life

As I still my attention and begin to notice the quality of experience as separate from the volume of experience, I notice more and more the presence of beings in my life who are truly great. I feel this instinctively and then prove this through experience. Whether these beings are other folk out here in reality, or figments that arise within, they have much to offer me in the journey ahead. I notice their commitment to my journey, their patience in guiding me and their joy in my breakthroughs. When I acknowledge these beings and ask for their guidance, growth is assured.

September

5

The distinction between joy and lust can reveal subtle insights about my best life.

As we journey within I am more able to experience desire as separate from want or need. And in building confidence in visiting these as separate phenomena I am more able to contrast the emergence of joy and lust in my experience. In observing the difference in environments and states that precipitate each of these I learn much about what I am reacting to and what I am attracted to. The soul can then emerge without spectacle.

September

6

Through grief and unconditional love I transform the shame which protects the world from my worst and best self.

It makes sense to protect the world from my shameful qualities until I begin to appreciate the genius that is left unavailable when I hide my whole self. As I find flow more frequently and see the fail, ungainly seeds of genius begin to emerge from within ourselves, I begin to realise that what is best is often a part of something unsightly. In grieving past irresponsible outpourings of my own darkness, I begin to embrace all of who I am and through unconditional love for the totality of who I am, I create an opportunity for seeds of genius to germinate.

September

7

**Intending to notice radically increase my chance of
noticing**

There is a lot more going on in my mind than I notice as the internal observer. The simple intention to notice more about the operation of my mind, body and soul is a powerful access to a more encompassing experience of who I really am. Cultivating habits of noticing during waking, sleep and trance requires little effort for the potential it secures. Noticing that my intention to notice has led to deeper noticing is a virtuous cycle that tends to become sufficient unto itself once established.

September

8

**Each honouring of the natural rhythm of my body tills
the soil in which my best life spontaneously thrives.**

My body connects me to the world. Why would work against it? In noticing and embracing the ebbs and flows of energy across the day and night I show up as a respectful and wise cultivator of the foundations of creativity and joy. Everything that my mind thinks and every emergence of my soul occurs through the medium of this body.

Every aspect of my best life occurs within the context of my body. The deeper my relationship with my body, the greater my potential as a human being.

September

9

Tonight I recall my dreams. Tonight I open to all that lies within.

In sleep, the ego sensibly settles down to rest after a solid day of keeping me alive. I can thank it for its tireless service and move into a different awareness far from the instincts of survival and status. What an opportunity, each night, to dive within. In this space I can become more familiar with the totality of myself, as well as discover hidden genius and bring it into my conscious awareness when I wake. In opening to the dream and recalling it on waking, genius can flow directly into reality without effort.

September

10

My evening routine can set me up for a productive night of sleep as much as my morning routine sets me up for a useful day of wakefulness.

Since so much of my best life remains mysterious to me, it makes sense to relish the time where I can get direct access to it in terms that are already conducive to such gems being freely given. Given the opportunity to be in the presence of hidden beauty and flow for much of my sleeping time each night, it makes sense to me to prepare as much, if not more, for a productive night of sleep as or a productive day of waking. One gem, brought forth each morning, can add more value to my activity in the day ahead than all of the activity that proceeds on that day without a gem of insight.

September

11

Showing up present in my dreams can pave a way to show up present in waking trance, and even waking life

Being in reality even for a moment is often reported as an ordeal of the highest measure. Good form it is, then, that the ego routinely protects me from a direct encounter of such experiences. Though a few are able to show up in reality directly in this way, a far more sensible and sure path is to show up present at first within a dream. This is the safest space for us to experience reality, and from there we might learn to tolerate reality in a trance. A stable foundation of showing up consistently in the reality of dream and trance is a prudent foundation for anyone intending to encounter external reality directly even for a moment. Why grab at the prize when I can unfussily build a foundation which makes its achievement a certainty?

September

12

We both prosper when I offer the gifts of sex and affection without expectation every time I wake and settle to sleep.

In considering the wisdom of offering myself to another in body, mind and spirit I provide a useful personal check on my relationship with that other and myself. If my intuition says to withdraw here, I can begin to consider and even bravely share what is in the way of deeper communion with someone I love. In the delightful ebb and flow of sex and affection, both can explore how they show up for themselves and another in what is an intricate and unique dance that unfolds in every moment between human beings.

September

13

Many nightmare personalities are heralds of my dream life calling out for my unconditional embrace.

In waking, these personalities can be dangerous and avoiding them is wise. Yet in sleep, I can encounter nightmare personalities safely, even though they seem terrifying. Once I am accustomed to feeling the fear and embracing these powerful heralds, I may begin to reacquaint myself with hidden parts of myself that are truly beautiful. The courage to embrace the parts of myself I once banished builds self compassion and a foundation for genius to emerge.

September

14

Heralds of my best life play in paradise every night. I can intend to play with them every time I settle down to sleep.

My soul naturally tends toward emergence. During dreams, with little or no ego to restrict this emergence, no wonder such gods and heroes come out to play. The intention to be in relationship with these inner beings is a simple, powerful key to direct encounters with them. Every time I intend to recall my dreams, I am more likely to recall them, and with each passing night I move from surprise at how much goes on in my dream life toward a state of nightly delight in which the soul can express itself ever more fully.

September 15

**Recurring dream experiences invite safe and helpful
conversations with my subconscious**

As I recall more and more of my dreams, I can build out a journal that allows me to see patterns of experience. These recurring dream elements engage us in the quiet conversation going on just below the surface and build awareness of our ability to witness our own mind

September

16

**Each time I share my dream with another, both are
invited to journey deeper within**

One of the most effective habits I can build to enhance my awareness of the genius within is to share what I recall of my dreams with another. This promotes integration of the dream, connection with fellow travellers and playful engagement with the journey within.

September

17

**Many waking challenges are better resolved during
sleep**

Moving from a good life to my best life involves a transition from the ability to choose between right and wrong to the equanimity to discern between right and right. The wiser I become, the more I invite impossible choices between roads that all lead to wonderful places.

These more subtle choices often call for modes of thinking which are simply impossible while the ego and reality are operating. During sleep I remove much of the external noise and my mind, body and soul are free to explore possibility without constraint.

September

18

My subconscious and conscious mind are continuously communicating. Soon I will notice....

What a shock to learn that most of the interesting communication going on within me is invisible to me pretty much all of the time. Yet as I become still and begin to notice, I see how true this is. I notice for a moment here and a moment there. Perhaps more at first in sleep or trance, and as I get into the habit of intending to notice, I find that noticing is actually the base state and all of this noise that crowds the surface in no way interferes with the quiet communication that persists beneath the din.

September

19

**Once I discover that desirous encounters in my dreams
show me that I love myself, the door to compassion
swings wide**

Some wait their whole lives for desire to fade from their dreams. All their rituals, meditations and prayers to purify their spirit are in vain. Until death at very least, the soul inhabits a body and a mind persists.

The soul emerges into reality through desire. There is no need for fear. Compassion for the whole emerging self emerges spontaneously every time I embrace the entirety of who I am. During dreams, compassion is persistent and the soul explores without censorship or design. To encourage the soul empowers a playful flourishing that is more beautiful than any supposed purity or piety.

