

**Your
Inspiration is
Needed**

**Living an Inspired Life by Inspiring Others
and Promoting Limitlessness**

Robert Christiansen

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

Robin S. Sharma

Chapters

Introduction

Chapter Ten: ***An Extra Ordinary Challenge***

- Challenge One -

Chapter Nine: ***We're All in this Together*** - Oneness

- Challenge Two -

Chapter Eight: ***An Opportunity in every moment*** - Use the world as a guide

- Challenge Three -

Chapter Seven: ***The Universe is Within*** – All power is within you

- Challenge Four -

Chapter Six: ***You're Live*** - You are transmitting all the time

- Challenge Five -

Chapter Five: ***Core Values*** - What really matters to you?

- Challenge Six -

Chapter Four: ***Inspiration is Something You Give Away*** -

- Challenge Seven -

Chapter Three: ***Living Through Your Heart*** - The heart is the true master

- Challenge Eight -

Chapter Two: ***That Divine Spark*** - Living and staying in the moment/now

- Challenge Nine -

Chapter One: ***What is Danger? It's Not Doing What You Love*** - You have your life to make a difference, so what are you waiting for? Stop wasting it!

- Challenge Ten -

Acknowledgements:

Resources:

References:

Endorsement for *Your Inspiration is Needed*

'An inspirational fresh voice in a field that can't be stressed enough; for sake of humanity! Writing "from our midst", Robert Christiansen managed to shape a manual to "trigger the best in us". Guiding his readers through (seemingly) simple challenges, rather offering encouragement than doctrine, and not holding back in sharing his very own struggle in achieving the goal, he expounds a way of growing out of self-diminishing habits and insecurities in lifting others first.

Feasible to anyone, for one will detect oneself easily in his examples. So, dive in! Let`s shape a better world! Your Inspiration in Needed!'

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This book is dedicated to those who seek change and hope to make a difference. Take nothing in this book as gospel. In the book 'The Ultimate Truth' by Lester Levenson, he says, '*Necessary is the proof of truth... Nothing should be accepted on heresay. One should listen to, reflect upon, and then prove.*' Realize, what is in this book is how *I* see things. I advise you to read, reflect upon, discuss and prove before accepting anything.

Introduction

To inspire someone is one of life's greatest gifts. I remember sitting around the breakfast table listening to my wife, Nancy, talk about her dream of studying a PhD. It was something she had wanted to accomplish since a child. A few years before, she had begun this area of study at Newcastle University in the UK but after only five weeks, medical issues back home forced her hand. She put her dream on hold and left the program. Now, she wanted back in.

As we sat there, I listened to her plan, her goals, and offered encouragement. I made it clear that I was in her corner, and suggested she list the top three universities she was interested in and contact them. I began to push her to take more action. I told her she would achieve her dream.

This simple breakfast time conversation had several benefits. First, Nancy appeared a little less stressed. She physically straightened up and the creative flow within her increased. The ideas were moving more freely. Second, I felt lifted out of my own foggy path. I had been struggling to make ends meet as a freelance writer. My income was negligible and no matter what I seemed to start, the barriers to success grew larger with every step.

When I sat there listening and encouraging Nancy and watching the fog clear from her path, mine opened up.

It is always easier to give advice than take it. I think everyone reading this will agree with that. What happened that morning was a single step forward. I was stepping out of a fog, feeling the sun on my face, and while the fog was still there, it made me realize that things weren't quite so bad as I thought.

You see, your inspiration *is* needed. I'm not talking globally, I mean, your inspiration is needed on the street. Your wife or husband, your family member, your friends and neighbors, all need a little inspiration. They need it now more than ever.

This inspiration does not require that you forge a path down a new avenue of life, quit work, spend thousands to become a life coach, and travel the cities of America speaking to those souls in desperate need. You do not need to be Tony Robbins to do this. Tony Robbins does a fantastic job and I take my hat off to him, but there is still a need.

I heard myself say one day, 'The world appears to be falling apart.' I asked, 'will changing the world 'out-there' have any effect at all, if within, *we* are the ones falling apart?'

This was a dramatic change in my thinking. I believe the world is a simple matrix, interwoven between each and every one of us. We are all part of this world, this oneness, and because of this, our influence on those around us every day is vital. How we think and feel within ourselves, influences them and us. How we act affects everyone.

No matter how bad it seems out there, by inspiring others, we can change the world. No matter the environment, or street, town, or country you live in, we can create miraculous change everywhere, because the world is a mirror of what is going on within us. Inspire others to inspire yourself and you will change the world.

Chapter Ten

An Extra-Ordinary Challenge

“You don’t like the world out there, change yourself.” Lester Levenson

Whenever I read that quote, I feel unstoppable. Oh, what power we have within... Then I sit back and wonder, ‘How?’

There are so many books, techniques and methods that lead you to find this power and use it to change yourself. The Bible, The Release technique, The Sedona Method, books by Dr Bruce Lipton, Neale Donald Walsch, Dr Richard Bartlett, Tony Robbins, Gregg Braden, Burt Goldman and a host of others. So why am I writing this?

This is All About You

The world is a mess. I don’t think I exaggerate by saying that. If you look at this from a global perspective, it’s clear many are watching the world fall apart hoping someone else will fix it.

We're not helping even when we want to. But what if the world out there *is* just a reflection of what's going on within us, as the above quote suggests?

If Joes on the street decided to make a difference, do you think the world would change? I think it would.

We've all seen or heard of people inspired to greatness by an extra-ordinary challenge. We place these people on pedestals as if they were born with neither distraction, discomfort, nor fear to derail their great project. People such as Gandhi, Mother Teresa, Buddha. But these were ordinary people who achieved extraordinary levels, because they did something most people rarely do. They placed their own interests aside and looked upon everyone as 'one' and the same.

