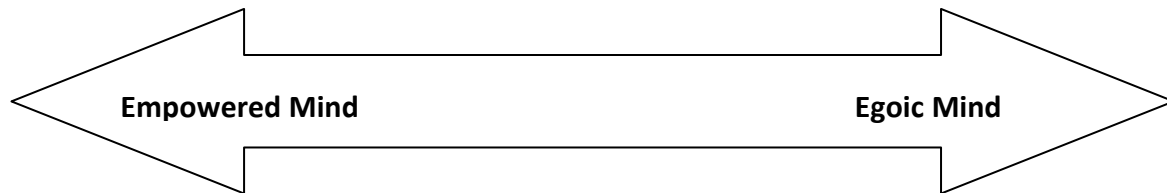


Empowered/Egoic Mind Continuum



Empowered Mind <i>(Being)</i>	Egoic Mind <i>(Having)</i>
Patient	Impatient
Optimistic	Pessimistic
Intuitive	Insensitive

Levels of “Being” Defined

Examples of Being

STATE OF SELF-RELIANCE: High self-esteem and inner validation. Motivates from within. Follows “inner voice”. Is free from all needs and gives selfless service to others. Experiences no resistance.

STATE OF ALLOWING: Accepts life unconditionally. Portrays invisible leadership skills. Harmless to all. Has personal power. Lives each day with no judgment and accepts the truth without blaming others.

DISCOVERY OF LOVE: Learns and practices unconditional giving and unconditional love. Accepts easily, is forgiving. Begins to appreciate harmlessness.

STATE OF AWAKENING: Explores win-win behaviour. Becomes intuitive. Takes conscious risks. Learns to give more instead of taking. Begins to share feelings. Thinks through situations, uses reason.

SELF-LOVE AND VANITY INSTINCTS: Judges others, rationalizes and justifies why life isn't working. Often lives in denial – uses retaliation – reactive – intellectualizes. Mechanical Addictive Behavior.

SAFETY INSTINCTS: Defensive – fearful – tendency to worry – jealous – blames others and events for lack of success. Does things for approval – attention-seeking. Portrays mechanical addictive behaviour.

SURVIVAL INSTINCTS: Possessive – territorial – controlling and aggressive behaviour. Uses attacking and threatening methods to stay in charge. Mechanical addictive behaviour.

Source: The Power of Focus, Canfield, Hansen, & Hewitt, 2000

Conscious and Awake
(Self-Realization Stage)
Awakening (Adult Stage)
Mechanical and Asleep (Child Stages)

What Would You Do?

Are You Using Your Empowered or Egoic Mind?

1. You are late for an appointment and you're stuck in traffic. What would you do?

2. A project deadline at work is fast approaching and you cannot complete it until another co-worker gets you a particular piece of information. How do you react?

3. You have a problem with your utility bill. You call the customer service line, punch in all the necessary information you are asked for and wait to speak with someone. You are on hold for about 10 minutes after which time you speak with a representative for a couple of minutes and learn that he/she cannot help you. You must be transferred to another department where you are put on hold again for another 5-10 minutes? How do you react?

4. You have asked your significant other or one of your children to do a specific household chore. What would your response be after 10 minutes goes by and the task is still not done?

5. What would your response be after another 30 minutes goes by?

JUST BREATHE

"Deep breathing exercises are the most powerful and effective form of stress management."
~ Dean Ornish, M.D., author of "Reversing Heart Disease."

When your cells are bathed in abundant oxygen, you're free to relax and experience an abundant life. Chances are your cells are starving. Almost 80% of the population restricts their breathing, especially when they need oxygen most! This unnatural, learned reaction to stress leads to more stress as it depletes your energy and limits health and vitality. It can be reversed.

The reason effective breathing is so critical for stress management goes beyond simple oxygen metabolism. The Autonomic Nervous System is dramatically affected by breathing patterns. When breathing is shallow, fast and restricted, it triggers the sympathetic branch of the nervous system. This is the "fight or flight" response to a perceived threat or danger. If you are always feeling stressed out, chances are you are "stuck" in this mode. Soon the chronic chemical and electrical imbalance leads to disease.

When breathing is deep, slow and full, the parasympathetic branch of the nervous system gets turned on, allowing calm, sensory awareness, digestion, good feelings, and healing. Since the Autonomic Nervous System is responsible for regulating the body's internal environment, and since it responds to changes in breathing, you have the ability to regulate your own internal environment by taking responsibility for your breathing. Further, you can either manage your breathing or master it! Here is a breathing exercise you can try to get you started.