September

20

Nightmares guard the threshold to my best life for sensible reasons. They regularly resolve when I embrace them with love or respect.

Strong or loud dreams show up regularly to remind me, not punish me. There is genius just below the surface. It has shown itself before to ill effect and will emerge again when the conditions are right. It is possible to face nightmares directly. As I become more confident to do so, the genius they protect becomes available once again.

September

21

Noticing my dreams can lead to noticing my life.

A direct encounter with the reality of my life would have been entirely overwhelming before I acquainted myself with these more subtle methods of being in communication with my quieter self. My ego rightly protected me from such an encounter despite all of my efforts to contrive one. What a delight then to learn that noticing my dreams leads me without resistance to noticing myself within them and that trance then opens a way to encounter myself while awake without the din of reality or devices of ego tearing at the fabric of my awareness.

The more I notice my dreams, the more I build a foundation for noticing my life.

September

22

Noticing that I'm awake can lead to noticing that I'm asleep.

Assuming I am awake is a poor check of actual wakefulness. When I dream, I believe it to be as real as when I am awake, only to wake and realise it was a dream. Simple habits, once established, help me discern with accuracy when I am actually awake. Once I am habitually checking if I am awake, the experience of noticing that I am asleep and waking up within my mind during a dream shifts from being a matter of it to a matter of when.

September

23

Stating my intention to notice that I'm dreaming is a key to what lies within. My subconscious is a reliable witness.

My subconscious has no designs around shielding me from the quiet conversation humming within. Such as it is my witness in this regard, to state, without condition, my intention to show up aware within the dream serves as a catalyst for the process of opening; to the dream and to awareness more generally. There is no place within us that we do not already perceive on some level. Only our awareness fluctuates. Intention stabilizes awareness and invites experiences that encourage further opening.

September

24

As I open enough to notice that I'm dreaming I am already beginning to notice that I'm also awake.

Though it might not be noticed at first, rest in the understanding that awareness opens without prejudice. There is no need to independently cultivate awareness across external state labels such as dream, waking, body or mind. Awareness is. That I have noticed that I am dreaming says only that I have noticed. All of this was already persistently available. Noticing in one situation demonstrates that noticing is available in all places and we begin to see how we are more open across the entire spectrum of awareness.

September

25

Noticing hallucinations during my dreams informs my experience of waking hallucinations.

Without reality interfering with our thoughts, it becomes much easier to acquaint ourselves with the nature of hallucination. This once mysterious state becomes a commonplace and as its taboo designation dissolves, it reveals our ability to discern between what is real and what our mind is inventing. This discernment during dreams can prove very useful during waking life, where the line between reality and fantasy is blurred by a well meaning ego and a barrage of interpretations of and memory comparisons of a continuous stream of sensory input.

September

26

A joyful connection with my body before sleep is a gateway to lucid dreaming.

As I transition from the constraints of a day in reality to the safe, expansive possibility of dream and sleep, I can invite a deeper and more aware dream experience by engaging my body in happy play. Experimenting with varied forms of preparatory play before sleep often becomes a self-rewarding virtuous cycle that multiplies its worth as I discover diverse and impactful ways of actively intending joy as I move toward sleep.

September

27

Every nightmare can be recast as a dream that desires to be noticed. Each time I recall such a dream, I listen with respect.

Dreams usually emerge quietly at first. As they evolve, some call with increasing urgency. It is easy to embrace big dreams that are delicious, joyful and peaceful. Shameful, terrifying and confronting dreams on the other hand often meet with avoidance, fear and disgust in their attempts to emerge. When I recast a nightmare as a dream that desires to be noticed, and care enough to notice such a dream, it often recasts itself more gently in the future, and sometimes resolves itself entirely.

September

28

The persistent joy is in the returning to awareness of this moment. Clinging only spoils the fun.

Whatever joy exists in a moment, that is its place. In needing to return to past moments or wanting to experience a future moment in a certain way, I deny myself the deliciousness of returning to this moment, just as it is. Every moment is laden with its own unique character and in opening to experiencing as many of these moments as I care to notice, I discover a persistent joy latent in this simple habit of returning to this moment, open to it as it is, without expectation.

September

29

If unconditional love “out here” is a fragment of the unconditional love within, it makes sense to meet my own desires before helping others.

Perhaps counter intuitively, unconditional love often emerges within. This phenomenon makes more sense when I notice that all of my showing up in the world is a reflection of how I am within. Maintaining a separate external state is a false economy. To entertain my own desires without judgement is a firm foundation for showing up powerfully for others as they explore their own path in life.

September

30

**My playing on the path is in itself sufficient to attract
any necessary guides and fellows**

No need to fuss or wonder when the teacher will appear. The teacher without reflects only what is already being experienced within. As I open within, I simultaneously open without and where there was once a lonely road I begin to notice that a throng of guides and fellows was already all around me.

October

1

**Aware sleep can reveal first steps on the path
of witnessing my own shame with respect and
compassion**

These dark places within become so because they are too powerful for us to face head on. Becoming more aware during sleep provides a calmer environment in which to visit these dark places. As I become more familiar with my depths, and my hidden self becomes more comfortable with being observed, I begin an exchange that often reveals beauty, genius and peace.

October

2

My consciousness is persistent and ubiquitous. It remains my persistent opportunity to notice this moment.

These flashes of insight need not remain fleeting. Every time I notice this moment I build deeper awareness. While the totality of myself remains persistently available, my consciousness can only ever notice a fragment at a time. At every moment, I notice, or I don't. Every moment noticed is a cause for joy.

October

3

To the extent that malcontent out here out here is a fragment of the malcontent within, it makes sense to embrace my own humanity when I notice another's.

How can another vex me other than in showing up as a reflection of some hidden element of my whole self? If it does not resemble something I hide within, it is simply a curiosity that I observe in my fellow. Thus contained in every outer conflict is a signpost to a hidden inner state. To the extent that I remain curious in the face of this unrest, I can reclaim hidden parts of myself. This process frees me from further concern and sews seeds of hidden genius.

October

4

Through observing dark thoughts with respect I begin to saunter the paths of inner discovery in all weathers

Dark thoughts can be observed with respect without being amplified or suppressed. In becoming an impartial witness to these hidden parts of myself, I discover that potential and beauty mingled with shame and guilt is the norm rather than the exception below the surface of my awareness. This yawning field of possibility opens as a vast wilderness, available for exploration at whim.

CHAPTER 6

Life By Design

Concerning: Behavioral habits

- habit feedback loops
- habit maps
- creation and hacking
- ideal days weeks and months
- best life and wildest dreams
- tiny behaviours, joy spotting
- making habits easy
- habit stacking

October

5

Observing myself with compassion as I engage in any daily habit can be enough to create a breakthrough

For much of life many simply assume that they are who they are. Sometimes, a person becomes curious as to how their life has become the way it is. Though there are many theories here, many settle on an idea something like this: that my life is the way it is in large part because of the way I respond, on average, to various sorts of situations that regularly present themselves in my environment. This idea that the life I currently have is a reflection of some combination of my environment and my habits, can become a fun and interesting way to explore how life is and could be.

October

6

Those for whom we have reserved judgment show us their truest self. Strong feelings about them can light the path within.