Most never reach these lofty levels of greatness. We try to change our lives by reading books, doing courses, and workshops, or setting up New Year's resolutions. We start so determined and enthusiastic, but by week two, enthusiasm has dimmed and reality, it seems, has struck. We've not transformed into one of the X-Men or materialized a million bucks. That's not to say it can't happen, but most people don't have the patience, or the commitment required to create these things. We live in a fast food culture you see. We want everything now. If it's not dished up within seconds, we move on to the next great opportunity.

Because of this, I'm challenging you to walk a different path.

How do you inspire?

"Make others feel they can become great." Sir Richard Branson

Every single person alive has the ability to make someone else feel great. Sometimes all it takes is a compliment to lift a person up for the entire day. Other times you must get someone to think from a new perspective no matter what has happened by asking a question such as, *"Do you see any positives to this situation?"* By focusing on inspiring others, we put our own interests aside, and in the process, we *do* inspire ourselves. Looking at the above example of giving someone a genuine heartfelt compliment, don't you feel yourself being lifted by their reaction. There is a connection going on, on a deeper level than we are usually aware. *"You look wonderful today, your eyes are sparkling."* Your heart warms and becomes lighter when you feel *them* change

within. By doing this, we bypass the continual need for outside inspiration and *we* begin to change within ourselves.

With an extraordinary challenge or project in mind, we can elevate a person to a new level, or even to greatness purely by encouraging them and making them feel different about themselves within.

Even the tiniest spark can ignite a forest of dreams.

A spark has tremendous power, influence and impact.

We *are* that spark.

Unfortunately, we have forgotten how amazing we are.

Make Your Life an Example!

Live by those words.

Underneath how we imagine ourselves to be, (our body, personality, our hates, fears, wants), is a stunning energetic inspirational being radiating happiness, abundance and love.

Can you feel it?

Not yet?

Well, you will, because we *are* this incredible spark, right now, buried beneath this tangled layer of fear we've accepted as who we are over the years.

By holding on to this overburden of fear, we shield ourselves from happiness and continue down the path of fear.

The goal of this book is to embrace oneness. All for one and one for all. By looking at all of life as a web woven together by us and supported by each other, you will see that inspiring others *is* lifting ourselves.

It's time to act fearlessly and honorably and live as an example of this oneness.

My hope is this message will spread like an inspirational tsunami, one soul at a time.

It only takes the tiniest spark to inspire

My cousin Karen is now a surgeon in a hospital in the UK. In 1985, she was a teenage punk. She dressed the part, listened to the music, and had the attitude to boot. It must have been a concern for her mom, but for her cousins, (I'm two years younger than Karen), she was just wild and cool.

My aunt visited one summer and brought her brood, Karen, Rich, and Jo. Karen was of course dressed up, with the black make-up and ripped tights.

I'm sure my Dad had reservations, but he also knew she was smart, so one morning after breakfast he asked Karen if she'd ever used a microscope? My Dad was a Pharmacologist before retiring, and had a large microscope set up in his study. He placed a drop of pond water on a slide and put it under the light, adjusted the settings and gave her basic instructions. That was the last we saw of Karen the entire visit. She was hooked.

I can't say this spark was transferred from my Dad to Karen, but his knowledge and understanding of the sciences certainly added to the process.

She changed almost to the second she sat down and looked through the lens of that microscope. Off came the make-up, the punk hair and clothes, the punk boyfriend, even the attitude to an extent. My Dad became a distant mentor of sorts. If she had questions, she called.

Maybe this transformation was ready to happen anyway, but the point is, with just a tiny amount of interest, Karen was offered a potential doorway to a different future.

All my Dad did was express his interest in microscopy. It just so happened this was a doorway suited for Karen.

I believe we all have them. Sometimes *we* need to open that door for others to realize the opportunity or remember it's still there. A few years ago, my wife Nancy related a story to me about something that happened to her at work. (Names have been changed for privacy.)

When I was working at the Life Enrichment Center, each month my boss would highlight an 'aha' moment, or an 'inspiring' moment to the board. I was chosen one month because of the work I did with Amanda. By having her work with me in the kitchen and helping her read the recipes, her parents said she had been inspired to try reading and writing again at home. She copied recipes into a journal which she gave to me as a going away present.

There was no want or need of anything in return in this example, it was simply about helping another person. What Nancy got back when she left, was to have her heart touched by someone whom she cared about. She remembered how it made her feel 'within' years later. The payback can be simple and extra-ordinary.

Action - No Action

Let's take the concept of inspiring others further. My Dad is an example here. He has no life coaching experience, but he inspired my cousin merely by talking to her and giving her an option: Look in the microscope lens, or don't look. She was presented with an opportunity and she took it.

Every year, at least some people who watch American Ninja Warrior, say to themselves, *I'm going to do that, I'm going to be a ninja warrior in one year.* The majority of those then reach for the Doritos and melt back into the sofa. They leave that goal as a thought, a level of no action.

We've all done it. We have a great idea, sometimes a billion-dollar idea, but we leave it at that. Without action, it stays as a thought. It has no power as a thought.

Being Big

Most people do not take action for one reason or another. Usually it's fear. They fear they're going to fail. They fear they'll be a success. They fear they have no reason or right to put their idea out there. They reason that someone has already done it or can do it better. They reason a guru has done it, so what's the point?

We think our lives are insignificant unless we've done something big, but this isn't true. Society has deemed success as a level of material wealth and we have accepted this. It's a lie.

