



the laws of nature
for a better life

Christopher Walker

The Laws of Nature for
a Better Life

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To the Aboriginal people of Australia.

To my brothers and sisters, we say "Sorry."

Our humanitarian footprint begins with how we treat one person; ourselves. However, it quickly spreads to how we treat our significant other. Here is the foundation of world peace and harmony. Here are the foundation stones of real leadership in the world of change, the environment within is revealed only in the way we treat others.

Dear Friend,

By bringing the laws of nature into your heart you are bringing nature to your life. The results are amazing, a new way of thinking, a better way of caring, a more humanitarian way of integrating self-development with global development. It all begins with the environment within.

I started my career as an environmental engineer. My clients managed huge multinationals. They were in charge of all sorts of polluting industries. These leaders would invite me home for dinner, and I'd see how much they loved their children. Then at work, they'd make a decision to save money and pollute the very atmosphere their children were breathing. I was confused, baffled. For me, love included the environment.

For the past 20 years I changed my focus, I now work on the premise that the environment inside us, actually determines the quality of the environment outside of us. We are, in fact the environment we create. So, this book is about environment, the inner one, the workings of your inner world, your Innerwealth.

It's all very well to wave our arms in the air and worry about our 'carbon footprint' but what about our 'Humanitarian Footprint?' What about the way we treat ourselves, other people, and the products we accidentally endorse? We can be worried about the carbon footprint, but what use is a carbon free atmosphere if we treat each other like cats and dogs. Isn't it time to think differently?

The laws of nature are not a panacea for automatic perfection. Rather they are the opportunity for you to see cause linked to effect. To witness, and therefore affect, the order in the chaos.

With Spirit

Chris Walker

THE NATURE OF LOVE

We are connected to the earth and the
earth is connected to us.

Christopher Walker

The Spirit of Nature

When we contemplate and learn to become one with nature, our hearts open to its music. We say, "I enjoy nature," but what is it in nature that we enjoy? Something in us has been touched by the rhythmic movement, the perfect harmony of nature - a harmony that can be lost in the artificial life. This is the real temple, the true religion. If we are in tune with ourselves and the rhythms of nature, then one moment standing in the midst of nature with an open heart is like a lifetime of fulfilment.

A lack of harmony has disastrous effects on the world. All the troubles on our earth come from this dissymmetry. All the tragedy inside each individual and the multitudes. Harmony is best produced in one's own life. We see that the world today needs it more than ever. Perhaps there will come a time when nature's law and its philosophy become the religion of humanity.

The beat and pulse of the heart are harmonious. The inhalation and exhalation of our breath are the result of a continuous rhythm and tempo. All life depends upon this musical pattern. The breath manifests as voice, word, and sound. This internal harmony, with its dependence on a perpetual cadence of notes, echoes the sound of a perfect song from the harmony found in the world around us. This is creation at work.

Content

	Introduction	13
Part 1.	Earth – Stillness	19
Part 2.	Water – Romance	57
Part 3.	Air – Self Love	117
Part 4.	Fire – Healing	187
Part 5.	Ether – V.I.P. - Vision, Inspiration, Purpose	249
	The Ancient Laws of Nature	295
	Author's note	307

Introduction

"Nature is the keeper of sacred law. Witness her life and compare it. She is the guardian of reality. Our expectations of nature are for her to be her best. To be strong, to change, to be calm and to surrender. To be born and to die. And in her existence, to evolve."

"Since the forest is the keeper of sacred law it is a worthy beginning to ask her to share principles of reality. The forest, the ocean, the sky, species, plants animals and insects all have a voice. It will require the deepest silence to hear it, that place you are invited to observe sacred moments."

Chris Walker

Introduction – The laws of nature

The Laws of Nature transformed my life and they'll transform yours too. That's why I share them. They are the best way of living and working in harmony within yourself and with others. They are a real, authentic and simple guidance to a happy, healthy and successful life. A sort of spirituality in reality.

My past and present clients from all over the world report amazing changes when they learn and then live in harmony with natural law. Their businesses thrive, their culture's revel in the inspiration and diversity, and it extends all the way to relationships and personal well-being. Testimonials confirm my own discovery that there's a refreshing relief that comes from understanding the way things work - whether it be a relationship with a loved one, a family, self, a business or the world. It's a strength that keeps people enthusiastic through thick and thin.

The laws of nature are universal. You find them everywhere. Therefore, this awareness is a chance to make global peace, one heart at a time. All people, no matter what their religion or culture, can experience the wonder and beauty of nature. It's the same everywhere, a common language like love, that can change the world. Living in harmony with natural laws, brings the balance back into our busy lives. It offers you an opportunity to skip over the theory and dive straight to the heart of things. A direct and authentic path between where you are, who you are and where you want to be.

People are different in nature. They are more generous, creative and certainly calmer. Take a rough man, immerse him in nature for a while and his demeanour will transform. Take a business tycoon and sit him in the midst of the Himalayas for some time. He will automatically lose his passion for excess and begin to moderate. We are from the earth and resonate with the earth. We are kinder, gentler, friendlier and more considerate human beings when we are connected to the land.

Therefore, we should be afraid of losing our connection to the land, to nature. Disconnection is disconnection; it is not isolated to our environmental policy or our company's carbon footprint. It relates directly to the love we can share at home too.

Introduction – Your Innerwealth

I want to share with you ways to make the world a better place. You can choose to do this in your personal life, your relationship, your work life. It's all based around the premise that we create an energetic environment around us that affects everyone from those we love to those we don't.

Your inner environment is associated with the way you think, feel, experience, desire and witness the world. You can change it.

Your inner environment, your Innerwealth, causes your outer environment. The energy you project, the people you attract, the affect you have on others and the world comes from your inner environment. My interest is to help you create the best inner environment so you create the best outer environment you choose.

The ancient laws of nature provide the platform for Innerwealth management. They provide you with an independent, self-determined strategy for inner self-management. They help you put your inner environment under your own control and therefore create the world around you that you choose. These are the skills we share with you. A way to bring your inner environment in harmony with the outer environment you wish to create.

The key is that you get to choose it. You can choose to find more love, more success, more health, more authenticity, more happiness outside of you. You get to choose it, from the inside out.

You'll also be refreshed by the freedom of choice and control you get. No one is dictating how it should be, just linking the inner world to the outer. The environment within to the environment 'without'. By getting back to basics you can choose to create the outer world that is right for you, simply by grounding your choices in an understanding of the ancient laws of nature.

Choose the way you affect the world, and how the world responds to you. We are the environment we create. The inner world causes the outer. The Ancient laws of nature, building a better world.

Introduction – Self-help – Helping others

There is a vast difference between self-help and self-obsession but most people don't understand that difference. Maybe now is a good time to refresh your memory in case you too have forgotten.

Self obsession on one hand is about “me, my, I” and self-help is about “you, your, other” We originally began self-development so that we could be better citizens, to contribute more to the world. Unfortunately along the way, commercial and power interests have gotten in the way, leading to the promise of enlightenment or eternal bliss. These are false advertising with about the same integrity as a used car ad in the personals.

You have to separate your personal stuff from your contribution to the world. One is focussed on how you feel all the time, the other is focussed on how others feel. The ancient laws of nature taught that we should consider the inner self as the key to contributing to others. It should not be a means to its own end. So, your self-development, your Innerwealth is how we bring the best to others.

It was taught and now can be remembered that, if you want the world to change, the place it begins is within yourself. There is no use asking for peace in the world if you, yourself, have no peace within. Even one hour of inner turmoil is equivalent to a radical extremist pushing the button on a nuclear war. So, we are very much talking about zero tolerance within, as well as without.

There is a vast difference between the fair weather sailor and a real one. Fair weather sailors go out past my window and into the harbour when things look fantastic. However, the weather is the weather and sometimes a freak storm comes. Those fair-weather sailors are always on the rocks, they blame the boat or the weather bureau, but really, it was their incompetence that caused their disaster.

In our lives, we cannot become fair-weather sailors. We have to be prepared for everything. It is not just about being nice to people when we feel good. It is about being generous to people when we feel bad. It is about attending a funeral with love still inside us, instead of on the rocks with grief or anger.

Part 1. Earth Stillness

"Stillness is real wellness. Your body is in perfect harmony within itself and the world around it. For most people it is an accident, a random circumstance they hope for in their daily life. We teach stillness and, therefore, perfect harmony, within and without."

Stillness

Have you ever experienced a moment where you felt absolute oneness with the world around you? A state when everything became crystal clear, still, and all of a sudden you understood the reality of nature in everyday life? It may have been after a yoga class or walking along the beach or even amongst the beautiful architecture around European cities.

Stillness is real wellness. Your body is in perfect harmony within itself and the world around it. For most people it is an accident, a random circumstance they hope for in their daily life. In this book you will learn stillness and, therefore be in perfect harmony, within and without.

Have you ever experienced a moment where you felt absolute oneness with the world around you? A state when everything became crystal clear, still, and all of a sudden you understood the reality of nature in everyday life? It may have been after a yoga class or walking along the beach or even amongst the beautiful architecture around European cities.

As a child I knew stillness. After my mother died, dad couldn't deal with the continual reminders of her passing so we left our hometown, our memories (at least the physical ones) and moved to the dusty Australian outback town of Mildura. How my father found the place on the map is beyond me. Suffice to say, I spent the next three years sitting in dust, playing with my toys, throwing stones at passing cars and burning down the backyard garage.

Around the corner, there was a bunch of old willow trees. Under those trees the Aboriginal people would sit to shelter from the sun. These were hard working people who picked fruit in the blazing heat for a small income. I'd often go there and sit with them. Big, fat women with huge breasts. They'd just sit there, sometimes laughing, sometimes making a comment, but they didn't talk much. It was just not their way. I felt comfortable with my aboriginal friends; they didn't talk much, so they didn't expect much. I felt strangely loved in the heat of the wind and the company of those beautiful old women.

Dad eventually married the housekeeper, a contract made out of desperation. He had three children under 10, a business to run, grief to deal with and in that dusty town, there were few other choices. My soon to be stepmother, Helen, threatened, "Marry me or I go", entering our lives through the strangest of circumstances. She was Irish and had a daughter from a husband who'd died in a motorbike accident. She was the complete opposite to my Aboriginal friends. She never stopped talking and I never felt welcome, never once felt loved. It's strange that a group of women who never spoke to me, made me feel loved, while the one that never shut up, made me feel rejected. Even her, "I love you" speeches felt rotten to the core. I am ashamed to admit it, but there were many times that I wished her husband had never died, or she'd been with him on that bike.

Helen was an alcoholic. A mad alcoholic. When she was sober she was great. When she was drunk, well, there was nothing she wouldn't do. And where love was missing, violence was not. She'd hit me so hard across the face I'd go down unconscious. The strange thing is I loved Helen and I think, in a really weird way, it was because of something learned from the Aboriginal people - "Doesn't matter what you say or do, you're OK."

Sometimes I'd lie in bed thinking of my birth mother. I call it thinking now, but really, there was no thought. I'd just lie there at night with her. There were no words or sounds but we talked, not with our mouths, but with our hearts. In the silence and stillness of those nights, I was never alone. But my Dad was. He ached and grieved, he worked day and night. His heart was shattered and I knew he couldn't talk to Mum at night. He was just too busy, and probably too afraid, to speak to her ever again. The pain would be too much.

There's another world out there, a quiet one, where words are not necessary, where books and spelling tests are of no real importance. A world where how much money you have or how you earn it just doesn't matter. It's a world you know when you sit around a campfire at night staring into the flames, chilled from the night air, and everyone falls silent.

Since my childhood this world of stillness has been a great friend. In that world there is another knowledge, a knowledge I feel in my bones, I know it, but there is nothing to know. I know people, but nothing about them that they think is important. There is light and dark, strong and weak, but there is no relativity. Nothing is good or bad, better or worse, it just is what it is.

I call it love, but I don't know what it is. I've tried to describe it, but that's impossible. I've called it emptiness, but I'm never empty when I am there. I've called it stillness, but I am never still when I am there. I've read about soul, but that isn't it. I've read about God, it is not that either. Stillness is ...another world.

I do not have to go anywhere to find my stillness, it is within me. I lose the connection sometimes when I am stressed or in a rush or ambitious or greedy. But all I have to do is to stop all that, and it's there.

There are no secrets in this other world. I know you. Are you pulling or pushing, truthful or lying, healthy or dying? There are no questions, there are no answers, there simply is.

This other world has no laws like the world we all live in. There is no time in which to create such things. A void exists and in that void there is an amazing vastness, infinite yet finite, empty but full.

To force myself into this space is impossible. I have tried. I studied Zen and Yoga but these were not my way. My way is nature because it is in nature I know my roots. In nature I stop thinking, doing, trying, knowing, wanting, asking and needing. In nature, it just is.

I discovered my intuition deep inside this empty space I call stillness. In this emptiness I hear without hearing, see without seeing. There is an awareness that comes almost as if I were being fed information. I can easily block this intuition. All I have to do is to want it.

Over the past years I have attempted to teach this stillness to many people. I have built yoga schools, run retreats, taken almost 40 groups to the home of stillness in the Himalayas of Nepal. I have come to appreciate that what came easily for me is not necessarily so simple for others. At first I lacked a lot of compassion for people who couldn't find this stillness, but over time I've come to see that it is not easy.

I don't like sitting still, so my stillness is not a static one. I was not born with a great IQ so my stillness is not an intellectual one. I have dyslexia so my stillness has not come from reading books or being educated. So, I find it hard to teach it.

I think the perfect way to teach stillness is to help people experience it. In my workshops I used to teach a process called the "Collapse" developed by Dr. John Demartini. It is a great and precious tool for those who choose the path of intellect in finding love.

You have stillness in your heart too. It feels like depression, emptiness, nothing. It is the place within us where nothing exists, a void without identity. No soul, no god, no labels.

When I take people to Nepal we chat about all manner of things, but we are just killing time so that their mind can release. Some people talk all the way up and all the way back, they never release their mind. I feel for them because they return unchanged except for some new happy snaps and a few kilos lost.

People are afraid of this emptiness because they feel "out of control" They can't label it, use it, manipulate it or sell it. Stillness does not make us wealthier, smarter, more successful or even healthier. So people fear it. Why go where there is no benefit to be gained?

But for me, this is where I meet my real existence. I am the void, connected to everything, belonging to nothing. I am everywhere but nowhere. For me, this stillness is mindless and, therefore, real. This other world has meaning, breadth and depth. It is love but not the romantic sort. It is a space from which I am guided, a real of truth, of certainty without words, directions or conditions.

When I went to Santa Fe, New Mexico in the US in search of a medicine man, I had no idea what to expect. I had been in New York selling my poetry books to make the rent and woke one morning with an address and an urgent need to go meet this man. After travelling for days, we met. He sat me down on the sand, opened his leather briefcase and took out a claw, a scull, feathers and some cloth. He never spoke. But we connected in another world.

On my first trip to Nepal I was snowed into a lodge with my leg was swollen and painful. Alone and fearful, I huddled by the small copper stove. A man came up behind me and placed his hand on my shoulder. I didn't look around, I couldn't. He stayed there for what seemed like half an hour, then turned and left. He was a monk and we connected. He healed me and probably saved my life. It was love.

Over these past 40 years of my journey, I have connected with many amazing people. Not one of them said a word. There was no need. They too live in this "other world" where there is no attachment, no language, no time.

You might think this space is lonely, but I am never alone. The spirit of earth, animals and special people exists in stillness. Here there are no walls, no boundaries, nothing to possess, nothing to gain and nothing to lose.

In the empty space where the ego is not, there is silence. I have come to call this place love. Nothing can leave this love. Nothing can enter it. I have no control over it, nor does it over me.

Once on a retreat, I was walking down a path and there was a flower wilting in the sun. Nearby was a puddle. I thought about watering the flower, but was lost in the void. Should I steal from the pond and save the flower? Who am I to choose? If I do I am changing perfection, if I don't move I am changing perfection. In this moment of stillness there is no "I" so there is no choice.

We live in a real world where choices are paramount and the quality of those choices has been echoed throughout this book. Yet, we also live in another world where action, decision, accumulation, perception has no value at all. One is relationship, the other is love. You can have both if you wish it.

A Quick Course in Stillness

In order to learn the skills of jumping the ego, you will need to be prepared to practice certain disciplines. The learning can take some weeks, but in the end the space you will own and be able to return to at will is worth the effort.

Finding Stillness

Stillness comes when we are without disturbance to our heart and mind. This means action with complete certainty, open mindedness and compassion. In other words, without emotion. The emotional person has only glimpses of stillness. The remainder of the time they are in the turbulence of life, spinning around thinking, worrying, stressed and making effort where no effort is required.

A few moments of stillness in the average life can be transformational. Life exists in stillness because the ego, the illusions of life, does not exist here. Ego is the mirage, the illusion that our thoughts, beliefs, reactions, associations and experiences are real. Stillness is the awareness of the opposite - that in nothingness there is life because there is love. Love is the real pursuit of existence. Stillness.

You may want to change cities, live in another country, find a new job, get over some issue, change the world, transform a social norm, fight against global warming, protect the children, defeat evil, stop the war, feed the hungry, raise awareness and be a good person. And we can respect the human need to find a cause, to express a social good and fight against injustice. But if any of this is done without stillness it can become just another part of the melodrama. We need stillness to create a purity in our intent. What is done from love will become love.

Step 1. Dead stillness

If your body, mind and heart were a horse and carriage, the horses would be the body, the carriage the heart and the driver the mind. In the vast majority of people the horses drive the cart rather than pull it. In other words, most people let their body rule their head and heart. Therefore, the first skill required to understand the art of stillness is to train the body to obey the mind. That means, being dead still for 10 minutes, in one place, not even moving a finger. Try it. It is harder than you think.

Step 2. Observation

How many times have you found yourself angry and frustrated because someone doesn't understand you? This reveals a common human issue. We think that we are what we think. Attachment to our knowledge, beliefs, stories and expectations spells trouble for all of us. From this fundamental place all our struggles and challenges begin. Therefore, separating ourselves from what we think is a magic pill, an automatic release from a very troublesome habit. See if you can conceptualise this. You are not your morals and ethics. You are not your achievements. You are not what you think. Your opinions about things are your egoistic projection of who you think you'd like to be. Everything that you think, know, believe and worship is simply your ego trying to create some sense of permanency in an impermanent life (you are going to die one day).

Once you have learned to be "dead still", the second discipline is to kill the power of the ego. "Dead thinking". In a state of dead stillness - and preferably only after you master that skill for 10 minutes - you start to withdraw yourself from your thoughts by just watching them. This is more challenging than it sounds because you must' try. You must let any thought surface that chooses to be in your head. They might not be "nice" thoughts according to your projection of who you are, but this is the art of emptiness - watching your thoughts without expectation or judgement. It sounds boring to some people, a waste of time to others, but please, tell them it's OK You will return to your ego too once you've finished.

Step 3. Real expectations

If our expectations are real then whatever happens in life will not disturb us. Most people are disappointed with the world because what they think should happen, and what actually happens, are different. This is the most challenging step because it involves re-engineering the structure of the ego. Disturbance comes to us because our expectations are not met in life. However, sometimes those expectations, and not the event, are at fault. As a result, we commit a grave act of violence on others and ourselves; expectations that are false. So this third and most difficult step is to change the way (not what) you think.

Non-disturbance means thinking with real expectations. There are five key principles that underpin these real expectations. They are a filter through which illusion cannot pass. At first these five principles are challenging and it takes some tough love to make your ego let go of false stories and attachments. But it will, if you just persist.

The five universal laws of nature are simple but your ego mind might just kick like a horse when you consider them.

- 1 Balance – Support and challenge are balanced and you live on the border of both.
- 2 Harmony – What you appreciate grows. What you don't appreciate you attract.
- 3 Abundance – Nothing is missing it just changes in form.
- 4 Growth – Evolve or devolve, about growth you have no choice.
- 5 Higher order – There's order in the chaos and someone always sees it more than you.

The skills required in the development of these five ego filters can be challenging. For example, most people think there can be a right without a wrong, a bad something (like global warming) without a good.

Step 4. Mind control

This step of inner stillness involves just four states of mind from which all can flow. Those four states of mind are:

Gratitude
Presence
Certainty
Love

Gratitude

Wanting to change, fix or make better can be motivated by many things, but the worst is ingratitude for what we have. Sitting looking at your dinner plate, wishing it were different, causes illness no matter what the food. Some people spend a fortune on organic produce and then fill their mind with complaints about global warming. Health and gratitude are the same topic. Maybe this is the real middle path. If there are two sides to everything (the first law of nature) then surely if we are thankful for one side (the positive) and unthankful for the other side (the negative) the consequence is neutral. Neutral is referred to as “An Open Heart.” It is an amazing state from which to act. Being thankful for the gifts that come from the negative and the positive means that in pain or suffering there is good (please avoid the idea that the reaction to pain, challenge, suffering is the gift – pain takes us somewhere and that is the gift).

Presence

Emotion and presence are enemies in battle. Emotions cannot exist in the NOW. They can only exist when we think about the past or the future. Fear and guilt. So the emotional person is both dwelling in the past and hopeful for the future. This turbulence eventually sabotages all they desire. Learning the art of presence comes automatically to those who practice stillness. When we are present our relationships thrive at both home and work. Long-term lack of presence will result in problems with the nervous system, mental health problems and stress related illness.

Step 4. Mind control (cont'd)

Certainty

For most people, hard work and certainty go hand in hand. The average business person might perceive that the harder they work the more they are guaranteed of achieving their goals. A performer and an artist know better. Discipline and application are keys to positive results from our time and effort, while hard work and stress does not cause any increase in the certainty of the outcome. Certainty comes through simplicity. Name the four things that, if you did them with absolute diligence on a daily basis, you would achieve your dreams. For example, my purpose in life is to guide people to love. So my four things to do every day are to explore, write, share and inspire. If I do these those every day, I can forget the goals because my daily habits will cause them automatically. Certainty comes from patience, contentment, silence, balance and calm. When you stop wanting and appreciate what you have this energy generates the certainty to manifest what we want in life.

Love

Many people say, “Do what you love” but wisdom is to learn to “Love what you do” – no matter what it is. To love is an unstoppable force, but it cannot be applied exclusively. The individual who can learn to love their circumstance will forever find happiness and not have to run from it physically or emotionally. Many therapist, healers, yoga teachers and change consultants must learn how to love their client before they embark on changing them. Do not divide the world into lovable or unlovable. Don’t waste time running around trying to create more of the lovable half and eradicate the unlovable half. Learn from nature that everything is worthy of love. From this perspective all healing begins.

Step 5. See with your heart

You have to learn to become what you see. Seeing with your eyes is not good enough, you must learn to feel it. You see a rose with your eyes but if your heart is not stilled, you won't feel it. It is not true witnessing, is it? When you see the rose with your eyes there is no real experience; you are just summoning a memory from the past and this seeing is actually recollection. You see it and go "Ahh, that's a rose" - you intellectualise it and keep moving. Do you really experience anything? Only an experience of the past. Your memory even substitutes the smell because you are just too busy to keep smelling things. Your mind says, "I already smelt a rose". But what about the rose you are looking at now? Just a short glimpse of anything is enough to revive the memory of the past experiences. We simply pass on the thinking part..

You must remain with the rose. See it with your eyes, and then feel it with your heart. How do you feel it? Smell it, touch it, let it become a deep bodily experience. Close your eyes and let the rose touch your whole face. Let your eyes and the ears touch it, smell it. Taste it with your mouth. Put it against your heart and be silent with it; give this rose a chance to be itself, give yourself the chance to experience the feeling. Forget everything else, forget the whole world and make the whole world just this rose. If your mind is thinking of other things then your experience of this rose is not real. It will not penetrate deeply. Forget all other roses, do not compare it to any other rose or any other flower. There is no need to say this is an Australian rose or a Russian rose, or that it is better than any other rose or not as pretty as the rose I saw last week. They are unnecessary thoughts. Be here with this rose now and experience all it has to offer.

There are many people who will find this exercise difficult because they are not sensitive. It is often more difficult for men because many have not developed their aesthetic senses. For most people, there will come a moment of no separation and you will say in your heart, "I have become a rose, I am a rose". This is what happens in love. If you are in love with someone you forget the whole world. If you are still remembering the world then this is not love. When you have forgotten the whole world; only the beloved, the lover remains. That is why I say love is meditation. You can use this technique with the rose to find your partner, explore him or her and know them completely.

Step 5. See with your heart (cont'd)

Over the past 40 years we have seen people lose the skill of becoming one with the object of their love. They sit on the surface of sex and do not understand the relationship between love and sex. Sex is like the hallway to the place of total presence where the object of love and the lover become one. Just as with the rose, it is possible to become so connected to the object that there is no separation. What is experienced in this time, is not a sexual thing but true love and intimacy, Sex for lovers can be like the scent, flavour and touch of the rose; it can draw the senses inward until there is no separation.

Zen masters have used rocks instead of roses for the object of their meditation. They say that if they can become one with a rock, there is no human being on earth that they cannot become one with. A rose for them would be too easy. But we are not Zen masters and, therefore, need to begin this practice with something that we already love. Choose an object that is precious to you. Feel it, go deep into it, and let it go within. It is not for the purpose of achieving pleasure, but for the purpose of achieving stillness. The moment will come when all other objects have left you, and only one in front of you, and then this one will disappear too. When you have forgotten all, you and the object will merge.

Step 6. Inner sight

Every person in the world should train themselves to depend on the third eye as much as possible. It can make you a power in your day, if not in the world. It can work out your destiny. By having mastery of it, you will become an architect of your own life on earth and learn self-reliance. The third eye awareness will keep you wholly within the bounds of right dealings with all others. Then you will be able to show a generosity with the things that self-awareness has accumulated.

Through third eye awareness you will begin to perceive the true significance of environment, whether it is of the past or of the present. You will rise above conflict. Then, in that acuteness of reality, you will discern the true significance of environment. You and it will become merged and your true nature will just open in front of you. In that clarity of thought there is no deception, insecurity, withholding, or limitation.

When your eyes come to the front of your head they are in attention. When your eyes soften toward the back of your head they are in awareness. One is hard, the other soft. One creates tension the other releases it. First try it in selected periods. For one hour just be attentive to your breathing. Over time you will be able to change your attention into awareness. Then do some simple things like walking. Walk attentively with full awareness of walking and also of breathing. Attention is to focus on just one thing, awareness is to be able to hold that focus and do many things. Do not create any opposition between the two actions of walking and breathing. Be a watcher of both. It is not difficult.

When you have mastered awareness over attention, these exercises help to open the third eye. Close your eyes then focus both in the middle of the two eyebrows. Focus as if you are looking with your two eyes. Give total attention to it.

Step 6. Inner sight (cont'd)

It is an amazing awakening to finally become aware of Prana in your centre of imagination. A blur will develop between reality and your imagination, dreams and visions. Now this throws a whole new light on thinking. Focusing on the third eye and awareness of life force, you become connected, you feel it, it is you. This is the key. You feel the heat and warmth. If you are cold within, always feeling chilled, you have lost the inner glow, the warmth of self-love and the life force has escaped. You need to turn the world inside yourself, find the third eye and feel the life force. Then inner beauty will come and you will again feel the warmth of inner strength return.