In providing a safe space for a fellow to share their experience, I set up a deepy valuable space in which I may observe myself. As others share, stories that evoke strong feelings within me as their witness are valuable clues as to the parts of myself that I have forgotten that might benefit from closer inspection.

October

7

**Figuring out who brings me to life is a great way to
begin surrounding myself with inspiration**

Rather than holding myself wholly responsible for how I'm feeling, it's better to surround myself with fellows in whose presence I shine. Therefore, to dedicate attention to discovering who these people are, what behaviours set them apart from others, and where these sorts of folks gather, is wise.

October

8

Gathering feedback about where I show up most powerfully gives me clues as to my ideal environment

Those who observe me regularly can provide deep and immediate insight into the environments that empower my best self. By gathering diverse feedback and spotting patterns of agreement I can build a theoretical model of my ideal environment and test out how it works for me in reality.

October

9

Noticing the safe spaces in which genius flows from me effortlessly can be enough to start the process of gravitating toward such places

Genius persists. Just below the surface. In select environments it flows forth. Sometimes just for a moment. These moments are clues. By noticing the common elements between the spaces in which our genius flows, I become familiar with the external conditions that tend toward internal flow. Increased awareness of what constitutes a flow environment alone is enough to start a process of gravitating toward such environments more regularly. This virtuous cycle needs little initial momentum to establish itself.

October 10

Desire sets dual paths toward joy and lust. Curation of my internal and external environment can help me tend toward joyful doors.

As the soul emerges, it has no designs on its showing up in reality. It is my opportunity to investigate desire fully and design the world into which these desires emerge so that ever more frequently my desires manifest joyful ends.

October

11

Visiting uncomfortable spaces with a friend and curious intentions can reveal concealed alcoves of genius

Uncomfortability can be recast as a possibility horizon. Such dynamic environments are not to be ventured lightly. However, the best preparations need only be to visit with someone you trust and to explore only so far as curiosity beckons. Measured exploration of such fertile inner spaces can yield hidden riches and build confidence to venture deeper in the future.

October 12

Observing myself with compassion as I engage in any daily habit can be enough to create a breakthrough

Most of the behavior that creates my life is completely automatic. Until I move my awareness back to these foundation behaviors that result in the life I have, the reasons my life is as it is remain mysterious to me. Noticing with clarity even a single habitual behavior fully as it unfolds begins a process of self discovery that, though unspectacular, can move every ordinary mortal to potent ends.

October 13

Every tiny adjustment I make to turn my home into a more nurturing space for myself adds up.

Only within safe spaces will my creativity emerge. Thus curation of a home environment that optimises joy, inspiration and expression is a foundation element of flow. Every time I discover a better way to set my home up for my best self, I attract that best self closer to the surface of my awareness.

October

14

**I am a social creature. I emulate who I spend time with,
whether I choose who I associate with or not.**

For good or ill, our bodies and minds soak in the environment around us. Often the most potent environmental factors around us are other people. Therefore for anyone who happens to reside in a human body, curating this part of our environment is wise. Whilst this might mean setting boundaries which are challenged at first, the benefits of providing a nurturing social environment are deep, well documented, and readily experienced.

October 15

Discovering and curating elements of a personal work space that pulls for genius is high leverage work in and of itself.

Genius rarely strikes in the workplace. So this space is ripe for experimentation and redesign. If the space offers now flow as it is, then there is little risk of making it worse. Additionally, figuring out ways to liberate such spaces in ways that do not upset others, yet provide inspiration for these and others to experiment a little themselves can be a fun test of creativity in itself. No matter the environment, I can define and then explore the inner and outer work environment that I find myself in and play with what is possible.

October

16

Every journey to the infinite possibility within is an opportunity to discover nourishing spaces and voices

While much can be done with my external environment, so much more is possible with my internal environment. Unfamiliarity is the key barrier to benefit in most situations. Therefore, engaging awareness, guidance and a sense of fun in service of inner exploration can be more rewarding and less effortful than crafting external environments. Morning and evening routines, daily rituals and habit systems are all familiar starting points for such investigations.

October 17

Depending on my environment, addiction can show up as a pillar of shame or a guidepost to discovery.

As I become a more experienced curator of my environment, even taboo areas such as addiction become stock in trade for insight and growth. What showed up once as a shameful habit can be recast as a wayfinder into the deepest desires of the soul. Here, the inner environment is often key. A curious mindset and a commitment to active sharing of discovery with trusted fellows often proves a potent combination and the transformation of these heavy ores into shining riches.

October 18

**Whispers from dark places need not be terrifying.
Sometimes what is calling me lies beyond the depths.**

These places are dark because they are hidden, not hidden because they are dark. Every concealed part of me has been placed there for a sensible reason somewhere in my past. Rather than fussing with the correct cataloguing of my multiplying traumas, I can embrace them as they are and invite them to show themselves in their entirety when they are ready to emerge. Often what is best in me lies intertwined with what is most uncomfortable.

October
19

**Visualising my world as a playspace set up with
behavioral triggers can be fun & informative**

To be in play with the world more fully, I regularly view it as a space in which I can create a set of behavioral traps and triggers that are designed to go off as I blunder around in it. These efforts often prove surprisingly effective and yield changes in behavior, and when the changes endure, I learn powerful lessons about how I have become the person I am and have more scope to influence the person I will show up as in the future. The less seriously I take this experimentation the more it seems to persist.

October 20

When I'm lost in fantasy or regret, a trusted friend can easily draw me a useful map of reality

It can be challenging to observe myself in the act of the moment. Most often I will recall only a story or projection of a future possibility. Trusted friends however, observe me as I am without judgement and are surprisingly open to sharing their true observations of me when they are assured that I am asking in earnest. Any time I doubt my one view, knowing who these people are and seeking their counsel can prove efficient and enlightening.

October 21

The groups I have effortlessly fallen in with form the foundation of a safe yet unsatisfying life.

Any group that I am a member of that I did not expressly seek out with specific intention is likely a group that serves my egoic default of staying where I am. In the absence of curation, I tend toward social groups that mirror my safest life, rather than my best one. A tendency toward virtuous association moves me gently from a safe life to a joyful one.

October

22

My uncurated life reflects my default reflex of seeking my safest life rather than my best one.

The life I have is not broken. It works. This is evidenced by the fact that I am alive. However, if I aspire to more than survival then a move away from ego based survival behaviours seems necessarily in order. There are times of life and times in history where a survival mindset is the wisest in the situation. Outside these situations, the opportunity presents itself to explore what life could look like beyond our comfort zone.

October
23

**Undisturbed, my spirit tends toward quiet observation
and deep insight**

Oh but what seismic disturbances at every turn! Notwithstanding, the foundation condition persists. Awareness allows me to notice this quietude amid any surface upheaval. At first for a fleeting moment, then again and again until I feel confident that amid all the clamour there is persistent availability of beauty and genius, just below the surface.

October

24

I sometimes deny myself creative space in an attempt to preserve the safety I have become accustomed to.

There is no need to deny or ignore the fact. I am a human being, existing here in time, as I am. In order to have survived up to this point it is likely essential at times to have tended in the direction of safety. This tendency of the ego is a substantial part of why I persist here in reality at all. However, creativity tends to flourish once I have begun the process of nurturing the soul to express itself in safe spaces where the presence of my ego is unnecessary.

