

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

Space 4 More
Harmonious Freeflow and Overflow in Daily Life

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.

Table of Content

1	Using this Guide & Workbook.....	3
2	Definitions	7
3	Executive Summary	8
4	The <i>harmometer</i> ®.....	11
5	PHASE#1 – AWAKEN TO	12
5.1	Awaken to a Three Step Harmony Formula	13
5.2	Awaken to Your three-fold nature	14
5.3	Awaken to all of you	15
5.4	Awaken to invisible energy flows.....	17
6	PHASE#2 – STAY AWAKE	20
6.1	Stay awake and make conscious choices.....	21
6.1.1	Attracting relationships that work	21
6.1.2	Dominion over credit card debt.....	23
6.1.3	Resolve conflicts without giving up the true you.....	24
6.1.4	Trust yourself to make effective Investment Decisions	25
6.1.5	Multidimensional Sexual Fulfillment	30

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

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”

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

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

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

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.

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

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>

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

5 PHASE#1 – AWAKEN TO

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

5.1 Awaken to a Three Step Harmony Formula

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

The formula highlighted in the box above is presented in the format $x(A+B) + C = D$. Recall also the mathematical principle of solving the elements within the brackets first, before completing the remainder of the formula. Also recall that the “ x ” factor influences everything within the brackets.

I challenge you to work with the formula above and prove its validity with your life experience. Ponder and reflect on the following three simple personalized questions:

1. Who am I?
2. What is my life purpose?
3. Are all my actions in alignment with 1 & 2? Are my actions in harmony?

We each have different knowledge, skills, abilities and a multitude of natural gifts and talents. The question is what are we doing with them? What reason have we given ourselves to stimulate ourselves to consistently make the highest and best use of all of this “stuff” that is uniquely us?

Can you imagine what this world would be like if every individual on the face of the Earth had clear answers to each of the above three questions. Even better, what if everyone **was acting** upon those answers consistently and with integrity?

Do you have clear answers for yourself to each question above?

Which approach would be more powerful; (i) Asking someone to tell you the answers relevant for you or (ii) Perceiving the answers for yourself?

Pause for a moment and take some quality time to reflect on all of the above things and document your insights.

It is often suggested that our inner circle of family and friends see the possibilities for us probably even clearer than we see them for ourselves. There is some truth in this. However, there is yet another truth, the awareness of which allows us to be more in alignment with our true nature, and which empowers us to be even more perceptive.

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

5.2 Awaken to Your three-fold nature

Agree with me if you will that all of us are of a three-fold nature. Each of these three elements, a crucial element which combines to form the unique individual we each are. None of which, however, can exist as the “all” of us by itself. Some of which we may deny any importance. All of which we take with us wherever we are. Much of which is winning increasing amounts of Radio and TV airtime. All of which is being included in everyday discussions more and more. What are the elements of this three-fold nature?

- ⁹Spirit
- ¹⁰Soul/Mind
- Body

In this view of man’s true make-up there is an optimal flow from ideas through to action where the ideas are first accessed from *spirit*; analysed, evaluated, decided on and stored by the *soul/mind*; which then influences the activities undertaken in the world of our five senses called the *body* in this context. There is also a sub-optimal flow of ideas and action. This is where the spiritual realm is subrogated (knowingly or unknowingly) and greater credence placed upon ideas accessed from the popular belief system of the community; called the race consciousness. This race consciousness is then accepted and stored by the *soul/mind*; which then influences the activities undertaken in the *body* of this world on the level of the five senses.

The key to note is that the process of man’s 3-fold nature works every time whether we allow it to be fed with ideas from spirit or with ideas from the community/race consciousness.

Idea-processed by the soul-leads to action in the body of this world.

If this three-fold nature is true then there is a common basis from which we can all answer question 1 of the “harmony formula” above: *1. Who am I?* We now have an opportunity to move away from self-definitions that vary in accordance with the particular role we find ourselves in or perceive ourselves as being in. We now have an opportunity to create new self-definitions focussed on the stable 3-fold nature/core of ourselves.

Pause, ponder and document your “new” self-definition.

⁹ please refer to definition 2.2

¹⁰ please refer to definition 2.3

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

Now what of the other two questions of the “harmony formula”: 2. *What is my life purpose?*
3. *Are all my actions in alignment with 1 & 2? Are my actions in harmony?*

5.3 Awaken to all of you

5.3.1 - Be conscious of all Seven Aspects of Living and Being

We all get caught up in the business of daily life in the 21st century, racing the clock, attending to such things as learning academic material; preparing for and sitting exams; meeting deadlines; achieving work objectives established by our bosses; keeping businesses afloat; job hunting; surviving; making money; providing clothing, food, transportation and shelter; paying bills; being a good father, mother, care-giver, spouse, sister, brother, friend, lover; looking good; to name a few.

We all perceive that getting up in the morning, taking care of hygiene matters, and attending to the above type of daily routine, will of itself, be insufficient to attain a sense of living life harmoniously, of living a fulfilling life. Yet many of us cannot seem to get off this treadmill of life.

Reach for your own copy of the ¹¹*harmometer*®, which is a tool I am recommending that you work with. By so doing, it is my belief that you will be informed of seven aspects of living and being that need appropriate focus and attention. You will gain knowledge of where that illusive void lies. You will assimilate the simple mechanism incorporated within this tool, designed to help you identify any gaps in our life. You may even gain new/renewed insights on a sense of purpose.

