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Just Start Right Now with what you have

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1 Using this Guide & Workbook

In writing this book I want to honour and respect the validity of the different learning and assimilation styles of the broad cross-section of individuals to whom I am confident the title has appeal.

I am encouraging you to practice meditation and journaling. 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 some computer software or some other 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”

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 towards a fulfilling life.

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.

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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 all the context.

With all these in mind, I have included two additionally 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.

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

- claim authority and dominion over your life, world and affairs;
- be consciously aware of seven aspects of living and being;
- desire a harmonious life;
- reawaken your sense of self worth;
- experience a sense of overflowing abundance, peace and joy;
- have a fulfilling life;
- And YES WE CHALLENGE YOU TO **JSRN** JUST START RIGHT NOW WITH WHAT YOU HAVE.

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! 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*®.

¹ Please refer to chapter 2

² Please refer to chapter 3

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

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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 JSRN 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 JUST START RIGHT NOW WITH WHAT YOU HAVE 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.)

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 to accelerate along your personal pathway towards living a fulfilling life. 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. But it is important 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.

2 Definitions

2.1 harmometer ®

This is tool I created for individuals to use as a personal METER for measuring the level of energy and HARMONY in their life. In this book it is presented in the format of a flash card. Please refer to chapter 4 for a more complete discussion of this tool.

See also your own copy printed on an extra flap attached to the back cover of this book in such a way that you can easily refer to it as you work through the book. Additionally this extra flap can be used as a page marker.

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2.2 Spirit

That invisible, divine realm in which all the potentiality for utmost good for all concerned resides; a realm of all knowledge and all power; a realm of unconditional love; a realm of oneness. The realm many persons have started to intentionally enter in those times when they are seeking inspiration, peace, joy, harmony and clarity.

2.3 Soul

For the purpose of this programme, when I use the word “soul” I am referring to the entire embodiment of three levels of mind action through which we develop, assimilate and activate our awareness of spirit, awareness of self, and awareness of the world in which we live. It is through the soul that we push beyond the limits of the physical brain in our heads as we perceive spiritual and worldly things and make our choices. These three levels of mind action are (i) the Super-Conscious Mind; (ii) the Conscious Mind; and (iii) the Sub-Conscious Mind.

The Super-Conscious Mind when activated pulls in information from the Spirit.

The Conscious Mind analyses and evaluates information it pulls in from the super-conscious mind, the sub-conscious mind and the five senses as we interact in the world.

The Sub-Conscious Mind records and stores all our decisions, beliefs and emotions.

3 Executive Summary

This book is a project that has evolved out of a personal journey. The book itself is a part of that journey and indeed the personal journey will continue well beyond the publishing of this book. The book incorporates the learnings of a man born and bred in the beautiful Caribbean Island of Jamaica; moi. It takes account of my experiences during world travels across Europe, Indian Ocean Islands, North America and the Caribbean. Over twenty-six years personal experience in the business world spanning sectors including Auditing, Banking, Investing, Stock Broking, Manufacturing, Property Development and Management, Trading, Fast Food, Telecommunication, Wellness and Spirituality have impacted the material incorporated in this book. Twenty years of married life has had a profound effect on perspectives presented in this book. So too has the adjustments necessary in relating with one daughter passing the 18 year old threshold and commencing university life while the other daughter energetically and self confidently establishes her level of independence at 6 years old. All these have been tempered by a commitment to a personal spiritual path.

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It is out of all of the above along with the related interactions with hundreds if not thousands of individuals as well as a realisation that many persons are on a personal search for a system that is easy to understand and apply that I now present the material contained in this book. Yes I know, believe and declare that you can, we all can LIVE A FULFILLING LIFE!!!

The essential idea driving this project is that every individual on the face of this earth can live a healthy, happy and prosperous life; if we could just get started right now with what we have.

3.1 Just start right now with what you have

Out of the multiplicity of experiences and interactions I have had, it is clear to me that often times we all have fantastic ideas and great potential. Ideas, which if acted upon and implemented, would have had tremendous positive impact not only on the individual in question who had the idea, but also on the community and world at large. However, for many varied reasons, several individuals remain stuck, do not realise their full potential and just do not act on or implement the fantastic ideas they have. I am now offering such persons an opportunity to become unstuck. An opportunity to; “*Just start right now with what you have*” and move towards realising your full potential. This entire book is based on the application of a simple three-step harmony formula and the utility of a self assessment tool that I have created called the ⁴*harmometer* ® to support the process.