With the third eye awareness you become aware of the harmony of things, pictures, thoughts and people. This is why in the ancient practices purity - not moral purity but physical purity of the body - was also important. They were concerned with the vibration, the health, of all matter that surrounded them including food (see later chapters about this). Because if you awaken the centre of imagination and there is impurity it becomes very dangerous - to you and to others.

The Buddha said, "Now that you are centred in the third eye, dream and reality are one. Whatsoever you are dreaming will be real, and vice versa". When you are focused on the third eye, imagine that the essence of Prana is showering from the top of your head just as if you are sitting under a tree and the flowers are showering. Or you are under the sky and suddenly a cloud begins to shower. Or you are sitting in the morning as the sun rises and the rays begin to shower. Imagine, and immediately there is a shower -- a shower of light falling down from the top of your head. To shower recreates you gives you new birth. You are reborn. Witnessing is inner listening.

Step 7. Act on your inspiration

Inspiration is a higher consciousness form of intuition. It is an inner response, a deep intuition, a stream of wonder and bewilderment that comes to the individual through mysterious means. When a truly inspired person has received an inspiration, be it a writer, a poet, a composer, or a creator, they are totally satisfied. Their satisfaction is not with themselves but with what has come to them. Inspiration is called “the soul’s reward”. It does not come from us but through us and requires steadfast diligence in thought, vigilance in word and a deep order to make it manifest.

Inspiration may strike at anytime. When the mind is open and at rest the possibilities are limitless. There are moments in our daily routine when inspirations may occur; when we take a shower, run a mile, swim in the ocean or play golf. Truly inspired ideas will flow in these moments of presence and calm. It is difficult, however, to capture these precious moments. They appear in pictures and must be recorded either in pictorial form or words. Yet as we do so, we lose some of the purity of an inspiration while translating it to the heaviness of matter.

Inspiration comes to the mind with no great cost. No one person is more worthy than the next for inspirations. However, to those with noise in the mind, inspirations may go unnoticed. The less we act on them the harder they become to hear. What we don’t appreciate we lose, and so it is with inspirations. Should we receive them it is our duty to bring them to form in the shape of words, pictures and ideas. We always have the choice to hand them to others or keep them for ourselves.

It is not by hoping for something that we are able to receive it. It is not by straining the brain that one gets inspired. It is not by worrying for days on end that one is able to compose a piece of music. A person whose mind is cluttered, worried, stressed or angry cannot receive inspiration. The individual who receives inspiration is a tranquil and unconcerned soul; calm and assured about what is coming. Certainly they desire to receive something. They are passionately waiting to conceive it. It is by focusing the mind to the divine mind that, consciously or unconsciously, we will receive inspiration.

Step 7. Act on your inspiration (cont'd)

Inspiration comes from the divine mind. What the great musicians, poets, thinkers, philosophers and writers have left to the world is a purity of inspiration. Inspiration comes to the artist as though by another hand; they will create as though their eyes were closed and their hearts were open. With this guidance they will create or paint with little recollection of how they produced their final piece. Inspiration comes to a musician as though through the voice of another. The music will appear as a complete song with perfect melody and rhythm. A poet's inspiration comes to them as though someone was dictating and they were simply writing it down. There is no strain on the brain while writing, no anxiety in receiving this information.

The best way to tap genius is to make yourself an empty vessel free from pride of learning or conceit of knowledge. Become as innocent as a child who is ready to learn anything that is to be taught to them. It is the one who becomes a child before God, while at the same time longing and yearning to express the music of their soul, who becomes the fountain of universal consciousness. From that fountain, divine inspiration arises and brings beauty before all those who see it.

Step 8. Follow nature's guidance

The revelation is that every leaf of the tree becomes a page of the sacred scripture once the individual has learned to read. Great books become secret codes to the deeper mysteries and your life becomes a mirror of the divine laws that permeate the universe. Your separation from God and the universe can only exist when you consider yourself immune from the great laws, or you consider those great laws unevenly applied. Some individuals perceive a sense of great worthiness. This is separation because it implies that by doing good you become more worthy. Just like creating your own worthiness, people tend to condemn themselves with judgement. This is a dangerous practice as our thoughts create our reality. It is truly your own thoughts, which can consequentially result in the end of your existence.

The great mystics knew this. If they wanted to understand something, they simply observed it, they didn't criticise it, condemn it, reach out for it or avoid it. They just sat in silent observation of it. Great composers, artists and inventors have always had the capacity to be alone for extended periods of time. The greater their achievements, the more alone they were. Edison lived, ate and slept in his workshop laboratory for weeks at a time. Interruptions would bring his mind back to the surface layers, so he would immerse himself in the inspiration of silence for days at a time. It was through this isolation that his subconscious mind could access that great ocean of knowledge in the central courts of heaven. It is from here we can tap discoveries.

Step 9. A purpose greater than self

Why am I here?

Where am I going?

Who am I?

Where did I come from?

These are the perennial teachings of life. Universal questions require universal answers.

The more certainty we have regarding the answers to these four questions, the deeper our stillness will be. The higher the answer, the deeper the individual.

Our individual Life Purpose is the highest attunement of our life. Purpose centres us, determines our field of influence and, therefore, our attunement to the greater harmony of life. Our conduct depends largely on our level of devotion to our purpose. It is an additional motivation that respects a power greater than our self and although our occupation changes our nature, our purpose remains constant.

Most people have not reached a clear state of realising exactly what they love to do and what they are good at. By simply being aware that there is a greater plan for your life waiting to unfold, you will begin to become in tune with something greater than yourself. Every incident that comes into your professional and personal life will be an opportunity to celebrate and unravel the mystery of your life.

Examine your attitude. Sometimes people feel that whatever work they are doing it is not sacred, not intended for them. They blame the work. The missing piece is not the work itself, but understanding its context in the bigger picture of their destiny.

Inspired is when the inner voice speaks louder than the outer voices. In those magical yet transitory moments when you are able to be in the silence of your own beauty the inner voice may speak. This inner voice is no human voice. Inspiration on a daily basis found in the eyes of loved ones.

Step 9. A purpose greater than self (cont'd)

It is in the doing of things that the wealth exists. A person who can say, “I love doing this” is far more rewarded on the cosmic level than the person who says, “I am doing this job because I’ve got to do it”. Even an open heart will close if inspirations are not being expressed - the artist must paint, the sculptor must sculpt and the doctor must heal. All your inner stillness must result in action. When you do what you love and follow this inspiration your opportunities expand ten fold. That’s not to say things won’t get tough, they do, but when you do what you love, the challenge is worth it.

Many years ago, I sat on a mountaintop in Nepal. I had given much to be there and put myself at some financial and physical risk to arrive at this summit. It was my belief that in achieving this “peak” I would be somehow transported emotionally and spiritually.

In my overloaded backpack, along with my ice axe and rope, I carried my beliefs, emotional baggage and judgments all the way to the summit. Nothing really changed. I was just somewhere else with the same old consciousness. I realised then that unless something changes nothing changes, and the thing to change was my consciousness. My judgments of myself and others.

The gift of reconnecting with nature is that we change at the core. It is not something we add, design, manipulate or collect. It is a state we revert to - something already within us that we occasionally experience by accident. But now we reconnect for life. All the knowledge in the world will not bring us happiness if we are falsely defining ourselves by our identity. No matter whether I become a born again Christian, a Fundamentalist Muslim or an anti-globalisation protestor, all I change is what I judge, not how much. To really add more love to my life and grow spiritually, I must learn that whatever I judge has two sides and both add up to the whole truth as opposed to the emotional half-truth.

Stillness, the real home of a relationship, is a mindless state. It is a place of absolute stillness where we don’t want to go anywhere.

Step 10. Fall in love again and again

Go together into a place of beauty and solitude and stop. Stop wanting to stop. Stop wanting to go. Stop trying to connect to each other. Just find stillness. Don't speak, don't look into each other's eyes, don't try anything.

The person who finds harmony with nature does not give up material life, nor throw away technology or even stop the quest for self-improvement. They simply underpin everything they do with an awareness of stillness and peace.

In stillness, we are full. We are fulfilled, nourished, nothing is needed. No achievement can add to it. No pleasure can supersede it. We are content in our harmony with nature and, therefore, in this emptiness we are no longer imprisoned by our mind. It is the emptiness of our true nature that frees us to love.

When we reconnect to nature in stillness it calls us away from our ego mind. It calls us away from our emotions and judgments and requests that we sit still for a few moments in truth. A truth not dependent on our beliefs, religious ideology or social construct, but one that is found sitting by the edge of a lake, in silence, not thinking at all. When we feel this awe that comes from the awareness of beauty it reminds us of just how we felt as a child when we opened that gift we never dreamed we'd get.

Step 11. Overcome obstacles

Jane was proud to inform me, “I go into nature and sunbathe on the beach. I tan myself and feel totally connected to the sand and the sun.”

Not wanting to spoil her sense of achievement I responded, “The connection to the sun and the sand is profound, and you can magnify this too. You can listen to the sound of the surf, you can feel the wind on your body, you can really expand this experience. However, the most important element of connection to nature is ‘not doing’. When you sunbathe you are still trying to achieve something. You are trying to get tanned, and this, combined with the drowsiness one can feel in direct sunlight, makes it a little harder to stay present.

Being in nature is a non-doing activity. You just take time to go there.

Hints and Tips for Stillness

Techniques are temporary tools that form habits. Addiction to techniques is as dangerous as the lack of them. Forced adherence to concepts and practices separates us from nature rather than draws us back to her. Yet, in the beginning some guideposts are vital.

Stillness - reconnection to nature is environmental.

The love for nature and her seasons is the beginning. Celebrate the seasons, changing tides, unpredictability, the fun of being caught in the rain, the amusement of being trapped in an airport because of a “much needed” snow storm.

The emptiness of connection to nature.

What simpler philosophy can there be than emptiness = to sit in nature, be yourself and let your relationship just be itself? There is nothing to know. The green house gases are not a priority. Your yoga practice or bank account just doesn't matter. What school your children should go to and matters of the intellect are important, but not in nature. In nature is it who you are before you “try” that is important.

Really immerse yourself in nature.

Immersion is another technique for reconnecting with nature. When I take people trekking in Nepal they begin with a physical zealotness, but the mountain wears this away quickly. They move deeper toward their Innerwealth, their deeper strength, mental and emotional determination. But the mountains are never ending, the hills long and persistent. Commitments give way to frustrations, emotional outpourings and eventually the desire to turn back.

Be in the moment.

When we are no longer trying to climb the mountain we become a part of it. Then effort changes because we flow with life, we flow with circumstance. One step after the other.

Participate in nature.

Do something that brings joy to your heart. Take a photo, play a game, walk, learn or plant. There's a million ways to participate in nature, all of them stress reducing. The key is to become absorbed in the beauty of it.

Find balance.

It is so easy to bring our mental gymnastics into nature and waste our valuable time. When I take people into nature they talk about global warming and the green house effect; they talk about pollution and how tourism is destroying the environment. All of which is perfectly understandable. But this is not how we disconnect our spirit from nature. Seek the balance in all things.

You need a space.

A balcony, a street, a park, a beach, the riverfront. You need air. Whether you are in a prison cell with no windows or on top of Mount Everest, all you need is the willingness to be empty, mindfully, mindless, doing without expectation, focussed on the moment.

See order in chaos.

To achieve stillness anywhere and anytime, you look for patterns in trees, rocks, leaves - order. Even a dead leaf or a water pool has patterns. Break away from convention or judgement. In Kathmandu, there are some squalid parts of town, but amongst the stench and calamity I found a different story, one of kindness, mothering and families, hope, children and laughter. Force yourself past your conditioning; get past waiting for beauty to come to you by searching for order in the chaos.

Fill your mind with a single focus.

A mind cannot stop thinking but you can let it out of the box of judgments and expectations by taking no notice. It's like taking a balloon full of turbulent, emotional, conscious and unconscious thoughts and letting the air out. The empty balloon can be inflated again, but for now it's not controlling a bundle of hot air thoughts.

Learn to be empty.

It simply means not worrying, judging, wanting, desiring, wishing, expecting, being disappointed, hopeful, etc. No emotion, no mind; no ambition, no mind. This is emptiness and the best way to achieve it is to focus on seeing beauty. Anywhere, everywhere in nature.

Get out of town.

Find a nice place to do bush walks or ride boats on a lake. Get into nature and do something casual. I make this suggestion a lot, but I need to be careful. Some sporty couples go and run a marathon, climb mountains or dive out of aeroplanes. But we're just looking to find a space where humans haven't made too many concrete paths, where cars aren't needed and where adrenalin isn't the main focus.

Be quiet.

Love comes in silence. When we are fighting with someone the best healing is a period of silence, a cool down time. Just sit and let the real issues surface. All healing is achieved with time. The first sign of madness is excessive talk. A mind gone into overdrive triggers the mouth to follow, and then we become obsessed with the sound of our own voice.

Focus on touch.

When you reconnect to nature you'll value silence. Sitting together, you and your partner may communicate through the touch of a hand, the look of an eye or the sweet sounds of breathing. Words are clumsy substitutes so in meditations we use silence to listen within.

Be wrong and proud of it.

Forget theory and most important of all, forget being right. When you go out into nature healing happens faster if you can discard your ego as quickly as possible. What might take hours or weeks in the city life can take seconds in nature.

Listen.

The great skill we develop in nature is to listen. This doesn't mean we sit around listening to rubbish. Quite the opposite. When someone is beating around the bush and wasting time with windy stories going nowhere, we pull them up and ask, "What are you trying to say? Let's get to the point". This shows we're actually listening and not just being polite. Listening is not blind. To listen is to understand so you have to interrupt with questions every now and then otherwise you fall asleep.

Keep your belly lightly fed.

Don't overeat. Emptiness is a great communication because it echoes what we really feel. The great healers of our time rarely speak and when they do the words are chosen with generosity. Many people eat to feel fulfilled. Then it's like going to the river to fill your already full cup.

Don't judge your emotions.

One of the strangest things that happens in silence is that all your dysfunctions are revealed. In nature, you get to know yourself without your ego jumping in to defend you. Others really get to know you too. That's why many people go bush to share time with their loved ones. One lady I took to Nepal started talking on the flight before the trek and didn't stop even in her sleep. She talked while she ate; even when she went to the toilet she found someone in the next cubicle to talk to. It was obvious how nervous she was and this was her way of coping.

Activity is good.

Take long walks, go on a lake in a canoe. Do things just the two of you can do without guides and rescue services. No risky stuff, no attempted world records and certainly nothing that provokes fear. The idea is to keep active in a joyful way. Be friends. If you feel the urge, connect, but don't expect that this is the mission of your time together.

Avoid medicines, drugs and alcohol.

These prevent you from slipping into stillness. They are the old blocking mechanisms turning off your "How do I feel right now?" switch. This is the time for the two of you to be together in nature for minutes, hours, a few days or a week seeing how it feels to stop trying to make a relationship happen, and be separate from all the intrusions and ego trips of city life. Try it.

Don't try! Learn to be still.

We just leave our body and mind in emptiness, sit in nature, wholeheartedly and we become love right here and now. We need nothing other than this. All trying is debilitating in love. Stillness is an essential art and a wonderful asset for any great relationship because it leads to spontaneous acts of falling in love over and over and over again.

Learn how to do nothing.

Learn to sit under a beautiful tree, watch the movement of water, listen to rain on an old tin roof. It is like lying on your back dreaming, but you do it together and in those moments with the phone turned off and nothing to do, you and your lover can fall in love any time you choose. The key is to be doing nothing.

Fall in love with life itself.

Perfect Stillness is about the art of falling in love over and over again. It means that the first time you fall in love with somebody is not the best time; just the first time. Perfect stillness is also about falling in love with life. Being alone, with friends and at work with an open heart. In our lives we experience that connection with nature - that perfect moment of truth - it's called falling in love. Falling, because it bypasses the ego. This involves your mind - your emotions they are completely out of the way - and is an art we have lost. In the moment of no ego there is no time so you are not worrying about the time; there is no space so you are not worrying about who you are, where you are, where you are going or where you came from. All your worries and expectations are gone. So what does this mean? You are not expecting yourself to fall in love, not to fall in love, be sexy or have great experiences. You are just lying there surrendering. This means you have to create something that a lot of people don't have in their lives - an environment where they can relax and bond in stillness. The kids come in or the phone rings and they don't know how to turn off or have the opportunity to turn off. In Perfect Stillness, you are completely stress-free, disarmed and totally in love. You may not think you are in love, but this is what we are going to learn now.

Reconnect with nature.

Perfect Stillness is also a physical experience. What happens to someone who has found stillness or fallen in love? Their aging drops away, their posture changes, their whole mechanism operates differently; it is a totally beautiful moment, the stillness of love. This is the foundation on which I am suggesting we base a relationship, the sacred experience of being in nature. When everything disappears, stillness comes and you are just there, in love. It doesn't mean making love - although we do find perfect stillness at some stages during this time - but just lying down under a tree on the lounge with everything off, no fire burning, no frills and fancies, no champagne to dull the mind; just emptiness, simply being together.

Be fully present.

In stillness there is no time, no space, no fear and no judgment. We are spontaneously thrown back into ourselves, lost, disorientated, unable to remember our own name or where we are; time and space vanish and out of the thin air we fall in love. It is the most amazing experience in life. Many yogis and meditators spend their lives trying to find this space, but you can find it every day by falling in love.

Find stillness in the morning.

Sets you up for the whole day. It's like practicing real life meditation by walking around the house, lighting a candle, looking at a picture you love, picking a flower, touching the earth, sipping a glass of water or eating a piece of fruit. The great thing about this everyday stillness is that it means it is not circumstantial. So often we become dependent on practices that make us feel good - things that require a room, a teacher or an environment we go to. What we have to try to do is be there everyday and, if we lose our stillness return to it. Whether something happens when we are on a bus, tram a taxi or driving the car, we need to click back into the stillness. That is why the practice of connecting with nature everyday, especially in the morning, is so important for you.

Rest spaces.

Even spaces need rest. Sometimes we need to allow a space its time to recuperate too. I owned a yoga school and was tempted to run classes 16 hours a day, seven days a week because people wanted more and more workshops and special instruction. However, we noticed the yoga room felt flat. It was like the sacredness of the temple we'd created needed time to release the last class in order to be open and pure for the next one. We chose to rest the space between classes to allow that energy to always feel fresh.

Reconnect with nature.

A great example of the power of reconnecting with nature is when I take people up to the most beautiful place on earth - Nepal. Along the way they are chatting and excited about seeing everything. We walk through villages, trek up mountains and they're still talking. We arrive at the sacred lakes. And they're still chatting as they take photos and then I watch as they sit on a rock by the edge of the aqua blue water, surrounded by the most beautiful mountains in the world and stop. They stop thinking, talking, and photographing. They even are not hungry for the few moments that we are seated there. They see the miracle and experience the absolute awe of being in love. Of course we can't all go to Nepal or sit in Zen retreats every five minutes to learn this art of stillness, but all we need to do is sit in nature. Lie under the stars, sit by a lake, go into a local park during lunchtime and watch a tree grow. You will find it there, nature will guide you. If you are in love it will show in your eyes, your face, the way you walk, the way that you see everything and the way that you feel about life. Try to avoid staying in an office from 8 o'clock in the morning until 6 o'clock at night without at least one breath of fresh air. Even going down the elevator, walking out the front door of the office and standing under a tree for a couple of minutes will help.

The stillness that comes from nature helps in dealing with emotional drama too.

Walker's Wisdom

“Stillness is an automatic experience.”

“Real freedom does not come from more choices, it comes from the lack of them.”

“Our intellect can rationalize everything except love.”

“Not everything can be measured in the end it achieves.”

“The corporate culture of intellect is an entrenched one.”

“Unconditional love is, without doubt, the same experience one has when one goes into nature and finds stillness.”

“The more conscious we are, the more stillness we feel.”

“The obsession with self is in conflict with natural law.”

“In nature we lose this self-importance and find a harmony in diversity.”

“Knowledge is not consciousness.”

Part 2. Water Romance

The Nature of Romance

The first relationship we have is with mother earth, our origin. She feeds us, clothes us and gives us life. Love and respect begin with the way we treat our earth, the way we care and respect her delicate balance.

Each of us owes our life to the earth, and therefore, each of us are connected as brothers and sisters. We are connected so we cannot be separate. Only ego separates us, and the greed it breeds makes us want to hurt each other. Then there is a healing we need to participate in so that the natural rhythms and harmony of nature can once again flow through our hearts in everyday life.

Our world is diverse and beautiful. Different cultures, religions and appetites for life, but we are all bound in one common theme- the wish for our families, their new families and their new families, to have health and sustained wellbeing on our earth.

We must heal the imbalances that have put that future in jeopardy. If we don't, nature will. She will not sustain imbalance. Her one and only condition for our existence is to maintain the balance. That between rich and poor, educated and uneducated, healthy and sick, the privileged and the underprivileged. You can observe nature rebalancing throughout the history of our existence on earth. She has asked for moderation, but when the pendulum swings too far, she makes the adjustments with cataclysmic force. We are her visitors and must obey just this one rule.

This book has turned its focus on our domestic relationships. My intent is to share with you the natural process of a long and loving, totally sustainable romance with the one who is chosen in your heart. This relationship reflects the laws of nature perfectly. Our relationship with nature and our relationship at home run in parallel. To learn about one, you must master the other.

Our indigenous forefathers lived in harmony with the earth, but lacked the interest, or skill, to wish to commercialise the relationship between human and earth. Our forefathers ate what they needed and left the rest. They found a relationship with nature that was, in spite of its primal circumstance, perfect.

In today's cities people are divorced from that natural connection. They are able to make sweeping decisions based on conversations that can affect the sustainability of the earth's resources, without ever setting foot on the land we harvest. Their relationships also suffer from this disconnection. Becoming so easily invested in mortgages, bank accounts, children's private education and social status allows them to make decisions in total isolation to the foundations on which love and sustainable relationships are built. This disconnection from the earth is costing us more than we know.

The spirit of nature is an energy that can travel to the highest office, the most luxurious home, the seat of an aeroplane and the soldier on the war front. The spirit of nature may originate in the forest, but it is totally at home in any boardroom, bedroom or lounge room around the world. It is a guiding spirit, based in simple universal principle, exciting to our intuition and comforting to our soul.

When we are in the presence of harmony - be it musical, social, personal or in love - we feel it, know it in our bones and relax into it. This is the way of sustainability in any walk of life.

I encourage you to look deeply into this chapter as it scratches the surface of what will one day be a governing awareness and wisdom for all people wishing to live in love and work in a sustainable world.

Water

Water brings life. It nurtures, supports and grows. It provides nourishment, it carries, looks after, makes well. Water is the element of kindness in nature. A huge amount of the earth is water. Not only the oceans, rivers and ice, but in trees, animals and, of course, over 70% of humans – just plain water.

Water nourishes, so we can say that in nature it is the essence of romance. Water's mission is to appreciate. It is sustainable, its actions feed both the short and long-term and therefore time is of little importance to the element of water.

Water is the human experience of a Valentines Day. While some people consider Valentines Day too commercial, and I understand that, it is still an opportunity to remind ourselves of the importance of the element of water in our lives. It is an opportunity to thank nature and rekindle our spirit of gratitude and generosity. Valentines Day is a wonderful opportunity for us all to reconnect with the Nature of Love and the essence of water.

Valentines Day is a reminder of what is required everyday in order to bring romance and happiness to others. It is a day of priority, a day we become present with someone, a day of thankfulness, gratitude and appreciation. Valentines Day is a day we turn off our phone and turn up in love.

The romance of a Valentines Day is simply a reflection of the environment that surrounds us, the essence of nature. We see beauty, order in chaos, growth, nature. We let go of the past and turn up for the now. It is about encouragement and acknowledgement of new growth, new opportunities and love.

In our busy lives, isn't it great to have a day where we reconnect to all that is a reflection of water in nature and all that exists within us? To reconnect with our natural side that doesn't need to try, or seek or want. A side that is kind, caring, generous and thankful for the next breath. In simplicity, it is all worthy of your heart.

This is a day of remembrance, of thank you, of appreciation, of gratitude; a day to remember the importance of romance and compassion. There is no limit to the gratitude you can share on this day. Just "Thank you" is connecting you to nature - the law of nature - what you appreciate grows. The day of gratitude is more than just romance, it is a deep and honest connection to your deeper humanity.

Acknowledging the water element is not just a ritual for one, it is an attitude to all. Taking the time to silently or publicly thank those around you who have made you who you are in the world is a strong resonance with nature's spirit.

A Perfect Model for Everyday Romance

What makes relationships stand the test of time? Making a day of romance the model for 365 days of relationship for the rest of your life. Big effort, big reward. Everybody wants to be treated with respect and appreciation. That's how our heart really stays committed.

On romantic occasions we're filled with gratitude.

You are so grateful for the companionship of your loved one that you just can't thank them enough. You are over the moon, so humble, so respectful that they are with you on this day. Romance comes from a place in your heart that is totally thankful, appreciative.

On romantic occasions your beloved is more important than you.

On this day, you bend over backwards to make their life wonderful. You surprise them, you treat them, you make them feel so special. You take them to a restaurant they want to go to, you talk to them about what they want to talk about, you listen. This is the second key to a growing relationship. Making your partners happiness more important than yours.

On romantic occasions you act with kindness.

On your romantic occasions, you are generous. You give from your heart. Sometimes you really blow the budget, but that's not the essential point. The real issue is that you have demonstrated kindness to your partner. This is the art of romance at its best. It has nothing to do with money and everything to do with your intention. Generosity can take many forms including time, effort, consideration and tolerance.

On romantic occasions you turn up.

When you are being romantic, nothing else matters. Your phone is off and your heart is right here in this moment in time. There are no distractions. In fact, if you go out even the waiter is an unwelcome visitor. You are not worried about your ex, your children, your children's children. You are in the zone with your partner, with no thoughts about work, school, budgets or next week's meeting. You are here, 110% focussed. Turning up is so romantic.

On romantic occasions there's certainty.

During your romantic experience there is no doubt or uncertainty about your feelings. You feel love and kindness and want to care. This is such a vital part of romantic experiences - absolute certainty and commitment. Even for one night, there's absolutely no doubt in your heart that this person is the one you want to spend the rest of your life with. It's unshakable.

On romantic occasions you plan ahead.

It's not totally spontaneous, you had to book a table, make a plan, do something that was conscious and deliberate. There is no abuse of time, no changing your mind. Your partner is your number one priority and they know it. Nothing could drag you away. You are devoted in heart, mind and soul to this experience. If God appeared it would be a distraction. The only Icon you worship in this time is your beloved.

On romantic occasions you feel responsible for your lover's wellbeing.

You take the time to make things right, safe, nice; everything is considered. You're not rushing, pushing or challenging your lover. You are there to make their experience fantastic and it's such a wonderful feeling. To give happiness.

On romantic occasions you certainly don't want to change your lover.

In fact, the complete opposite. If they wanted to change you'd say, "No, please, you are perfect". You don't want to change a thing or give them advice about how they could improve their life. You don't try to correct them or tell them where they are inadequate. You are filled with compliments, a gratitude for everything. This one factor alone will build any relationship into the most sacred of sustainable experiences.