Most of us look at the big names, like Tony Robbins, and say, there is no way in hell I could do that. He can do it because he's Tony Robbins, but Tony Robbins has taken years to achieve the level he's at. He has not been an overnight success as many of us think. He grew up very poor in an abusive and broken home. When asked on abcnews.go.com about his biggest failure, he replied, *"I failed at a million things. I failed to achieve my goals a million times but I don't look at it as failure and that's not being positive. I look at everything as an experience to be learned from. Look at success as a result of good judgment, and good judgment is the result of experience and experience is often the result of bad judgment."*

He has had the same fears, the same doubts about himself as anyone else, and the same level of experience or in-experience as anyone of us. He's created his persona, his charisma, his experience by presenting himself at first to small audiences, then larger ones, then larger ones, perfecting his craft and message. He does a hell of a job doing what he does, but Mr Robbins can't do it all on his own. There is still a need to inspire. Your inspiration *is* still needed.

By excusing ourselves from the equation because of doubt and fear, we allow our fears to control us. It's a fear-based excuse. We excuse ourselves from taking action every day.

"Make your life a masterpiece." Tony Robbins

You *are* Significant.

You *can* influence and inspire. You *can* do what Tony Robbins does, one on one, because there is always a need to inspire.

The average person has a lot to offer. You may not be presenting to an audience of 5000, but if you can sit down in a coffee shop with a friend, or work colleague, or family member, or even a stranger, and encourage them in a goal, you can make a difference.

You may even know what a friend's goal is. They might have mentioned it again and again but have never taken action. What they need is a change in their thinking. They need to be held accountable in their actions. They need a guide.

I'm here to tell you, this is something you can do.

I'll have to prove that to you because most of us conform without realizing it.

You think you can't inspire others? You're wrong.

You do not have to be a sensation to be inspiring, the one everyone wants to be around. The one everyone wants to be friends with. The one who gives advice from all the amazing life experiences they've had.

It's not that way at all.

Everyone, no matter your background, or where you grew up, no matter your level of success, financial, relational, emotional, or spiritual, we are all in this together. Each of us is affected by everyone else. By standing and stating, 'you can't', you are effectively giving up on the future, because if one individual, one group, or nation, or continent fails to change the world, it doesn't just affect them, it affects us all.

We are all in this together. We are all capable of inspiring another. You have as much to gain or to lose as anyone else.

We convince ourselves we don't have time, or the talent, or the experience to do something. This is your limited thinking taking hold. This is your mind telling you, '*I'm not good enough,*' '*I don't have the right personality,*' '*I'm not inspiring,*' and the list goes on.

Unmeasurable Power

These are just thoughts, nothing more, they're just thoughts. They're only powerful if you accept them and hold on to them.

These thoughts come from many influences. Family, friends, teachers, enemies, television shows, movies, books, adverts, emails, your own fears and a host of others, but it doesn't matter from where.

What matters is you realize within you lies unmeasurable power. It may not feel like it but it's true. I will show you it's true within these pages.

Neale Donald Walsch in 'Conversations with God' said, "*you can live a charmed life by causing others to live a charmed life.*" He's right.

You *can* achieve your passions and desires by helping someone else achieve theirs.

Even Small Goals Can Be Life Changing

Even a small amount of encouragement can change how someone else views the world. The effect can be dramatic.

My cousin's life went from punk rocker to med student and eventually to surgeon because of a look through a microscope lens at a drop of pond water.

That's an example of how simple this can be, but let's look at another example of a fear many people have.

I always had a tremendous fear of public speaking. While at university studying my Bachelors, we were often asked to present findings on a given topic to the rest of the class. Even though I knew every one of these people intimately, I was terrified. I would lose sleep the night before. I would get deathly quiet trying to shut everything out so I could focus, but I would forget things. My solution to all this was to visit the bar before class and have a few drinks to calm my nerves. As long as I still had a buzz when my time came to present, I was alright.

I'm sure you can see, this was not a cunning plan I could use to control my fear. It worked for me at the time, but I knew it was a method I couldn't continue in business or life.

Years later when writing my book '*Rockstar Lawyer*', I was asked by my co-author Greg McIntyre if I would co-present the book with him at live seminars, and I said, '*Yes, of course.*' In

that moment a knot of fear developed within my gut. I may have said ‘yes’ to Greg, but in my mind, I was immediately looking for excuses to get out of it.

I mentioned this new aspect of business to my wife who suggested I join a speaking club to learn how to speak and to gain more confidence.

To become a better public speaker, you must stand up and speak. That’s essential. Her encouragement pushed me to visit a local Toastmaster’s club. I joined and since then I pushed myself to give weekly impromptu and prepared speeches. I also took a position in the club where I introduced the meeting each week and try my best to inspire and invigorate my audience. I turned my fear into a passion.

If you have a fear, you know without that first small step, the big goal will seem almost impossible.

This was one small step on a big journey, but it will send a bolt of fear through many.

Your encouragement can lift a person and help hold them up when they do not have the courage themselves, just as my wife did by suggesting the speaking club and showing me the reasons why I needed to join. By being physically available, or at least available to talk on the phone, you can encourage that new level of belief to soak in for them. By taking a little of your time to inspire a person to be better than they were, you will be lifted. That will be your payment.

How You Get Paid...

My goal when I wrote *Your Inspiration is Needed* was to inspire. I was not thinking of the monetary gains I or people reading this might achieve. Although life coaching is a true profession and can be lucrative, the payment I’m referring to here is what I call ‘internal payment.’ This is where your sense of accomplishment and goodwill comes from filling your emotional bank.

This is the goal; energize and inspire another with no want of anything in return.