October 25

Acknowledging primal instinct begins an exploration of the relationship between lust and joy

To find my place in my community it is essential that I learn to manage the primal instincts which inhabit me. However, as I mature the opportunity presents to revisit these instincts with curiosity and awareness. As I become more familiar with these primal instincts I can begin to see how they emerge and notice how my environment tends to manifest these instincts in ways that are more lustful or joyful. Until I acknowledge these instincts, no exploration is possible and I remain stuck in piety, fury, or, more frequently, an awkward switching between the two.

October

26

**It can be empowering to discover a structure out there
that triggers a behaviour in here**

It's easy to pretend that I am separate from my environment. I seem to be a separate individual interacting with the world in a free-choice manner. It is possible to create external triggers for behavior that erode the validity of this assumption. As I begin to play with my environment and curate experiences that pull for changes in automatic behavior, I soon discover that what I thought was free will seems to be something more subtle, I am neither an automaton nor a chaotic whirlwind. From the moment I experience that first successful behavioral trigger, I know that I am a part of my environment and my environment is part of me.

October
27

**Those close to me are more familiar with my behavior
than I am.**

I believe that I observe my own behaviour but mostly I observe a story about my behavior steeped in an unspoken narrative about who I am.

These interpretations of my behavior often bear little resemblance to what an impartial witness sees unfolding in the moment. Thus a trusted friend is a better touchstone of how I behave than I am, and I benefit from seeking their counsel and trusting their observations

October 28

The act of copying a role model is a compliment to both of us.

If I know that the behavior of another is virtuous, I can rarely do better than to simply emulate it. This requires no analysis, and even when the result of my emulation delivers unexpected results, I need not question my motives. This act of respect benefits us both and opens me directly to new ways of being in every moment I spend with such a fellow.

October 29

Finding a better way begins with dreaming up better ways.

Whilst there are many sources of inspiration to call upon, none is truer than my own soul. It yearns to express itself without reservation. With awareness I can capture original, insightful and powerful ideas emerging from within. With wisdom I can curate an environment that calls forth more of the joy and less of the lust latent in these seeds of genius.

October 30

There is a quiet creativity that is happy to suggest better ways if I nurture it.

The soul persistently offers genius insights. Powerful yet unpredictable, they reveal the best and worst of my potential. However, interceding between my soul and body is a curious mind that powerfully integrates past experience, future possibilities and spiritual insight. By providing my mind with conditions conducive to deep integration of the foundations of flow, creativity becomes a commodity rather than a delicacy, with my mind suggesting better ways in seemingly every moment. Nurturing the relationship between my body, soul and mind is not preparatory work. It's the core work of every single day.

October 31

The relationship between power and responsibility is clearer when I embrace the sexual act as one latent with unbounded creativity

At its playful best, sexual experience can be deeply instructive. It can provide a lived experience of the relationship between two of my most potent capabilities. Between power and responsibility lie fruitful grounds of creativity and nowhere are these more viscerally evident than in the sexual act. Direct access to playful creativity is assured when I treat it with respect while embracing the fullness of its potential.

November

1

**More is gained from intentional mediocrity than
unintentional genius**

These strokes of genius come upon me and then are gone. I could crave them in every lonely moment between fleeting visits. Yet in such stumbling fortune there is nothing to be wanted. For a moment

I noticed that I noticed, and then to blindness I returned. Much better to cultivate my awareness of the mundane. This aspiration is always available to me and moves me continually in the direction of awareness of things less mundane. To return to direct awareness of this moment is my part in the revelation of all potential within. Intertwined with the mundane and concealed within it is a continuous flow of creativity that reveals itself based on awareness rather than any perceived need.

November

2

By journaling from intuition I can begin discovering what my ideal day, week & month look like.

Once I know what my ideal day, week and month look like, my dream life starts to come into view. I am already taking many actions congruent with my best life, yet until I notice these actions, they remain part of a mysterious mix of actions which simply add up to my life as it is. A foundation habit of journaling serves many purposes, and one of those is to help me notice the behaviours that align with my bestlife. By calling them out in writing, pictures or spoken word, I provide a platform in which my soul can emerge into reality in a way that is highway tangible yet safely contained.

November

3

When I stop to notice, I discover that my body already knows ways to live better in every moment.

My body has existed here in reality since before I was aware of it. The whole time it has been learning how to live in accordance with its nature. It already knows its limits, its capabilities and its potential. When I project external standards onto it I elicit reliable performance but in doing so I close myself off to a world of physical possibility and all of the mental and spiritual leverage that comes from an empowered body. In noticing my body I learn how to take its guidance and begin a new partnership in which the body leads the way in the reality of which it is an integral part.

November

4

Inspired action becomes obvious and effortless once I figure out where, when and with whom to gather.

It benefits me to explore possibilities of association and begin tuning in to and acting upon my intuitions about which social contexts usher in my best life.

November

5

Intending to move in useful directions today, this week and this month empower inspired actions in the moment.

Intention is more than a fleeting thought. Establishing habits of active intention such as accountability pairing, journaling, planning and actively choosing between good options are sweet oil in the lamp of creativity.

November

6

**The next right thing is already apparent to some part
of my perception.**

In each moment the next right action is entirely evident to some part of my awareness. In cultivating awareness, I increasingly notice this and a virtuous cycle of right action and open awareness becomes available more frequently.

November

7

**Guessing at my heart's desire leads me surely toward
it.**

Who knows the desires of their own heart? Yet between the body, mind and soul, playful guessing sets the scene for movement in the general direction of the fulfilment of dreams in the style of my heart's desire. As I fulfil such dreams, I discover deeper desires and open more fully to the full expression of my soul.

November

8

Seeds of genius germinate spontaneously in the secluded garden where I nurture my hidden self.

Though this garden may seem exceedingly small in the early days of the journey, it is ever so precious. It marks the space where beauty is fostered, genius nurtured and flow inspired in every environment and behavior. When, years later, life seems an abundant stream, I am not surprised. Rather than braving the wilds, I have become part of my nature, in harmony with its bounty.

November

9

A diagram of all the habitats I regularly inhabit is a powerful map that's easily generated

We are creatures of habit, and thus the habitats we tend to inhabit are often very limited. Thus for most of us it is quite a simple task to draw a map of our environment - the list of all the habitats we regularly inhabit.

November

10

My home - the space where I fall asleep at night and wake every morning, is the foundation habitat of all my behavior

The habitat experienced in my home sets the foundation for all my behavior during every day. Whilst there are many behaviors that are set in place during childhood, and many intervening environmental pressures that will come in to play once I leave the house, because my home is generally there consistently at similar times every day, and also, importantly, because it is the place where I transition from waking to sleep and sleep back to waking, the environment there has deep impact on how I show up each day and, unlike the past, is easily tinkered with. Every change I make to recreate my home habitat as safer, more inspiring and more peaceful provides a better foundation for at first consistent and eventually useful behaviors to emerge effortlessly throughout each day.

November

11

Social habitats are as powerful as physical ones. Who do I regularly spend my time with?