On romantic occasions you are vulnerable.

Romance also seeps into your emotional side. If you can't celebrate emotions, you'll struggle to give others the feeling of romance. So, to be romantic, you need to get in touch with your deep, emotional vulnerability. This really digs deep for some, especially men, who are trying to be all macho, or people who have wounds from the past. You have emotion, you know it, they know it. You can be dependent, needy, hungry and sometimes you just can't get enough. You feel consumed and afraid, tender and tentative. You want to agree with everything they say because you want them to feel great in your company. You look into their eyes a lot, touch them tenderly, worship the ground on which they walk. Right now, there are no gurus in your life, they are the highest altar of worship. This is sacred romance, and we have to go into this space in order to connect with our lover in a good, romantic, nurturing way.

On romantic occasions you have the deepest respect.

You act with dignity, are mindful about your manners and considerate in your mannerism. You pay attention to the small things that make the experience enjoyable. You are aware of how your habits are important.

On romantic occasions all things are simple.

Your focus is direct, there is just one thing to do - clean the house, prepare nice clothes, take time to clean yourself and arrange fresh space. Your heart is open and there are no thoughts running through your head. This is simplicity in mind.

You acknowledge that people are affected by the space you share. A clean simple space, with an open fire, a view, nice pictures, sweet music, flowers. All these things add up to romance.

Romance is a 24/7 occupation for anyone who wishes their relationship to stand the test of time. If we can do it for one day, we can do it for many. When we prioritise our love we romance it. We pay attention.

On romantic occasions you really understand your partner.

It's the quiriness, uniqueness, those special things that are different between you and your partner that are great and the source of joy. Initially, we see their little idiosyncrasies as pearls, so, why do we eventually get frustrated by them? Is it because when we are in romance we have time to enjoy the quirks of life, but when we're busy they annoy us? I truly suspect that for the vast majority of people everyday life loses its romantic edge and it becomes more about getting to work on time, filling out the forms and surviving the day. What a sad loss this is.

On romantic occasions respect differences.

Life's diversity is what gives it flavour. We may be obsessed with getting to the office on time, meeting our goals, getting things right and achieving our aims, but if all this comes at the cost of love and romance, what life have we created? What relationship are we left with? To honour the beauty and diversity of life we must understand each other at a very deep level. We are not all painted with the same brush. We are all connected at a wonderful level but from there, everything is a matter of destiny and choice. To love and respect someone we need to understand them. We need to understand the difference between changing the circumstances (the environment and the process) and what can't be changed (who they are) and try with all our heart to create a space where they thrive.

On romantic occasions you really understand your partner's true nature.

We are born with a certain constitution. There are five main constitutions and each of us is born with a mix of all five. One usually dominates the others. We call this our dominant element or primary constitution. Our constitution determines our preference of colour, space, environment, partner, lifestyle, sport, career and health regime. It's a complete science of its own. Water loves with generosity. Fire loves with passion. Earth loves with absolute trust. Air loves with support. Ether loves with detachment. Tall people have ether constitution while shorter people have air constitution. Wide, square people are earth, and wide round people are water. Average triangular shaped people are fire. This is not your personality. Your personality is the identity you present to the world while, in contrast to this, your constitution reveals your real makeup, the purpose for which your body – mind is ideally suited.

Water people like to nurture.

Water is slower. Water is caring. Water soothes. Water protects. Water looks after. Water rests. Water holds on. Water binds. Water feels. Water environments are nurturing with lots of fabrics, carpets, cushions and soft pastel colours. The emphasis is on care and recovery.

Earth people like to be real.

Earth is fact. Earth is material. Earth is security. Earth is solid. Earth stays the same. Earth supports. Earth controls. Earth thinks. Earth environments are solid, organised and predictable. There are antiquities sitting on hard surfaces such as marble, wood and steel. Surfaces are not reflective but absorbing, like marble, wood and leather. The emphasis is on solidarity, history and stability.

Fire people like change.

Fire is passion. Fire is reckless. Fire is excessive. Fire stimulates. Fire disturbs complacency. Fire breaks attachments. Fire inspires. Fire environments are technological, colourful and stimulating. Fire is often considered childlike as the emphasis is on inspiration and uppers.

Air people like diversity and connections.

Air is diversity. Air is complex. Air is multi-tasking. Air is many. Air links. Air communicates. Air is options. Air is opportunity. Air acts. Air environments are creative and yet, they change frequently. Air prefers to multi-skill, so there's a bit of everything. Rarely does it stay the same for long. The emphasis is on many things happening at once – honouring diversity.

Ether people like using their imagination.

Ether is thought. Ether sees beyond. Ether is possibility. Ether is tomorrow. Ether is fantasy. Ether is the original thought. Ether is outside of reality. Ether is the potential of energy. Ether imagines. Ether environments are empty, open, expansive and hard. Sharp corners, clean lines, unobstructed surfaces. Colour preference is white and the emphasis is usually on limitlessness.

On romantic occasions you create a romantic space for those you love.

Different spaces suit different people, because each area provides us with a different experience. Ether areas cause us to feel limitless and visionary. Air areas cause us to feel holistic and diverse in our life. Fire areas stimulate us into action. Water areas calm us, relax our nerves. Earth areas give us confidence, a sense of history, solid ground on which to grow. Whatever your partner's constitution, you provide the space that suits them in order to make them feel nurtured.

On romantic occasions you focus on higher emotions.

You have the power to change your mind and, therefore, generate higher emotions in preference to lower emotions. Higher emotions include kindness, gentleness, compassion and generosity. Lower emotions include greed, righteousness, anger, violence, jealousy, fear and guilt. This is a wiser way to look at emotion because simply focusing on positive emotion doesn't work. The most interesting revelation you will experience through your connection to nature is that positive emotions cause negative ones, and visa versa. So we are not talking about positive thinking, or negative thinking, we are talking about higher thinking and lower thinking.

"Our relationships affect and are affected by everything. Our relationships have an effect on the environment that we create around us and so the world. We need to recognise that inviting more love into our everyday life can have a greater bearing than we ever considered possible."

The Ocean

Tides, currents, winds, storms, tidal waves. The ocean never stops and not one day to the next is it ever the same. Always, consuming waste, transforming waste, evolving itself. The waters of the ocean are the primary source of our oxygen; tiny plankton its greatest forest. The species of the ocean have evolved over millions of years. They are the miracles of nature's evolution. We worship the sea, its willingness to adapt, its free spirit, and we can learn from her too.

If you can love one person you can love a thousand. We live in an ocean of thought ambition, technology and passion. Within that turbulence we call life we are hoping for a relationship that lasts forever. We know this relationship, we feel it in our bones, it is part of us. Love is at the heart of our very being. Sometimes we are confronted but we must never give up the idea that we can have a sacred relationship and share love in a way that it was meant to be. The challenge can seem like a selfish ambition until we realise that the desire for love in our relationships and our personal commitment to a better world are one and the same. The experience we create in our homes effects the world far, far, far, beyond the boundaries of our own reality.

Our relationships affect, and are affected by, everything. Our relationships have an effect on the environment that we create around us and so the world. We need to recognise that inviting more love into our everyday life can have a greater bearing than we ever considered possible.

What we do day to day in our relationships is far more important than we can appreciate at first glance. We may feel powerless to act on a global healing scale, but our actions in everyday life reveal us and have an effect on the world whether we intend it or not. Violence causes violence, anger causes anger, love creates harmony. Therefore, love in our relationships is far more important than just how we feel. It affects not just our children, our friends, our work, and our immediate family, but our extended family, the world, more than we can know.

Beauty

The spirit of nature is perfection, beauty itself. What is not beautiful? Birth, life and death, challenge and support are all part of nature's beauty. There is order in chaos because nature has a plan. We appreciate the beauty in order, but not so easily in the chaos. But even the worst is perfect, even the best if perfect. This is the spirit of nature.

There is so much beauty in the world but our mind and eyes are conditioned to such a small fragment of it. Breaking this barrier can be an enlightenment in itself because beauty exists in everything, and most importantly, everyone. You just need to transform your consciousness to see it.

Sometimes we are so stuck in conditioning we can't see the wood from the trees. This is such a big part of our society that it takes significant awareness, and some bad experiences, to shake us out of complacency. The tide has also turned and now even women too get trapped in the 'looks good, must be good' mindset.

My advice is to acknowledge the beauty you have in all its different forms. Don't compete or become envious. Imitation is foolish. Remember nobody treats you better than you treat yourself. It's foolish to imitate beauty where you don't have it. Be yourself, but instead of putting your beauty down, acknowledge that there are many different ways to look and be beautiful. You can be spiritual, calm, have beautiful eyes, a great mind, gorgeous posture, deep thoughts, even a great bank account. Beauty comes in so many different ways. Short-term attractions are based on the external, long-term attractions need more than that.

Nature

All the diversity of nature is not as separate as it appears. Everything is connected and belongs to one family. Nature's love is a universal one. She neither values life over death, or good over bad. Nature loves all her creation and this is the great spirit we can embrace in our life.

To really be in love you must learn to be in love with life itself. You must become "in love" without someone to love. It is a loving attitude to life, trees, children and sunsets; in love with a movie, and in love with your family. To be ready to fall in love, we must be in love with life itself.

If you are in love it will show. In your eyes, your face, the way you walk, the way you sit; everything will show it because you have been touched. The desiring mind is not there. If you are one person before you fall in love, and then you are somebody else after you fall in love, there is a discrepancy in this great experience. If you are only happy when you find a lover to fall in love with, your life and relationship will be difficult.

"Our First Nation people's were never caught with a lack of appreciation. Their spirituality came from the earth and gave them an automatic way of being thankful for all life and nature. They gave nature a voice and in some cultures named her and named her mountains as they would name people."

Sunshine

If nature had a God or Goddess, it would be the Sun. All nature reveres the Sun and any part that does not receive its energy is transformed into something that does. Nature absorbs the energy of the Sun; all growth in nature reaches for the Sun. Even plankton in the depths of the ocean where sunlight, as we know it can't reach, survive on this energy. At night, there is sunlight; the moon is only a reflector.

What will a tree do to hold onto its purpose of reaching for the Sun? It bends, transforms, attaches to other forms, attracts insects and digs with its roots. A tree is the perfect model of all of nature. Animals eat to consume the energy of the Sun and compost decomposes to release the Sun's stored energy back to be recycled. All of nature remains humble to the Sun.

Our First Nation people were never caught with a lack of appreciation. Their spirituality came from the earth and gave them an automatic way of being thankful for all life and nature. They gave nature a voice and in some cultures named her and named her mountains as they would name people. They gave nature an identity in order to relate to it. This spirituality keeps us in the moment. Being thankful for what we are given is a vital part of our harmony with the spirit of nature.

What you appreciate grows. To our children, we are the Sun. To our clients, we are a Sun. We provide life giving friendships to friends, and life giving love to our beloved. We give hope to those who need it, and joy to those who have lost it. We provide jobs for those who support us, and focus for those who do not.

Sunshine of our human life is gratitude, because what we appreciate grows. We are the Sun when we appreciate someone, or something, because we shine a magnificent blessing in that direction. When we help someone who is needing it, we are simply taking our energy from the Sun and handing it down. We must always remember that nothing in our life comes from us, it only comes through us. The Sun gives us life through its energy. We eat the fruit, drink the water, bask in the rays of the Sun, and when we appreciate nature, life and people we become a conduit for nature's spirit.

In our business life we often put ourselves in difficult spaces and don't appreciate where we are. We then become desperate and obsessed with the future. When we don't have systems in place, goodwill safely secured, client loyalty and good business integrity we can find ourselves living from hand to mouth. In this circumstance it is impossible to appreciate what we have. Instead we can only live in hope for what we may get.

Problems take us out of appreciation. They block the Sun, the energy of life and then we experience disharmony. It is like a pipe with our life forces coming in one end but a closed valve in the middle so the flow is blocked. If we are not able to unblock the valve, eventually our life force can't enter at all. Gratitude and appreciation for life, nature and people is the Yoga of reality - spirituality in a nutshell.

If your current circumstances are not perfect - and please remember that this is only a perception you can control - then how is the future going to be perfect? The average person always carries the habit of seeing imperfection into their future. They want a house, but when they get a house, they want a bigger house. They want a glass of nice wine, but when they taste that wine it inspires them to seek a better wine. Our habit is rarely in harmony with nature.

Therefore, we can be accidentally violent with ourselves and those we love. In all good faith the average person will mention the opportunity for their partner or children to improve their life thinking that it is being helpful, but it is actually abusive, even if it means well. We can so easily develop the habit of looking at the world and seeing what is wrong with it. People can start to see “only” starving children and falling rainforests. Automatically, they have the habit of consuming the beauty of life in seconds, before spending the rest of their day focused on what needs to be fixed. It is all upside down.

Money must circulate to grow. The life force that comes from the Sun must circulate for us to grow. The more you appreciate the beauty of life, the more you step out of the mainstream of violence. The more you celebrate the life that is happy, the more you can help the life that is not. This is the cycle of nature, the cycle of birth and life and death. You can learn to hold an appreciation of all three. It means rising above the mass of consciousness and investing in romance as the theme of your day.

Romance in life is perfect alignment with nature because romance presumes everything is perfect already. It presumes you don’t have to do anything to make it perfect. Just be thankful. This is the way of the Aboriginal who lives in harmony with nature. They look for perfection because they trust their God; they trust nature as the arm of God.

When we obsess about the future or about how we can change the world, ourselves or anybody, we are demonstrating a lack of respect for the perfection of the present. In other words, we are depreciating it. This is the consciousness that Western societies bring to life. They say, “What is wrong and how can I fix it?” Whereas, in the Spirit of Nature, we ask, “What is perfect and how can I appreciate it?”

Romance is the art of appreciation. To look for the perfection in the imperfection. This begins with small things. When I take people into nature I ask them “What is perfect about that landslide? What is perfect about that fallen tree? What is perfect about that suffering animal?” Can they see the perfection or only the Western mindset of comparison between how they want it, and how it is not perfect? This is a very hard jump for most people. They have their religious perspective and are loyal to it. They have their humanitarian perspective and are loyal to those viewpoints. However, in nature we are not looking for comparison or judgement against a standard. In the Spirit of Nature we trust nature, we trust the God that created nature, so we look for the perfection.

Your partner is perfect - the Spirit of Nature is within him or her. Nothing needs to be changed. Nothing needs to be fixed. Nature’s hand is there already. You can relax. You can trust this hand. It is a long viewpoint hand and, therefore, is not always within your comprehension. But faith and trust can help you find perfection in everything.

Even the worst disaster is not a disaster. Nature is never asleep so where can the laws of nature, the spirit of nature be absent? Even in the cosmos, nothing can disobey the laws of nature.

To bring romance into your relationship is love in everyday action. It is a divine gift from your heart to make someone feel appreciated. It requires all the courage in the world to look for the perfection in your partner’s duality, rather than reach out and try to right the wrongs. It is a surrender to find harmony with nature and a real testimonial to the depth of your love.

Diversity

In nature we honour diversity. We would never wish for a fish to be a bird or a dog to become a cat. In nature we celebrate the mix. When we go to nature we photograph the uniqueness and leave the rest. We worship that different landscape, that strange creature - even those that would attack us are revered for their amazing prowess.

The spirit of nature is diversity. From the predator to the prey, from the obscure to the obvious. This is how creation invests in us. She diversifies the world in the extreme to create tolerance for the extremes of the seasons. Yet we humans think all too often that one brush painted all people; we are afraid of the diversity of humanity because it threatens us.

We can learn from the spirit of nature and accept that diversity is here to stay – in nature and ourselves. Accepting that people are different is an important part of harmony. Like playing the whole keyboard instead of just one note. Our religions need to learn from nature too.

Harmony in love, sacred relationship, is not just a good feeling. Harmony at home means that we need to accept the diversities between ourselves and one other human being. If we can love through this challenge, we can love many. Love one, love thousands. It begins at home.

There are many people who in their righteous stand, argue that they are right. The environmental lobby, the anti globalisation lobby, the save the whale lobby, the chop the rainforest lobby. These groups fight for right and have no trust in nature, or the powers higher than themselves. Their small views of life separate them into worshipping different exclusive gods. They are stuck in their own specialised perspective.

Find true harmony with one person and you will find harmony with a thousand. By really honouring diversity you move forward in love and life without any violent righteousness. Let nature be your guide and recognise that love and harmony is a life style. That's Innerwealth.

"In nature's realms you can witness the stepping down of energy as a capacity for free thinking."

Rain

Light turns to sound turns to vapour turns to water turns to solid. All of nature is hierarchical, including the way we love.

There are seven levels of energy in nature and billions of steps between. Those seven levels range from the lowest, which we call heavy metal, to the highest, we call light.

In between these two extremes we have an infinite range of possibilities between the pure and the heavy. This is called life. Each layer reports to the next layer up which takes the material energy and puts it into a more sophisticated form. Ultimately, everything reports to the Sun because most of that pure light energy comes from the Sun.

This is nature's hierarchy. The "less conscious, more dense matter" reports to the "more conscious, more enlightened matter" These steps in energy are referred to as the realms of nature. The higher the realm, the higher the energy, the lower the realm the more physical the energy.

We can translate this into human language and see the hierarchy repeat itself over and over in our brain.

In nature's realms you can witness the stepping down of energy as a capacity for free thinking. The lowest form of energy is an amoeba, a single cell entity. All it can do is turn on or turn off. Then there are the multi-cell beings, the pre amphibians such as tadpoles. They have a few more choices like following their nose in the hunt for food. The evolution rises up through the levels amphibian, reptilian, mammalian, human, and spirit.

In human realms are survival, security, social acceptance, self-actualisation, manifestation, inspiration and unconditional love.

In emotional terms, from lowest to highest are got to – desperation, should do – fundamentalism, need to – emotion, want to – heart, desire to – vision, choose to – inspiration and love to – purpose.

This hierarchy ranges from the lowest consciousness human levels to the highest. From righteousness and extreme emotion to love and no emotion. Every human has the capacity to rise and fall on this scale. From desperation to inspiration it is a matter of perspective.

There are also seven areas of life. So although we can be in absolute inspiration sitting at the top of the cone in one area of life, we might be in complete desperation in another. For example, a meditator might be highly spiritual, but if they can't pay the rent they are in desperation in their financial area.

The reason we demonstrate this amazing law of nature is to highlight the importance of acknowledging a huge diversity in the level of love you can share with your partner.

There are so many ways we can love each other because love permeates us at each level. The lowest is purely physical, while the highest is purely etheric, intangible. At the lowest level of love we must touch to feel; at the highest levels we can love even those who are not in body. And there are infinite layers in between.

Each level of love has its good side. The bottom level celebrates the wonder of body contact, the second level the confidence of shared ethics, the third level the emotional comforts of fulfilled needs and the fourth level a sense of self-accomplishment and independence. The fifth level we consider the greater good, the sixth level we are guided by our intuition – inspiration - and the seventh level is where we experience total detachment, unconditional love. Just like nature in the forests, we are hierarchical in our abilities to love. None can be considered better or more “spiritual” than the other. Like the sunlight coming from the sun, they are all just different ways to express the same thought. Love.

Are You Living in Love, in Harmony with Nature?

- 1 Is there anything missing in your partner?
- 2 Is there anything permanent in your beliefs?
- 3 Where is God not? Where is love not. What blocks your love?
- 4 What happens in your relationship when you stop appreciating your partner?
- 5 How can there be intimacy if you are always wanting to be equal?
- 6 Can your beloved have more good qualities than bad?
- 7 Can there be a good quality in your beloved that doesn't have an equal downside? Can there be a bad quality in them that doesn't have an upside?
- 8 Is there a purpose for this relationship greater than your love?
- 9 What can you create together?

Hints and Tips for Romance

Always look on the positive side.

Did you know that positive emotions cause negative ones? So, romance that focuses only on positive emotions causes a negative kick-back. Instead, to be romantic, have the wisdom to know there are two sides to everything, then focus on the positive. This requires us to stay humble and thankful.

Romance is the art of appreciation.

In the study of universal law and nature, we know that what you appreciate grows and what you don't appreciate depreciates. Romance is an integral part of living in harmony with natural law.

Romance is a way of life.

You might be surprised to hear that your immune system is hard wired to your thankfulness. Ill health is ingratitude. Don't wait for something good to happen to be thankful. People can become unromantic just waiting for the world to change into something to be thankful about.

Confuse yourself – act intuitively.

There are two sides to everything. We know all the negatives of violence, abuse and lack of emotional contact, but these energies are the same ones that we put into determination, commitment, discipline, focus, stamina, and purpose. They are the same energy used to achieve success and vision. They are the same energies a leader needs to respect criticism while staying committed. The energy we see negatively is the same energy we see positively. If we block it on one side, we block it on the other.

Romance is not limited to your lover.

It is a way of seeing the world. If you can appreciate others, you are actually appreciating yourself. Instead of self-obsession - the current 'Self-help' trend - the universal laws encourage you to learn self-love by appreciating others. You have to be it to see it. If you can see it in others, it's definitely inside you, and worthy of love.

Stay humble to stay romantic.

At the beginning of most relationships romance (appreciation) is natural, but over time, people start to take each other for granted. That touch on the arm goes unnoticed, that sweet kiss in the morning becomes a habit rather than a reminder of something delicious and precious. It's easy to let our busy lives overwhelm our thankfulness, and for the spark of love to die. Then it takes a serious tsunami to remind each other that the relationship needs maintenance. Its like the business person who started on their hands and knees thanking their clients for helping make their dream come true, but who in the end gets angry because the client is making them work hard. What you don't appreciate you lose.

Create thankfulness rituals.

Staying humble in love means staying thankful. It is the single most important ingredient of any relationship. Struggles happen in love and when they do it can turn us off as quickly as we were once turned on. The faster we process our dirty laundry (emotional upsets) the more romance we have. The longer we drag out our arguments and judgments the less romance we have. If we want to sustain sexy, wonderful, loving, sacred, spiritual relationships we'd better learn to deal with our emotional laundry fast and once.

Live in the moment – make you relationship grow.

Theoretically, the least amount of love a couple should ever feel for each other is at the beginning of their relationship - but it's rarely like that. We need challenges to grow a relationship, but most people think challenge means something is wrong. By avoiding little ripples on a daily basis, they get tidal waves every seven years or so.

Turn up fresh each day.

Properly processed challenge in relationship builds romance and love. Relationships, like the entire universe, evolve at the border of chaos and order. If we grow from the chaos (unthankfulness), the new order (romance) is bigger and better than the old one. If we react and blame, then the new order cannot evolve. Chaos is an essential part of evolution. Relationships that die are just those that stop evolving.

Become flexible, forget being right.

The ability to grow and adapt is a fundamental requirement to stay romantic in love. A person who is inflexible cannot show up and certainly can't stay appreciative. A rigid mind holds onto the past with a vice like grip. It remembers yesterday and the day before and either wishes it were here again, or hopes it never happens again. Such a grip on the past means that an individual might be in bed making love, but they are not really present because their emotions are stuck in yesterday.

Let go of your past to be in love in the moment.

The signs of a person stuck in the past are reactive ones. They try to avoid people and circumstances that remind them of the past. They hold blame and anger toward those people. They work really hard to be someone -usually in reaction to people in the past. For these individuals, there is no romance, only seduction. There is no turning up, only glimpses. There is no presence, only extraverted noise and righteous intellect. We can and must have so much compassion for these suffering people. Their pleasures might be many, but they are all short lived. Don't argue with righteous people. Accept that they have a firm grip on half the truth but believe it's the whole truth. If you argue you are standing in opposition to them, pushing back, and every force has an equal and opposite force. If you can accept them then there is no resistance and they have no force, no power.

Empower each other. You are equal in opportunity not equal in capability.

In a business, the boss is supposed to be on the top of the consciousness cone, but this is not always the case. People become disrespectful of a boss who does not have a greater sense of balance and harmony in the business than they do. A stressed boss is the fastest path to company destruction. A stressed boss is revealing their incompetence. A tense boss is sometimes good and shows they are learning, but a stressed one, is an unconscious one. Don't stay in a place where the boss is more stressed than you, it is contagious.

Give compliments - this is romance.

Anything we do that is based on thankfulness (humility) for what we have, grows and grows. Anything we do based on a dislike of what we have, creates a bad scenario. Just try it. Go to a party, sit in the corner being unthankful for all you can see, and think to yourself, "I've got to be here but I wish I wasn't" You'll attract a like minded loser who'll want to rescue you. Alternatively, sit there thinking how lucky you are, and of all the things and people you can be thankful for at the party. You'll be impressed with who you attract into your space. Appreciation is an attractive energy, depreciation is a repulsive one.

Romance is also a thought.

It was a long time before the penny dropped. I was on the beach looking at the full moon in the middle of the day, and realised my children could see the same moon. I was just overwhelmed with love for them. It was also the day I realised that love is not always an action. Pure love that comes from the heart has no action; it is purely a connection, beyond the mind, that goes straight to the heart of the one you love. My limited view of how I could love my children had almost sent me insane, and at one stage, close to suicide.

Romantic alone.

I am writing this section of the book in Namche Bazaar, 3400 meters above sea level in the High Himalayas of Nepal. Last night the temperature dropped to minus 20 Celsius. I am here alone, off-season, as I prefer. There's an old Japanese couple huddled around a useless heater, smiling at each other. A German couple snuggle and share their meal. My host here at Camp De Base, Nima Tashi Sherpa, phones his wife Dolma. They laugh and I suddenly feel a twinge of isolation. As I hobble up to my room, crack open the frozen door and dive beneath the five layers of Tibetan blankets to cover my head hear laughter from another room and I'm tempted to feel a bit sorry for myself, alone, frozen in my little bed talking to a computer. I snuggle in to get warmer, smile, and listen to the dogs barking on this equinox full moon. I feel the warmth of my soul, my spirit, I laugh, and with that laughter, fall into a deep sleep. It's even romantic being alone when you know that romance is really just an attitude to life, rather than the result of it. All we have to do is feel thankful.

See support and challenge in your relationship as healthy.

I am always being supported by you, by air, by water, by the sunlight, by people who live all over the world, by clothes, by soil, by the earth, stars, time and space. In the end, the whole cosmos is allowing me to exist. You are also being supported by everything else in the universe. We cannot consider ourselves to be separate; we cannot exist independently of any other thing.

Romance comes from contentment.

If you listed your 20 most important goals and somebody waved a magic wand to make them all to come true, what do you think would happen the next day? You'd create more goals. We are born to create. A person who loses the urge to create dies. Our willingness to keep reinventing those desires is so important to our motivation. Nature wants growth and it is triggered in the human spirit by desire. However, there's also a dark side to desire. Years ago, on a spiritual retreat learning Zen for months in a forest, we were forbidden from speaking the whole time. By the end I was busting with awareness and thirty seconds after the retreat ended when we were allowed to utter our first words, I said to the head monk, "I have learned detachment, I am so detached. I am detached from everything, it's so wonderful". Possibly not aware that I'd been excited about this one outcome for nearly a month he responded calmly in a low tone, "Chris, your attachment to detachment has become your greatest problem". Desire can cause us to become perennially dissatisfied with what we've got. If we are always hungry for improvement, a negative consciousness grows and we start to judge our partner, our self and the world against some expectation, always wanting something different. In Eastern cultural teachings, desire is considered one of the greatest poisons.

