

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

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PUSH OFF

Some of us love the “rush” of jumping in at the deep end of the pool. I am giving you a push off in this pool of life ...**Go for it!!!** Select one area in Phase#2 under chapter 6 and go with the flow as the “current” pulls you into other areas of the material.

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1 Using this Guide & Workbook

There is much happening in and around us as we journey through life. What is being presented in this book is a system I believe we can each learn and mentor others to apply. A system that allows us to **clear and nurture our inner space** so that ideas and choices of excellence freely flow in and through us to such an extent that there is an ongoing experience of overflow / “more than enough”, in good times as well as in crisis, recession, and/or depression times.

An overflow of :-

- abundance in all areas of our life
- opportunities to share our talents gifts and abilities
- healthy uplifting relationships with God ourselves and others
- fulfilling jobs and business opportunities
- excellent compensation and cash-flow
- health and wellness
- excellent, smooth, yet powerful transitions at every stage of our personal development and those we care most about.

The question is though, what do you believe, what are you prepared to do for yourself and those you most care about? A seed idea I am planting in your mind is for YOU to clear and nurture YOUR inner SPACE 4 MORE and mentor 1, 2 or 3 others NOW as you journey.

I am encouraging you to practice meditation and journaling. I truly believe that you will greatly benefit from documenting, reflecting and intentionally tracking all matters, which you say are important to you. To support you in this practice, there are various opportunities for self-evaluation throughout this book with some space provided for documenting your own insights. I hope that you will be inspired with such a flood of insights that you will be moved to utilise a journal or any low/high technology tool as the dedicated personal record for documenting your insights and other significant matters in your life.

Additionally I am encouraging you not to merely accept things as they appear but to critically think about and evaluate situations for yourself and arrive at your own conclusions. Throughout the book you will therefore find a lot of questions meant to prompt you into this mode of self-examination and critical thinking.

This utility guide and workbook is laid out in two progressive phases. Phase#1 is what I term “Awaken To”; Phase#2 is what I term “Stay Awake”

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In the “Awaken To” phase I present concepts, tools and practices which I believe once assimilated and put into practice, will enhance individuals progression along a clear pathway of excellence and keen awareness of daily successes as their journey of life progresses.

In the “Stay Awake” phase I present scenarios and activities to support individuals in further assimilating the concepts, tools and practices in this book.

Some of you reading this book will enjoy the process of slowly working through it systematically from start to finish; pausing frequently for reflection and documentation of insights and commitments to yourself as you progress through the material.

Others of you may prefer to have a quick read of the entire material getting a feel for the key message(s). At a later date you may return to more intentionally work through elements within the book which are of special appeal. Yet others of you may prefer to get key messages without the entire context.

With all these in mind, I have included two additional areas in this book.

Definitions to clarify my intended meaning of words that may be open to alternative interpretations¹.

The Executive Summary to succinctly present key messages²

Whatever your preferred style I encourage you to have fun with this book.

¹ Please refer to chapter 2

² Please refer to chapter 3

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The intention of this utility guide is to offer you a simple proven system that can be duplicated. Yet a system that challenges you to

- take charge over your life, world and affairs; you were given authority and dominion!!!
- re-examine who you say you are at the core of you
- reconnect with your uniqueness, talents, gifts, abilities and related life purpose
- take daily harmonious actions with an attitude of excellence and experience the joy of successful fulfilment of the desires of your heart;
- reawaken your sense of self worth and willingness to stay sharp in spirit, mind and body
- be consciously aware of seven aspects of living and being;
- experience a sense of overflowing abundance, love, joy and peace;
- live a fulfilling life daily;

Commit to yourself to make the best use of this programme and reveal the gems you may have been allowing to rest dormant deep in your heart for a very long time. JSRN! JUST START RIGHT NOW with what you have! Stretch if you must and take up the challenge to document and track your personal journey, insights and experiences as you work through the programme and utilise the ³*harmometer* ®.

You never know. What if your own documented material became a **#1 best seller**? What if your documented personal journey became **the basis for a movie manuscript**. Pause and picture this possibility for a moment; your documented personal journey while working this program becoming a best seller and a movie manuscript. How would that feel for you? What would your life be like? How would you be living? Well JSRN and you may achieve more that you could even imagine.

“.....”
(If you were to be the author of such a best seller what would you want the title to be?
Dream for a moment and just write the first idea that pops in your mind in the space above.)

³ Please refer to chapter 2.1 for a definition of harmometer.

