

## Chapter Seven 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**

- We Are Making Up Stories All the Time
- Separating What Really Happened from the Made-Up Stories = Freedom
- Leverage Is the Conscious Use of Both Pleasure and Pain

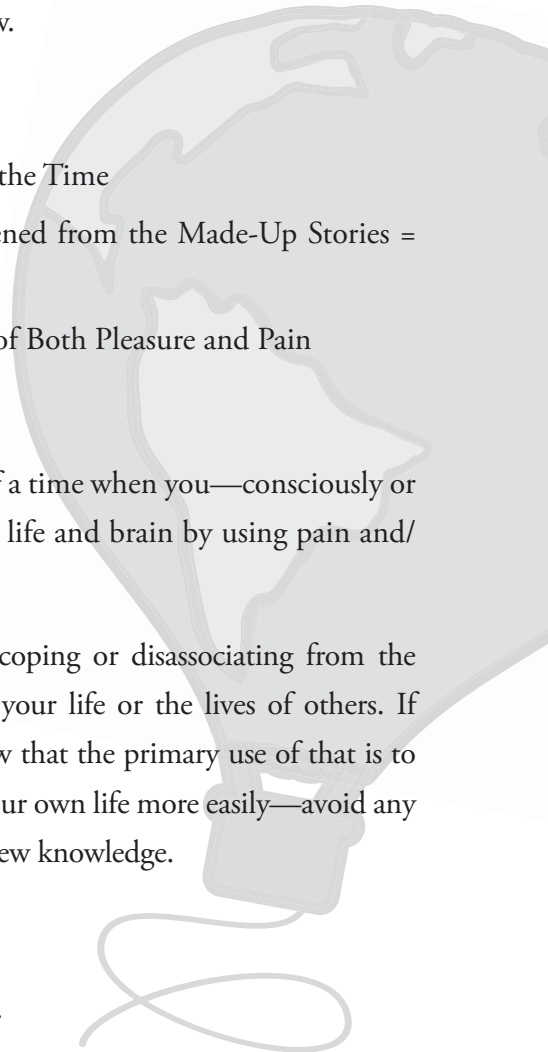
### **LAZY RIVER RIDERS**

Bring to heart and mind an example of a time when you—consciously or automatically—made changes in your life and brain by using pain and/or pleasure as motivation.

Notice examples of frog-in-the-water coping or disassociating from the emotional fallout of circumstances in your life or the lives of others. If you find examples in others' lives, know that the primary use of that is to help you see the same phenomena in your own life more easily—avoid any impulse to preach to them from your new knowledge.

### **SNORKELERS**

Write about the above in your journal.



Identify two or three disempowering beliefs you've held up until now, then write out their consequences. From there, come up with empowering beliefs to replace them, and list the benefits of adopting those new beliefs.

## **DEEP DIVERS**

Do all of the above.

With one or more of the beliefs you've identified, use deep conscious breathing to help you feel as deeply into both the pain and pleasure sides as you can.

First the pain. I recommend setting a timer, perhaps for a maximum of thirty minutes, so you know you won't get lost in the pain. Give yourself the gift of courageously going deep, knowing that the more you allow yourself to feel in this exercise, the more impressive the positive results will be. The deeper you go, the more effectively your brain will rewire itself with both pain and pleasure.

Ensure that you have a private space where you won't be disturbed and where you feel comfortable to emote. When I do this, and it's a methodology I continue to use when I uncover limiting beliefs, I will be crying, sometimes sobbing, as well as vocalizing the pain (and the pleasure when I'm on to that part).

After the pain section, give yourself what's called a state break, which simply means to make some movements and sounds to shake yourself out of that pain-associated state you've been in; then go on to the pleasure part.

When you finish, journal about how you feel, and what has become possible in your life due to your courage in doing this exercise. Most of my

clients find that they feel brighter, more energetic, and have improved mental clarity after doing this powerful exercise.

Inspired now? No need to wait. If you're feeling it, now's the time to act. Go to [TheArtOfSpiritualLeadership.com/Presents](https://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.