Thankfulness comes from the lack of desire.

It means we don't desire to change anything. Appreciation means we want nothing, an acceptance of things as they are. This creates a dilemma. Should we be romantic with appreciation of things as they are, or have desire and want to change things - be unromantic but motivated? Want change or forget change? Seek contentment or reject it? One part of us driving for improvement in our potential, global environment while another part wishes to be happy, content, thankful.

Respect for nature is respect for self and other.

The need for this awareness will become more and more important as time goes on. It is something we must pass to our children before it's lost altogether.

Romance at home means contribution to the world.

Global change has many aspects, but how can we expect the world around us to be in harmony if we are not in harmony in our own heart? We each create an environment around us that automatically reflects our inner environment (state of mind). If this environment is harmonious we have a great and positive impact on all those we come into contact with, both consciously and unconsciously. Therefore, our personal relationships are the breeding ground for global harmony. Our relationship to one other person on this planet reflects the possibilities of global relationship. The way we handle conflicts, challenges and disappointments must ultimately reflect our global approach. We cannot be one person at home and another at work. Our process for life is universal. A beautiful loving relationship with one person can become a perfect model of how we can create harmony with thousands of people. This is why relationships are so sacred and the effort to improve those relationships relates to more than just ourselves. Good relationships change the world.

Acknowledge the spiritual side.

People become as you treat them. We human beings accept and lead our relationships almost completely unaware that we are the realisation of some hundred million years, and that our lives have greater possibility. Out of the water and onto the land, we are now living lives that at one time seemed utterly impossible. How then can anyone conclude that what is happening to us is not part of some greater miracle? Or assume we are incapable of actualising somewhere, which from our present standpoint, also appears impossible? If we believe that a spiritual being will never emerge or enjoy living in some higher dimensions beyond this materialistic earthly plane, such an assumption comes from the limitation of ourselves as earthbound creatures. It is as if we deny the possibility of birds that fly simply because we are fishes.

Be thankful for now.

A man I heard on the radio said it like this, “I’ve been married six times. I love my wife, and all my ex-wives. We’re friends. I put the whole situation down to the fact that we’re growing past each relationship so quickly that it’s nearly impossible to grow into the future too far before we’ve got nothing in common. My great grandfather,” - he went on to say - “was married for 60 years. I envy him. But imagine. No email, no TV, no fax, no radio, no internet, no telephone, no aeroplane, no car, no engines, no satellites. One of my years is equivalent to 10 of his in terms of the amount of life I cram in. Each of my marriages lasted 6 years, which means I was married 60 years in grandpa time to each woman. He’d be proud of me.”

Seek balance - that’s authentic romance.

There was a Catholic priest from Ballarat, a country town in Australia. He had an amazing insight and this was his process. Before he’d marry a couple, instead of sitting through all the religious preparation, he’d sit them down and ask them to write a list of all the things they liked about each other. They’d happily do that thinking it was some form of proof that they saw love in their partner. The next week he’d get them to write down the character traits that were the complete opposite to the ones they’d noted the week before. For example, gentle would conjure up its opposite in say, mean. The next week he’d ask them to find all those negative qualities in their partner. If they couldn’t he wouldn’t marry them. He claimed that about 30% of the marriages didn’t go ahead after that. His claim to fame was that none of the people he married ever got divorced. Whether that’s true or false I don’t know, but the odds of a lasting marriage based on real love is a lot higher than a marriage based on infatuation or one sidedness.

Keep your life simple - Romantic headspace.

If your heart and mind are filled with noises, how can love transmit to its rightful destination? You may feel the love and know it is there, but no one else will. Mind noise and emotion block the transfer of love. Ideas and thoughts block romance by filling your mind with turbulence. If you can learn to sit quietly in nature, the thankfulness for life will return and your relationships, under those conditions, will thrive.

Try to live with an open heart.

Move to love. Accept the diversity of love. Don't run away but have the courage to change your consciousness around love. Hold your love for life supreme, devote your life to it. Nothing external can have any power over you unless you permit it. Your love is too precious to be sacrificed defending menial emotions like hate, jealousy and envy. Your life is fragile, stay open in love, guard it carefully. With an open heart we learn not to punish people for who they are. Other people can't belong to us no matter how much we love them; our only right is to appreciate them. Don't allow support or challenge to distract you from doing what you love, being with who you love, and giving what you love. Give respect to people by honouring their choices even if you don't agree with them. Love is not attachment. Do not react to negativity. Ignore it and let it pass you; don't even hit the ball back. Never accept criticism you didn't ask for. Opinions are the cheapest commodity on earth. Other people's stress is not your stress, their fears and doubts are not your doubts. Only the universe of Nature can create the magnificence of a flower, but any foolish mind can pull it to pieces. Openhearted living is inspired living. You can be inspired simply by knowing that everything you feel was already inside you. Someone just brought it out. That makes you honest with yourself.

Romance is giving.

What a person receives in a relationship is not what makes them loyal. If your religion does not encourage you to love more, judge less, open your heart and accept diversity, then it is fighting hard against your relationship, not for it.

Romance means that you worship God within your beloved.

If you can't see God in the eyes of the one you love, then escaping into some cultural abyss pursuing someone else's idea about how you should and shouldn't live your life is just chasing your own tail. A waste of good life.

Remember how it was.

When we first meet there are emails, SMS, sweet touches, seductive phone calls, small tokens, foot rubs, tender devotions, prayers of hope and candles around the bath. After a commitment is made, it's so easy to end up with socks at the end of the bed, shoes dumped at the front door hours of mindless television, phone calls to announce you'll be late home from work, and a significant decline in the way we speak to each other. The degree of this change is going to determine the length of your relationship.

The seduction never ends.

Even though we make commitments to long-term relationships and begin cohabiting, making families and growing material ambitions, we are still people who love to be loved. Both men and women are the same. We love to feel appreciated and the lack of it, in business or personal relationships, spells the beginning of negative, unproductive dynamics, disharmony.

Proactive.

How we treat people is how they become. It is so easy to relax into a mindset of treating people as they treat us. We become reactive rather than proactive. We think we are more important or that they only deserve to get what they give. This is one of the toxic investments people make in their relationship, and it is not a sustainable dynamic -people won't stay where they are not appreciated.

Keep up the standards.

In the beginning of a relationship we may have been busy, but we made time to devote to love. We fulfilled commitments and when we turned up, we were 110% invested in our partner. We arrived with anticipation, enthusiasm and excitement because we were in the process of seduction. After commitment the respect starts to diminish. We are often found in the mindset of "OK, now that's sorted out, I can get back to watching the footy on TV or going out with my mates". However, relationships exist in the energy of seduction and there is no point of commitment when the value of time diminishes. Time is precious; not the length but the quality of it. The art of long-term relationship is the art of respect, seduction and valuation of time. Quality of time is the most precious gift we can give anyone - we can't replace it and we can't accumulate it. To give time is to give of the heart and soul, and people know this at a very deep level.

It's the real you.

How you treat people in your personal relationship is a reflection of how you treat people at work. If you take your lover for granted you'll be found doing this at work. If you are always distracted by worry at home, you'll find it hard to make people feel you are invested in them at work. If you are only nice to your partner at home when you need something you'll also lose the trust of people at work. So, romance at home is more than a game of cat and mouse, it is truly a focal point for the way you embrace the whole of humanity. Love one person, love a thousand.

Think with your heart.

To master the art of relationship and create wonderful dynamic with people both at home and in the world around us, we need to find the romance in our heart. Too often we are waiting for something to go wrong in order to justify investment in people. That rescue mindset is aggressive and distant, a sort of 'catch you if you fall' mentality - thinking with our head rather than with our heart. Alternatively, we can fall into the trap of expecting the worst and, therefore, protecting ourselves from what we expect to happen rather than being the mastermind of what we want to happen.

In your romance be honest.

Sometimes the way we treat people reflects what we want to happen. If we are careless, disrespectful, critical and only speak of what is wrong in people we are truly and honestly hoping they go away. We have all been faced with relationships that have come to an end but haven't had the courage to finish them. This is when we begin to act out our real intent without even being aware of it. More often than not, when people leave us or react negatively to us, we are getting the exact feedback we provoked through our own intent. Therefore, it is vital to really want a romantic healthy relationship or be honest and not get into the cycles of human abuse.

Avoid blame at all cost.

You are the power in a relationship. If somebody leaves, you drove them away. If somebody abuses your love, you abused theirs. You are no victim so you have the upper hand. You can act to cause your relationship to flourish. If your partner has an affair it is changeable - you can find what you were doing to cause the affair and change it. Do not play victim - even if you are - because victims can't change anything, they can only be angry and hope it never happens again. This is baggage nobody wants in a relationship.

Make Valentines 24/7.

We prove our capacity to be romantic on special days. However, relationships are not just once or twice a year, they are a 24/7 experiences every day. What we need is the investment in the romantic experience with our beloved 365 days a year, no compromise, no abuse, just a total commitment to this most spiritual of behaviour -the desire to make one person happy and let this permeate the rest of our dealings with the world. To create sustainable relationships we need sustainable behaviour. This is the essence of global peace, business success and personal happiness. Learn to treat one special person with love and romance and you understand how to treat 1000 people with love and respect. This is the essence of a romantic life. How do we make this a habit in our everyday life? It's easy. We simply look at the things we do on that one romantic day each year - say Valentines Day, a birthday or anniversary - and do it every day of the year. This is the essence of sustainability and quality control in the most important relationship we can ever have – the one with our lover.

Spend time in nature.

Nature is a great healer can transform our lives. One moment in nature, in harmony with her rhythm, is equivalent to a lifetime of yoga and intellectual study. For me, the sky is the roof, the earth the floor, wind is the windows and fire is the door. That's the temple in which I feel the most love. It isn't necessarily right, it's just non-discriminative. Nature has a bible too. It's called your body. A universal principle stands the test of time so you can apply it to the smallest molecule or the largest universe and it will always hold true. When we talk about a universal principle we are talking about the principles of creation, maintenance and reconstitution of all existence. It is a very high knowledge with very simple application.

Prioritise your relationship.

This is a most important ingredient of romance because if you want a really sacred, loving, beautiful, sustainable relationship you'd better make it a priority in your life. Of all the things I've done in my life the biggest failing and cause of trouble has been my belief that I can prioritise things such as work, sport and health while sustaining a beautiful, sacred, loving romantic relationship with a partner. It's just not possible. So, the first thing in a long-term relationship is to make 'love' the number one priority. Your lover has to be the most important person in your life.

Be authentic with your partner, this is very romantic.

A loving individual is authentic even when they're alone. Whether they're sitting in the forest, on the train, in a plane, or at home watching television, they're priority is always to hold their heart open wide. They hold their love for life and a flower and a tree. This authenticity pervades every area of life. It can't be held exclusive to one person in a relationship. I speak with many people who are jealous because their lover has had loving relationships in the past or they love their parent and friends, but a loving person is a loving person no matter who they're with. It's just they choose a relationship with one person for intimacy.

Your inner environment.

Bring love to your heart everyday by nurturing a flower, creating an altar, collecting some leaves, to do a gratitude exercise. Bring your heart to thankfulness every morning and night without fail. You are the environment you create so begin with the love you have within you.

Speak with love.

There is never one word that is wasted. Our life is not a random existence. By knowing how to direct our speech positively, express our words with clarity, communicate effectively with our movements and live with integrity between thought and action we can hold a beautiful space. Every word we speak and every syllable we hear has an effect. For thousands of years, medicine relied on the concepts of sound to cure disease. So, when someone speaks, thinks, or feels either badly or thankfully for another person, it reaches them consciously or unconsciously.

An attitude of gratitude.

Staying in love is a matter of creating a loving attitude as a way of being, a family culture. This is an inner component of your life. It is revealed in all you do, for yourself and others. If a child puts down a book in an unloving way, their attention needs to be drawn to the fact that they have behaved in such a way toward the book. It is a teaching we need to demonstrate by our own practice. Then, whether coupled in embrace, making the dinner, washing the dishes or sitting in meditation, beauty is always flowing. It is a loving attitude, a generosity of spirit that opens this gate.

Romance is expansive.

Love is not just about one exclusive person you treat well. Beginning today, treat everyone you meet, friend or foe, loved one or stranger, as if they needed your approval. Extend to each person, no matter how trivial the contact, all the care, kindness, understanding and love that you can muster, and do it with no thought of any reward. Your life will never be the same again. There is no greater existence than the life that gives more than it takes.

Find you inner home.

Take yourself out of your world for a while and sit in nature. Sit in a park or a garden. Not a manicured garden that feels like your office, but a real garden where the caretakers appreciate the value of fallen leaves, broken branches and insects. Celebrate for a moment the magnificence of our total existence here on earth mirrored in such simple beauty. You don't even need to intellectualise it. All your worries vanish in nature and then you can be home no matter where you are.

Home space for love.

The environment in which you share your love has a great effect on your feelings. Designing your home to include the essence of nature's harmony is a vital part of creating happiness and love in your life. The environment a person lives in affects their mind, health and heart. So the design of your environment is a vital step in creating sacred love. To improve your loving space, keep things simple and make it right for you.

Keep it clean.

Ask others to respect it. Include plants or leaves. Beware of the source of objects and goods. Include gifts given to you with love.

Turn up at home.

We are the environment we create. If a home becomes the place you go to recover from incompetent self-management at work, so be it, but no loving relationship lasts in such a home. People become as we treat them, so too a home. Treat your home as a loving temple; it is both a place of retreat and a place of contribution to your relationship. Always give. Try to avoid the technological invasion where television replaces conversation and becomes the centrepiece of a family dinner, where people don't sit and share anymore, where mobile phones ring 24/7 and where youth spend half their life on computer games. Create opportunities for silence and non-judgemental conversation.

Sort out your work-life.

If people are not happy in their work they become over-reactive in their home life. In the end they spoil both. Do the work you love, even for a lower income. No home on earth is going to compensate for this denial of your real purpose in life. Even the biggest mansion will eventually feel depressing if your work life is visionless. Try reaching beyond the idea of compensation as a way to think about your lifestyle.

A romantic home create zones.

When you do something, do it with all your heart and mind. When you are washing the dishes or sweeping the path, do this one thing perfectly. Create zones in your home where work, television, cooking and sleep are separated from intimacy and romance. Have a parents only area or put the television in a television room - not the family room or bedroom - so that you, your love and children (if there are any) can sit together and celebrate intimacy. Everybody wants and needs that time.

Be present.

Deal with worries that can occupy your mind. Learn to turn up in full presence with anyone you meet, but especially in your home. When you are present with someone they feel met and can relax knowing that you are fully turned up and there. If you are doing six things at once nobody will feel met, and the demand for attention will go higher and higher. A.D.D. results from a lack of real focused attention.

Affirm love.

Subliminal advertising is designed to get our attention without us even knowing. Billboards placed in strategic places flash thoughts into our head that we are not even aware of. Buy this, drink that, “gee you must be thirsty right now;” it is a science of influence. Sounds, sights, smells, tastes and feelings trigger conditioned and subconscious actions. It is a science that permeates every area of our life. So, books, magazines, pictures, memorabilia, and all the other affirmations of your life – even the spines of books on your bookshelf - need to affirm happiness, romance and love. Likewise, a full book set and DVD of the chronicles of death in concentration camps during the Second World War affirm the complete opposite. That information is best stored out of every day view.

Dress for romance.

The colours you wear, the perfumes you use, the luggage you carry, the computer you work on, your aftershaves, deodorant, underwear brand, style of shoes - everything you eat, wear, do, carry, and place in your space, presents a huge opportunity to create loving energy. Remember, nobody can treat you more lovingly than you treat yourself.

Things have a voice.

Be mindful of the energy carried by objects. I have seen stolen property, dead people’s ashes, paintings of torture and old furniture that carries the suffering of an old relative placed in areas where love was meant to thrive. Antiques are wonderful, and some, even the cheap ones, carry such a remarkable charm. However, if your love changes after the purchase of an object in your home, or a new painting on the wall, be aware that those objects can carry very bad energy. In our busy lives, we don’t take a lot of care about the energy carried by things. We can go out, buy something, and put it in our home without a second thought about the energy it carries with it even though it can affect us greatly. Everything has a story bigger than its functionality, which means things bring a certain feeling with them.

Consider carefully the energy of gifts.

I met with a lady to do a consult and she was smothered in expensive jewellery. She had broken up with her husband some two years before. I asked about the jewellery and she told me that her ex-husband kept on giving it all to her as gifts. Then she went on to say how nasty, mean and awful this man was, and that he wouldn't leave her alone. The jewellery was his way of stamping his signature on every moment of her life. In a new relationship, discard the stamps of past relationships. Free your energy and romance for newness - like giving flowers in a vase fresh water.

Romance your beloved - beware of false Gods.

Do you see in a guru more than you see in your lover's eyes? Do you revere some statue more than the silk skin of your lover's inner arm? Instead of worshipping icons of some far off religion or faith, spend the few dollars to have a picture of your lover, your dreams, on the walls of your home. The soul speaks in pictures.

Be discerning about home help.

The people who help you maintain your home also have energy that can affect the loving space in which you live. If someone who irons your shirt is filled with hate, it affects you. A person who cleans the home with scant regard for the affect of their energy is polluting the home. Similarly, someone who is always angry at work poisons others with their aggression. One lady I consulted to bought her very ill mother into her home, but absolutely ruined her relationship.

Protect your relationship.

Not everyone wishes you happiness in your relationship. Sometimes parents want grandchildren and don't really care how much this affects your relationship. Sometimes jealous or lonely friends are not enthusiastic about your relationship stealing you away. Sometimes a boss at work has no home life and, therefore, doesn't respect yours. Relationships are precious and very sensitive. When we allow children, dogs, work, friends, family, ex partners, teachers, gurus, books, television shows, our own mind and the rest of life to have its pickings, there's no much left other than bones and dust. What you bring to your partner in love is important and worthy of protection.

Filter the noise.

Beware of visitors and phone calls that carry with them worry, anger and violence. Allowing such energy into your life is contagious and detrimental to your love. Your relationship is sacred, and despite the fact that our life is open to others, there are some people who have no awareness or positive energy. Often they are relatives, ex-partners and jealous friends. Protect your love, your partner, and learn when to cut off those people who have opinions you didn't ask for.

Speak the truth of love in your life.

Be mindful of how you speak. Words carry with them a whole other meaning. They sit in walls and cushions and on ceilings. A home of an angry person feels angry long after they leave. The clothing of a depressed individual carries that feeling. Your words are an opportunity to freshen up your life. Cut out criticism, gossip, bad mouthing and negative ideas of doing harm to others. Make your words the beginning point for a romantic and loving lifestyle. Beware of those you speak to on the phone who would curse and negate you, they will bruise your relationship and your heart.

Bring home good energy.

If you walk in the door of your home exhausted from everything you do outside your relationship, what chance is there for vitality and love? Now we need to be real. In the first months of a relationship we save energy because we want to make an impression, be good, and alive. Then for some reason we think its a done deal and become all self-important. The most vital time of your day needs to be the time you spend with your lover - they are not your recuperation machine, they are your focus.

Beware of pollution.

Wash your own emotional dirty laundry before you get home. Old boots covered in mud would not be washed in the same laundry as white shirts. Your world is going faster and faster, which makes it a challenge to balance your spiritual and humanitarian sides with your obligations at work and home. Being inspired in life means that you can find your way through a challenge while staying true to yourself and your loved ones. The laws of nature bring this reality to life to inspire the human spirit and protect the integrity of your humanity. Make sure you spend time to balance yourself and process your emotions before you come home. Be the best you can for your loved one.

Begin the day with romance.

Begin each day with your inner work by connecting with nature for a few minutes– early is best – and with this to support you as you move through the day, you will meet each opportunity that presents itself from your own centre. Then you establish and dance with a sense of joy, vitality and enthusiasm for life. With this in place, no activities are work any more. They are an act of love and they give you all the energy you require to do anything. It is a question of where you begin and what you understand your real work to be. Try to start out with an intense love of life, then go wherever that love takes you and do whatever you are called upon to do from there.

Learn to smile even when you are alone.

Try to keep your mind healthy. Worry is terrible for a romance. Some people who cannot control their inner thinking have excess inner dialogue and worry excessively. In my experience, no sooner do these people have the solution to one problem than the next worry is upon them. They affirm some form of necessity to have disturbance in their lives and thrive on negativity and hardship. No matter what their ambition, they cannot rise above these negative thoughts to go beneath the surface of life. It is akin to an actor who cannot separate the stage from reality. Through their own thinking, these worriers manifest the demise of everything they achieve.

Rituals.

Rituals are a reminder to celebrate respect for yourself and others. They are also a vital ingredient for loving relationships. Ceremony can be simple things like taking your day shoes off before entering a home, placing things on tables rather than throwing them, mindfulness of where the towel goes after a shower, bathing before bed, and considering others when it comes to your socks. It might be the ritual of lighting a candle before dinner time and turning off the television while you eat. Children can learn much from the discipline of ritual and respect. These little ceremonies are how we create authenticity in our everyday life.

Create an altar in your home.

In Asia, most homes have an altar - a place of prayer where memories of those past, tokens of love, respect for higher powers are placed. Those altars can be a simple box covered with cloth, or marble covered rooms with golden statues monitored and maintained by a priest full time. It matters not what your altar costs, but what it means and how much respect and devotion is given to its tidiness, maintenance and care.

A romantic bed.

The energy of your bed is sacred, treasure the privacy of it. When you change your relationship, change your bed. Always keep linen fresh as a mark of the deepest self-respect.

Romance extends to food.

Romance also extends to food because it carries with it the energy of the cook. If a couple is arguing while one of them cooks a meal, anyone who eats that meal will experience the thoughts and feelings of the cook when they eat the food. How a meal turns out is not only about the level of skill the cook possesses, or the ingredients, but also what they were experiencing and thinking when they prepared and made it. If the cook's mood was irritated, grumbling, or depressed, the final state of the food will express this lack of presence and loving preparation. In cafes and restaurants be prepared to refuse anything that has not been cooked, served and placed with love.

Draw boundary.

I once stayed on a fly through visit with my cousin who lived in Perth, Australia. He was a night shift mortician, with a wagon in the driveway, ready to go out and collect people who died. He was the funniest man, but drank a lot; I think it was to deal with the job. We went for pizza one night and took the wagon. On the way home, pizza on my lap, I asked him why there was so much rattling in the back. He informed me that there was a dead person in there because he usually waited for a couple of people before he took them to the morgue. Needless to say, I didn't eat the pizza.

Turn off the technology – be human.

In one home I visited there was so little respect for the energy of love in the relationship that the husband would walk in the door talking on the mobile phone even though he was already late for dinner. Unable to greet his waiting family, he'd wave to them, point to the phone as if it were some sort of God, go straight upstairs, change out of his business suit, come down again, and while still on the phone, sit down to begin his meal. Before he arrived, the whole family was at peace and enjoying their evening under the loving care of the mother. When the father, and whoever he was talking to came in the door, the whole home changed.

Silence in the home.

Silence and a time of just being is a wonderful sign of respect for the energy of love in any family. In a home that values love a daily half hour of sitting quietly would be highly beneficial. Intimacy and love cannot survive in a home where stimulation is continuously produced. In fact, that's how people deliberately avoid intimacy. This idea can be difficult with kids because it requires parental discipline - television going off, computer games shut down, phone off the hook, mobile phones disconnected, CD player silenced, dog out the door and no food to distract. So, maybe a hybrid is possible, a compromised version. Wake each day to 30 minutes to an hour in silence. Go to sleep each night with the same silence. Celebrate silence as you celebrate noise.

Protect your relationship. Prioritise your relationship.

In your life, try to be a centre of goodness in the world. No matter what happens, defend your loved one and your children from the judgments of others. Defend your lover from friends who would criticise them. Speak only goodness about the world. Do not become trapped in the victim mindset. Remember, if we call a simple person wise, in time, they will become wiser. If we treat a person with respect they become respectable. Children who make mistakes and are encouraged to keep trying learn to take risks and believe in themselves. A partner who always hears complaints will eventually lose their libido. The words we speak become the truth we live; we must be very, very mindful.

Honour your partner.

We have the opportunity to choose many times each day. We can make the effort to be open and live with a genuine love and respect for ourselves and others; we can choose to see all our inner effort as an investment in the quality of our outer life. Or we can let ourselves be consumed by doubts, fears, judgments, anger, worries and insecurities. You have to choose your outcome carefully. Instead of being consumed by tension you can open yourself, feel the flow of energy pass through you, and grow as a result. Then you become free of all the biological, psychological and emotional restrictions that endlessly limit human beings to an unfortunately stupid and harsh existence.

Devotion is the first priority of romance.

It is in the eyes of loved ones that we find God, rather than the buildings we create to house God. Wealth exists in doing things. A person who can say, "I love doing this" is far more rewarded on the cosmic level than the person who would profess that, "I've got to do this". Achievements last for moments, but love is a journey. There is no solace for the wealthy person who, surrounded with material items and victories, cannot feel love. Devote yourself to your lover and if you fall, then let it be not because you withheld love, but because there was too much for them to carry.

Positive Consciousness – nothing to change except self.

You can't change another person, you can only love them for who they are. This is a great awareness. Remember, people become as you treat them. Respecting that someone might not be having their best day, month or year, say, "Your stress is not my stress, I love you for who you are, not for who you can become". You can change what another person does, you can lock the front door and make them go out the back door, but you can't change the person.

No Compromise – deal with your stress.

Romance cannot exist in a stressful home. Your heart cannot hold love if your mind is stressed. It is up to you to change this circumstance. You can make changes to your way of thinking, but most importantly you can make changes to deal with desperation. Living in panic at work, no matter how cool you are after work, destroys health and relationships.

The right Balance.

Never again clutter your days or nights with so much “busi-ness” and unimportant things that you have no time to “be in love” and “live with love”. This applies to play as well as work. A day merely survived with money as the only reward is no cause for celebration. In its purified state, the human heart is the hologram of the seen and unseen worlds; it is the part that reflects the whole. The heart is the point at which the individual human being is closest to the Divine. The heart is the centre of our motivation and our knowing, possessing a depth and strength of will that the personality lacks.

Prepare for Sleep.

Your last thoughts before you sleep manifest in your reality. Whatever occupies the subconscious mind as you enter sleep will be revealed in the day. An intense focus of thought in the last waking moments becomes a prayer. Such thinking is always fruitful. All genuine prayer must be born in the subconscious, in the heart, with feeling and depth. Just as you are falling asleep, list all you have to be thankful for. This is the simple, natural key to romance. Remember not to go to sleep in the midst of an argument; resolve it always before sleep. The cost of an argument that extends into the night can multiply the problems ten fold. The last words before you fall asleep each night are best to be, “I love you – thank you for being you.”

Stay young at heart.