By changing your thoughts from “*how can I help myself?*” to, ‘*who can I inspire today?*’ you inspire yourself. The benefits to this are unlimited and infinite and will grow the more you do it. Can you see how powerful this can be?

If you look out at the world in this moment, it should be clear that your inspiration *is* needed.

You Do Not Need To Be An Expert

There are a lot of people out there wandering about dazed, trying to wave away the fog that smothers where they’re headed or where they want to go. Many have no idea what they want from life. If the average person on the street was asked that question, “*what do you want to achieve in your life?*” very few could answer without stumbling over their words, or referring to lots of money, a big house, and fancy car.

My focus is to help lift this fog and indecision, so the everyday person can see their life’s path. This does take commitment. You must want to make a difference. This is for those who want to make a difference in the world but maybe feel they have little or nothing to offer.

What you must know is, You *can* make a difference.

Your power (as you will learn) comes from within you. Not from the world.

If you are alive, (which you are), You *can* make a difference.

If you have an intention or desire to help others and yourself, You *can* make a difference.

All it takes is to sit down with someone, listen compassionately to their message, talk with them, get them to open up, encourage and hold them accountable.

You Have A Superpower

My childhood superhero was not the typical Marvel Comics superhero’s, Batman, Spiderman, or Superman, it was Obi Wan Kenobi played by Alec Guinness from the original Star Wars movie.

Whether the concept of the ‘force’ really sunk in, (I was only nine after all), or it was my regard for Mr Guinness, (my all-time favorite actor) I don’t know, but something about an all-encompassing energy making up everything, flowing through us, guiding us, directing us, and empowering us depending on our feelings of love or fear, captured me and has never left.

Try not to think me mad but I believe ‘*the force*’ is real. We might call it something else, Morphic Fields, Universal Energy, Consciousness, or Divine Love, God, but it’s the same thing underneath, it’s oneness. We all have access to this incredible energy because we are this incredible energy.

Because of this, everyone has the potential to be inspired. And everyone has the potential to inspire and lift another out of the mud and move them on an emotional level so they take action.

Do you know what that means?

It means, all of us, every one of us have a superpower. We really do.

Inspiring another *is* a superpower.

By inspiring one person, we inspire ourselves because we are all in this together. This is ‘The Force’ we’re talking about, and we are all a part of it. Even talking to and encouraging one person has the potential to change the world.

We are limitless. We can make a difference in every aspect of our lives and in the world. Whether a change in industry, politics, religion, personal growth, all is achievable. One way to do that is to inspire others to greatness.

By doing this, we become the makers of change.

That *is* a superpower.

“Relish the challenge of overcoming difficulties that would crush ordinary men and women.”

Mark Twight

My First Challenge to you.

I challenge you to look at things from a different perspective.

This is a challenge that can test even the most determined, but it has such tremendous potential that I feel everyone should adopt it at least once. Try at first to see a situation the way someone else sees it. For example, if you have a son or daughter and they are acting up, challenge yourself to accept their perspective, see the world through their eyes, even for a short while.

Look to understand the ‘Why’ of the situation.

Why are they doing this?

Why is *this* so important to them?

It may not resolve whatever is going on, but you can be sure *you* will have changed because of it.

A warning to you. Once you do this, you will start to think this way all the time. It will be too late to back out.

Try this a few times at home, before you take it on the road, so to speak. Your work place is an obvious location to start and can have incredible rewards for you by doing so. Again, as with a child or family member, try not to react the way you normally would. Look for the ‘Why’ of the situation.

It’s amazing sometimes when doing this that you have a sudden insight and want to hug the person because you finally understand their point of view. If you feel so inclined to hug them, at least ask their permission first. Let’s face it, everyone could do with a hug now and then, but you still may not agree or even like their perspective, and that’s okay, you don’t have to. It is an experiment in seeing.

Summary

This *is* an extra-ordinary challenge. It is a challenge not because it is extremely difficult to do, but because we are used to *not* doing it.

Do you feel you are a positive example to others? Many would stay silent or shake their heads when thinking of how to answer that question. Most people have a low self impression of their positive influence on others. The reason is, so much of what we think the world is, isn’t.

You have been systematically duped over your life time.

You have been programmed from birth to believe you have limited power, or no power at all. Research is now showing us something very different. It's showing us that everyone has immeasurable and unlimited power within them.

It's tough to believe with everything going on in your life but this power has always been there, it's just lying dormant, waiting to be ignited. It proves we are all significant, and quite capable of inspiring others. You are capable of such amazing things already, so why should being the example you've always hoped to be seem like a stretch.

In the following chapter, '*We're All in this Together*', we will explore why the idea of being one with everything has been taught for thousands of years, but ignored and ignored again, and why we are still fighting tooth and nail to avoid it.

Chapter Nine

We're All in This Together

One-ness

NOUN

1. the fact or state of being unified or whole, though comprised of two or more parts:
"the oneness of man and nature"
 - identity or harmony with someone or something:
"a strong sense of oneness is felt with all things"

(Definition from The Oxford Dictionary)

Why is oneness such a hard concept to imagine?

In his book *The Storm Before the Calm*, Neale Donald Walsch, who wrote the ‘*Conversations with God*’ series said, “How is it possible for 7 billion members of a single species to all want the same thing—survival, safety, security, peace, prosperity, opportunity, happiness, and love — and be singularly unable to produce it,” even after all these thousands of years of trying?

How do you feel about that?

That’s a sad statistic, right? We have heralded ourselves as such an intelligent species over the years with advancements in industry, technology, science, medicine, and yes, even weaponry, but we have failed almost completely to answer that question, ‘why can’t we get along?’