Because it consists entirely of relationships between individuals rather than bricks and mortar, it's easy to underestimate the importance of our social environment as an influencer of my behaviour. Once I have taken the time to draw up a physical map of all of the individuals and groups with whom I spend time it becomes much easier for me to understand where many of my automatic behaviours come from.

November

12

I spend most of my waking hours engaged in work. It's useful to explore in detail what that environment looks like.

Whilst the most influential hours of our day, those in the early morning and the evening, are most often spent at home, the great proportion of our waking day is spent pursuing work activities which can range from anything such as giving care to our children through to building things with our hands or to engaging in creative or supportive pursuits. It is easy to take for granted the environment in which our chosen work takes place, assuming that it is either perfect as it is or that making alterations to it is impossible for practical or social reasons. Once I begin to explore with more curiosity I discover that my work environment is rich and complex and more open to alteration than I might have first expected.

November

13

**A space might be sacred to me if I am willing to
sacrifice what is easy and safe to defend it**

Once I bring my awareness to my environment I may notice that I am fairly indifferent to the vast proportion of environments in which I regularly find myself. The rare exceptions to this indifference can be deeply instructive once I have learned to identify them and consider what about those specific environments differentiate them from all of the others. In identifying and spotting the commonalities between the few spaces in my life which I struggle to defend it is possible to suppose with surprising precision what about my environment more generally is deeply congruent with my best life.

November

14

**Sometimes I resist recalling my most creative spaces.
My own beauty is the most intimidating.**

Upon a second glance it seems unsurprising that I ignore or suppress my awareness when it comes to noticing environments which bring out what is best in me. I discovered the power of these places very early in my life and brought forth forms of genius which were often met with sanction and disapproval. As I begin to rediscover these places it is natural for my ego to rule out the continuation of exposure to such situations that whilst brimming with possibility are also reminiscent of past experiences that may have put us in danger. However, what was risky to me in the past may not be so risky now. I can assess that risk more wisely now.

November

15

When I start to notice myself deprioritizing experiences, places or people that matter deeply to me I get a glimpse of my best habitat.

If my ego is functioning normally, and I am exploring my habitat with renewed curiosity, then I will likely discover new environmental possibilities that are revealed by subconscious genius. I can expect to discover such environments and as soon as I do I can expect my ego to intervene and to begin providing me with myriad sensible reasons to avoid these environments. The opportunity here he's not to ignore the ego but I rather embrace it and to begin to understand what the ego is trying to protect me from and to use my own judgement about which of these new environments to explore now in which to investigate later.

November

16

**It's easy to trust my gut in deciding which of two
dreams would bring me more joy**

In a safe and private space I can begin to explore my wants, needs, and desires. It is fairly straightforward, in the right conditions, to populate a list of all of these things. Once I have this list, many of us find it even easier to discover which of these dreams is more appealing than the others. In this way we can actively explore what separates our desires from our wants and from our needs.

November

17

**Each vulnerable sharing of a desire without
expectation opens a door to possibility**

In the absence of expectations and resentment, my wants and needs often show up as desires. Whilst wants and needs are conditional, desires are unconditional and thus naturally stimulate creative flow. By sharing my desires in pure form I infuse them with the possibility of genius.

November

18

**Like minded individuals dance together in the direction
of shared dreams.**

In the vulnerable sharing of a dream I invite like-minded others to join me in an exploration of possibility in the direction of my best life. As like-minded folk join with me in exploring what is possible we begin to move gracefully together in the general direction of what is shared between our dream lives

November

19

Choosing the order in which my wildest dreams would ideally be fulfilled is delicious play for an embraced ego.

Whilst many seek to suppress or ignore the contributions of the ego, the wisest amongst us engage actively in seeking the ego's council in refining the elements of desire which lie trapped inside our hidden wants and needs. The ego can efficiently define the wants and needs attending these hidden desires. In exploring the ego's contributions here I may be able to suppose the desires which lie dormant within these desperate wants.

November

20

**My best life is persistently available in the world where
I open continually to grace in each moment.**

At first I assumed that my best life was a distant grail to be won only through a perilous journey and great toil. The deeper I take my journey the more deeply I except that my best life is available in a simple action in this moment and that my journey serves as a persistent access to discovery of the unfolding of my best life in this moment

November

21

My best life is most usefully revealed in the doing of something akin to it

I can sit peacefully in pure consciousness for eternity and discover nothing of the emergence of my best life. In each moment there arises an opportunity for aware action, the execution of which provides me with immediate feedback about the nature of my best life. Each time I show up aware and in action and remain open to feedback that reality brings I build habits of discovery, creativity and compassion

November

22

My wildest dreams remain hidden until I embrace primal instinct. I can learn to distinguish joy from lust.

I persisted in acting on my wildest dreams from the moment I was born until the moment I decided that this was too dangerous. Each time I found such pursuits too dangerous, these wild dreams were lost to my awareness. Now that I am wiser it is possible to explore these primal instincts once again. However the opportunity here is not to satisfy instinct but rather to become aware of the possibilities for both joy and lust in the expression of the hidden genius within. As I learn to manifest the joy latent in our desires without demanding the lustful pleasures of need and want I am able to transform this primal instinct into expressions of deep beauty.

November

23

There is an intuitive part of me that always knows how to move a tiny step toward my best life at this moment.

With all of the loud opinions of my mind, my fellows, society and marketing (to mention but a few), it's no wonder that I quickly forget about the quiet voice that persistently suggests tiny steps toward my best life in every moment. As youngsters we followed this voice to apparel since it had neither the experience or capacity to bring to fruition the desires of our soul. As I begin to explore these desires anew as a capable adult I benefit greatly from quieting external opinions and beginning to notice the persistent wisdom of this quiet voice.

November

24

It's easy and smart to attach a tiny new behavior to a reliably occurring external object or situation.

Inspired action remains effortful. Automatic behavior on the other hand requires little effort. When I notice an inspired tiny behavior that is clearly congruent with my best life it doesn't take much to begin associating that behavior with a reliably persistent external object or situation. By associating inspired behavior with existing behavior I automate the genius that reflects my best life without fuss

November

25

I explore & gravitate toward positive spaces. They are, by definition, the ones naturally laden with triggers for my best life.

Our primal instincts are consistently noting environments in which a genius is likely to emerge. Whilst the ego has protected us from danger these many years it has also helped us forget how frequently our best self showed itself in the early days. These positive spaces which challenge new heights of creativity become more noticeable as we shift our awareness toward our best life. I continuing to return to these spaces inspired actions begin to merge through us and help us to see that the environment we are in has much to do with our creativity as does anything within us

November

26

Building boobytraps that trigger new behaviors is entertaining and empowering.

Rather than spending mental energy trying to force my subconscious to offer up images of genius I can use that same energy to build smart environmental triggers for tiny genius behaviors that I'm discovering. At first setting up this behavioral framework may seem trite but for most of us once we begin to respond to the environment that we are creating for ourselves the process of setting ourselves up for excellence becomes fun and inspiring.

November

27

The quiet voice which continually whispers the next right thing to do has a name. Grace.

As I begin to notice the persistent presence of a quiet internal genius and experience more regularly it's impact in my life the more I engage a virtuous cycle between myself and this quiet voice that many call Grace. As my awareness becomes increasingly attuned to this quiet voice I discover that at every moment I have an abundance of right actions just waiting to express themselves through my body and I begin to relax into deep self confidence.