The three-step harmony formula

“Being Clear on” (Who I am + My Life Purpose) + Taking Harmonious Actions = Pathway to a Fulfilling Life

This formula is very simple to recall, is it not? Look at it again, I am sure you can agree.

Both the challenge and victory for us is to consistently apply each element of this formula in our daily life.

Step 1 - **“Being clear on Who I am”** is a personalised challenge. It seeks to stimulate you to get beyond variable self-definitions associated with the different roles in which you find yourself and encourages you to find new stable definitions that look to the core of your being.

Step 2 **“Being clear on My life purpose”** is another personalised challenge. This follows on from the first challenge of step 1 and requires you to reassess and define your life purpose given your “new” personalised definition of “Who I am”.

⁴ Refer to chapter 2.1 for a definition of harmometer.

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Both these challenges start with “Being Clear”. This is because the book is encouraging you to focus on your attaining clarity not mere activity in and of itself. We anticipate much inner reflection being necessary in this area. Do take the time necessary for reflection on these first two challenges in the formula.

Step 3 “**Taking harmonious actions**” is the third challenge of the 3-step harmony formula. Here we encourage you to be and to remain energised about your life purpose by taking actions that not only support your life purpose but additionally to take actions that are in alignment with who you now say you are and actions that harmonise the seven different aspects of living and being which we present for your consideration⁵.

In the “Awaken To” phase of this book we present concepts and techniques to support your attaining this clarity. Additionally the *harmometer*® is presented in this phase of the book as a self assessment tool to gauge your individual energy and harmony level; the knowledge of which we expect will guide you to take appropriate remedial actions.

In the next phase of this book, the “Stay Awake” phase, we present five generic scenarios in which the material in phase 1 is effectively applied.

- General interpersonal relationships (*key=know yourself*)
- Credit card debt (*key=stay true to your purpose*)
- Conflict resolution (*key=listening and speaking from the heart and feeling nature*)
- Money and investing (*key=apply the 70:30 & S.I.T guidelines and trust yourself*)
- Sex (*key=being intimate beyond the physical*)

As you work with the material in this book we welcome your feedback and testimonials. You can choose to send them either by fax [876]944-0661 or e-mail lifestyle.dr@gmail.com .

Now it is all up to you to choose to get on your pathway to Live a Fulfilling Life by applying the 3-step harmony formula and utilising the *harmometer*® presented in this book.

⁵ Please refer to chapter 5.3.1 for a full discussion on seven aspects of being

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4 The *harmometer* ®

Today many of us know that the thermometer was created to measure temperature; ie a meter for measuring temperature. This basic tool supports us in areas such as personal health care, meal preparation, setting comfortable room temperatures, and scientific experimentation. In each case some kind of criteria can be correlated with the temperature scale, and appropriate actions can be established to be taken given the reading on the temperature scale.

Harmometer ® is a word I created by combining elements of two words, HARMONY and THERMOMETER. It is the name for a tool I created for individuals to use as a personal METER for measuring the level of energy and HARMONY in their life. The ⁶**harmometer** ® consists of three key areas; Criteria, Meter, Action. There is also an interactive area within which you are intended to check-off your personal scale/score for each of the criteria.

The **criteria** I present for consideration in the **harmometer** ® is Seven Aspects of Being⁷. These are seven areas I am suggesting need to be harmonised in each individual's life.

The **meter** consists of a five-level scale/score system; ranging from 1 – 5. The lowest scale/score is 1, the highest is 5 with 3 being the “action-trigger” indicator. The aim is to maintain the **harmometer** ® scale/score in the 3-5 range. Corrective actions are necessary whenever the **harmometer** ® scale/score is less than 3.

In the case of ⁸**investment actions**, the percentages presented at the bottom of each scale are the suggested percent of your funds to be expended.

⁶ Pull out the extra flap attached to the back cover of this book which has a copy of the **harmometer**® for easy reference

⁷ Please refer to chapter 5.3.1 for a full discussion on seven aspects of being

⁸ Please refer to chapter 6.1.4 for a case study in this area.