For centuries, life changing messages have been spoken of, and passed down in written text by enlightened ones, past masters, and seekers of truth. We, as a society have been handed these magnificent valuable lessons so we could free ourselves. They have not been stored away in secret for only ‘the worthy’ to take advantage of, they have been made available to everyone, but we have ignored them, buried them, and swept them away.

We have also been brutal with our condemnation of people who speak of a truth within us or through us, labelling those who suggest such simplicity, or claim such things as fools, dreamers, crazies and even traitors. The answer to the question ‘why can’t we get along’ has been handed to us again and again, but for some reason we have failed to see it, and when we have seen it, we have failed to use it.

Humans are naturally negative

You hear all the time on the air waves that, ‘humans are naturally destructive, it’s in our nature to destroy ourselves,’ but is this really true? or have we become so accustomed to fear, hate, war, and violence that we believe it?

Are we here only to claim our piece of the prize? That little bit of land, that chunk of money, the person with the biggest stick wins mentality, or are we missing the big picture entirely?

When I looked at that question put forward by Neale Donald Walsch, I felt there was one obvious reason why after so long, we still didn't get it: Separation.

The war within ourselves

Have you ever seen how a baby or small child reacts when taken away from its mom?

When my son was ten months old, my wife was required to go to a conference for five days. After she kissed and hugged him, I held him up so he could wave goodbye as she drove off.

For the next day and half, I did my best to play with him, watch some shows he usually liked, fed him, kept him clean and warm, and tried to make him happy, but he cried. He would walk to the door and cry, with only the occasional laugh when tickled. He missed her from the moment she left.

He barely slept that first day, or that night, and it was only on the second day when he finally drifted off. I was exhausted when she returned, but when she walked in the living room and I saw this unconditional love and joy on his face, my energy soared.

This is how I see us.

We have separated ourselves from our true self, like a child from its mother. We deny our connection with our oneness, that thing we truly are, the all, and we hate it. We are this crying child missing that connection. Not only have we separated ourselves from what we are, we've further separated ourselves in to small factions. We immediately put ourselves into these small factions by searching for others with similar ideals and beliefs.

Many groups claim undying love for all mankind on paper but curse, spit on, attack and kill any

who are not in agreeance with them. We put ourselves into these groups for protection from other groups, who do the same. We become angry if someone has a different opinion, belief, or idea. We become scared and judgmental if someone looks at things from a different perspective, who acts differently from mainstream thinking, but at the same time we claim individuality.

We are all fighting for our lives but we're fighting against ourselves, continuously, in a world and universe that is us. It's a war within ourselves.

Avoidance of Conflict

I have been releasing for years, on and off. Releasing is a way of ridding ourselves of the negative feelings we have collected over our lives. I have also been avoiding. I have avoided conflict. I have avoided arguments. I have avoided giving my opinion in case it offended others. I have avoided life by nearly always staying clear of being judged, or having approval taken away from me.

This was something I only recently accepted about myself. I have been afraid of this for too long. I questioned how I should change. Should I start to jump in to conflict, speak my mind with no care if I offend others? Should I speak purely to illicit an opposing response?

As I thought about this, I wondered how many people do exactly the same thing? Do we go out of our way to remain silent on those issues that could cause the greatest conflict because we want others to like us, or we don't want them to dislike us? Do we hold our tongues to get approval?

We will often criticize those who speak their minds, especially if it goes against general mainstream thinking of the day. We often stay silent even though we may agree with what's been said, so as not to lose approval.

I am, of course, generalizing, or at least I think I am.

Aren't most people after approval from whoever they meet? Don't most people want to be liked, rather than being disliked? So, maybe I'm not generalizing.

Should we all stand and deliver a message no matter what the repercussions?

Now, hold on a minute...

Conflict for conflicts sake doesn't work. It never has. So, should we speak up or not speak up? Make up your mind.

- 1) Avoidance does not help. You are basically ignoring an issue hoping it will go away, suppressing your feelings for the good of who? The Suppression of your feelings is probably the worst thing to do. Trust me, I know.*
- 2) So then, speak your mind, give an opinion, even if you know it will cause conflict. But creating conflict, or adding to conflict, will not solve anything.*
- 3) We think of our opinions as aggressively pursuing an objective but giving an opinion can bring about discussion and solution. It doesn't have to be aggressive. An opinion does not necessarily mean disagreement and conflict. By energizing discussion, we move potential issues forward. By avoiding issues, or being scared of losing approval, we kill off potential.*

We should embrace the possibility and potential of change.

I have been scared for too long. Do you feel the same?

I want people to get interested in a discussion. I want you to feel a need to amplify opinion, not provoke, but to create new thinking in old ideas and subjects.

We're all in this together after all

The world is suffering from stage four terminal cancer because we're convinced we can't get along with ourselves.¹ The only way to cure this cancer is to change our thinking about it by looking at the world and everything on it as part of this oneness. We must stop separating ourselves.

Whether you believe in Christianity, Judaism, Islam, Hinduism, Buddhism, Confucianism, or if you are an atheist, does not matter. 'Oneness' is what feels right to you. It is about being in harmony with all of humanity, not about religion. Through the ages we have identified this idea of universal consciousness as many things. You can call it God, life, universal spirit, universal consciousness, subconsciousness, qi, or holy spirit, it doesn't matter.

The map

I have often looked at the concept of beliefs as a map. Take the United States as an example. For arguments sake, let's say everyone starts off their life journey in New York City. Our goal in this life is to make it across the map to San Francisco.

(In my opinion, the purpose of life is the same for everyone, to find happiness and love, no matter which path you take.)