November

28

What I desire to create and gravitate to despite myself are better guideposts to my best life than what I excel at.

As I become more experienced in discerning between lustful and joyful actions I am more empowered to notice that I gravitate towards certain situations, people and behaviours. In discerning desires from wants and needs I open up powerful insight into what my best life looks like at this moment. External opinions about how I am useful to others become less important and creativity is free to create an abundance of beautiful contributions to nourish myself and my fellows

November

29

Explore with curiosity these guilty pleasures. Many represent ugly veneers hiding forgotten beauty.

Once I discover that I can transform wants and needs into desires by discovering and discarding conditions and resentment I notice that guilty pleasures offer a rich source of hidden genius. Just underneath a wall I hastily constructed lies a wellspring of creativity from which flows ideas and objects of inspiring beauty.

November

30

**Opening more fully to the joy latent in this moment is
always holiness and never indulgence.**

Whilst unable to distinguish joy from lust, I assume that all proceeds of desire, want and need are in some way tarnished. Once I can distinguish between conditional satisfaction and intrinsic goodness it becomes apparent that the moment of joy is an experience of reality unfolding as it should. To show up in this moment as an honest witness to what is intrinsically beautiful elicits joy.

December

1

Joy, so impossible to contrive, remains persistently available in the moment of unconditional love.

Love without condition, then, is intrinsically related to desire. As I refine my awareness and discover joyful ends to my many desires I begin to fully accept that a desire met in the absence of expectation or condition rightly brings joy and provides me with a deeper and more persistent experience of unconditional love

December

2

**Vulnerability nurtures communion with another in
which joy arises spontaneously.**

In my unconditional sharing of desire I invite an absence of judgement in my witness. In this ideal space free from conditions and expectations I often discover that joy emerges effortlessly.

December

3

Every step toward work that brings me joy is a step to ceasing to experience “work” at all.

Every tuning of the internal and external spaces that I associate with work toward joyful experience leaves the work done less infused with expectations and resentment. Eventually acts that used to be considered work are so devoid of want or need that I begin to question whether their execution constituted work at all.

December

4

Ecstasy might be nothing more than joy in the absence of any expectation of its continuance beyond this moment.

Though I may have experienced throes of ecstasy in the past, as I bring deeper awareness to these experiences and shed my expectations around how such peak states should feel I approach a point at which I experience ecstasy purely with stable awareness in its moment. I discover that it is simply joy. How surprising to realise that something once so coveted was but the fleeting experience of a met desire, and that all the spectacle was a story added in by our expectations!

December

5

**Joy is a delicious aspect of my best life that I can enjoy
endlessly without effort or injury**

In lust I accumulate weighty baggage in the form of expectations and conditions. As I become masterful in manifesting joy directly from desire I discover that unlike want or need, joy passes through my experience in weightless weightless fashion. My focus then becomes to ensure that I act solely based on desire. As I move from grasping lustily to acting joyfully I discover that I can behave this way in every moment without fear of regret.

December

6

Lust can be an appropriate access to joy. Carefully curated expeditions regularly yield deep riches.

Discovering that I want or need something does not mean I should discard the desire nested within my expectations and conditions. Rather, with guidance and community I can vulnerably share such wants and in doing so begin the process of discerning the desire from its conditional elements. A deeply felt need often contains a beautiful seed of desire which when nurtured with care can be an access to deep creativity.

December

7

Life improves without effort when the obvious is made easier and more delicious

Rather than relying on willpower in every moment to drive my life in the direction of managed outputs it is far more efficient to begin to discover obvious small right actions and to engineer our internal and external environments such that the performance of these right actions is the easiest option at the time and promises an immediate reward.

December

8

Simple improvements to my life are obvious to those closest me.

In my haste to become the controller and manager of all of my behaviors I overlooked the fact that I cannot observe myself directly. Seizing upon and flamboyantly executing bold plans for self development massage my ego whereas polling those who observe me without judgement and embarking on suggested tiny behavioral changes creates an unspectacular yet highly sustainable tendency towards actions which move me toward my best life with minimal effort.

December

9

It is easy to discover and exhibit useful behavior when I surround myself with like minded folk.

As a part of a like-minded tribe on a journey inward to discover better ways, I put myself in the presence of both tangible examples of immediately implementable behavioral change as well as inspiring examples of how small wise interventions can add up to significant changes to the trajectory of my life over time.

December

10

A tiny adjustment in my environment is high leverage when it makes a useful behavior more obvious to me.

I make even the smallest adjustments to my environment if it seems to be in alignment with the direction of my best life. Not every adjustment will be a wellspring of creativity. However every adjustment leads me in the direction of my best life and reveals relationships between high leverage behaviours and high leverage environmental interventions.

December

11

Simplifying my environment usually makes useful behavior easier and more obvious.

As I explore what is possible in my environment I toy with numerous tiny additions to my routine. These interventions are all important in shaking up my unconscious behavior and allowing creativity to go to work on the way I behave. As I open more to flow I begin to notice from within all of these additive changes sweeping opportunities to simplify whole cascades of behavior into succinct, high impact daily habits. As creativity flourishes I become expert at rooting out these genius behaviors that are obvious to us and easy for me to execute.

December

12

**Its smart to connect my desires to regularly occurring
features of my environment**

A desire left in the ether is vulnerable to degradation into want or need. However by attaching desires to features of my environment that allow me to convert these desires into joyful action I transform desire into beauty for the benefit of myself and my fellows

December

13

Revealing hidden genius is easier when I offer delicious rewards for doing so.

The soul consistently conspires to emerge. Without awareness I often associate the pursuit of desire with acts of lust. When I confidently discern between lustful and joyful actions it makes sense to support the soul in its emergence by creating a supportive environment that rewards the body and the mind for greasing the wheels of creativity.

December

14

**A map of where I am is a map of how I'm behaving.
Habitat is behavior is habitat.**

The inextricable link between the way I behave and the environment I find myself in becomes increasingly obvious as I become more aware of my internal state and my external surroundings. Whilst my behaviors might be difficult for me to observe objectively it is much more obvious to me the habitats that I am placing my body in out here in reality. By mapping where I am I'm able to develop a deeper understanding of how my behaviors have developed and will continue to develop unless I change my environment.

December

15

Every behavior moves me from the life I have to a more or less useful life. Curation is the key.

Whilst most of the behaviours I engage in at the moment are completely automatic and invisible to my awareness, it does not need to stay this way. As I begin to engineer my environment my behaviors become more obvious to me. This relationship between disruption of my environment and increased awareness of my behavior often begins a creative interplay between behavioral insight and environmental design.

December

16

Role models usually know an existing process that is mostly right for me. Mimicry beats guess work.

Proudly I conspire to bend my behavior to my will . I find myself disenchanted and exhausted and eventually turn my attention to mentors who consistently offer examples for me to emulate. As I experiment with examples set by those who have gone before I discover that in mastering a behavior that is mostly right for me it's very easy to turn that behavior into one which is well matched to my best life.

December

17

Creating a world that consistently guides me toward useful behavior is a proven pathway to my best life.