One habit worth developing is youthfulness. Avoid the collapse of old age where the lower abdomen protrudes, the shoulders slump and the head drops forward. Keep your neck muscles strong, your neck long and abdominal muscles firm (inner core muscles as developed in Yoga and Pilates) to support the internal organs. The potbelly on so many men is the true reflection, not of old age, but of collapse of the vitality of youth, the surrender to gravity. To overcome it is simply a habit of youthfulness.

Romance and stress do not mix.

To live and grow from stress is not just meditating - although this can release tensions and reactions - it is becoming aware of the essence of your own life and beginning to live from that essence, whether you're walking, riding on a train, working in your job or anything else. True, honest living is being aware of your heart's essence at all times. Whether you're sitting still or moving around, it is there. You won't need a special place or environment to feel centred and happy; your whole life itself an act of true love.

Support and challenge.

Have you ever noticed that after you've shown a little love to someone, a heat wave of contentment pervades your entire being? Or that the most profound moments of contentment are those that come when you give someone unconditional appreciation? When you appreciate people, when you simply smile at a stranger in the street, do you recognise the breeze of peace that flows over you? When you help someone up who has stumbled, do you feel that contentment pervading your heart? When you present a flower to someone who is sick or in need, do you feel a sense of warmth well up inside of you? Giving appreciation, not because it is your duty or obligation, or because that man is your father (or a complete stranger), is a gift, and this feeling of warmth is a great reward. Giving without condition or reason is true love, an attitude of your nature, the individuality of you. It is not limited to events, it is a way of life.

Valentines day – Everyday.

Many people wait for a special occasion to be romantic because it involves serious time and money. This really misses the point because romance is the daily ritual to reflect your love in everything that takes place. If the ego is engaged in a relationship there will be bright eyes and beaming smiles, but without romance it's like having an enemy against you. Romance is an attitude, a prioritisation. It's living, walking, talking proof that when you say, "I love you" there is emotion behind it. When you appreciate your partner, they feel it. In fact, the word appreciation means to make bigger or expand, and romance is exactly that - making someone feel special, better, bigger than they felt before you walked into the room. Today, celebrate your love for your lover. Treat them more importantly than yourself. Have the courage to surprise them, gift them, tantalise them, make love with them so they feel like they went to heaven, honour them, surrender to them, value them and treasure them. Do it without fear of failure or fear of rejection or fear of being hurt. Do it today like there is no tomorrow, because in love, there is no tomorrow.

Loving gifts. Small gifts.

All they need to do is put a smile in your lover's heart. When we are mindful of the harmony of our thinking, and therefore our gifts, we can then watch our love become a thousand times greater in effect and value. A gift given with anger and resentment will breed that downward force wherever it travels. A gift given with the deepest love is unconditional. What our partner does with it is not important, because the energy we sent or gave is the power of it.

"All of life is a miracle. The order of nature, the revolution of a hundred million words around a million of suns, the activity of light, the life of animals, all are grand and perpetual miracles."

Voltaire

Romantic love letters - it's the small things that count.

Poetry is the language of romance. Leave notes, write emails, SMS like there is no tomorrow. When we write a love letter or email the truth is conveyed between the lines. Words written with loving thoughts behind them will have a far greater effect than a thousand pages of well written, grammatically correct literature. Have you ever “heard” a letter speaking? It is not simply what is written on the paper. You can decipher the mood the sender was in, their happiness or resentment, their joy and their sorrow. A letter carries the vibration of thought and feeling, as do all forms of communication.

Self respect.

“The best way to know God is to love many things,” said Vincent Van Gogh. Love goes deeper and deeper when you learn to be in nature, quiet, and not talk too much. Then you will experience a deeper awareness of life. Fast response to life’s challenges is not likely to result in anything thoughtful, so the best thing to do is to be as quiet as possible and think about matters. To cultivate this true love, we need to get away from our conventional environment from time to time and create the space for clarity in nature. We need to create seclusion for ourselves, to sit peacefully in the clarity of solitude, illuminated by emptiness in nature.

The four key ingredients that bring romance into your home:

- 1 Kindness - because it places the heart and mind of others higher than your own.
- 2 Gentleness - because it raises the energy of the moment and allows hearts to open.
- 3 Care - because this is the gratitude that brings us present in the moment.
- 4 Contentment - because it is without struggle, no trying, just a simple exchange.

1. Kindness is a gentle attitude, expressed in the way you think, speak and act.

There is limitless scope to show this attitude. No matter how much is developed in this way, it is never too great. It grows wonderful dignity.

2. Gentleness.

It will unlock any gate and find its way to any heart. It is the key to progress. It implies generosity for all but requires some sacrifice at times. All those recognised to have been great in their time have been gentle people, but they have never been weak. They have never softened their responsibility towards themselves or deluded themselves or others.

3. Care is compassion.

It begins at home but expands and grows with people in work and social environments. It is in this growth that care retains its authenticity and power. There are many people who act kindly in public but are cruel and mean at home. This reveals that their real care for others has not evolved from their real nature.

4. Contentment is the true intention of love's existence.

This is a wonderful purpose for your life and a vital part of a relationship. Your intention eventually becomes your reality and truly reflects the qualities of your heart. It is not the meditation you do in the morning or the yoga class you do after work, because these are simply powerful points for connection. Your true heart is revealed by the way you sustain your practice throughout the day in the amount of contentment you create in your relationships. This is the real part of your sacred relationship since the thoughts you have moment to moment add up to the relationship you have year to year.

Romance yourself.

Welcome every morning with enthusiasm for life. Look at today as a special gift from your Creator, an opportunity to celebrate love with your beloved, to do the work you love, to be in a world of love. Design your day (the night before) to make it a day of love. Be a self-starter; start the day with love. Let your first hour set the theme of inspired living and thoughts merged with action that will echo through your entire day. Today is the first day of the rest of your life. Don't waste it with a false start, no start at all or a hangover from yesterday. Wake to inspired living. Nature is with you so the whole universe wants your day to be magnificent. Live it.

Part 3. Air Self Love

Self Love - Grow through stress

The air connects us. It carries the essence essential for life. It is filled with life giving oxygen as well as toxins on their way to be cleaned. Air is the bridge between us all. The whole of nature is a symphony, a harmony of hidden breaths, sounds we can't hear, smells we can't detect. Air carries messages, nutrients and wastes. It unites us all. We can't see it, but it's there.

Every thought we think, every action we take, and every feeling that passes through our mind and heart affects the world. Every thought is a vibration that travels outside of our mind, and therefore, we are revealed and cannot lie. Go to a guitar shop and pluck just one string on any guitar, then go and listen to all the other guitars in the shop; you will hear that note resonating with every other guitar. Our thoughts carry with them a power far greater than we currently perceive. Everything we do, and everything we think, affects our relationship. Like it or not, truth comes to the surface in a relationship.

Our mind is one of the most sophisticated telecommunication devices on earth. It transmits and receives information from tangible vibrations, all the way up to the finest intangible possible. For the most part, the noises in our mind make it impossible for us to be aware of the whole spectrum of communication that's going on in our head, but that doesn't mean it isn't happening. Mind control is your opportunity to tune into those higher vibrations and transmit the productive things in your life.

Mind control is about choices. Choosing the vibration you want to live at. Choosing the consciousness you want to resonate with. You have the choice, all the way from the most violent human possibility to the most profound love, and mind control is what gives you those options.

The average person is not in a position to make those choices. They are at the mercy of their circumstances. Either by choosing to stay in an unhealthy environment or, by the sheer misfortune of having been born in the wrong place at the wrong time. Either way, there's a vast difference between those who have decided to take control of their energy and those who can't.

Drought

Nature evolves at the border of chaos and order. This is her spirit, her purpose. Sometimes the borders of challenge and support are just seasonal changes; other times they are extreme. Nature is always seeking the balance and she will do what it takes to maintain it. You can trust nature, she will make the dry into wet, and the wet into dry. The only thing you can't know is 'when.'

Sometimes the rain doesn't fall and the rivers dry up so the land becomes parched. This is not a problem - nature has done it for 3 billion years. The farmer who has lost touch with the land will say, "I am surprised there is a drought." However, it is not nature that is acting strange. She has been here making drought forever. It is the farmer who didn't plan for it who is acting strange.

In nature there is an ebb and a flow. Sometimes there is too much, sometimes too little. The spirit of nature sits in the middle seeking the balance-it is just a matter of time. The stress on the land during drought is as much a part of the perfection and evolution of nature as the rain. It is just annoying to the unprepared farmer who has no such measure of time.

Likewise, a relationship is not going to fix your personal problems. A relationship does not shield you from the spirit of nature, from the droughts of life. Sometimes the flood of last season produces the need for a drought this season. We stress and struggle in life, when we are totally unprepared for the seasons of change. A relationship will not change your vulnerability to the experience of stress.

Your ability to deal with stress and manage your life is going to have an enormous impact on the sustainability and quality of your relationship. A great relationship begins with personal happiness, which is based on your ability to handle stress.

To improve your ability to handle stress, you must evolve. Then you can deal with more in your life without emotion. It's no use becoming famous and using drugs to deal with the stress. Your stress process needs to evolve with your fame and responsibility.

Disease

The inner characteristics of a leaf or a tree are continually adapting to circumstance. Virus is one of the most vital triggers that cause adaptation in nature. The cellular structure of trees, animals, plants and fish, is not the same as it was. Disease is nature's deepest trigger to evolve her creation.

Likewise, our immune system is never at rest. We too are in a continual war within our physiology, adapting to change. Sometimes we don't adapt fast enough, other times we adapt too fast. In this day and age we can fight off the triggers for our own evolution using drugs, machines, foods or MP3 players. We can escape, but we cannot survive without adaptation.

Even the most powerful antibiotics simply challenge the bacteria to evolve. Eventually our body must face its duty to adapt or be recycled. It is a harsh reality that most people die young. Their body gives up before its time because of a reliance on substitutes instead of its own natural capacity to adapt.

Every emotional stress that you 'choose to hang on to' rather than process, ends up as an imbalance in your body. So, if emotional awareness is not your strong suit, or if your life is too busy for you to deal with the issues in your relationship, your body will be challenged by emotional chemistry and you won't have a chance to adapt. This is the source of too much illness and disease.

Nothing of the human spirit comes from a pill. There is no substitute for human happiness. There is no food that can replace the feeling of contentment one gets with a loving family. There is no stress management course on earth that can substitute for the good nature of human generosity. We must learn to be honest with ourselves and allow the natural process of adaptation to work its way through us.

To be angry, sad, fearful or excited isn't wrong, but we are wise not to react to them or, act out of emotional extremes. Just acknowledge your feelings and emotions as transient. Let them do their work and pass on through you. All you need to do is be aware. It requires a certain honesty with yourself.

Rock

We see the rock in nature's world and think, "That's hard" but it is only hard relative to our touch. To the water, rock is not hard, it just takes longer to transform.

To fight against transformation in nature is impossible. Eventually, nature transforms everything. It is the most magnificent awareness that nothing in nature is permanent, except the fact that everything is impermanent. Change is the only constant in nature. Everything evolves, even that "hard" rock is transforming from solid to liquid, energy and dust. From the stars it came, to the stars it returns. It is just a matter of time.

The only thing on earth that fights this natural transformation is the human ego. It can fix itself to beliefs and hold them as if even the most powerful storm could not make it change. It fights wars, builds religions, and persecutes others, but it is all an illusion, like the rock, and only a question of time.

Transformation from lower to higher is the spirit of nature working out its destiny - relentless but in no rush. Human ego believes it has free will, some choice, but we are only playing with time. Even the greatest violence in human existence changed nothing over time.

Opposition to the spirit of nature is foolish, but even this is a part of nature's design. There are the rocks and there are the leaves. Some hold onto the past, some leap into the future, while between them there is the evolution of our planet. Nature has a middle path, and the boundaries are only matters of time.

As a part of nature, people can stick to their guns in rigid adherence to fundamental beliefs, or they can be obsessed with the future of stars and planets and future worlds. Between the two, the mass evolves. Nothing will stay fixed, it is only a matter of time. It is far wiser to evolve as nature intended.

Calm

Sitting by a lake high in the Himalayan mountains, the water is deep aqua blue, its surface as smooth as a mirror. A calm surrounds us, tranquillity comes to our heart. The sun warms our body, we take off the down jacket and bask in the warmth. The air is fresh and all is still.

Is this permanent? Would we throw our jacket into the water and celebrate this calm or would we take this moment in context to the possibilities we are aware of? In these mountains we are not blind. We have seen the storms, 200 kilometres per hour winds, lashing ice and snow, earth tremors, avalanches. We have seen the invasions of troops and diseases. In this beautiful tranquillity we are celebrating the experience of calm in a context of reality. We would never expect, not in a billion years, for it to last even one day. The spirit of nature cannot be measured in a single mood.

Yet, some humans seek eternal peace. It is their wish to live outside the harmony of nature, to disconnect their body and their mind from the precious womb of nature and depart into another existence. But nature's spirit is the eternal spirit. Natural law is universal law. As above, so below. We must learn to dwell in peace within the context of reality and the framework of possibility.

Any peace we achieve in the absence of violence is no peace at all. Real peace is a noisy one. Real Stillness is a passionate one. We need to find a peace that includes life, not excludes it. That is why I take people into a forest or the mountains and have them witness nature's spirit. We want a peace in our heart that embraces life, not excludes it.

Many years ago, after doing a retreat in a peaceful place for an extended time, I could hear ants scratching themselves and snails crawling on leaves. Then I got into a taxi to go to the airport. We were late for the plane and suddenly sweat started dripping from my forehead and my hands began to tremble. All the work in the Zendo came unstuck in minutes. I had made myself more fragile than ever before all in the name of becoming calm. I had learned to be still but it was conditional. The only way I could sustain such a peace would be to stay in isolation or change the world to suit my limitation.

A client once asked me to help her and her husband. Bob meditated 3 hours each morning and 3 hours each night. He was so calm that dust settled on his nose and ants made their home on him. He was so calm that cats would sleep... anyway, you get the picture.

I asked him, “Hey Bob, do you love your wife?”

Bob replied in a soft whisper tone “Yes, Chris, I love my wife”

Me: “How?”

Bob “What do you mean, how?”

Me: “How does she know?”

Bob “I tell her”

Me: “That’s it?”

Bob and his wife didn’t talk, there was no quarrel and their kids were in school. All was “OK”. However, she was in such need of company that she was beside herself.

Bob’s withdrawal into his meditation was a way of avoiding stress, but this calm was destroying his relationship. His non-violent stance in meditation was a violence in his relationship. Nature and love both grow at the border of chaos and order - stress and peace. By avoiding stress, Bob was avoiding love.

Springtime

Each year, storms, floods, fires, freezing weather and darkness bring an end to a cycle in nature. Nature's spirit is rested, her activity slowed, energies restored. Then Spring arrives and new life appears. It is as if all of nature went back to school and was reborn. It grew, found new strength, prepared itself for another year, a new life, a new way of being.

Most of us get frustrated when the same old shows are repeated on the TV. It's a shame we don't have the same attitude toward our thought patterns, beliefs and expectations. We seem to run the same old scripts and stories in our head over and over and over, and in the end, all we're doing is watching reruns of old shows. We too can live in the harmony of nature by honouring new beginnings. To do so, we must grow and learn from, appreciate and love, the past.

The hardened mind cannot grow. It repeats the same old movie but expects the world to change. The world is nature. Everything has been made perfect and it is we who must change. The real opportunity is to admit that the same movies in our mind always produce the same results. We need to turn life around and see it from the inside out. Our relationship with the world is based on how we see it. Nature's world is perfect already.

Stress is a road map of our opportunity to evolve and change our movie - our beliefs, religion, philosophy, lifestyle, spirituality or whatever it takes. The key is to see that it has nothing to do with changing the screen onto which we project our movie. The change must come from within us. If you are stressed, the worst words that can come from your heart are, "I'll never do that again" That creates a brick wall you will never break through. A growing happy, inspired person will learn from stress and evolve. Their words would be, "Well, at least if that ever happens again, I'll know how to handle it" meaning they won't get stressed like they did the first time. That is how we evolve in love and life.

"I couldn't avoid stress if I wanted to follow my dream."

Giant Trees

In the forest, there is grass, bushes, shrubs, small trees, medium trees, big trees and giant trees. They all serve one another - each connected and dependent on each other. The depth of the roots determines the height of the tree. The deeper the roots the more wind the tree can resist, the more nourishment its roots can absorb. The deeper the roots the more trouble that tree can resist.

In the tiny acorn lives a future tree. In the seed there exists a template of what specie of tree will grow. But inside that seed or acorn, there is no single determinant DNA to prescribe the height of the tree. Why then do some trees grow tall and others not? The roots on every tree have the same intelligence - seek nourishment. The leaves and branches of the tree have the same intent - seek sunlight. Why then do some trees grow to be giants and some remain small?

The first time I stood up to speak to an audience, my knees shook so badly that my teeth rattled. I couldn't hide these shakes and started to sweat. That was to a friendly audience of 20. After some growth, I could speak to 20 people easily, no shakes at all. Of course, that simply proved I was ready to attract my first 100-person audience and the same thing happened. I shook like a leaf, but only for the first 5 minutes. While I still experienced that 5 minutes of hell I had adapted faster. I had evolved.

Now, if I wanted to avoid stress I could have chosen not to speak to those 20 people. It would have felt better, more calming and spiritual, to stay away. However, part of my mission in life is to speak to audiences so, I couldn't avoid that stress if I wanted to follow my dream. In my experience and observations, the most stressful path is usually the path of your purpose.

There's a movie about Jerry Seinfeld that was made after he finished his amazing TV series. He consciously threw out all his old material and started developing a one-hour comedy routine from scratch. It took him months. Each night he went to "open mic" comedy clubs in the US, presenting material that revealed his incompetence. He failed a lot. That must be hard for a man who is rated as the "world's greatest comedian", but it shows why he's a success. He grows through challenges and doesn't take a stressful situation as bad. This is how he refines his art. It's how he evolves.

The ancient Greeks called these places of incompetence, "Frustra" and we developed the word "frustration" from this. If our intent is to live in harmony with nature, then we must grow through, rather than run from, frustrations.

There was a businessman who came to me looking for advice on his life purpose and vision. He had sold his company and was ready to move into the future. His objectives were to spend more time at home with the kids, not be stressed at work, create a country property and do more philanthropic work. For him, his tree was tall enough, he wanted his leaves and his branches to stop seeking sunlight and his roots to hold firm as they were. He wanted to block what nature had intended for his life. Nature destroys anything that does not seek its purpose.

I recommended he follow a different path and keep all his goals except one - "Not stressed at work". He was obviously hurting from the last years of his old business and was trying to avoid the costs to his family for the future. This I understood, but by shying away from stress, and seeking peace and calm, he was definitely running in the wrong direction. Instead, I proposed that he accept that it wasn't the business that had the problem; it was his own incompetence at handling the stresses. I suggested he learn new ways of managing himself and his business. The idea was to change his technology for management, grow himself with learning and education, so that he could handle even more stress than before. This would allow his spirit for life to grow and not end up living vicariously through his family.

Every time we expand in our life we have a new stress. Each day we live our dreams there are more challenges, more things to love. It's not the level of stress that causes us unhappiness, it's our incapacity to handle stress that makes us withdraw or shy away from the life we were meant to live. This is what causes unhappiness.

The size of our life vision is determined by our willingness to be stressed and grow from our incompetence. With the right attitude and approach, we can process and handle massive amounts of stress.

Can you imagine the stress Pavarotti was under every time he sang? In fact, he was physically ill just before nearly every performance. Imagine his pressure as the best in the world, but only as good as the next note he sang. One tiny falter, and he was finished. He was the best because he evolved through incompetence.

He started off in small theatres then grew and grew and grew. From one frightening performance he grew to the next. His voice was a gift from heaven, but his willingness to learn how to embrace the challenges of stress was what took him to the top and kept him there. He didn't shy away from the stress; he worked so hard to learn how to evolve through it, so that next time his audience could be larger. If he'd stopped adapting he would have ceased growing his life capacity, and his career would have ended early. No matter how gifted his voice, if he didn't evolve through stress he would never have been the best.

Many actors and performers rise in celebrity but can't handle the stress. Instead they take pills, uppers and downers to try to cope with their incredible workload and the ever-increasing stress of being a celebrity. By not evolving through their stress, they have to drug their way out of it. Their talent may be amazing, but if their stress management is poor and they use drugs to help them long-term, they falter.

It's the same in a business. If your company can handle 3 clients successfully, without drama to client or company, it gets 4. If it can handle 3000 it gets 4000. Business expands at the rate that its capacity to handle customers successfully (both customer and supplier) grows. But if the employees don't evolve, if the systems don't evolve, then a company might get more sales, but the systems will falter and bring it back to what it was before. A business is like a performer. If a performer can handle 1000 people without stressing out, then that performer attracts more.

Good Ground – Wise Choices

Learn to recognise stress and grow through it.

Deal with stress at the cause rather than deal with the effect of it.

Build your immune system and nervous system (yoga and lifestyle).

Accept your own incompetence and celebrate it.

Stay true to your energy, and know that when we are tired, we need to grow.

Forget calm as a measure of peace.

Know that stress reveals opportunity.

Use stress as proof that nature is looking after you.

Thunder

The sky speaks. Lightning releases power from its potential in the great sky and flashes it to each. Where that lightning strikes, where its power lands, is based on the shortest path between one electrode and the next. Lightning is a tiny but powerful reminder of the infinite energy nature's spirit can bring to her lands. She has the power and the future firmly in her hands.

In everyday life we act out our potential through our choices. The depth of our commitment to our quality of life shows in how generous we are with others, and how generous we are to ourselves. We demonstrate the reality of our own motivations through our interactions with other people and the quality of our choices.

Understand that how you deal with tensions is really the axis point, the daily articulation of your potential. It is a practical and powerful expression of your deepest human nature to take the tensions, both your own and others, and deal with them productively. As you cultivate this love and respect you are developing a powerful self-mastery, which you express in your genuine capacity to serve other human beings.

Act with calm, give generously, don't react, have compassion, be clear, refuse to act out of fear, be honest with people.

To manage your real potential energy is to become aware of the essence of your own life, and then begin living from that essence, whether you're walking, riding the subways, working in your job or anything else. Your real power in life comes from being aware of that essence at all times, whether you're sitting still or moving around is irrelevant. You won't need a special place in order to have that experience. Your whole life itself becomes an act of nature. That's your deepest potential.

Hints and Tips for Managing Stress

Be real.

Everybody who is living a full and loving life gets stressed. Their only real choices are how fast, how well and how permanently they deal with it. The option of running away from stress is not considered here, but of course, in the case of physical violence, that's a real consideration in the immediate circumstance. Anyone who starts aspiring to stress free, peace living usually attracts disasters. Love grows at the border of support and challenge. People commit suicide or take sleeping drugs not just because of stress, but because they're beating themselves up thinking it is wrong. No, it's growth.

Heal in nature.

A great demonstration of the healing power of nature can be seen when corporate executives or stressed family members go into nature. I would love to show a video of the thousands of business people I have taken to nature and their automatic transformation. The true beauty of the human spirit shines when a person reconnects to nature. Stressed and frustrated business executives initially try to fight it, but in nature, they just can't hold onto their rigid ways. With time and patience, they forget their need to be right and surrender to the flexibility, creativity, love and inspiration that are so natural.

Bring nature home.

We can't become dependent on being out in nature to be good human beings. Most of our lives are spent in cities where our missions need to be lived out. So it is vital that we learn to take this awareness everywhere we go. To put this connection to nature in our pocket and carry it into all walks of life is one of the most spiritually profound stress processing skills we can have. With proper instruction you don't have to be in nature to experience its gift. You can celebrate nature's stress transforming gifts everywhere - in the city, the office, even on the train.

Follow nature's law.

Many thousands of years ago, some wise teachers described the amazing phenomenon of Nature's Law. This became known as the Ancient Mysteries. They discovered a set of principles, not unlike the idea of $E=MC^2$, that no matter where you stood in the universe of stars, those laws held true. They studied every science to check the veracity of those laws until, exhausted, they declared each of them a Universal Law - a set of rules, principles that govern the universe. These simple, universal laws function to govern all of life, whether you are on the moon, or down on Bondi beach.

Respect diversity.

When you see it, you're happy. When you don't see it, you're stressed. Nature grows you at the border of order and chaos. So the most natural, inspired and loving way to live is Stressed then Happy, Stressed then Happy. Nobody gets one without the other. What we can control is how much time we spend in either. Some people spend 10 years in grief (read stress), while others spend 30 seconds, and then get back to happy. We cannot control the fact that we get stressed. We can control how long we stay in it and how well we process it.

Let nature guide you.

Throughout this book, you will be exposed to the Laws of Nature. They will be presented in many different ways and many different forms. However, they come back to five basic realities.

- 1 There are two sides to everything – nature seeks balance.
- 2 Everything must grow – at the border of support and challenge.
- 3 Nothing is ever missing – just changes in form.
- 4 What you appreciate grows – there are no mistakes.
- 5 Nature's law is universal law - there's a higher order than our emotions.

Spring every day.

Let go of yesterday. When I teach Nature's Law, people smile at how simple it is. Yet, they also realise that every story they have about their past, every emotion they have about the present and every belief they have about their world has suddenly changed.

See yourself connected to everything.

Come to see that everything is nature. Even the high-rise office is a part of nature. As long as you can bring the principles everywhere, you are at home. By applying those laws of nature to everyday life you'll bring more love and harmony into the world, naturally.

Forget time.

Natural Law has one outcome to every stressful situation - love. So, whatever stresses us, reveals where we are in conflict with natural law. Moving stress to natural law, we experience the ability to grow through drama, heal a problem, invest in romance and, most importantly, find the real strength to be vulnerable in love. By holding the essence of nature our inner heart, even the most difficult circumstance feels calm and capable of love.

Self Love - Mind control

When you vibrate water in a bowl tiny ripples appear. Increase the magnitude of those vibrations and you increase the magnitude of the ripples. The earth has ripples called waves, and sometimes they are not so little. Waves are just the result of vibrations of sound, movement and tides on the earth.

There are even more waves of sound, high frequency waves called ultra violet. The essence of life comes from these waves. From the most pure light ripples to the heaviest object on earth, all is vibrating. Even the earth, swinging from aphelion to perihelion, the angle of its poles, vibrates on a different time scale to ours.

The original creation came from a thought. That thought became light, which became sound, which became matter. Our thoughts can resonate with high thinking or low. This is human consciousness, and we do have a choice. Gratitude shifts our thoughts from low to high. Ingratitude shifts our thoughts from high to low. The choice we make is our consciousness.

Our thoughts and feelings are like little pebbles thrown into the sea to stir the water. It is hard to comprehend the extent to which those ripples travel. Even a great ocean is influenced by a single stone. We may not be conscious of it, but a single thought, given the right conditions, has the potential to build into a huge gift, or a tidal wave of problems. Day-to-day we can only see the tiny immediate circles that our thoughts produce. The vibration they create in the sea of our life reaches much further than we can ever imagine. Our ears do not hear it and our minds do not know it, but it occurs just the same. Like a radio transmission, signals are sent and often not heard, but they exist and impact the whole of existence.