San Francisco in this example, is happiness and love. So, we all start out from New York City on our journey. Some take the direct, fastest route, directly through the center states. Others take a more scenic route north through South Dakota, and others go south to visit the Grand Canyon on the way. Still others start on one route and change, then change again, depending on their life circumstances, but we all eventually make it to San Francisco. Why is one route deemed better than the others? It just comes down to what feels right to you at the time.

¹ *And no, it is not about irradiating ourselves with nuclear war to cure the cancer, that is the old outdated Newtonian cure.*

There have been many realized masters over the years.² One of them was a physicist called Lester Levenson. He changed his thinking from *wanting* to be loved, to one of *being* loving. In so doing, he became freer and lighter in the burdens his body carried, and happier.

Like many masters, he didn't stop at his own realization but wanted to share this wonderful discovery with what he called, "*the rest of me.*"

'The rest of me', refers to 'oneness', a realization that everything, all people, all animals, all plants, all alien species throughout the universe, are part of one thing. We're all in this together. We're all a part of this oneness.

When we grasp this concept of oneness and accept it, and we will eventually, the world out there will change over-night.

An example of oneness

"The difference between what we are doing and what we are capable of doing would solve most of the world's problems."

~ Mahatma Gandhi

Gandhi was an ordinary man until he realized power was not something out there in the world, it is an inner manifestation. You become externally what you are within. Gandhi knew this. He looked at the world as one thing. His leadership defeated the largest, most influential empire the world had ever seen without throwing a punch. He beat the British Empire within himself by accepting the empire's actions as an issue within himself. Gandhi showed how the impossible becomes possible when you hold only love in your heart.

² The word 'Master' has many definitions but from my perspective, a Master is someone who has lifted the veil and seen what life is really all about. A Master is not someone who has read about it and understood the concept merely on a conscious level but has actually experienced a change in their very being.

Through an acceptance of oneness, it is easier to let go of the issues of the world. What is happening out there is merely a reflection of what is happening within. Let go of the issues within and the world out-there changes.

Think what you can do if you focus your attention, not on your fears, hates, frustrations, wants or desires out-there, but instead, on ridding your world ‘within’ of these things. I recommend you journal your progress. Using a daily journal can naturally bring in to your awareness, issues you are holding on to. It can help you find your path. (See chapter six for an example of a Gain Journal and the appendix for a list of resources.)

Do you realize you’re not even close to your true potential?

The reason I included a chapter on ‘oneness’ is because of how society currently evaluates life. Our time in this world has been diminished over the years to a set of rules. Dare I say it, but we have been turned in to batteries for the economy and power of nations.

There is a happiness index which rates each country as to how happy their citizens are, but the parameters are sketchy at best. *“The researchers straight-up asked people to rank their own happiness. These answers are then weighted based on six other factors: levels of GDP, life expectancy, generosity, social support, freedom and corruption.”*³

While this can be looked at as a positive step, it also focuses the attention on looking at the world out-there for the answers to happiness. (Each factor is based on what the world can do for me, rather than what I can do for the world.) Find a country higher up the scale, move there, and you may become a happier person.

Yes, there are benefits to this, it is a positive step but the over-riding process for anyone being

³ <https://www.sciencealert.com/the-world-happiness-index-2016-just-ranked-the-happiest-countries-on-earth>.

asked these questions is to look out at the world and gauge their happiness on what they don't want to accept in life. Look at freedom for instance. I would gauge my freedoms on a scale of 1-10, (10 being the best) as may be a 7. I do that partly because of political turmoil in my country, but also by how terrible people's freedoms are in other countries. My answer is based on how I view the world. I may have a friend living up the street who answers that same question with a 9 or a 2 also dependent on their views and psychology of the world at the time.

If you look for happiness through money, your country's freedoms, life expectancy and such, you are evaluating the individual, separate from the all. Your happiness is therefore dependent on factors which you have limited or no control over.

If you turn this on its head and focus on your family, friends, neighbors, and yes even politicians as being one with you, each being an '*individuation*' of oneness, your view of the world changes. I know this is not the easiest thing to do. When I asked my friend to edit this chapter he had a real problem with the concept of oneness, especially with politicians. He wanted to know how to stop separating ourselves from someone you strongly disagree with?

The hologram of oneness

"You are not only living in the universe, the universe is living within you." Dr Jean Houston

Every part of a hologram right down to the smallest element, holds the entirety of the hologram within it. The idea of the universe being within us then becomes transparent when thinking holographically, because every atom holds the entirety of the universe within it.

"Bohn's interpretation of quantum physics indicated that at the subquantum level, the level in which the quantum potential operated, location ceased to exist. All points in space became equal to all points in space, and it was meaningless to speak of anything as being separate from anything else." Michael Talbot

We have the power to change our lives, our health, our financial situations, even our DNA by how we think, and which thoughts we allow to take seat in our minds.

If just one person changes their perceptions from love to fear, the universe changes suit. It has no choice. You are directing the play with your thinking.

If just one person changes their perceptions from fear to love, the universe changes suit. Again, it has no choice.

We all do this all the time, not only while meditating or having the intention of peace and love, but when we are angry, frustrated, hateful, judgmental, or living in fear. This change might be very subtle at first. For years we have piled negativity on top of our true loving feelings, burying them. Depending on how much garbage you have accumulated can determine whether you feel a difference at first, but you will eventually feel a change by removing the garbage. Inspiring others is just one way to do that.

Oneness with the universe is within us, always.

A simple experiment

On the previous page, I mentioned a friend who asked how to stop separating ourselves from someone we strongly disagree with. So, imagine for a minute you are part of only one thing. Everyone out there, no matter who, including yourself, is part of this one thing, no longer separated by distance, space, height, weight, color, beliefs, time or anything, we are just one.