Because my ego wishes me always to return to proven safe behaviors that recreate the life that I already have, it is most effective to use my intellectual energy to alter my external environment and to reforge my inner world. By building an environment around myself that consistently encourages useful new behaviors I begin to discover that my behavior is transforming in ways that are more effective than I could have ever achieved through wilful planning.

December

18

Cultivating a lifestyle that nourishes my heart is a gift to myself and every other person I encounter.

If controlling my own behavior is difficult, then controlling the behavior of others is impossible. However, my example shines as a beacon of virtuous action. In showing up as a vulnerable yet integrous actor day in, day out I build deep self confidence and provide an endless stream of examples that inspire those around me.

December

19

Exploring what my creative space might look like is creativity that begets creativity. I can continually accelerate this virtuous cycle.

Boundless creativity is the fruit of an environmental and behavioural interrelationship that has reached a tipping point where creativity becomes a lever for itself. By focusing my creative energy on ways to arrive at even greater creativity I build a foundation for the persistent flow that precipitates sustained genius.

December

20

**Providing a home for my negative feelings, emotions
and behaviors is both respectful and wise**

Internal states present in infinite variety. Many of the energies within me fall into a spectrum that I am regularly encouraged to ignore or suppress. When I resist the urge to turn my back on these sometimes confusing and unpleasant states I learn that I can provide for them without amplifying or neglecting them. Many of my less splendid aspects are active contributors to the stream of creativity that flows from me. As I learn to accommodate every state of being, possibilities for genius multiply exponentially.

December

21

Every change of habitat is an opportunity to consciously launch a new series of behaviors.

Entering into an environment is usually a clearly definable action. By becoming more aware of the regular changes of habitat that occur in my standard day and week it's possible to set about curating how I engage with each environment as I enter it. This provides me with numerous opportunities each day to investigate new possibilities for action in familiar environments.

December

22

Discovering, mapping and experimenting in safe spaces provides an empowering environment to move toward behavioral mastery.

Rather than setting myself up for failure in hostile environments, I can play with familiar behavior in the safest habitats that I can locate. By conducting experiments in supportive environments I build confidence and experience before attempting to curate more complex or challenging environments.

December

23

Better to follow someone who just made the step I wish to make than the supposed master of the entire journey.

Aligning myself with fellows who are just ahead of me on the journey is often seen as less inspiring or glamorous than cleaving to a Guru. However in practice I find it much easier to emulate real and recent actions of success than to follow the broad assurances of an expert who is not travelling the path along which I'm making my journey.

December

24

Successful behavior can be nothing more than a series of tiny, regularly triggered useful actions.

When I observe the behavior of someone who I deemed to be successful it can often seem as though they are executing a predetermined series of excellent controlled moves. In reality most consistently successful performers report moving from one tiny automatic behavior to the next based on real-time feedback. By experimenting with different combinations of behaviours and creating my environment based on lived experience I discover useful combinations of right actions as reality unfolds before me.

December

25

When my world pulls for my showing up useful and present, delusions of grandeur are easily forgotten.

When my ego is in charge it is constantly scanning for opportunities to distinguish me from the crowd as a paragon of excellence. It is greatly comforted when it believes that I am indispensable to the group. The maintenance of these grand fantasies requires substantial energy and distracts me from being in action at each moment. When I create my environment such that useful actions are obvious and effortless in each moment I provide an environment in which my ego can relax and let go as creativity takes over the role of adding value out here in the world.

December

26

**What better use for my blossoming creativity than to
create more creative potential?**

As I experience longer and more frequent flow states it occurs to me that by focusing my creative energy on unleashing even more creative energy, I can create a virtuous cycle in which creativity becomes exponentially available. This fascination with creativity for creativity's sake is at the heart of sustained genius.

December

27

Sharing grief halves it, while sharing joy doubles it

The vulnerable sharing of regret with a trusted fellow who witnesses me without judgement allows both of us to move beyond shame and discover the deeper roots of our behavior. The vulnerable sharing of desire with a similar witness invites us both to explore joyful possibilities latent in our desires.

December

28

**When the journey is fun, the destination is forgotten.
Yet still, I arrived.**

My ego survives by suppressing past regrets and fantasising about glorious arrivals. It consumes vast quantities of energy maintaining stories of how things should have been and how they could be. As I discover the joy of this moment I begin to repurpose this energy into immediate actions which realise my desires in the living moment. I let go of fantasy and begin on a direct path to my best life lived in each moment.

December

29

Service is the mysterious substance that allows an intermingling of who I am becoming and what I have in this moment

Unconditional right actions in this moment are often referred to as acts of service. They bring joy, leave no trace of expectation or resentment and move us gently in the direction of our best life. Three axes of service I become more familiar with who I really am and begin to appreciate the deep wealth that I possess in every moment.

December

30

In the act of creation I activate powerful parts of myself that I once wished to subvert to my will. They seem to flow through me rather than reside within me.

As my ego settles down and I am more able to explore my primal instincts and desires, I begin to re-establish the flow of creativity with which I began my life. As these flows of creativity return to their normal abundant state I become more aware of their transient nature as true acts of inspiration rather than manufactured products of my will.

December

31

**Each journey beyond shame expands my sense of self.
Limitless possibility emerges.**

As I begin to cultivate a safe space in which shame can exist without judgement, amplification or repression, I discover that these once despised parts of myself are often the gatekeepers of deeply creative insight.

CHAPTER 7

The Journey Ahead

365 days of returning to the seat of your own genius. Well played, friend. I hope you have found our journey together to be rewarding, efficient and joyful thus far. If you haven't already, please join our tribe at the link below. This will give you the opportunity to map your dominant aspects and mobility within our internal exploration tool and empower yourself as a conscious capitalist traveling along the pathway of genius.

<https://www.facebook.com/groups/336946781225272>

So what now? Well, different folks embrace different approaches at this juncture, with some taking tiny steps and others completely throwing themselves into our shared experience. There is an opportunity to simply begin the book again and use the chance that newly presents itself to refine your self-awareness and focus again with next to no effort. Alternatively, you might throw caution to the wind and begin to open to a random page each day and see what happens. Or perhaps you will give this tribe a knowing nod and take your journey in a new direction. Whichever of these approaches you take, I encourage you to take it deliberately. Whatever you choose to do from here, I request that you think of another conscious capitalist whom you could gift this work to. Every new voice in our community takes us all deeper into possibility.

Thank you for engaging in this process, giving our tribe feedback and for being of service to others in this community during your time with us this far. Whilst I hope that you will continue to travel deeper with us, know always that wherever your journey takes you, you will always have a home here.

AFTERWORD

As an entrepreneur who relies heavily on creative inspiration to empower my team and discover value in the market and empower my peers to do likewise, there are several externally observable, internal missteps that I regularly observe my tribesmates and myself making when they bash at the glass ceiling between themselves and inspired flow.

The top five externally observable behaviours that could most assist you in your internal exploration in the future are:

1: Overworking

We are spiritual athletes capable of leveraging benefits to ourselves and those we serve exponentially when we set up a daily routine that reflects this fact. One hour of flow a day serves our best life journey and our community far better than sixteen hours of executive mastery. We are working against so much social conditioning here. However, it's essential for us to set our day up right and then iron out the kinks and get to a single hour of flow so that we can build up to a truly inspired (autotelic) day in which genius flows out in ways that can be captured and shared for 24 hours of every single day. It's possible, but only if we get serious about the foundation elements out there that support growth within.