You can choose those vibrations, the ripples you transmit. You may not know when or where they will arrive, but you know that what you put out comes back ten-fold. It means you can love with an energy that is healthy. You can turn your mind to what is productive in your life rather than dwell on negativity. You can change your perception of any event, any circumstance – you can see the order in the chaos. And with all this, you get to choose your moods, your responses and actions in your life. It is your choice how that ripple begins.

If you make a stand, for something good or bad, you are polluting the atmosphere with your vibration. There is no “good” violence, there is only low and high vibration; unconscious or conscious. You must see that harmony with nature does not vindicate unconscious and violent thinking. It simply empowers you to think at the base or the top of the tree.

There’s a hierarchy in nature. The lowest of it is extremely violent in its polarity. Human’s have this potential too. In nature, to be right about peace, and fight for it, is the lowest of low vibrations and almost no different to those who fight for war.

You can choose this harmony. Please don’t think there’s right and wrong. Just as there are low notes and high notes on a piano, you can play your low ones or the high ones. Neither is right, they are simply a part of musical harmony. High notes are love. Low notes are material and emotional. One is energy focussed, the other is energy spent.

Evolution

Nature evolves at the border of support and challenge. In nature, the earth is continually adjusting itself, sustaining its own destiny. For the greater part the earth is in moderation. Winds balance pressure, rains balance moisture, plankton balances the air we breathe and heat balances growth. The planet exerts an order, which to many people seems chaotic, but it is not. The earth seeks moderation, small adjustments, evolution.

Problems are challenges and nature grows us with challenge. We must see that challenge is no indication that we have failed or that we are on the wrong path. We need to learn from our challenges, grow from them, just like nature.

Love is support and challenge. No human, ant, flower or star can live without this duality. We grow in love, evolve at the border of support and challenge. The testimony that we are nurtured by nature is that we are supported and challenged, everywhere and at every moment.

Because we are emotional beings, we don't seem to worry about life when we are supported. But when we are challenged, we struggle to sustain happiness.

Nature guides us on the middle path between support and challenge. Moderation.

Wind

Winds bring about change. In nature, high-pressure zones and low pressure zones seek to balance each other and this causes the winds. A small difference in pressure causes a breeze; a huge difference in pressure causes a hurricane. These are the emotions of nature, the winds of change.

In our life we have emotions. The greater the difference between one positive thought (high pressure) and one negative thought (low pressure) the stronger the emotion we feel. If we can control our thoughts, we can control the winds of our mind, and therefore, our emotion.

Emotion is energy. The winds blow one way, then they blow back the other way. Huge energy is expended, trees are torn from the earth and houses destroyed, a massive destruction paves the way for new growth. And so too with emotion. It is a huge energy, a frightening violence, a transformative chaos, inevitable and essential. We have only one choice. Unlike the wind, we can choose.

If a high pressure builds up in one place and a low pressure builds in another, the faster they balance each other, the gentler the wind. In our thoughts, the faster we rebalance our thinking, the gentler will be our emotion. On the other hand, if we build and store our thoughts, our judgments and our emotions we create a huge imbalance, and the result is a human tsunami of emotion. A violent outpouring of feelings.

Infatuations breed resentments. You can choose to get infatuated with your partner and then eventually resent them, or you can find order in the chaos and seek the middle ground. One is sustainable long term, the other is joyful short term. This is the power of mind control.

Balance

You have to balance your mind in order to create a loving relationship. If you can't balance your mind and your thinking is one sided aggressive and critical, then your relationship cannot flourish. You become a terrorist in your own home. If you can balance your mind, you can see both the negative and positive sides and be a good human. You can't eliminate the negative side, but with balance, you can learn to see both sides. This is an important consideration because your mind affects your relationships more than many other things you do.

In our relationships the longer we hold onto our judgments, the stronger they get and the more powerful are the forces acting against us. The breeze of balance becomes a hurricane; the disagreement of negotiation becomes an argument. The clouds gather in the form of our judgments until finally, the love is lost, the relationship is over.

A balanced mind is a loving mind and reveals an inspired heart. This is the result of your effort to equalise the opposites. The winds of change do not have to blow strong, they can be gentle breezes of gratitude, humility and calm. Trust the laws of nature that there are two sides to everything and you will evolve yourself.

Earth – Build on rock

There is little use pretending that the forces of nature are unreal. If we build homes too close to soft sand they fall. If we fly a plane without lift we crash. If a boat is not designed for floatation it sinks. Nature is brutally honest. There is nothing held immune from nature. If there's no water, there's simply no water, things die. Nature is not vindictive nor is she bound by the emotion of human compassion. She treats everyone and everything equal. Evolve or die. There is no wishing, hoping or wanting. Nature simply loves with the duality of support and challenge.

Many years ago, indigenous people knew how to live in harmony with nature and the earth. They worked with their hands in the soil and understood the cycles and rhythm of nature as if it was a part of themselves. There was no separation between the way they treated people and the way they treated nature. They knew the connections, they knew we were all one. So, raising your consciousness around love and reconnecting to nature has an urgency about it. If one generation loses this connection the next will grow up separated. The costs will not just be the environment and the sustainability of our planets resources, it will be a loss in human peace, love and relationship. As technological progress takes us forward it is of enormous importance to our world, and our families, to bring the harmony and love of nature along with us. We must remember that we can never replace what nature provides. No pill can give a person love, no amount of material substance can replace the joy of a beautiful relationship - no drug, no business success.

This reconnection to the spirit of nature begins within you. You must learn to know yourself, your feelings and thoughts. There's no use pretending or wishing to be other than who we are. To reconnect and live in harmony with the spirit of nature, we have to know ourselves well enough to understand what we are feeling and find harmony with this feeling in nature. Even if we don't speak, we are communicating the truth - whether we know ourselves or not. Even though we think we can create false personas, the world and nature reflect only the truth of what you're feeling.

Honesty

What's going on inside you right now might be difficult to observe. You might talk about how you should feel, or would like to feel. This is not the honesty we require. In nature there is no should, there is just honesty. If you can connect to these feelings without judging them they will do their work on you, and pass through when they are finished.

The most honest and brutal way to find out what we are really feeling is to observe how people treat us. What we do to ourselves on the inside, nature does to us on the outside. When I first started doing keynote speeches, I was astonished at the variation in audience responses. I could do the same speech in the same hall to another audience and they'd react differently. I tried so hard to work out what it was. I checked the room air-conditioning temperature, the daily newspaper to see if there were news affecting my audience, the weather, the moon, the background music, the speaker before me, and anything else that could cause people to react differently to the same words coming from the same speaker. I checked everything except me.

What I realised was that I was always able to put on a brave face to the audience, but if there was some sadness or anger inside of me, even if I didn't show it, I communicated it to the audience. The audience didn't hear the words of anger, or see the face of anger, but their intuition picked it up. I then understood that it was important to check in with myself and be honest about where I was at every day. Yoga was a fantastic way to achieve this. Especially Ashtanga yoga because the practice itself didn't change day after day, and the only variable is me.

To become self-honest you'll need to spend some time alone each day practicing your listening skill. If you go into nature and immerse yourself, reconnect, you'll get your mind to fall still. Eventually, you will hear all these "unspoken messages" running around in your subconscious mind. It's just an awareness that enables you to know the difference between mind noise, emotion and your true intuitions. Until that time, it is wise not to act on your emotions.

Responsibility

You can use this awareness to take responsibility for every feeling or mood you have. If you are angry, don't blame someone. Instead you can say, "Thank you for making me realise how much anger I have been carrying around with me." Or you might reveal, "Man, I am so depressed, I really want to blame you and this relationship for it, but I know better."

If you could, in your daily life, examine every action that has created a disagreeable attitude, caused darkness and dissatisfaction to yourself, you would simply become more mindful and change the judgments that destroy your life. If we could consciously watch each thought, word or action and then move it to an inner harmony, to a feeling that brought us inner calm, then the inner life would be fed as well as the outer. The ego would not be in control, the sickness of righteousness would be healed, and in that one single shift, our health, relationship and inner growth would be guaranteed.

Gardens

We can make a beautiful garden in nature, fence it and create a precious sacred space. We can decorate it with the most wonderful flowers and refine it to be something worthy of our respect.

There is a garden in our life and it is called self-respect. It is a beautiful garden and what grows in it is precious. Other people don't understand what you put into that garden or where they grow, so if you let them, they will just walk in and tread on the beauty, criticise it, tell you how to improve it, and in the process just walk all over it.

If you allow people to walk all over your beautiful garden, you can't be present with them. Therefore, boundaries are the essential ingredient so that you, and others, can turn up in a healthy dynamic. People without boundaries don't turn up. Our actions today create our future tomorrow. If you want to create a clean, respectable home where you feel honoured and appreciated then you'll need clear boundaries around how people treat the environment.

No compromise is compassion. Some people don't respect your boundaries even when you make them clear, so you need to make some self-respecting choices. In my life I have a rule of thumb. Once, twice, three times you're out. I have boundaries in my personal world because I need to hold a certain silence and focus in my work. When people cross this boundary I ask them, "Please, this is my rule around my work". If they cross this twice I say, "Please don't cross that line again". If there is a third time, there is never a fourth. I have seen people cross the same relationship boundaries time and time again, and then crawl their way back into the heart of those they hurt. Even though I advocate tolerance and love, I do not subscribe to the idea that it is healthy to keep having your boundaries crossed.

The more emotionally unpredictable a person is, the less intimate we can be with them. We need to build a fence at a distance safe enough for us to keep loving them. They are like a dog on a chain - the more emotion they have the further out you have to peg the chain. Nobody gets bitten by the same dog twice. Nobody stays emotionally intimate with an unpredictable emotion.

Interconnectedness

In the spirit of nature, events are just events. A storm is a storm, a flood a flood; they are both bad and good - just a storm, just a flood. Nature has no attachment to causing bad or causing good. There is no emotion such as retribution, vengeance, payback or privilege. Nature is nature. Events are events.

In Nature dark energy attracts light energy; they seek to balance each other. The polarities exist, but they are temporary.

In human nature, we are attached to things. We have emotional desires and ambitions and so we judge. This is the human condition. It breeds love and war and everything in between. We have a choice - to function based on convention and mass consciousness, or rise out and seek something unique, natural and different.

It's all about the way we think, the mindset we bring to life. You see, societies think they can be judgmental and vindictive to one person, and separately, be in love with another person. But this is a great contradiction to universal law, a defiance of the spirit of nature. In reality, such a separation is unsustainable. Our way of thinking invades every corner of our life. How we treat others is how we treat our beloved, and how we treat our beloved is how we treat ourselves. So you can see that a cruel person at work is also a cruel person at home.

To find harmony in your heart, you'll need to be prepared to think differently to the other 6.5 billion people on earth whose lives are based on hopes, emotions and judgement. If you want to try it for one day, make it today. Love someone without any expectation of how they'll receive it. Love someone you've learned to hate, someone you've learned to fear or someone you've left behind, and see if you can do it without taking their reaction to heart. See how many people you can honour - past, present and future. Love them from a place of gratefulness. Love them knowing tomorrow may never come and that the deepest regret any human being can have is to hold back their love, even for a second. See how many opinions about other people you can transform from a judgement to an ambivalence neutrality of "just another beautiful soul."

Tsunami

Nature seeks a balance, but when it delays adjustment, pressure builds and the consequence is disastrous. A tsunami is just a large adjustment in pressure beneath the ocean. Normally those adjustments are small and frequent, but when undetectable adjustments don't happen fast enough there's an accumulation of pressure and a huge adjustment - a tsunami, an earthquake, a tornado, a tidal wave, even a war.

In your relationships you have the choice. Large adjustments, or tiny adjustments. You can eat like crazy for twelve months, then diet like a monk for the next year, or choose the middle ground. You can hold onto your judgments and one-sided stories of the past, or you can balance them. It is your free will and you have the choice - tsunami or constant rumbles. Sometimes after I eat I get these strange rumbles in my stomach. I'm glad, because they are releasing little pockets of air into my digestive system. If those noises don't happen, I often find myself on a dash to the bathroom.

It's like a yacht in the harbour sailing into the wind that has to tack from side to side. Some skippers choose to go all the way over one side, then all the way over to the other. Other skippers choose hundreds of tiny tacks, back and forth. Both boats are travelling along a straight line to the same destination.

The objective of mind control is to enable you to choose your thoughts and, therefore, your action in the world. Ultimately it means that you get to make the choices about your moods. You can have little ones or big ones. The difference is just the use of energy.

We are not out of harmony with nature when we have huge emotion, we just use more energy. The huge emotion means the yacht travels a lot of miles to go from A to B, whereas, the yacht that tacks a lot, travels a far shorter distance. Straight line or the long line? It's up to you.

The fundamentalist, however, thinks they can go to one side and don't have to tack back. It's like a yacht going out to starboard thinking they are actually sailing toward the finish. That's the real danger; mistaking emotion for the truth when really they are only lopsided beliefs, untruths.

Balanced Seasons

Balanced thinking is neither excess nor deficiency. Neither too high in emotional reaction nor too low. A balanced mind will be at ease. Whatever the situation, there will be a relaxed attitude. A mind that is centred is always at ease. Whatever happens a balanced mind cannot be deluded by half-truth.

Lack of tension is one of the great gifts of balanced thinking. Most people don't like it because they are addicted to emotional uppers and their consequential downers. Most people prefer the excitement of the theatre than the silence of an ashram. So it's important to see that there is no right or wrong way to live with emotion, only a cause and effect. We cause the beginning, we get the effect.

It is achieved by monitoring "HOW" you think, rather than "WHAT" you think.

Hints and Tips for Mind Control

There are many benefits of mind control, they include:

Empowerment.

The person who doesn't react emotionally is the most empowered person. We give our power away when we react to people by judging them, getting attracted to them, or repelled from them.

More Love.

When we judge people we are forming an opinion of them based on fragments of information that are rarely correct. There are two sides to everyone and we are free only when we see both.

Reduce emotional reaction.

We have an enormous power tangled up with our emotions - to see what we want to see in the world. We can see things as bad, we can see them as good; we can judge people as bad and we can judge them as good. By using mind control to balance our perceptions we delay emotional reaction.

More self-confidence.

We put on a public and a private face. Our public face is the one we think people will like (because we like it), and the private one is the opposite. Can you believe that the person you are most attracted to in your life has hidden in their private side all the opposite qualities? More self-confidence comes through mind control because you get to see the world through a much more centred and less emotional perspective. Two sides to everyone.

Unlearn emotional judgments - peace of mind.

Relationships are the most confronting spiritual reality we can have. All our judgments, unconsciousness and ignorance are revealed in them - right along side all the good news, love and attraction. This is too much to process for the vast majority of people. They either go into emotional hibernation or run into the arms of someone else. Real spiritual growth comes when we learn to unlearn our emotional judgments.

More Harmony.

If your partner is your soul mate, they will reflect both everything you love about life and everything you hate about it. You see, your soul mate comes to teach you love. What you judge in them, you judge in yourself. Your lover is your teacher, and you can live with your soul mate if you are a good student. The only thing to learn is to evolve in consciousness. Let go the beliefs that block love and find balance in everything, just as nature intended.

Change your mind.

The way you see the world and the love you want to give is an attitude. You must be mindful that your attitude in every moment of your life causes the quality of your life. Your emotions are not automatic; you are not a leaf blown around the park wherever the wind takes you. You are the tree, your roots go deep, your soul is guiding you to love. There is no growth, only stress, in following your emotions of hurt or pleasure. Only animals cannot choose how they respond to circumstance. You must choose one thousand times a day to be inspired by love and your work, continuously processing your judgments so your energy stays high. If you gravitate to your emotional nature (Ego), and be swept along in the rush of it all, your love life will always deteriorate to drama.

We can't love too much.

We can find a partner who is incapable of handling all our love, but we can't love too much. We can mistake "expectations" for love, and think that by looking after people, being nice, bending over backward for them, we are loving them. But that's not love. We can have too many cars. Too many houses. Too much ice cream. But we can't love too much.

There are many different ways to express your love.

People have associations when it comes to love. Some people think slapping a partner about is love; another person thinks diamonds are love. We do a lot of things, think a lot of thoughts, and call them love. There are many levels of love and each has a benefit and a drawback. Moderation is the best approach to sustainable love.

Adapt your thoughts.

Everything in nature must grow. Anything that does not grow, dies. This includes our relationships. So the smallest amount of love we should be feeling for each other is what we have on our honeymoon. For most people, it's the most. When we stop growing in love our relationships can become difficult because we are like a pressure cooker with a blocked spout. We have energy growing but nowhere for it to go. Finally, boom, it's finished.

Eliminate judgments, unlearn.

Instead of seeing the amount of love you have for your lover as a fixed thing, see it as a growing organism. An ever-evolving expansion of your potential.

Higher emotions – peace of mind.

The spark that fuels desire in a relationship is made from many things including respect, admiration, hopes, taunting, the unexpected, individuality, independence, boundaries, standards and humility.

Lower emotions cause more stress.

Some of the things that put out the spark are disrespect, humiliation, greed, anger, judgement, envy, jealousy, negativity, hopelessness, gross behaviour, total codependence, submission and lost boundaries (standards).

The winds of change.

Love sits beneath our mind and our emotions. The real question when two beautiful lovers start to lose touch with that love is, "How do we remove the blocks and get back to truth?"

Let nature guide your love.

The most potent, mind clearing, head stopping, emotion balancing, love revealing thing is to get back to nature. Two people who spend time together in nature become infused with its energy. It inspires them, harmonises them and reveals the real priorities of life. Instead of worrying about money, work and achievement, nature gives us balance - a time to really connect and feel the spirit of love.

Reconnect beyond intellect.

Go and immerse yourselves in the beauty of nature - high mountains, deep forests, walks into wilderness. It doesn't have to be crocodile wrestling or snake infested swamp adventures, but you need to be in places untrammelled by self-help gurus, yoga teachers, meditation instructors and anyone else who wants to add more knowledge to your crowded minds.

Play in nature.

Every now and then, dump the yoga class and take a swim in a lake or the ocean instead (this is yoga). Go, run, jump, play, fly, photograph, paint, be, mow the lawn, dig the garden. I'm going to encourage you to forget global warming just for a few minutes each day and immerse yourself in nature together. An activity in which you are laughing or smiling most of the time. Be careful not to kill that fun by setting times, standards or goals. Just go out and play together. Please try to have no expectations about how it should or could feel to be out there. Just go out, try something and trust nature to do its work on you both.

Be Natural.

Just for a few minutes each day go into nature and forget being good, better, the best. Just turn off the TV and go play. Do life in nature for the sake of it. Roll in the grass or throw a Frisbee; do anything, as long as it's in nature and fun. My friend took me for a walk and spent the whole time talking about death and misery. I accept there's a need for it, but why spoil a good walk? Our inner environment needs time too. That means learning how to shut up and feel the love of life, in nature, just for a while each day.

We are the environment we create.

There's a great technique that helps people reconnect with nature as a mirror of our own soul. It's an awesome practice and quite fun. Simply, we see every leaf as a part of us, every branch as one of our limbs, every rock as an ancestor. In doing so, we lose that separation between nature and ourselves. When we start to experience the connections between our body and the body of nature, we totally come back to balance and harmony.

See order in the chaos. Where is God not?

You'll hear people say "That's not natural" and in that they reveal that, to them, nature is green and humans are not a part of it. Learn to expand your heart and mind to see that everything in creation, from a virus in a tree to a tsunami to the sun, is all part of a huge plan called nature.

Open your heart, balance your mind.

Go into nature and become naked. I don't mean running around the local park in the buff, but mentally naked. We must open our mind to a bigger definition of who we are. In our universe of billions and billions of stars, with trillions of earths, in the billions of years of eternal existence, our mind cannot even know what colour underpants are right, let alone the choices that nature will make for the next billion years of evolution. Naked means innocent -without our ego saying this guru is best or that ideal is right or this person is wrong. Let go of the ego and be naked just for a short while – know nothing just for 10 minutes a day. Getting out and reconnecting to nature will transform the quality of your relationship. Not by adding something, but by taking away whatever is blocking the love already within you.

Air - Self Love - Turning up

Which tree in the forest is the most important? Is it the tall one? The small one? The old one? The spirit of nature has no view on this question. It is all just your opinion. We prioritise things because they reflect us. If we were damaged as a child we want to save all the trees. If we were abused, maybe we abuse the trees. If we are angry at authority, perhaps we choose to chop down the biggest tree. Our outer world, our priorities and choices, reveals our inner world. What we judge, we breed attract or become.

The most important tree in the forest is, in fact, the one you are standing right next to. Because if it falls you have to catch it, or run. The art of turning up in life is a fine art, and truly the closest we can come to the experience of the spirit of nature. She is here, with you right now. She is the ant, the flower, the tree, the wind, the rain, and the snow. Nature is here with you in your breath, your thoughts. She is not elsewhere, or even half here; she is all here, perfect, surrounding you, nurturing you, supporting and challenging only you.

When we live our life in harmony with nature, we feel her spirit in our body, our heart and our words. This demands that we learn how to “turn up”, be in this moment, think about what is in front of us, breathe the air around us, touch the ground and feel the space. This is a difficult skill for the average person. They are here in body, over there in mind, back there in emotions and out there in dreams. They don’t show up unless a drama draws them in. They’re walking down this path, talking on the phone to someone “over there”, looking at the trees in that direction and worrying about what happened yesterday. People just don’t show up anymore, and the cost to relationships is more that disastrous.

Running, kissing, talking, reading, working, making love and taking responsibility for the problems of the world; having dinner or sharing a bath. What ever you are doing now is the truth of your life. It is the daily reality for you so don't try to escape it. Instead embrace it and "turn up." One thing at a time.

Each thing you are doing or facing now is your true reality, your true encounter with love. This is the point. Whatever you are doing now, do it, with love. Don't avoid it. If you escape from this moment of love, you are always escaping towards some future moment of love, from the cradle to the grave. Waiting for what is already here.

When you go into nature you turn up. In other words, thinking about what you are doing while you listen to what you're doing and watching what you're doing. You aren't thinking about dinner while walking on a slippery log watching the sunset. In nature you turn up. This is essential for any great relationship. You have to turn up.

Firstly, you have to deal with your issues so that you are not always worried about yourself, your employees, your feelings, your money, your hopes, your ex wife, your ex lover, your children, your friends children, your business, your car, your coffee, your mobile phone, the mortgage, the stock market, the next terrorist attack, the righteousness of stem cell research, your sexual dysfunction, the size of your breasts, the hair style, the new house, etc, etc... These are just distractions, and there's another million billion of them waiting where those came from.

So turning up means your mind, heart and body are in one place, focussed on one thing, and loving it. Only then will you feel the harmony of nature in every cell of your being.

I often go to my local park coffee shop for breakfast. Mothers love this park because they can sit with friends, drink a coffee, take a break and the children get to play with their friends. Ideal you'd think. But the kids hate it. They detect that mum is sitting in the chair, not present with them. Then the noises start, "Mum! Mum! Mum!" What aggravates the situation in my local shop is that people are doing 10 things at once, especially on the mobile phone. These wonderful inventions mean we can talk wherever we go. Parents are conscious of spending time with their children yet for much of it they're not "turning up."

Listening

What are you thinking about most of the time?

Can you remember what people said, or are you preparing your answer as they speak?

Are you fidgeting, moving about, drinking coffee while they talk?

What is your posture? Are you facing them, looking toward them?

Can you feel what they are saying?

Are you appreciating them?

Really turning up means totally in the moment, awake and appreciative. That's romantic even in business.

When we don't turn up our partner knows it. It's an intuitive thing. Then they get suspicious and think that something is wrong. You are here but your heart is somewhere else. Or you are here and so are all your work problems. They start getting possessive, controlling, jealous and distrusting. They may even take it personally, believing there is something wrong with them for all these strange feelings. However, those emotional reactions happen because their intuition knows you are not turning up. They just don't know why and usually make the worst-case scenario as their best guess.

The benefits of turning up in relationships are enormous. A couple who really do know the skill of turning up, in romance and love, can be on opposite sides of the earth and still be connected. Turning up is not just about this moment or physically being there. Non-local presence comes automatically to the couple who are in romantic appreciation for each other - in love and respect, with body, mind and heart.

In nature you can feel the forest, the trees and, the ocean, but only if you turn up. Walking through nature talking about the football scores or the economy is just not going to connect you. When you connect to nature every tree is right beside you so your perceptions are no longer limited by the local environment.

Bugs

Cockroaches, hairy spiders, stinging wasps and flying cows all fill us with fear and dread. People repulse at rats and snakes and bull ants, but think about it for a moment. These are as precious as the most beautiful rose, most delicate perfume or grandest vista. Without these things, we don't exist.

The interdependency of nature's realm is magnificent, and although we understand people being repulsed at a cockroach, we must also take time to remember that this is a part of our world. We are not separate and this thing is not an opponent or a vermin put on earth to hurt us. It consumes something, excretes something and because of that, our lives are richer.

We protect our hygiene. That's natural too. So, we might choose to eliminate these things from our living space, but let's do it with a grateful perspective - they mean no harm really. I believe in reincarnation so when I squash a cockroach I always invite it to gain from the experience. I say, "evolve."

If we want a better world we need to honour all the ingredients of it. There are people with the consciousness of a cockroach and it is not a healthy headspace to go around wanting to squash them. We can choose to appreciate their role in the world of nature too. The spirit of nature, harmony, is very much a condition of your thinking.

Sometimes we take life too seriously. Once I was bush walking in Tasmania with an American exchange student. She'd come to Australia to do her MBA and, as a treat I took her to Cradle Mountain. With her walkman swinging by her side, we hiked the first day and pitched camp. By midnight she was in panic mode. Small wallabies rustled in the bushes near by and I woke, jammed in my sleeping bag, to her screams as she clawed with fingernails and teeth to tear open the roof of the tent. Sometimes the most harmless situation is so unfamiliar that it turns into a terrible nightmare (as I too would find out in the days to come). The next five days were relatively quiet. My friend teamed up with a walking group and slept in their cabins - I just walked along at a safe distance.

There is a lake at the end of the walk, and a ferry boat that takes you to a pub on the other side for a shower, a beer and a good night's sleep. I chose to walk the circumference of the lake, just for a few hours alone. She went off in the ferry, never happier. I charged off and spent the next 5 hours walking the lakeside, but the sky opened and my plans took a nasty turn. The thing about Tasmanian wilderness is that its wonderful natural beauty is also home to the nastiest leaches you can imagine. They jumped, fell, crawled on and bit my skin everywhere they could find. I began to panic. Two days earlier a person had been airlifted out of the trail with a leach in their eye. I dumped my pack and pitched my tent.

It was 4.00pm, driving rain, crashing thunder and my pack and clothes all hanging on a tree smothered in leaches. And then it began. As my body heat filled the frame tent, the apex between the inner mesh and outer fly became a haven for leaches. One by one they crawled and sucked their way up the outside of the inner mesh; hundreds then thousands of leaches sucked their way into the crown of my tent. The ropes started to sag under the weight as night fell. I had a torch, but my American visitor had consumed the batteries lying awake at night waiting for wallabies to eat her alive. I could only turn the torch on for seconds, then off, and on again. Millions of leaches now sucked and crawled over each other for a better position on my tent's cosy, dry inner meshing; while I lay there petrified. One leach had been enough to traumatise me but here were millions and I was miles from help. Time stopped. I'd keep looking at my watch but the hands hardly seemed to move. Seconds ticked by.

