

<p>LUMINOSITY = clarity, focus, ease, and grace <u>in action</u> Living the life you are meant to live. Focused action. Dancing with your dreams, engagement. Expressing yourself.</p> <p>Luminosity is the result of <u>action</u> that reflects who you are. Demonstrate a Life's Intention (metaphysical) in physical reality.</p> <p>Physical Reality = dense, impermanent, unpredictable (waves) Metaphysical reality: unlimited possibility, ideas, dreams, visions ...timeless spiritual principles, unchanging (ocean)</p> <p><u>Trouble at the Border</u>: Saboteur voice = resistance to change Survival, protection; anything new or different = danger</p> <p><u>Obstacles</u> = create interest, opportunity to develop mastery</p> <p><u>Game worth playing</u> = a Goal based on a Life's Intention personally meaningful opportunity to contribute/express myself</p> <ol style="list-style-type: none"> 1. Choose a life intention that is important to you (value "5") 2. Write "I am willing" in front of it. 3. Create a SMART goal. Keep it short and to the point. (Specific, M measurable, Attainable, Relevant, Time based) 	<p>Nevertheless, I am willing... You already are what you are willing to be. You just need/want to demonstrate it.</p> <p>TOOLS for playing the game...</p> <p>EXERCISE: <u>Life's Intentions</u> Inventory (p72-73)</p> <p><u>Affirmation</u> = statement of what is true right now (monkey mind has no objection to truth)</p> <p>Write: "I am willing to be" before each of your life's intentions.</p> <p><u>Standards of Integrity</u> = principles that guide you to wake up to your true nature. They reflect what endures.</p> <p>EXERCISE: Your Standards of Integrity (values) (p86-90) Create a list of qualities/attributes/traits you admire.</p> <p>This list is a reflection of who you are. Qualities you value in others are the qualities that lie within you.</p> <p>See directly <u>into the heart</u> of who people really are, ontologically. (p127)</p>
<p>CLARITY = seeing what is truly important</p> <p>When you see clearly where you are, you will intuitively know what to do next.</p> <p>EXERCISE: reveal the <u>Saboteur</u> voice (p25) Identify 3 unfulfilled Goals/Dreams, list recurring themes/excuses</p> <p>EXERCISE: list Monkey Mind symptoms (p59-62) Just observe. Notice they don't change, no matter what the situation or goal.</p> <p><u>Monkey Mind</u> vs <u>Wisdom</u> Insistent, survival oriented, dread/doom, defensive, humorless Compassionate, spacious, humor, generosity, sense of all is well</p> <p>ASK yourself... (instead of 'What should I do?')</p> <ol style="list-style-type: none"> 1) What is there for me to see about this situation? 2) What is important or meaningful to me about this? 	<p>FOCUS = directing energy/attention toward what calls to our ♥</p> <p>Our conclusions shape our personal life experiences. Focus on what you want to create and contribute.</p> <p>Process we use to create our life experiences:</p> <ol style="list-style-type: none"> 1) Form a conclusion 2) Gather evidence to validate the conclusion 3) Show up/react based on the evidence 4) Others show up in response to our behavior <p>Whatever you focus on repeats itself. Shift your attention to luminous thoughts/conclusions... like your <u>Life's Intentions</u> and <u>Standards of Integrity</u>.</p> <p>How to shift your focus/attention?</p> <ol style="list-style-type: none"> 1) Observe, instead of analyze. 2) Be willing. 3) Ask yourself ontological questions that open possibility. 4) Be gentle with yourself. Keep walking.
<p>EASE = venturing toward our dreams without struggle Ease ≠ Easy. Ease happens when your actions are coherent.</p> <p>Coherence = actions in alignment with what you value</p> <p>Take corrective action to restore coherence. Small actions lead to whole-life results.</p> <p>We are here to become conscious conduits of energy.</p> <p>Focus the <u>six energies</u> on your goal: Money, Time, Physical Vitality, Creativity, Enjoyment, and Relationships (give and receive support, talk about what is important to you – your goals, dreams, and Life's Intentions)</p>	<p>GRACE = the outward expression of inward harmony of the soul</p> <p>Principle = guideline (from within), not a rule (imposed) Practice spiritual principles precisely.</p> <p>Shift your focus from responsibility to privilege. Happiness = feeling. Focus on Luminosity (greater). Discover ways to contribute to others.</p> <p>Cultivate gratitude. Keep a gratitude journal. List 3 things you are grateful for each night. Savor the feeling.</p>

Stage 1: CREATION (occurs in metaphysical reality)
Stage 2: LIFT OFF (transition from metaphysical to physical)
 'Trouble at the Border' requires most energy, subtle movement.

Stage 3: MOMENTUM (flow) Enjoy results, pace yourself.
Stage 4: STABILITY (mastery) Beware of entropy, finish.
Stage 5: BREAKTHROUGH (create new goal)