The Connected Wave Breath

Sit or lay down in a comfortable and quiet place. Place your right hand on the abdomen, just below your belly-button. Put your left hand on the center of your chest. Breathing in and out through either the nose or the mouth, inhale gently to the count of six. As you begin the inhale, notice your right hand moving upward as the belly rises with the movement of the diaphragm. (If this does not happen, consciously push the belly against your hand to begin awakening the diaphragm muscle.)

Once the belly feels "full" (without straining), feel the breath rising into the chest, and your left hand moves upward as you relax your ribcage. Without pausing, once the inhale is full (again, without straining), just let it go in a relaxing sigh - to the count of two. When the relaxed exhale is complete, immediately begin the inhale again. Repeat for twenty breaths, allowing yourself to relax a little more with each exhale. It may help to repeat inwardly to yourself, "I am" as you inhale, and "relaxed" as you exhale. If you lose count of your breaths, simply begin again until you reach twenty without interruption. See how you feel.

Breathing is the body's number one method for clearing out waste. Up to 70% of toxins can be eliminated with healthy breathing. Breathing eliminates toxins caused by emotional and physical stress.

Go Deep

FOR MANY OF US, we go through our lives as if we are on auto-pilot, focused on our day-to-day desires without much thought for the big picture of our lives and our actual needs. Other than fleeting instances of passion, we often do only the bare minimum to maintain our careers, our relationships, and connection with our community. If you've ever found yourself greeting your significant other the same way as you always have, taking the same route to work, eating the same meals, and otherwise leading a relatively predictable life, you have nestled yourself into a comfort zone that, while secure, produces very little personal growth.

Going deep is one way to describe the kind of work one might do to uncover or rediscover, the hopes, dreams, and aspirations we may once have had before we created our cocoon-like comfort zone. To go deep suggests that those sparks of inspiration are still there, but require some attention

to rekindle them into the passionate fires that once burned within us. Do you remember a time when you were doing something and time was irrelevant? When your energy seemed boundless? When your smile could light up a room?



ROD MACDONALD EDITOR

We need to take the time for ourselves, away from family, friends, and work to be able to listen to our true needs. Not to be confused with "wants", our true needs are the things that create so much positive energy within us that we can actually share it and help others energize themselves. This will be different for everyone, and may include things like taking an art class, going hiking, competing in an athletic event, or whatever may be the thing that feeds your needs.

The intended consequence of going deep is to create abundant energy and share it. Once harnessed, this energy will help push us to new levels of personal development and ultimately contribution at the highest level. Theoretically, if you are fulfilled as an individual, you will be able to do more for others since your needs are met.

The darker side of going deep is the unintended consequence of disrupting the pattern of our comfort zone, which sometimes happens when we spend time on ourselves. It may be that when our focus temporarily turns inward, we lose focus on the connections we have invested time and effort into

that already exist. If we lose focus on these connections long enough, sometimes they become disconnected or damaged. This is not guaranteed to happen, especially if you share your journey with those around you and prepare them for what is going to happen. Be warned that your journey will not always be easy, but the rewards are great, as they often are when travelling on challenging terrain.

Ultimately, you are the only one who can decide if taking action is the best decision given the circumstances of your life and consequences of your actions. Know that when you change who you are (especially when drastic), this is often upsetting to those around you who may have preferred the "old" you, or those that shared your comfort zone. One example of this is when one person in a household decides to eat healthily while the other people keep their poor habits, ultimately trying to sabotage the person who wants to make a change to keep things the same.

Once you have committed to making change and subsequently make the change, no matter how big or small, you need to keep momentum to make sure the change is permanent. This will often entail revisiting your reasons for change, visualizing the eventual outcome, and often making some changes to your peer group to ensure you have people supporting your development.

Going deep and looking inwards is like exercise. If you don't do it very often, it will probably be painful and frustrating when you do, and even feel like it is taking energy away from you. When you take the time to do it on a regular basis, the pain is minimal and you can build on your last effort to create and maintain momentum towards the ultimate goal that you have identified.

As we approach the end of the year, it is a symbolic time for change and inward reflection. Make the most of the time you have and create the kind of life that generates energy and passion within you, and you will have an infinite level of energy to share with others.

Rod