At 4.00am it started to get light and the rain stopped. I prepared myself inside my prison tent. I unzipped the tent and did a Kamikaze roll out the flap and onto the ground. I then ripped the poles out of the ground, tore off the outer cover of the tent and with a long stick tried to scrape the swarm of leaches off the inner mesh. It proved impossible. So, I rolled the tent inside itself, stuffed it in the storage bag and tied the bag with rope, all those creepy critters still trapped inside. I stuffed the bag inside my saturated backpack and started to run. My legs turned black and red, as leaches jumped on and fell off in relays.

By 8.00am I arrived at the pub and must have been a sight - blood and leaches dripping everywhere. My American friend was there, complaining that her eggs were overcooked and the coffee wasn't right. I went outside and laughed until I cried. There were just two options, love it and laugh, or let my ego get into anger and blame. Even today I still think it was great (even though I'll have a real thing about leaches for ever).

Walker's Wisdoms

"Nobody can love you more than you do."

"You are everything and everything is you."

"The reason self-help doesn't work is that there's no self to help."

"What you appreciate grows."

"The harmony of your relationship is no accident. It is the consequence of your attitude to life."

"The more someone defends something, the more they're lying about it."

"Nothing changes until something changes."

"Never accept advice you didn't ask for, or wouldn't pay for."

Hints and Tips for Turning Up

Reduce the GAP.

There are two places we can be -where we are now and where we are going to be tomorrow. If we are always talking about where we are going to be tomorrow, or next year, we don't 'turn up' now. The difference between where we are now, and where we want to be is called the GAP. This GAP can also refer to the past. If we are always thinking about how wonderful things used to be, then we are not here, we're there. The difference between where we are and where we want to be translates to a lack of appreciation. In other words we would be happier if we were someone else, somewhere else or with someone else. It means we're not appreciating what we've got relative to what we want.

Change your hat.

Another reason people don't turn up in their relationship is that they bring their worries and work home. In reality, they're here, with us, but their heart and mind is still in the office or over in some foreign country worried about getting an order. You can choose to put boundaries around your work and home life. Even if you have to work from home it can be isolated to a certain time and not cast a shadow over the whole home experience. It is your choice to turn up with respect or just arrive in two places at once.

Don't compensate.

Compensation is another form of escape. A lot of people are in relationships where they don't want to turn up because they don't love their partner. A man in a loveless relationship with his wife might become a doting father and a highly driven business tycoon. Turn up by dealing with stress in one area of your life at a time. Don't compensate by spending time on other things; deal with it honestly by turning up in mind, body and spirit. Focus on the issues that are blocking your heart or mind. Dive into the problem rather than run away from it. Find new motives, new perspectives, new ways of handling the issues. Nothing changes until something changes - that something is you. Create new habits, open yourself to trying different things, get advice and guidance.

Watch the warning signs.

When we don't turn up we have accidents, disasters and attract circumstances to humble us. It's because we're fragmented. We want to be somewhere else so we sabotage where we are. Learn the art of mindfulness. Look people in the eye. Turn off the TV and the laptop when people are with you. Close the office door to have an agreed length meeting. Devote exclusive time each day to spend with your loved one. Turn up.

Be honest with yourself.

Turning up requires that we be honest with ourselves. Our action, goals and mind must all come together in a joint venture in order for us to turn up. I took a group of people on a trek in Nepal and one of their objectives was weight loss - an automatic part of the trekking life in Nepal. At the start of the trek I suggested they eat the local food rather than European diets. However, the group insisted they wanted something emotionally gratifying and familiar. If nothing changes, nothing changes. They were shocked that by the end of the trek they'd only lost a few kilos. If we really want to change something, we need to deal with it - including the motive behind that behaviour.

Be discerning where you spend your energy.

Other people's stress is not your stress. Handing people back their stress is really important because it means we can "turn up in a healthy state in order to help others. In healing arts, it is well acknowledged that if the healer feels sorry for the patient, or has any other emotion, they are not present; no turning up and no healing can take place in that state. If the healer has any emotion at all regarding the patient then they are no longer the healer, but a part of the problem. Real healing comes when the healer is totally present and focussed in mind, body and spirit.

Let go the past.

The real work of relationship is turning up fresh each day. The difficulties in relationships are only where a mind has got stuck in yesterday. To really turn up in your current love life, the past must become the past. If there are regrets, sadness, pain, anger, resentment, attraction or attachment then the past is still the present. You would be wise not to enter a relationship with someone who is still angry, sad or emotional in any way about the past. To really turn up in a relationship, even yesterday becomes irrelevant.

Find compassion without attachment.

For many years I worked for at a health centre in Atlantic Canada helping a community of First Nation Canadians. One lady I consulted for had been bashed by her boyfriend. Amongst the many things I recommended was that she forbid him from entering her home while drunk. She left, went home and three hours later her drunk boyfriend turned up at her house. She told him, "Chris walker said you can't come in". The next thing he was at the health centre jumping the queue, to walk straight into my office, I could immediately tell he was drunk. He pulled out a loaded handgun and placed it on the table in front of himself. My observer was afraid so I told her to leave us alone. I simply dealt with all my emotional baggage on the spot, balanced my emotions and became present to him. I turned up and that's all he wanted. 30 minutes later, he left my office. His stress was not my stress. I was emotionally detached but with compassion. We talked about his family, his pain and the troubles of his life. His heart was broken but it was not just his girlfriend, it was a whole life of troubles. When you deal with problems in indigenous communities the people heal far faster than in the usual situations because they really understand the gift of the earth. His problems weren't solved that day, but at least he understood the depth of the source.

Beware of Emotional transference.

Many people don't turn up in a healthy way because they're messed up in their own world of emotion. My friends have an orphanage in Kathmandu, Nepal. It's a wonderful place, but they're always needing support. Some helpers used to come to the orphanage to donate money and time, but they were so emotional they couldn't actually turn up. That energy, although well meaning, was actually adding to the children's drama, not solving it.

See the world through a balanced perspective.

Turning up also means leadership. We all have compassion for the Tibetan people, but a lot of westerners are so stressed and violent about the issue they've actually made it worse. The person who can help China and Tibet negotiate an amicable solution cannot be emotionally attached to the situation. They need to see both sides of that circumstance in order to heal it. This means turn up – no emotion.

Deal with circumstances honestly.

Not turning up authentically can cause us to repeat the same patterns in life - choose the same lovers, take the same jobs, make the same mistakes over and over again. One client wanted to fire an employee, but felt so responsible for the person that the thought of doing it made them feel terrible. It was a very nice humane approach to business. The trouble was, this diseased relationship remained unhealed for 15 years and cost them both huge amounts of valuable energy. It's better to turn up and deal with life rather than run around avoiding it.

Don't give advice unless you are asked for it.

Check that you are actually 'turning up' before giving advice or help to others. Ask yourself, "Would that situation stress me? Am I rescuing someone? Is my advice asked for or is it my projection? If they had to, would this person pay me for my advice (valued)?"

To turn up be humble.

A trigger for a huge amount of emotion is the feeling of vulnerability. People often don't turn up because they hate the feeling of being wrong or vulnerable. Because of this, they miss so much intimacy and spice in life, straying to false dialogue and imaginary outcomes. Feeling vulnerable or small, we tend to overreact and stress builds from the wall we put up to try to defend ourselves. This triggers hypersensitivity, nervous system failure, overeating, depression, aggressive language, belligerence and lost happiness.

Do one thing at a time.

In nature everything happens one step at a time, one rock upon another, one cell adding to another. There's no short cut or jumping ahead. You've seen this yourself in nature. Turning up means that we are applying ourselves to the task at hand - investing our mind, body and spirit. If we want to be present, we have to focus. There is no use worrying about where the ball is going to land; the key is to focus on how you hit it. This is turning up.

Develop peace of mind.

You can't turn up if your head is all over the place in worry. There's order in the chaos. Knowing this, you can relax so much more and not take yourself so seriously. Buckminster Fuller, one of the great minds of our century, is quoted as saying, "There's no such thing as pollution, there are just environments we haven't adapted to yet". He lectured at university and at the start of every lecture, he'd open a drawer, pull out a half smoked cigarette light it, take a deep draw, swallow it, slowly exhale and say, "I'm just evolving my lungs."

Trust a higher order.

To turn up you have to trust something bigger than yourself. If you don't, you'll always be fearful of the future. Trust the laws of nature because they belong to you. Just go into nature and they're yours. Nobody translates them or writes them in a book or sets up competitive temples. These laws are yours and you can trust their source. Humility to a plan bigger than your mind is liberation. To know there is an order in every chaos, allows you to relax and enjoy the wonderful journey of new technology. It's all nature, just evolving in form.

Do what you love in life.

I've met and worked with thousands of people in my life and those who are doing what they love turn up healthy and inspired. The rest are on holiday, emotionally upset and waiting for things to change. The reason many people are unhappy and can't turn up in whatever they are doing is that they've chosen the wrong career and can't escape their choices. To avoid loading your relationship with all sorts of baggage you need to be doing what nature intended you to do with your life. Otherwise, you will struggle to turn up at work and even at home. Turning up for work or relationships while you are in resentment about your job is a huge challenge, and one that can be in conflict with the ambition of holding a good relationship. In business a resentful person will cause all sorts of organisational trouble, from political complaints to emotional accusation. The way to solve it is simply to get over it. Learn to like it, there are two sides to everything.

Associate with people who turn up.

If you are an employer the kindest thing you can do is to find those who don't love their job and either send them packing or coach them to appreciate their work. The energy of depreciation can sabotage health, relationships, work and teams because this individual is not be turning up. The conflict between natural law and human law in this area is dramatic. That's why there's so much stress in the workplace. People in the wrong jobs are being entertained by employers who don't have the heart to coach them or fire them. In nature, what you appreciate grows. A person in the wrong job, not loving what they do, is depreciating themselves, the business and the person who employs them.

To turn up - avoid desperation.

A person who says they can't live without you is not turning up. Their fear, worry and anxiety is going to cause you trouble. This is called desperation. Desperation is the most passion producing and, therefore, dangerous human emotion on earth. Positive or negatively applied, desperate people do desperate things. Our business philosophy has always been to coach people out of desperation. However, this is so much harder than you might think. Most people are where they want to be and trying to change that is a nightmare. One person who worked for us had financial problems. She was always broke and couldn't pay her bills. So we helped her set up a savings plan. It worked so well until she found something else that desperately drew her attention. She withdrew the money and went' back to base one. It's very difficult for people in desperate situations to turn up because they are frightened about the future. When we worry about tomorrow, we can't be here today. The way to deal with desperation is to put money in the bank, love in our self, fitness in our health, spirituality in our heart and peace in our mind. And keep it therefore a rainy day.

Face challenge consciously.

I didn't fully understand the power of natural law until one bright sunny morning when I was in New York and the world changed forever. I was standing at my office window on 5th Avenue, near 13th St. when a plane flew over the roof of my building and into the World Trade Centre. I watched that plane seeking the place to hit, then disappear in a ball of flame. I watched every second. Soon after, everyone went into trauma and shock. I had a job to do and there was no time for emotion. I knew the laws of nature, applied them, moved through my own emotions in seconds, and went about supporting others. I used my skills to "turn up" for others, when they needed it most.

To turn up stay flexible – choose your thoughts.

It's not what happens to you that's important, but how you choose to see it that makes all the difference. As a keynote speaker I've been blessed to hear hundreds of speakers tell their rags to riches inspirational stories with corporate audiences. From W. Mitchell to survivors of avalanches, mountain disasters, loss, death, amputation, financial ruin; you name it. These amazing people all agree on one thing. It's not what happens to you that counts, it's what you do about it. We can see disaster or we can see opportunity. We can see the funny side or we can see hell.

Keep your sense of perspective.

People don't turn up because they are miserable. They forget how lucky they are to even breathe, see, think, talk, hear. My mother was an alcoholic. A really crazy alcoholic who got violent, burned the dinner, fell down drunk and crashed her car. My brother, Kim, and I were left to deal with this drama from straight after school until my father came home from work - 3 hours of mayhem. However, it wasn't as big a disaster to us as it was for people who witnessed it from the outside. Instead, we made jokes about it. Anything that happened – even the beatings - we saw the funny side. We'd split our sides laughing and, more often than not, get into more strife. We didn't laugh at our mother, we laughed to deal with it. We'd always say, "At least we're lucky to have each other."

Stop wanting to change yourself and others.

You can't turn up if you are always comparing who you are and who you are with to some ideal that's planted in your head. If you are not perfect already, the idea of becoming perfect is impossible. Judging imperfection is a mindset that lacks presence. The more we judge, the more we try. The trying person will make an effort to be good everywhere. Even when I take people trekking in Nepal, they are often talking about the state of the environment or social cost of tourism. The habit of judgment, being right all the time, is like a virus. Remember, people become as you treat them. Always trying to make others better is really another way of saying, "You aren't as good as they are". Try not changing – showing gratitude - sometimes. The desire to change something reveals a lack of love for it. When you love someone you don't want to change them, you want to help them have their happiness. Whatever that may be, you are content with things just as they are.

Unlearn your judgments.

To deepen your love you need to let go, "unlearn". We learn to judge things as good or not, however, consciousness and, real peace only comes only from expanding our mind. In other words, no judging. When we don't judge things we grow in consciousness. So the least judging person is the most loving. They may not have any money in the bank but their heart will be pure. Self-confidence cannot be built by attachment to, or judgement of, anything or anyone. To grow in consciousness, learn to like something you once disliked. Learn to expand what you do rather than get caught in all the contracted energy of fear.

Be spiritual.

Turning up means that someone else is more important than you. This is spiritual awareness -we are here to serve. There's a lot of confusion about spirituality and everyday life. People come to spirituality for different reasons; many are stressed and looking for peace of mind, some people are in drama and looking for calm while others are looking for Gods and Goddess in their life. So many different motives. Many people make the mistake of confusing spirituality with self-obsession. In spirituality we are trying to get out of our own way or making ourselves irrelevant. Spirituality will eventually teach you that there is no self to help. All self-improvement is self-obsession - trying to make the self better. But in spirituality this kind of self is only seen for its transparency, unreliability and the cause of all our human woes. Self and ego are the same.

The power of human will.

Ultimately we turn up because we choose to. The human will is the great power of presence. It is a very intense thing. One of the greatest books even written on Spirituality, "Edmund Shaftsbury – Instantaneous Personal Magnetism" contains a huge body of evidence pointing to human willpower - in the shape of that old fashioned term meaning commitment - as the ultimate realisation of God in everyday life. Shaftsbury points out, "Will power is God power" there is no greater power on earth than the human will. And the human will is way beyond emotion. When we do something there is always a motive behind it. Some people are driven by fear, or the need for wealth, passion for love, or love for what they do. Yet, there is no motive greater than will power. A person with willpower has the greatest of human qualities. They can tolerate pain and they do not react to the dramas of everyday life although they have compassion enough to experience them. A person with will has a reason for doing things far greater than their own emotions, feelings or projections onto others.

Focus on the positive.

We know there are two sides to everything and everyone. To turn up know both sides but focus on the positive. Learn to admire life rather than wanting to change it. Find contentment within yourself, there is really nothing to change. You, your lover, and your extended family, are perfect creatures in nature's creation. Remind yourself that there is absolutely nothing to change, only something to love. Build each day on a foundation of pleasant thoughts by always looking for the two sides. There are two sides to everything, simply make a point of focusing on the positive. People become as you treat them. So acknowledge their gifts. Let the negatives take care of themselves. Remind yourself that through the power of thought, you can achieve any dream you choose. Let the dream in your heart be real.

Turning up means seeking beauty in everything.

The key is to find the beauty in everything that has happened to you, identify the blessing in every situation. Seek the gift that was created in the event you are attached to, and you will grow. Once you expand beyond the narrow definition of yourself as a one sided being, and learn what it is like to say, "There is nothing about me I need to change", you find the beauty of your life and that of others. From there you will forget the shame, guilt and expectations that kill life, and will be free to move into work and a relationship with your true nature.

See the balance.

Once you see the positive and negative in every situation, your life can become a mirror of pure balance- In other words, when you can put the reactive negatives and the attractive positives together in perfect balance, a smile will appear on your face and love will just overflow.

Take your power back.

You can't turn up if you are always giving your power away. Anything that causes us anxiety, attracts us or repels us, we have given our power to. Don't seek approval from people. This is an easy habit and one that people quickly exploit. If we are afraid of what people are going to think or feel about us, the power is gone from our hands. In the Tao teachings it says, "Seeking approval of others is the greatest prison to the spirit."

Get present alone with yourself.

A person who learns to be alone and lives in harmony with nature is always the same. No matter who they are with, or where they are, they have the same inner quality. Whether meeting a beggar or meeting a King, onstage or offstage, alone or with friends, they are the same. This is nature's effect on a person - they are completely natural. There is no need to pretend or act. Falsehood has no place in their life because the centre - their true nature - is the axis around which they live their life. I walk up into the Himalayas two or three times a year. I'm alone a lot and I love it. At first, I used to take iPod and all sorts of things along to keep me occupied. Eventually I realised that I may as well be in Sydney. If I was going to experience the Himalayas I'd better turn up in mind, body and spirit.

Value the moment, the process, more than the result of what you do.

Turning up is a process of life. In everything we do there's a choice to value the way of doing it or the result of doing it. In our Western mindset we might think that the outcome is more important than the process. However, in the East, where energy is an integral part of health and happiness, process is more important than outcome. Choosing the right partner is an important ingredient of relationship, but choosing the right process to share with that partner is even more critical. Better the wrong partner (there is no real wrong partner) with the right process, than the right partner (there is no real right partner) with the wrong process.

Adapt.

Nothing is ever missing; learn to see it in different forms. You can't go into relationships thinking a situation is anything more or less than perfect. You are equal. Nothing is missing, it just changed in form – a new chance to love and share a journey of love with someone who is going to challenge you half the time. The classical relationship model is a static one. Many people think that love and relationships, are static things that don't grow and evolve, but relationships are more like a garden, if you look after them, they thrive. Relationships are dynamic, changing, evolving organisms that exist to grow. Relationships are never the same from one day to the next let alone one year to the next. If you can grow together, you stay together because people who develop together turn up excited about the future and totally present in the moment.

Avoid acting out fantasies.

When we think we are in the wrong place and start acting on fantasies we lose presence with our partner. Take Jenny for example. She was happily married to her man; then she went to a self-help workshop and found out about her soul. She came home and started nagging her beautiful man, "You don't grow, you're stuck, you only focused on your business, you aren't spiritual, etc." Someone had filled Jenny's head with expectations and told her how important she was and that she deserved better. As a result, Jenny left her husband to find "a man who was conscious and would grow with me". Five years and a few sexual fantasies later, she's single. After that seminar, Jenny had only looked at her man in comparison to her expectations. She didn't see they were false and that everything she ever could ever dream of was already in her husband. She couldn't see it because it was not in the forms she wanted it in. Instead, the things she wanted in him were expressed in other ways, like in his business, health, finance, social work. Jenny only saw her needs and didn't think about the different ways of fulfilling them. She stopped turning up because she just expected everything she wanted from others to be in the form she wanted it. So she was never happy, always wishing things different. She needed to remember the law that "If you don't appreciate it the way that you've got it, you won't get it the way that you want it." People become as we treat them.

Turning up means blowing away the myths.

Sometimes we get absorbed in myth and never really celebrate reality. Imagine a spark of light flying through the universe that hits the magnetosphere of the earth and splits in two. Now there are two slowly heading towards earth as they travel through the atmosphere of the solar system. Their pure white light begins to change colour and each spark gets bigger as the energy of white light turns to matter. Those sparks inhabit two bodies and through a process of life and death - emotional experiences and learning's - they evolve back, day by day, from whence they came. One day during those lives they meet each other in the street. Each has evolved, but one, a little faster than the other. That one is you. The other, your soul mate, was a bit slower on the uptake. They're quite hairy, with big lips, walking on all fours and have a big red patch around their backside. They make "oooh, oooh" noises and occasionally stick their finger in their nose. Your soul mate is a baboon. The same as you, just a bit slower to evolve. I now pronounce you man and wife. You may kiss the groom (sorry about the drool). The ideals we have are wonderful, but they also provide marketers, soothsayers and a lot of unstable people the opportunity to exploit the vulnerable. Many fictions about soul mates have been sold in all sorts of forms. Please be careful. Most of it just creates false expectations.

To turn up deal with your stress.

Stress and relationship don't mix. If you want a relationship to last a long time and evolve to higher levels of love, you have no choice but to deal with your stress productively. Nature's Law is that we grow at the border of chaos (stress) and order (calm). Therefore, stress is not bad in a relationship, but staying stressed is. When you are worried about someone, a decision or a circumstance in your life, you are not showing up. The definition of stress is "not here" - gone on holiday, absent, missing in action, without presence, not available, unconscious, dead, away, no one home, gone walkabout, out of the office or missing. Take each of those words, find the opposite and you have the ingredients for romance and good healthy relationship. Stress management, relationship and health are one topic. If you can turn up in a relationship your love will flourish. If you can't turn up in a relationship because some problem is always nagging at your head, then you are AWOL - absent without leave. No self-respecting individual is going to want to stay in a relationship with someone who doesn't turn up.

Give yourself to the circumstance mindfully.

Mindfulness is presence, so people's ability to turn up in a relationship depends on how thoughtful they are. When somebody is not present our amazing intuition picks it up immediately. Try this for yourself. Get on the phone with someone and while they are talking to you with the phone held firm against your ear, start reading the newspaper. It takes the average person about two seconds to ask, "Are you there?" or, "Are you listening?" Even over the phone we can tell when someone has turned up and is paying us attention.

Learn not to worry.

Just days before my dad's passing he said, "I spent my life worrying and it finally killed me. Funny thing is, 90% of what I worried about, never happened" I said to him "99% Dad." Worry kills presence. Unfortunately, some people just find it so life fulfilling to worry. When there's nothing to worry about, they worry about the fact that there's nothing to worry about. Their mind is always holidaying somewhere else. Most worry comes from confusion and this is part of life. However, if that worry comes into the home - to the bedroom the dinner table, etc -it can adversely affect the relationship. Worry takes us out of the moment so we don't turn up. Our mind is in one place, but our body is in another. Bringing worry home means we really never leave the office and has a disastrous effect on our relationship.

Anxiety is another name for lack of self-trust.

Anxiety is another "Love Blocker" It keeps people awake at night, depletes sexual energy, drains generosity and erodes health. Anxiety is a very self-centred experience that many people justify by claiming that "You'd be worried in my position too," but this is no excuse. I have a zero tolerance of anxiety. When I feel anxious, I see it as my own incompetence and believe that we are all spiritually smart enough to grow through it. Many people try to manage situations to avoid anxiety. They cushion their honesty with friends or get tangled up in rescue and emotion with family. We need to be careful that our involvement with those outside our primary relationship doesn't bring negativity or anxiety into our lives, and therefore sabotage that relationship. Getting involved is not the issue. However, if we place more importance on relationships with members of family or friends and become anxious as a result, we lose presence with our significant other. This is not a healthy process for creating long-term relationship.

Know when its over.

When we are finished in a relationship, or any circumstance, our body is often still there, while our heart and soul have left. Don't let people stay when they aren't turning up anymore; and don't stay when you aren't turning up because it becomes a really toxic thing for both of you. There is a vast difference between loving someone and being in a relationship with them. Remember that the quality of your home life affects your work, health, children and wealth. So while you may love someone, you need to ask yourself if it is healthy to live in a relationship with them.

No blame – turning up means beyond blame.

Blame is like a brick wall in a relationship; it separates people and stops them turning up. When people blame each other for their troubles a strong defiance of natural law occurs. People who blame others - past, present or future - do not grow and are unable to be humble. In nature, when you are green you grow, but when you get ripe, you rot. This means that when we think we are right, and everyone else is to blame for our misery and stress, we are ripe and self-destruct. Cancer, blood problems, lung problems, mind problems and thousands of other reminders come into our lives to teach us to be better lovers - to be humble and grow. Some very beautiful people are very difficult to live with because they blame everything and everyone for their life. It is really sad to see such people reacting to the world around them, seeking approval, absorbing guilt, blaming others and trying to play God in the world.

Own the two sides of compassion.

When we are always trying to make things right, we are only acknowledging one side of compassion - but there are two. One is support, the other is challenge. To really turn up, you need to be operating with authenticity. Worrying what people think about you is not authentic. So, by accepting two sides of compassion you know that your authentic response is compassionate whether someone likes it or not. When we support people they feel good, but it weakens them. When we challenge people, they feel bad, but we strengthen them.

Turning up means being brave.

We often hurt people so badly by avoiding truth. Remember that to live as nature intended we need to grow. And real growth is real honesty. Sometimes, delaying the truth makes things worse and more complex. Keep life simple, let nature take care of the rest.

Sometimes turning up needs tough love.

Russell came for a consult. He had cancer nine times in his life. Each time in a different part of his body. He wanted help because the doctors thought they had just found another one - number 10. We talked for a while, but all Russell wanted to do was tell me what he already knew. When I suggested he re-evaluate some of his thinking and healing strategy he became really angry and insulting. I said, "Russell, we are here to help and heal. Nasty, insulting attitudes just make you sick. Please try to be open". He continued his insults over and over so I eventually asked him to leave saying, "Russell, your problem is not my problem." Tough love means turning up, even if it's not what people want to hear. Sometimes, tough love is required. One night during my divorce I was, as usual, trying to talk my way back into my ex-wife's bed. She was strong and flatly refused. Over the previous 12 months, she had just nursed me through my emotion before sending me on my way. However, this time she gave me one of the greatest gifts of my life when her usual supportive compassion turned to challenge. She simply gave me the raw truth and told me to get help elsewhere. It was not her problem. I threatened to jump off a cliff. In fact, I even walked up to that cliff top, all the time looking behind me to see if my ex would rescue me like she'd done for 12 months before. I went to the edge and was prepared to jump, but she didn't turn up, so I didn't jump. It took so much courage for Judy to let me have my journey. To have enough compassion to give me the truth and let me have my challenge. By the next morning I knew there was no use blaming anyone for my life problems. From that day on every day was mine. For the last 23 years I've lived that truth, thanks to her courage.

Honour diversity.

Human law and Nature's Law can be one in the same, a beautiful harmony. Yet, rarely do they conflict more than in the area of honouring diversity. Human cultures develop comfort zones, belief systems and fences that divide and create human conflict. Most of it is fear, the desire to stay safe, so people put up fences. While those fences make it safe by keeping out things people don't understand, they also form a prison. People become trapped behind their own safety walls, imprisoned by judgments, fear, and the dire need to feel secure. If we were truly capable of honouring diversity and totally living in harmony with nature, there would be no limit to the love we could embrace. We could turn up totally present in any situation. There would be no prison, no boundary, no wall. It is important for you to know this because it softens you and makes you aware of the real work that needs to be done in expanding your consciousness. The sky is your limit.