We are actually multidimensional beings capable of appreciating and treating all seven aspects of being consciously. We can awake to the fact that up to now, the interplay between all seven aspects of being may have eluded our conscious awareness. **NO MORE!!!!** The seven aspects of being are

1. Spiritual - which keeps us in tune with universal, divine intelligence, the realm of all potentiality for utmost good for all concerned. What I have come to view as the real core of our being
2. Emotional/Mental - which is where our perceiving, thinking, feeling and reasoning nature lie.
3. Relational – which is where our interpersonal communication, our “one-to-one” relationships play out

¹¹ Pull out the extra flap attached to the back cover of this book which has a copy of the *harmometer*® for easy reference

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

4. Social - which is where communication with a community, our “one-to-many” relationships play out
5. Physical – which is where we interact with the three-dimensional world from the point of our five senses; see, touch, hear, smell, taste. The focus here is on our general wellness.
6. Vocational aspect of being which is concerned with our calling towards a particular occupation (student, employee, retiree, business owner, singer, writer, musician etc)
7. Financial aspect of being which is simply concerned about our money matters

ACTIVITY 1

Take your copy of the *harmometer*® and ponder these seven aspects of being 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. Note that there are blank pages to the back of this book to facilitate your starting this documenting process. Consider the following questions:-

- 1.1 Does any of the seven have a special appeal to you?
Why?
- 1.2 Is there any aspect of being that you have been overlooking? Why?
- 1.3 Which one of these seven aspects of being will you give focused attention over the next week? What specific actions will you take to grow in this area? At what specific time of day? How much time will you commit to this each day over this next week? [We are saying a week so that you can just get started right now.]
- 1.4 What changes do you expect as a result of taking these actions?
- 1.5 Do you perceive your *life purpose* and any alignment with any of these areas of being? Write it down, meditate on it, and see what plans are revealed and evolve over time.
- 1.6 Can you perceive how the seven aspects of being interplay with each other in your own life, world and affairs?

After the first week, check your level of accomplishment against the commitment you had made to yourself and then take a week off. Repeat the exercise thereafter as often as there is a felt need; seeing areas of improvement and seeing if a different aspect of being tugs for attention.

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

So now you may be thinking, “OK I can appreciate how the **harmometer**® can enhance my conscious awareness of the seven aspects of living and being. I can even concede that it helps me clarify my **life purpose**. But what about question 3 in the three step formula - Harmonious actions?”

5.4 Awaken to invisible energy flows

5.4.1 Be conscious of your energy level

Any action, to be sustained, requires energy. Alignment with **life purpose** gives motivation, a reason for action. It is, however, high energy that ensures consistency of action. At some point in our life we have heard the statement “Energy is neither created nor destroyed it merely changes from one state to another”. We, however, may not have applied this to our own internal energy systems neither to the transfer of energy between each aspect of being nor even to the transfer of energy between persons during any interaction. With the **harmometer**® there is a simple scale/scoring system to rank your own internal energy level for each of the seven aspects of being. Additionally, the same scoring system can be used to evaluate the impact any interaction had or is likely to have on your own energy system.

The **harmometer**® scale is shown in the following table

1 ENTIRELY DEPLETED	2 LOW	3 NEUTRAL	4 HIGH	5 ENTIRELY UPLIFTED
--------------------------------------	------------------------	----------------------------	-------------------------	--------------------------------------

If you had to choose to open one of the two doors below to interact with a group of people who would support you as you uplift your life world and affairs, which would it be?

Door#1 leads to a room full of non-achievers, nay sayers, believing in doom and gloom, all with their energy levels entirely depleted, and generally an air of hopelessness prevails.

Door#5 leads to a room of high-achievers, sharing their knowledge, skills & ability with each other, seeking additional opportunities, all with their energy levels entirely uplifted, and generally an air of having fun, a sense of oneness and a “I CAN” attitude prevails.

Each room is a depiction of you and your inner chatter/your inner-thoughts, depending on the energy level of and interplay between each of your seven aspects of being.

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

Let us agree then that the intention is to maintain our energy levels on the *harmometer*® scale at 3 or above. Additionally, let us recognize the signal that there is need for appropriate corrective steps to be taken whenever the scale is at a score less than 3.

ACTIVITY 2

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. From the *harmometer*® :-

- 2 Consider the *spiritual* aspect of being and imagine that your energy level is at its lowest - entirely depleted (a score of 1). When you are in this “entirely depleted” space *spiritually*, consider in turn its impact on each of the other six aspects of being?
- 2.2 Now imagine that the energy level for your *spiritual* aspect of being changes to its highest - entirely uplifted (a score of 5). What can you see in your minds eye happening to the energy levels in the other six aspects of being?
- 2.3 Now take the *emotional* aspect of being and repeat the exercise first with the energy level being at its lowest, then changing to its highest as above.
- 2.4 Keep repeating the exercise using each of the remaining five aspects of being in turn.
- 2.5 Do you have any new insights/revelations on the interconnectivity between the seven aspects of being as a result of this exercise?
- 2.6 Have you identified any one aspect that has the greatest influence on all the others for you?
- 2.7 How are you going to use these insights/revelations to positively influence your life?
- 2.8 What commitments are you willing to make to yourself in this regard?

Space 4 More

Harmonious Freeflow and Overflow in Daily Life

We have now complete phase#1 of the program, the “Awaken to ...” phase. We are now intimate with the *harmometer* ®¹² and the 3-step harmony formula¹³. We now know how critical it is to stay in alignment with our 3-fold nature in order to have optimal results¹⁴. We are clear that we are multidimensional, that there are seven aspects of living & being, and that energy is transmitted between each¹⁵.

Now its time to “**Stay Awake.....**” and consistently utilize this knowledge to its fullest advantage in our everyday life, world and affairs.

¹² Please refer to chapter 4

¹³ Please refer to chapter 5.1

¹⁴ Please refer to chapter 5.2

¹⁵ Please refer to chapter 5.3 to 5.4