Think for example, what would happen if your blood was racing around your body and each blood vessel thought of itself as separate and individual from all the others. I know it's not easy to do but give it a try.

Write down your feelings and thoughts about this.

“We are all One. All things are One Thing. There is only One Thing, and all things are part of the One Thing there is. This means that you are Divine. You are not your body, you are not your mind, and you are not your soul. You are the unique combination of all three, which comprises the Totality Of You. You are an individuation of Divinity; an expression of God on Earth.” Neale Donald Walsch.

Now imagine the issues you see in others, (how you dislike so and so because they're messy, or have had it too easy, or have an annoying voice, or are too damn loud and opinionated, whatever it is). Imagine them as just emotions you are holding within you.

Next, try to accept (even momentarily) that these emotions are just fears, hates, frustrations, and desires within you. The only reason you see them in other people is because those things exist in you. (Remember, being one with everything, we share the responsibilities.)

You may have to dig deep to see these things in yourself as you have so many barriers, ego based controls and your self-believe as to who you are. It may not be necessary to uncover those feelings but try to get a glimpse of them nonetheless.

I know some of you might be offended by the idea that what you see as negative in someone else, is in fact a negative within yourself. It can be hard to accept this, especially when the frustration or anger is at its height. *'My neighbor, or boss, or that politician, is a loud, unpleasant jerk and I am not like that!'*

A friend of mine, Adam, like many, was frustrated and even revolted with the idea of being compared to politicians of our day. He wrote to me about the concept of being 'One' with everyone and voiced his frustrations. *'I have read the chapter you sent and I think it's good, quite inspirational and I can relate to some of what you're saying. I have to be honest though, as soon as you mentioned having oneness with politicians I found it hard to relate to. Like a lot of people in the UK I feel strongly about the fact that we're committing financial suicide by leaving the EU, not to mention loss of workers' rights, lack of EU workers in jobs where we really need them, divisiveness and all the other things that may happen, because certain politicians had a referendum in the first place which completely divided the country and then, to top it all, fed false facts to people. Then there is the destruction of the NHS and loads more! I also could never imagine having oneness with someone as divisive as Trump. Also have you read the papers lately? Sorry, I think I've become a bit disillusioned with things.'*

These are real feelings and I understand why people have them, I really do. I have experienced the same feelings when I think of certain people or specific events. My stomach has got in a knot, or I'm instantly set on edge and a wave of anger floods upwards. But once I step away

from these emotions and begin to look at things through a different set of shades, call them your 'Power Shades,' the anger, frustrations, that whole sea of negativity can leave. Doing this is an incredible eye opener. It can change so much for you, if you give it a chance.

By trying to overcome this revulsion, just for a minute, and search for that loving nature within you, a door to a whole new perception of the world can open for you. Each of us see the world, not the way it is but as a reflection of ourselves.

By accepting issues that you see in others as reflections of your inner self, you can bring these issues buried deep within you to the surface, making them conscious. Only when they are conscious can you free yourself from them.

Most of us don't know the emotional barriers we hold within ourselves, and if you don't know they're there, how can you deal with them?

I'm saying this so you can realize your potential.

Now, whatever you see in others, think of it merely as a guide asking you to free it. Say to it, 'you are free to leave.'

Keep doing this until you no longer feel this negativity towards whoever it is.

It is a great system if we listen and use it.

If we listen, we can realize how together we really are. Oneness is not such a stretch after all. If we don't listen, life will stay as it is, or become a self-created hell.

Let me ask you one more thing about this subject.

How does it feel to you when you see a politician, for example, acting or saying things that you think are stupid, ridiculous, crazy or whatever?

Is it a good feeling?

Does it make your life and the lives of those around you better for having this feeling?

By trying this, and looking at it merely as an interesting experience, you can allow yourself to be far happier than you were. Isn't that reason enough to try it. After all, how does you getting upset

and lowering your power going to bother the person you are angry or frustrated at? It won't. It will not make the slightest bit of difference to them. In fact, it is a business tactic, well known and utilized to self-promote. Get haters to advertise your message, because they will scream so much louder than those who support you. (G.McIntyre / R.Christiansen. 2017 Rockstar Lawyer.)

Magic by Emergence

I have asked myself, 'what is inspiration?' So far, I have focused my attention on inspiring someone to move forward with a goal, whether in business or personal life. This ranges from helping them ease out the stuckness swamp when starting in a new area of business, finding clarity, or encouraging them to take that first step and join a gym.

All these are relevant, but inspiration can touch any area of life. It is limitless in its application, and if used in certain ways, a much more impactful transformation can occur. Dr Bruce Lipton when talking about initiating global evolution, said,

“There is a process called emergence which says, when you bring enough parts together, what happens to those parts is greater than anybody could imagine by looking at any of the individual parts alone. In other words, something new comes out of the community that you could never anticipate by looking at any of the individuals in the community. This is what we are looking forward to, a state of emergence, a state of new belief, a state of consciousness, and this will be the most amazing because the collective power of seven billion humans working together in harmony will generate a world that at this moment we couldn't even envision, and it's right at our doorstep.”

Think of the impact a little inspiration can have? 'Your inspiration is needed' can be about inspiring love in another person, inspiring compassion in another, inspiring happiness or oneness in another, inspiring peace and quiet of mind in another. The compounding inspiration can take on a life of its own.

How you inspire others is open to what is most important to you. So, yes, by needing your inspiration, we are needing that which is most inspiring to you, that thing that bubbles up within

you, where you can hardly hold yourself back in all the passion and excitement that flows out. This can manifest in others. All these things and more are needed.

