

Chapter Two Gifts

The gifts you'll find below will help you to get even more out of this chapter. Reviewing the Spiritual Leadership Axioms from this chapter will help you better understand, remember and apply them in your life and leadership. Whether you are more in a Lazy River Rider mood, or tending toward Snorkeler or even Deep Diver, it's great to read through each. Then you can choose which is the best fit for you and get right into the exercises and opportunities to grow.

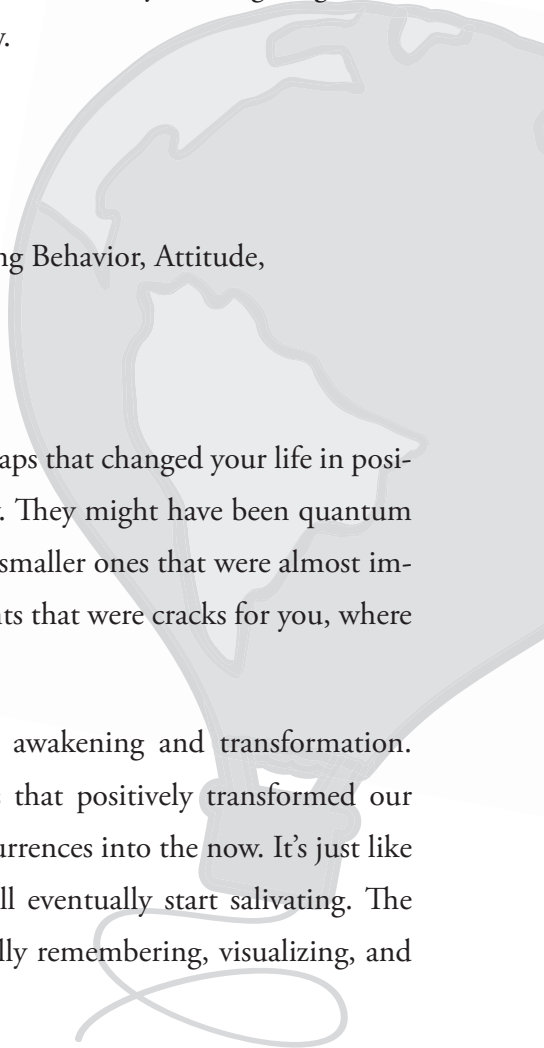
SPIRITUAL LEADERSHIP AXIOMS

- Confusion Is Our Friend
- Identity Is A Power—Controlling Behavior, Attitude, and Destiny

LAZY RIVER RIDERS

Meditate upon times when you took leaps that changed your life in positive ways, where you learned and grew. They might have been quantum leaps, where something big shifted, or smaller ones that were almost imperceptible. Recall some of the moments that were cracks for you, where you were opened to life in a new way.

This recollection is readying you for awakening and transformation. When we remember past experiences that positively transformed our lives, we bring the energy of those occurrences into the now. It's just like if we visualize our favorite foods, we'll eventually start salivating. The deeper you get into the experience, fully remembering, visualizing, and feeling it, the more effective it'll be.



As you travel back through the timeline of your life, finding those lessons that positively changed you, look for crossroads, for times when you came to see yourself or the world differently—aha moments. You might consider physical changes like moving house. It could be teachers, books you read, people who inspired you, taught you to love more, opened your heart, childhood memories, or experiences that affected how you see money, work, health, spirituality, relationships, or time.

You can make this process more effective by doing it with close friends you've known for a long time. You will spark each other and add memories. You can also talk about these moments with others to get even more out of it. (thanks to Andrew Newberg, who highlighted this technique in his book *How Enlightenment Changes the Brain*)

SNORKELERS

Before putting on your mask and looking deeper into yourself, here's a little further instruction about journaling.

The kind of writing I am encouraging you to do, which is one of the Fantastic Four components of the spiritual practice I use and teach, is called Writing for Vibrant Living. It could also be called stream of consciousness, automatic writing, or *don't lift your pen and don't stop*.

Writing like this is a worthy way to deepen the practice of Svadyaya (self-awareness) because it opens a dialogue between various parts of ourselves. It's potent practice in learning what our mind thinks, to empty that content onto the page and then observe it.

It's part meditation (emptying the mind), part inquiry, and part Jnana Yoga (the Yoga of the mind). It works like this:

The writing is only for you. If you want to share it later or even work with what you've written toward publication, it's possible, but for now, the writing you do here is only for you.

Start writing and keep writing, and don't lift the pen. If you run out of things to say, just write. *I don't know what to write now. I feel stuck. Writing is stupid. I never liked writing. Back in school, Miss Farlow used to make us write these long essays, and I would end up crumpling mine up and throwing them at Frankie...* Just keep going and know that it's okay to write anything at all that comes to you. Trust the process.

If you get stuck, you can always return to the questions I asked you. Then ask yourself, *What else? What else about that?*

When we do the writing exercises in live events, part of what makes it work is writing for short periods. Limiting time creates positive pressure, which tends to help us dig in and keep going. Feel free to use a timer. For most of the questions, between two and five minutes is sufficient, and if you're feeling inspired, let it flow and keep going.

Know that whether you ever read these writings again or not, there is value and import in the writing. Not only does it help us uncover what's going on inside us, stuff that might have been just below the surface of conscious awareness, but it also takes the content of the mind and freezes it. The mind (related to the human-animal, survival) is fast. It wants to stay ahead of us, so we don't have time to discover if its thoughts are useful. Are they resourceful, leading to beliefs we want to keep or ones we're better off scrapping? When we freeze the mind for a moment, we gain some leverage in this all-important relationship.

Did I say to trust the process? Yep, honestly—the more you allow the writing to flow, letting it take you wherever your other-than-conscious-self wants to go, the better.

ONWARD

Do all of the what's offered to the Lazy River Riders above and...

With the above exercise (finding the transformative, crack moments), take the next step by writing them down in your journal. Let yourself free associate to find other memories and experiences. Ask yourself and respond in your journal:

What did I do—or not do—to create or foster these experiences?

What did I learn from them?

What does this exercise suggest I might start or stop doing now?

Make a list of stellar beings you admire. Who are your heroes? You can include people who you admire for one aspect of their being or behavior, even if there are other characteristics you wouldn't want to emulate. I consider Ernest Hemingway a hero for his writing, and there are others I look to as models of mental health. Write down as many heroes in various areas as you can think of, and keep the list growing throughout your life.

If you were to experience another crack now, through the experience of our journey together, and more light poured into you—if the windshield suddenly got much cleaner—what would you do with this new energy and clarity? If something powerful shifted for you, what would you say, create, or do differently going forward? Write in your journal for a minimum of five minutes without stopping. If you feel stuck, keep asking yourself, “What else?”

DEEP DIVERS

Do all of the above and...

Create some ways to thank one or more of your teachers—call, visit, write an email, send a gift.

Record some examples of when you learned and/or mastered something. Then identify the cognitive, emotional, and physical stages you went through.

Inspired now? No need to wait. If you're feeling it, now's the time to act. Go to TheArtOfSpiritualLeadership.com/Presents for reader's only inspired bonus material, to discover your unique Spiritual Entrepreneur Style or to schedule a complimentary strategy session with Daniel now.