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As you work through this program I encourage you to simply be honest with yourself. Take stock of where you are and what you have right now. As you use the harmometer® and systems presented in this book, expect and look for daily successes along your personal journey. Expect to find new and renewable energy supply. Energy to sustain you as you passionately do the things near and dear to you. Energy to revitalise dreams you had previously buried. Energy to move beyond the past pain, hurts, fears and doubts. Energy to disregard all the nay sayers. Energy to keep on keeping on. Energy to clear and nurture your inner SPACE 4 MORE. For this reason, it is critical that you JSRN ----- Just Start Right Now with what you have!!!.

You may choose to simply work the program from start to finish; or you may skip to the chapter that appeals to you the most.

But JSRN !!!! Just Start Right Now..... and have fun working through the rest of this programme.

I said it before, some of us love the “rush” of jumping in at the deep end of the pool. I am giving you a push off in this pool of life ... **Go for it!!!** Select one area in Phase#2 under chapter 6 and go with the flow as the “current” pulls you into other areas of the material.

We welcome your feedback and testimonials. You can choose to send them by e-mail to lifestyle.dr@gmail.com or register and participate in the free open house online discussion at <http://caringsharers.blogspot.com/2009/03/open-house-workshopdiscussion.html>

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6 PHASE#2 – STAY AWAKE

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6.1.5 Multidimensional Sexual Fulfillment

In “*this world*” it is somewhat common for sexual fulfillment to be associated with the frequency and intensity of the ecstatic climax attained between partners during sexual intercourse. In fact major commercial industries are prospering through supporting this limited belief system.

Imagine if you will, that sexual intercourse was an expression of universal oneness, a coming together of spirit, soul **then** body, entered into only after **mature** and **committed** partners were first intentionally intimate in all seven aspects of being. I dare suggest that the sexual experience under such circumstances would be beyond “*this world*”; I suggest that what would be experienced is “*multidimensional sexual fulfilment*”.

The ***harmometer*** ® is also useful here as it provides an objective communication methodology to take the sexual discussion and ultimately the experience between partners beyond the fault finding, finger pointing, single (physical) dimensional, who is at fault, who wants it too much, who does not want it enough, who is driving whom to seek satisfaction elsewhere, unfulfilling type of sexual intimacy.

First partners can use the ***harmometer*** ® for support in resolving conflicts²¹.

Additionally, you can aim for “*multidimensional sexual fulfilment*”. Get honest with yourself; evaluate your current level of intimacy; commit to be changed from the inside out starting with the man or woman in the mirror. By the way, that means **START WITH YOU!!** Perform activity 3 as outlined below. As your level of intimacy increases across all seven aspects of being, expect to experience sexual fulfilment that is beyond “*this world*”.

A big question though is “Do you really want to be intimate at this level with you current partner; the level of being intimate in ALL, yes ALL seven aspects of being?” **HEALTH WARNING – Go and perform activity 3 only if your answer is yes.**

²¹ Please refer to chapter 6.1.3

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ACTIVITY 3

Set aside some time to be alone in your special quiet place free from all distractions. Take a diary (or simply cut an exercise book in half) and pencil with you. Document and date your insights, revelations and commitments to yourself.

- 3 For each of the seven aspects of being use the *harmometer*® *scale* to complete and score the following self assessment statement, **“When I consider the level of intimacy between my partner and I in this aspect of being, in my heart I feel**”
 - 3.2 Do the scores reveal any aspect of being in which there is scope for improvement in intimacy between you and your partner?
 - 3.3 What steps can you intentionally take to be more intimate in this area? List and prioritise them.
 - 3.4 Are there any steps your partner could intentionally take to be more intimate in this area? List and prioritise them.
 - 3.5 If you listed more actions for your partner to take than yourself, (1) revisit your list, be more introspective (2) revisit your partners list, and transfer any items that are really indicative of past hurts you are still holding on to, over to your own list. However, restate them on your list as personal intentional **actions of forgiveness**.
 - 3.6 Be clear on your intention for recording all these action steps. Do not share any of the above with your partner at this time. It is all about you being clear as to your perspective and your responsibility for the level of intimacy experienced in each aspect of being.
- +++++++**End this element of the session here**+++++++

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ACTIVITY 3 (continued)

At a later date:-

- 3.7 Let your partner know that you would like to set aside some quality time to discuss a matter that is important to you; at this point you may articulate your intention (refer to 3.6 above)
- 3.8 During the “quality time” discussion itself:-
 - 3.8.1 Lead off with your intention followed by the steps you are willing to take. Then ask your partner if he/she agrees, or if there are any better steps he/she sees as being possible for you to take to support the stated intention. Once you have agreed the action steps, be consistent with your action steps, asking for loving support as you make the adjustments.
 - 3.8.2 Recommend this **activity 3** to your partner; with no strings/expectations attached.