Everyone is an inspiration

All of us, no matter where we are in life, are inspirational beings. Most of us are not as well-known as those who have touched the hearts of millions, but we are no less capable.

Think of it this way, each of us is assisting in bringing about a more connected world. Whether we assist just one or one million, we are still as loving, compassionate and inspirational. It's not the number of people we help but *that* we help. Helping just one, has the potential to inspire the entire planet. You don't know how influential you could be? I'm sure people such as Jesus and Martin Luther King Jr did not realize how deep and how long their influence would penetrate in to society.

That one person you inspire to move, to reach for the stars, may create a new path, product or service which improves the lives of millions, or saves the oceans from pollution, or helps us look past our differences. Yes, these are 'out-there' in the world solutions, but as stated earlier, if a solution moves us to change within, then it has the potential to create major change on the outside.

“The more and more each is impelled by that which is intuitive, or the relying upon the soul force within, the greater, the farther, the deeper, the broader, the more constructive may be the result.” - Edgar Cayce 792-2

If you are reading this book, it shows you have been looking at the world, the universe, and yourself from a different perspective. You understand there is more than what we've been told. You might not know what it is, but you know there is something the majority of people miss.

Inspiration is not something only a few possess. We are born inspired and have that always. It is the programs we've accepted in our lives, mostly as children, that cloud and cover our true potential. For example, *'money does not grow on trees'*. By accepting such programming when young, we unconsciously build on them and defend them throughout our lives until the programs stand as truth behind walled castles in our minds. But they are just past thinking held on to. The inspired loving 'you' is still there, covered up by the garbage.

"Even when the sky is heavily overcast, the sun hasn't disappeared. It's still there on the other side of the clouds." Eckhart Tolle

In our most dire moments, those times when life feels like it is crashing down on us and the only thoughts we have are those of our impending doom, it is at those moments when you can hear your guiding angels telling you, *'this is your moment, this is the time you can release your chains and swim straight to the surface'*. All you have to do is thank yourself, or God, or the universe, or the great spirit, for showing you what you are holding on to, so you have the opportunity to free it. Then it's gone. The burden you carried for so long has been dropped.

I know I am making out that this process is simple. I know how it is when everything feels like it's against you, and fear envelops you. You fear your health is failing, your prospects are non-existent, your looks are going, your skin is sagging, your hair is graying, you're getting out of shape, you hate your job, boss, house, car, but have no money to fix them. So much lack comes to mind. Fear after fear, never ending. But do you realize the opportunity laid out right there?

I state in chapter 8 that we have been *'served up a smorgasbord of the finest of everything, yet we ignore it and instead pick at the scraps in the trash, complaining the whole time how unfair it is.'* Even though we have been told this over and over, century after century, we still cry and pick from the scraps in the trash. If you don't know what you are holding on to, (those programs you have accepted over the years), how can you get rid of them? **This is your opportunity!**

Each of us place our mark on the world whether we know it or not.

Our imprint is embedded in the very fabric of the world every second of every minute of every day. How we feel is how the world functions. The more lightened you feel within from the act of lifting others to new heights of inspiration, will have a reciprocating effect on the world. We are

a part of the oneness, and so the input of each person on the planet is as vital and telling as anyone else.

We are all in this together. That is what we have.

My Second Challenge to you.

You knew this was coming. I challenge you to focus on someone who rattles you. They don't have to be your sworn enemy, or someone who makes you froth at the mouth, but it is clear you find them offensive for whatever reason. Use the steps outlined in this chapter (highlighted below) and see their negativity, their pain as your negativity, or your pain.

- 1- Imagine you and that person as one, no longer separated by distance, space, height, weight, color, beliefs, time or anything, we are just one. At least try to do this.
- 2- Now imagine the issues you see in this person, (how you dislike them because they're messy, or have had it too easy, or have an annoying voice, or are too damn loud and opinionated, whatever it is), and try to accept (even momentarily) that these are just the fears, hates, frustrations, and desires you have within you. The only reason you see them in other people is because those things exist in you.

Try to overcome any revulsion at doing this, just for a minute

- 3- Now, whatever you see in them, think of it merely as a guide asking you to free it. Say to it, *'you are free to leave.'*
- 4- Keep doing this until you no longer feel this negativity towards the person. Test it out the next time you see them. Whether they're on television or in person, it makes no difference.

Summary

- There is a connection throughout the universe that bonds us all. We are all in this together. There is no alternative, and it's about time we did something about it.

How much longer can we ignore our own pain and unhappiness?

Oneness is not about living lives of lack and normalcy. It's about being extra-ordinary. You can't help being extra-ordinary because underneath all the accumulated baggage you have collected over your life, you are an amazing, loving being, that knows and feels a connection to everything. Oneness is about showing that.

- Everyone's life affects everyone else's life, but we are generally unaware how influential we really are. The movie 'It's a Wonderful Life,' was a perfect example of how most, if not all people's lives affect the lives of others without ever knowing it.

We are rarely given the insight George Bailey was gifted by seeing what life would be like if we had never been born. Yes, it's Hollywood, but even so, if you or I were asked how, or if we made life better for those in our lives, most would fail to see our true impact.

The reality is, we all make an impression on others, for good, and sometimes not so good. With just a little more awareness and heart-based effort, we can make a supreme difference in the world.

So, you see, you really are the richest person in town. Start thinking of yourself as such.

As a part of the all, you have been gifted with a great opportunity to make a difference. In the following chapter 'An Opportunity Every Second', we will address some of the soul sucking scenarios the world has accepted as truth, and how to turn them on their heads.