2: Bouncing between tribes

Everyone is on a spiritual journey whether they are noticing it in this moment or not. So there are infinite spiritual tribes in various states of birth, growth and decline in every moment. As we begin to become more present to our spiritual potential we naturally gravitate toward virtuous tribes that show aligned values to our own. Those that join alongside us dive in and immediately thrive yet we notice, over and over again, a behavioural gap between the other members of our tribe and ourselves. So we moved to another tribe. The same general thing happens but the behaviour set is different so we think this is a "me" problem and not a tribe match problem, but it's not true. Underneath these seemingly different behavioural gaps there is a deeper issue. An estimated 99.9% of resonant tribes are built on a socialised foundation rather than a capitalist one. It might be a subtle one but now that you know, you will find it there everywhere you bounce. Bounce about in tribes a bit more if you need, but from now on strive

to notice this: There is a part of your best life that involves billionaireing. Maybe not directly, but in some way your best life gets you caught up in something huge that serves a vast number of people and at the same time makes a vast sum of profit for its owners. That inner truth, when faced, becomes a new litmus test for finding your tribe, and solves this wrong-footed feeling the moment the deeply resonant trobe presents itself. But first, the individual must notice the fact that they are experiencing an instance of spiritual billionaireing. Until they notice, there will be resistance and whilst the resonant tribe is right there in front of them they fail to notice.

3: Overmedicating

When our spirit is stuck, most of us medicate. This often shows up as sugar or alcohol but can also be in form of overworking (see above), sex, prescription medications, spiritual medicine or hard drugs. Savvy stuck spirits often find themselves awash in a blend of all the above. In the downtimes it helps us stay calm or positive. During uptimes it gets us back to genius better than anything else. And for many of us it has repeatedly been an access to deeper levels of insight that we ever imagined before we imbibed. Medicine is important. The wisdom to know when, how, and with whom to experience it grows as we open to guidance from within and without. My surefire way to know if I'm over medicating is as follows: 1: Do a 3-minute brainstorm of my usual daily medication schedule. Start with your morning coffee and work up to the evening second glass of wine. Feel free to use code words for your sneaky line of coke before dinner or text message to your emotional adultery partner in crime if you feel a little confronted. 2: Note the highest level, regular medication behavior you currently behave in. Your gut will know. It's not critical to get the right one, any higher level one will work. 3: Create a reminder of some sort (phone alarm note reminders work best for me) to go off 5 minutes before this behavior will next occur. 4: When the alarm goes off, set an alarm for 3 minutes, then sit somewhere not uncomfortable and breathe deeply without being silly about it and notice your thoughts until the alarm goes off. So long as you keep returning to the breath when you notice you are in thoughts, you are doing this right. 5: When the alarm goes off, keep breathing and now on the in-breath, say in your head: I'm about to (insert medication behaviour here). Am I overmedicating? Then just listen for the voice in your head. If it says no, then you are not. If it says nothing, or anything other than just the word no, then you are overmedicating. This process is called accessing your demon and is useful for all sorts of stuff. Enjoy! There is much to say on how to move from overmedicating to medicating, but not today.

4: Expecting to feel a certain way

If any of us directly encountered the creative potential lay just beneath the surface of our psyche, we would go instantly mad. It's important for our ego to come between our awareness and that potential. It allows us to function in the world. The gentle peeling back of these layers of flow potential is necessary for survival. However, our spirit will always be under there seeking outlets. In the past we have experienced these outpourings of genius and, by and large, they feel satisfying to a depth that is comparable to precious few types of experience we get to have as humans. So, naturally as we seek to peel back another layer of our potential we seek feedback that will verify for us that we are making progress, and what other-than-our-own-past experience do we have to draw on. Once we understand that it's natural to desire these ecstatic feelings and that this desire comes from a wanting to verify rather than a wanting to have, much of the charge around it dissipates. By listing out these past peak experiences and reflecting on how different each of these felt to one another, we can pave a way toward opening to new experiences of flow.

5: Externalised negative self-talk

I watch myself do this. On massive stages. In quiet moments, in my safest spaces. Beyond all reasons. In the face of full awareness. And here, in the public discourse I do it again. My ego likes things just as they are. I'm the boss of me and much of what goes on around me. My body likes things just as they are. I'm well fed and (vasectomy aside) ready to reproduce. My spirit, well, that has other ideas... So long as body and mind keep spirit at bay, this behavior will persist. This desire to journey within is the seed from which the next layer of our best life emerges. Each layer is a journey closer to who we really are. The curiosity to discover the tribe to best journey with, the confidence to take action every day and the inspiration to create anew in the moment are within each of us.

Discovering our best life when our life is already so close to perfect in the eyes of others is routinely frustrating, confusing and isolating for the tiny proportion of the population who encounter this rare, yet very real challenge. Even the tiniest anchor for a playful daily reflection ritual, like the one we celebrate within my tribe can serve as the foundation practice of a fun, empowering and ultimately world changing journey within.

AUTHOR NOTES

David is a serial entrepreneur and super dad who spends more time volunteering than working on his businesses and more time with his kids than he does volunteering. He is known for his explorations in behavioural economics and applied evolutionary psychology with a particular interest in habit systems and social organic growth. He is married to the Goddess of Governance; Sarah Bartholomeusz, lives in Adelaide, Australia and can be contacted at davidbartholomeusz@gmail.com

As a conscious capitalist, do you ever feel like an impostor in a world that used to feel so familiar to you as you strive to discover your next level of creativity, contribution and clarity?

Beyond reason, in the face of abundance of every inner and outer resource, do you continue to feel creatively stagnant, socially repressed or wrong footed in your life's journey?

Do you feel a quiet, growing sense that your community is impoverished due to your inability to open to your best life?

Spiritual wealth: Daily reflections for conscious capitalists provides instant, low touch access to your boundless inner reserve of genius. If you are tired of feeling blocked, guilty and confused and want to playfully explore within, in a way that leaves you feeling confident and inspired, then a minute a day with your nose in this wayfinder is your next right thing.

As a conscious capitalist, do you ever feel like an impostor in a world that used to feel so familiar to you as you strive to discover your next level of creativity, contribution and clarity?

Beyond reason, in the face of abundance of every inner and outer resource, do you continue to feel creatively stagnant, socially repressed or wrong footed in your life's journey?

Do you feel a quiet, growing sense that your community is impoverished due to your inability to open to your best life?

Where many books assume capitalism is inherently anti-spiritual and exploitative, David Bartholomeusz brings to life the powerful urge at the heart of the success of capitalism: the desire to understand and delight others, to create new things, to lead and empower; to transform our environment to suit our vision rather than contort ourselves to suit the visions of others. The practices in this book will bring you closer to these fundamental and life-altering forces within.

Luke Toop - Developer, Innodev

Spiritual wealth: Daily reflections for conscious capitalists provides instant, low touch access to your boundless inner reserve of genius. If you are tired of feeling blocked, guilty and confused and want to playfully explore within, in a way that leaves you feeling confident and inspired, then a minute a day with your nose in this wayfinder is your next right thing.