Turning up is the fastest way to self love.

The real mirror of our opinion of ourselves is the world around us. What we judge in others, we judge in ourselves. Judgments not only prevent us being present with others, but prevent us turning up with ourselves as well. This is the cause of all sorts of phobias. What we like in others we like in ourselves. What we do to others we do to ourselves. There's the mirror for our love and consciousness, the world we live in. When people want to change the world they are really saying, "I don't like what it reflects of me, and I want to change the reflection" but no matter how hard they try, they can't change the world. When we start a relationship with someone, we are polishing the mirror so bright it's almost unbearable. Every little thing we like and dislike about ourselves is mirrored straight back. It's wonderful for the good news, but very deflating for the bad. People try to deal with it by putting up walls but they just don't work.

Value reality more than fantasy.

There's a lot of people who live much of their relationship inside their head stuck in fantasy, without revealing it in reality because their expectations of what can happen in the real world are dreams that are in conflict with Nature's law. If we have unrealistic expectations in our relationships the only place we can have our perfect relationship is in our head. This is why people either stay single or become religious fanatics. The wonderful thing people achieve in a relationship with religious ideology is that their fantasy is never questioned.

Make your commitments unconditional or not at all.

Once I fell in love with a lady who promised that one of her idiosyncrasies would change. On that basis we went into a relationship. But I was really unconscious because I didn't love who she was, I loved who she was going to be. I loved the virtual reality of who she could be, not who she was. Of course, the best place for those fantasies to exist is where they began - in our head. They are no basis for a relationship. If you are going into a relationship with someone, it has to be unconditional. Otherwise, you are waiting for them to change before you actually turn up. Commitments can't be based on a 'when' or an 'if'. Those conditions just fuel our judgments. If you say, "I love you and I can be in a relationship with you If you be who I want you to be" then you are better off staying single and keeping that fantasy person in your head where they belong.

Become present with small things, everything in nature is precious.

The more we love nature, the more we turn up in life. We may think that the worm is not important, but this worm is of the earth and so are we. There is a great quote, "As above so below," which means the more you love the simple things of life, the more you reach to the Gods. The smallest insect, the earth, rocks, trees, plants, animals and fish – everything is a part of us. To rise in consciousness is about loving the smallest creature and the most diversity in humanity. This is how we evolve.

Turning up means witnessing divine order.

The more we are present with the little things, the more we are present with the big ones. There's a quote that reflects this - "God is in the details". The more you can treasure one single cent, the more you'll manifest in the billions. The more precious one life is, the more precious are billions of lives. Everything is important, each breath we take is something small but they add up to a connection with the entire universe. Worship the finite and you'll be connected to the infinite. Turning up with just one tiny ant might be the path to turning up in a divine sacred relationship with your beloved. Treasure every part of creation, life, maintenance and death. Turn up with the cycles and movements in nature and you are on the most beautiful path of life. We are searching for love, we came from love and we are wired to return to love. The more we love on earth (turn up with) the more we love in the heavens. God is in the details.

Part 4. Fire Healing

Regrowth

If you are hurting, or have been hurt by love, then look to nature for healing. Nature's energy - the love we share for someone - is not attached to anything. If you are hurting from a broken heart or loss, please understand that this pain is not an issue of love. The pain of a broken heart comes because we are holding back love and believe we can only love someone we are "in relationship" with. We need to remember that we can love people no matter what the circumstance.

Pain of a broken heart also means that we experience an emotion. It might be anger, loss or loneliness. These emotions are important but they should never be trusted or acted on.

For example, emotions might have you think, "I miss my friend", but what is it that you are missing? Nature abhors a vacuum, so whatever you thought that you liked in your "missing" friend is actually already replaced. Other friends, family, yourself, your music - whatever it is you miss in someone - has already been replaced in a different form. Nature always provides everything we want; only sometimes it arrives in a different package to the one we expect.

Emotions sometimes have us thinking, "He/she dumped me." This is our emotions doing their worst lying because we have become the emotional victim - they did this to me, he did that, she did this. The fact is, nobody dumps you more than you dump yourself. Sure you might have given them your body, heart and soul to someone, but did you lose yourself in the relationship? Did you dump your self-respect, your dreams and your values to be with this person? If so, then they just did to you what you already did to yourself. Don't expect nature to let people treat you any better than you treat yourself. That's emotional lying.

Healing your heart means you need to love that person again, take back your self-respect and be thankful for life without them. Then the love you have is not attached to the person, it is just love without them even needing to show up. How long does it take? One minute if you're smart; one year if you are not. After a natural disaster, nature grows back, sometimes bigger and better than it ever was. That's because nature evolves and learns from disaster. So treat your heartbreak like a natural disaster - never go back, dust yourself off and get ready to love someone else. It takes a day at the most.

Balance

To heal a broken heart you need to deal with the emotions, the liars. All of nature is created perfectly although it sometimes doesn't seem that way. A flood or a fire might wipe out a lot of land, animals and people. But for every flood in one part of the earth there is a drought somewhere else. For every Tsunami, there is a perfect calm somewhere else. Human nature has balance too.

When we meet people we are blind to this balance. We think they are either all great or all bad. Very rarely do we actually see that all people have balance. They present the good side of themselves to us. All we need to do is to reverse everything we think about them to see both their sides. This is real human nature.

Most of our pain in life comes from the surprise that someone we love has two sides. We loved them for only one side; we saw all their good and totally loved that part. But this means we lost our connection to nature started thinking with our imagination and became blind to the whole person. The pain we feel is because we thought they were genuine, and then turned out to be double sided. This is not their fault. In fact, it's perfect. Nature is perfect, everything is in balance; it is our emotions and feelings that sometimes blind us. So the pain of love is sometimes just a chance to see both sides of your lover and then come back and feel reconnected to your nature - human nature - and the 'real nature of life.'

Evolution

Sometimes the pain of dealing with a broken heart, comes because people change. In nature, nothing is permanent, it is always evolving. There are many people who think that it is wrong for nature to change, for rainforests to change, but they can't stop a 3 billion year of evolution.

Our pain in love can come because we thought that our relationship was going to last forever. We disconnected from the impermanence of nature and created a mental dream. In that disconnection we attract a lot of suffering because nature destroys anything that doesn't grow.

Love is not attached, but our mind becomes attached. This is a wonderful experience and has so many positive benefits such as loyalty, trust, commitment and intimacy. However, if we don't change our ways when we get challenged by our relationship, if we don't grow through challenges and evolve our thinking, we become stuck and our relationships can't survive in that environment.

The test for whether you got stuck in your relationship is whether it lasted. If it lasts with intimacy and harmony then, you are evolving within it. If your relationship broke up, or became dysfunctional, then, you were stuck in your beliefs. It's not hard to change what you think, once you know that your thinking is the 'disconnect' from nature.

Blame, (they did this to me) and victim (I had no influence in the outcome) are the tools people use to disconnect their human nature from the real nature of love. This is a good place to start exploring if you want to understand your pain.

"These emotions are important but they should never be trusted or acted on."

Interconnectedness

Healing a broken heart can also mean that you need get back in touch with the real you. In nature all things are connected. A tree does not stand separated from the rest of the world; it depends on everything for its survival. Likewise, human nature is inseparable from other people, the environment, nature and all other things but we can easily lose that connection.

The most common cause of love pain is to start thinking of ourselves as independent individuals because we then treat others as independent individuals. Here our connections to the nature of life is broken and replaced by judgement.

Our judgments of people and the world are based on a desire to protect our individuality. We start splitting the world around us, and our partner, into categories of good and bad, strong and weak, pleasure and pain.

When we divide ourselves into lovable and not lovable bits we break the inter-connection of our real nature to the global nature. Our head begins to rule our heart. That is why there is pain when relationships break up. It is not a broken heart but a broken head and this is what we must heal.

In our human nature there is no disconnection or identity, and no judgement of worthy or unworthy of love. The benefit of having this state of mind is that we don't put people, especially our partners, up on pedestals. We recognise something is so wonderful it can heal any pain that comes from love.

In human nature, you and your partner are just mirrors of each other. What you like in them is just what you like in you; what you judge in them is just what you judge in you. It's easy to put these higher and lower aspects of yourself into other people rather than witness them in yourself, but it is also false and the cause of so much pain.

If they lie, you lie; if they are attractive, you are attractive. If they are successful, you are successful. If they are beautiful or handsome, so are you. When you can take people down off pedestals you can also bring them up from the dungeon. Instead of seeing other people as individuals that you love or don't love, see the world of human nature as the perfect reflection of your own human nature.

If you really love someone then all you are experiencing is the love you can have for what they represent inside yourself, and all humanity. Everyone in the world has every human trait. There are no individuals, just personalities that display "lovable bits" and hide "unlovable bits." The fact is, all human traits are lovable, even if we don't like them.

It's a great discovery when you realise that all the things you like about somebody cause all the things you hate about them. For example, say they have charm in front of people. This is a very nice thing but it also proves they have two faces and can lie. If they have business success it means that they know how to do a deal. In other words, they can manipulate things to their own advantage. If someone is good looking, they usually get a lot of attention for free and may not know how to be committed to something, or someone, long-term.

This awareness eases the pain of love because you understand that you are just looking in the mirror. Nature wants you to accept what you see, not split it, or create a personality that is fake. Your human nature is worthy of love. For everything you like about yourself and others there's going to be a balance side -both need your affection. They are all part of the magical experience of love. You are what you see.

Harmony

The pain of heartbreak can also be described as a lack of harmony in our heart and we need to heal this. Sometimes when we look at the world, we see what we think is a lack of harmony - war in Iraq, Africa, and Europe, fundamental terrorism, etc – and believe the world is out of harmony. But then, we go to the beach with a friend to surf or swim and we're perfectly content. Happy as we can be. Can you see that our life is really affected by whatever we are focusing on at the time? The person who is looking for global wars sees misery; the person who sees the nice warm beach sees happiness.

With the advent of global awareness, we are being taught to see the bad news about global warming, water shortage, poverty, abuse of human rights and indigenous abuses. We are informed about the negatives of smoking, drug taking, driving too fast, littering, pollution and privatisation. We are educated about the problems and this is nice.

However, the world has not gone to waste. There are new seedlings sprouting in deserts, new species of fish, new plankton, new atmospheric immune developing agents, new sciences, new technologies even new movie scripts. There's just as much good in the world as there is bad; and it has always been that way.

It has always been a world of good news and bad news and our idea is that we need to change it. You can go a long way in dealing with love pain if you simply see that there is always good news and bad news in your life and that you have the one greatest power on earth - to choose which one you focus on.

When you stub your toe your whole being goes to that throbbing digit. Even if there is a billion dollars sitting on the table and a wonderful God or Goddess sitting near you, when you stub your toe, that's where you focus. Now, if there's nothing very important around you, then your toe will hurt and hurt and hurt. But if there's a bomb about to explode, or you are about to go on stage and perform a song, you put the toe out of your head as soon as possible. Healing really depends on how much else is going on in your life.

"The most common cause of love pain is to start thinking of ourselves as independent individuals because we then treat others poorly."

We shrink down in gratitude for life depending on the level of excitement we have in it. If we don't have a dream for our life, if we are completely bored with our work, sport or obligations; we search for a relationship. Then the relationship gets too much for us and we become needy, controlling, dependent, smothering, boring, attached and afraid.

To have a natural relationship, you need a life. An exciting, real life not just a go through the emotions - boring life. And you can't have the same life you had last year, because that is not evolving. So often love pain is the consequence of putting too much energy into, and too much importance on to a relationship because the vision and hopes we have for the rest of our life are totally ho-hum.

Boredom with life is not all bad. In fact, sometimes it is great because you can focus on giving or a duty to others. However, if your relationship is going haywire, the most important thing to do is get yourself re-inspired.

Re-inspired. So easy to say but not so simple to do. It takes some guidance to get re-inspired in life. You need to be challenged in your thinking and awareness; you need time to be in stillness (in a nice space) and you need a guide. That's where I come in.

I always say to people, let nature be your guide. Love pain comes because nature is guiding you back into harmony with yourself, your true nature, your hopes and dreams of the future. Don't moan about the stubbed toe; find what your real purpose in life is. Find the joy in the world and focus your whole heart on how beautiful you are, the world is your opportunities are. Find yourself again. This is the guidance nature is giving you, and there is no greater love than that.

Fire

When the growth of the forest is not fast enough, fire is the fix. Fire is fast change, water is slow change. But whichever way you look at it, change is inevitable. Even the wind is a powerful change agent in nature.

When the forest gets too dense, fire is essential. When too much excess is discarded and there's not enough new growth to turn it to compost, fire is the remedy. Fire rebalances imbalance.

Fire converts matter that is indigestible – both in your gut and in nature's realm - into the nutrients for new life. Fire snaps the attachment to the past and births the future. Fire is a severe intervention between yesterday and tomorrow, a way of guaranteeing growth, evolution and harmony in nature.

Most of us love a bonfire or sitting around the hearth of an open fire, or even the symbology of a candle for rituals of love and promises of new tomorrows. We love watching fire, being around it and welcoming the unconscious associations we have with it. In nature fire is a great healer; a strong, firm transformation of the old into the new.

Of course, when Westerners build their homes in places where nature might determine the need for “rapid change”, it's wiser for them to work hand in hand with nature. When hundreds of houses get wiped out in California, or huge tracts of the Amazon are lost to fire, few people celebrate nature's spirit. They commiserate about how it looked before, and how inconvenient it is.

So often we go into relationships to celebrate birth, the planting of new life. Then we go into the urban forest to conserve that new life. We want things to stay they way they were. We become relationship conservationists and like the nature conservationist, we get a huge shock when the fire comes to wrench us from the past and free us for the future.

In my suburb of Sydney, there is a law that you can't chop down trees. I have been living in the area for 7 years now and the trees are getting so big you would hardly recognise it. Our council have taken a very conservationist approach and are very proud of themselves. My prediction is that within the next 12 or so months a humongous storm is going to send those overgrown trees crashing down on some wonderful homes. The council will have to play the other half of nature's harmony, destruction.

Sometimes we think our relationship stinks, but really we're just having an essential bush fire. We try to be a conservationist and keep our relationship like it was, or like we want it to look, and in doing so we block the future.

Anger, frustration and disappointment are the fire of our emotions. There is no cause to disown these emotions, just don't project them onto other people. The commitment to live in the Spirit of Nature means you welcome these emotions are a sign of impending change. They are great early warning signs that there's a bush fire about to start and instead of blowing your relationship out of the water to create the future, you might be wiser to try to evolve it.

To live in harmony with nature we must learn to be honest about how we really feel and help to adjust that back into balance. By owning our emotions, but never acting on them, we allow them to do their work. To be angry or disappointed is absolutely essential in a relationship. Some people say to me "We never get angry with each other" and I reply, "That's untrue, you are just not admitting it or are unaware of it."

To beat ourselves up because we feel some emotion about our partner just turns the fire inward. Then it comes out in our work, at our children or even in a disease. Research clearly links unconfessed anger to breast, colon, lung and prostate cancer. Emotions are nature's deep, raw, honest way of guiding us to grow. We must own them, confess we feel them, laugh at the depth of them, and admit that this is where we are blocked.

The natural essence of a relationship with anyone, including ourselves, is support and challenge. People who build a house in the bush and expect to avoid the complexity of nature's challenges, usually build a relationship hoping to be in peace the whole time. This is called a lack of intimacy. Big bush fires occur because the small steps of adjustment did not happen. If you are not honest with your emotions on a daily basis, they build up into a huge raging bush fire.

At the core of living in harmony with nature, guided by its spirit, you'll need to develop real emotional honesty. You can't say to yourself, "I shouldn't feel this, and I should feel that" because it's dishonest. You need to lower your expectations of yourself. Accept yourself as a real honest human being with emotional baggage - if you don't - no one else will. Learn how to process your emotions before they get the better of you.

True Nature

When you are healing a broken heart, there are two fundamental areas of life that should never, ever overlap - your perceptions of things, and the reality of things. You can change both, but not by changing either one.

The difference between real and perception is huge. Real people are often very different to who we want them to be. We can, for example, see the potential in people rather than invest in the reality. We can see them how we wish them to be rather than who they really are. The problems that stem from this “re engineering” of reality are enormous.

When we perceive things, we take all our hopes about people and create a cardboard model of a “good partner” or “good friend”. Then we meet people and try to squeeze them into it. If our friend contradicts the model we try to ignore their action and pretend it didn’t happen. However, this is not real or spiritual approach.

To bring a spiritual approach to life you need to see things as they are. With real perspective you will see good and bad in everything. You can’t change people, places or things. They are what they are. Your bank has so many dollars, your career is growing or not, your books are selling or not, your belly is getting fat or not. There’s no use faking the truth.

On the other side, there’s perception. This you can change. The key is not to distort reality. If you deal with reality by changing your perception of it you feel nice, but with the consequences of reality left unchecked you might end up deluding yourself.

To change perception of an event or person is easy. First if you want to think better of something, look for more good than bad. If you want the opposite find the bad in good.

Clouds

What greater perfection can there be than the clouds that carry the moisture across the oceans and share it with the earth? Clouds of different shape, size, intensity, colour and purpose. All reminding us of the cycles that sustain our existence.

Clouds are to the earth as the heart is to our body. Clouds are part of the pumping system that feeds, nourishes and transports nutrients to the earth. Without clouds there is no life as we know it. Yet clouds block the sun.

Sometimes we are thankful for the clouds because they shade us from bright light. Sometimes we are angry because they carry the storm to our safe haven. For a pilot they are places to avoid, for a ship at sea they are an early warning. Clouds bring the rain to wash, clean, fertilise, refresh, nourish and nurture us.

Many people's behaviour is driven by egocentricity. We hear them frequently saying, "I want this, I want that, I want this to change, I want that to be different". This wanting mind is separated from nature. It lacks gratitude and, therefore, is extremely unromantic - a mindset that destroys love in any relationship.

If you choose to live in harmony with nature, and be guided by its spirit you have to learn to 'go with the flow' rather than operate from egocentricity. This simply means you need to come from a place of contentment.

So what is contentment? It is a potent experience of the present moment and an unfathomable respect for what is, as it is. Very few people achieve this incredible state of existence because they are afraid of the lack of motivation that may result.

Contentment

The competitive nature of egocentric behaviour drives ambition and in some cases leads to success at any cost. It is a highly charged state of self-importance and strongly preferred by those wishing to climb. Contentment on the other hand kills ambition, and in most cases, leads to ambivalence. It is a very humble state of self unimportance and is strongly preferred by those wishing to follow their spirit in life.

Five friends were on a fishing trip. One man noticed a brass vase. They picked it up, rubbed it and hey presto a genie appeared. Each got a wish. The first wished for a case of beers, they arrived. The second wished for a beer factory. The first man sighed in disappointment realising the futility and waste of his small dream. The third man then wished for a billion dollars. "With this", he said, "I will have a beer factory, a restaurant, a bar with dancers and a cure for my hangovers". The first two were saddened and depressed at the waste of their dreams. The fourth man learned from the first three. He immediately wished for three wishes. He ordered a billion dollars with the first wish, and the ice cream factory with the second and three more wishes with the third wish. The first three men were so depressed now that they began taking Prozac because they knew they could have done so much better. The fifth man wished for contentment. The first four stared at him in disbelief. "What?" they shouted in unison. He turned with a smile, his wealth was on his face and in his heart because now he was happy with everything. "There is nothing I need, want or desire." He was free, and the wealthiest man of all.

Contentment is far from easy. It is an act of huge discipline and will. It requires a certain acceptance that friends, family and the rest of the world might not respect or understand our way; the courage to be different. To find and hold contentment is a huge commitment. No longer do we eat for pleasure but for health. No longer do we act out of wanting but in service. No longer do we do what we do because it feels right, looks right or even pleases people. We act from a commitment to sustain contentment and fulfil the mission of our life.

"To change perception of an event or person is easy. First if you want to think better of something, look for more good than bad. If you want the opposite find the bad in the good."

Bamboo

The perfect demonstration of our ability to sustain stability under the most challenging and diverse conditions comes from the observation of bamboo. Bamboo has deep roots into the earth so it has a strong foundation. However, bamboo can almost bend in half when the wind is strong. Bamboo flexes so there is no resistance. It just moves and allows the forces pushing on it to pass right by.

Love between two people is like the roots of that bamboo. Nothing can ever break it as long as the relationship is flexible. Relationships must flex, adapt and move with the forces otherwise they become rigid and tear out the roots of love.

Circumstances come and go and a great relationship will know how to flex around them. To maintain the silk thread of trust and intimacy with your partner you need to learn how to adapt and adjust your expectations. It means rising beyond blame and changing your mind frequently.

Our trust does not break because of what people do to us. It breaks because our expectations are contradicted. Most relationships are based on rock solid expectations and the hope that people flex to meet them. Blame and unhappiness, frustration and disappointment - it is the same old movie, and people keep searching for the right theatre to play it in.

The healing, growing, thriving relationship is always changing.

Decay

The spirit of nature may appear generous, but it's not. Nature only gives away what it doesn't need. In other words the compost that becomes the nurturance for other specie only comes from areas where there is excess.

When we process our challenges we create compost for our own growth and that of others. How can life grow forward without the fertile soil? Nurturance and energy come from seeing the past with thankfulness. This means being abundant.

Abundance in nature does not mean, "There's plenty more where that came from." It means that nature knows when there's enough so she decays the oversupply back to feed others.

It is an amazing scientific observation to watch animals in nature. If their population is threatened, they change their habits to conserve their numbers. If there is an abundance of them, they behave differently again. The whole food chain is only fed from what is in "natural" excess.

In autumn, trees shed their leaves. Do you think they shed them because nature wants to strip the tree bare or because, at this time, the tree just doesn't need them? Nature is not "generous" she simply dispenses with excess.

To give from our heart is to give without wanting. The spirit of nature teaches us that this giving can only come from the perception of excess. Otherwise, there's a neediness in our giving and therefore a huge emotional disturbance.

Most people give to others when they need or want something in return. It might be a thank you, an acknowledgement, acceptance, approval, money, debt, obligation, loyalty or trust. Our religious leaders fall into this category too when they give from their higher realms and expect obedience in return. This whole dynamic is disharmony with nature. Nature gives what it doesn't need; only mankind takes more than we need.

They say wealth is power. If that is the case, so many people must feel powerless because there is an obsession with wealth in our world. Wealth is also seen as physical freedom, an obsession with travel, which means there must be a lot of imprisoned people in our world right now with the travel that wealth buys. Wealth also fills our lives with things like cars homes and fancy watches, so there must be a lot of emptiness in our world right now because there is an obsession buying material items.

Wealth is one thing but as a substitute for harmony with nature, our own soul, it fails. Wealth gathered as a substitute for self love is never going to be enough. As the wealth gets larger, so too do the problems. The more we own, the more we fear. The more we fear, the less we are here.

In my workshops I often do a demonstration using a glass of water. How much of that water am I willing to give away if I believe that this is the last water I will ever have? The answer is “Not much” Now, I fill the glass to the top and keep pouring so the water cascades over the edge and runs to the floor. Then I ask, “How much of the water that fell to the floor do I want to get back?” The answer is none, because my glass is filled and any other water is my overflow. I can’t store it, so I release it.

Real generosity of spirit comes when our glass is overflowing - from a state of contentment, not of wanting. When we are abundant in money we can give some away because we are full. The key is to calculate when enough is enough. I have seen the hunger for personal wealth drive people to divorce even when they had \$100,000,000 cash in the bank. Money is a problem, using it as to substitute for real self-worth is.

There is a great risk of people becoming self-obsessed in their hunt for harmony and self-worth by applying the same ‘wanting’ principles to their relationship that they apply to their work. However, if we are not perfect now, we never will be perfect. As I noted earlier in the Spirit of Nature, you are perfect, all is perfect, all you need to do is to step into it.

How can we give of ourselves to a relationship if we are always looking for self-improvement; if our glass is never full, and the bottle is never big enough to fill it? There is always something to fix, always another glitch, which makes us mean, conditional, aggressive and violent. For every drop of generosity we give from this inadequacy we demand two drops in return.

When you are on an airplane before the flight takes off they give you the safety instructions. One of those instructions is very contradictory to our natural behaviour. It reads something like “When the oxygen mask drops from the ceiling, put yours on first”. I’m really pleased they say this because on the occasions that I have been with children on a flight, there’s not a chance I would automatically think of myself first if there was a problem. I’d be thinking about the children. The instruction is quite clear. How can you care for others if you are in desperation yourself?

If you are choosing to live in harmony with nature the first thing you’ll need to accomplish is a sense of perfection in yourself. You must become fulfilled so that your love is in excess and there is no wanting. Then you are generously giving away the positive comments of love -they overflow to others. You are giving away your money because it is abundant. You are giving away your global compassion because you are filled with it for yourself. The whole idea of having to change yourself in order to become “self worthy” is the greatest personal sabotage.

To live in harmony with nature you don’t have to list down all the good and bad ways to behave. All you have to do is stop trying, and stop wanting to change.

You might ask “But how will the world become a better place if we all just walk around saying that its perfect?” There are 6.5 billion people on this earth and each has their own mind. We range from the level of an animal all the way to divine leaders. We are all in a dance of support and challenge. But how can we rise higher than those who have been gifted with greater awareness than us? When you rise in your heart, you leave a footprint in the snow for someone who is walking behind you. It could be your family, your clients or the readers of a book. All you need to know is that when you step up to a new level of harmony with nature, someone gets an opportunity to step into the footprint you left in the snow. You do not have to control the perfection, nature’s spirit has it firmly in hand.

Disaster

We call the great changes in nature disasters because lives are often lost. However, in nature there is no such language. The natural way does not see disaster, it only sees perfection.

So what is nature doing when a bad situation arises? Nature is not punishing or making compensatory emotional judgments; it is simply balancing the forces of growth. Everything is a matter of your perspective. To live in harmony with nature you must get to see this perfection and trust nature.

There was once a very old man who lived on the outskirts of his village in a very humble home. One night, in the midst of a storm, his door blew open and in walked a wet and cold thief who screamed, "Give me all your gold or as sure as hell, I'll kill you" The old man responded, "You will find all my gold in the top drawer, and in the second drawer you'll also find some silver, this too might be worth your while. Would you like some soup? I have a little left from dinner, but it might not be too hot." The robber looked at him in amazement. Finally, the old man suggested, "I also have a little cash, but if you could leave me just enough to pay my rent I would be most thankful.

The next day, everybody gathered in the village and told how they had all been robbed by this thief. They asked the old man, "And you?" He replied, "I don't know, I did have a visitor late in the night and he was a bit rude at first, but after a while he seemed like quite a pleasant chap. I gave him a few things to help him on his way and he left into that storm."

There are always two ways to see anything. You can see the bad or the good in anyone. Wisdom will teach you it's best to see both. The more polarised our judgments, the more unconscious we are. The more mind noise we make, the less love we feel. That's the key to sacred love -to free the heart by balancing our mind.

Fundamentalism prevents people seeing two sides to life. They see good or they see bad. For them there is no balance, no trust or perception of nature's harmony. In natural law there cannot be a right without wrong; you cannot make a righteous stand if you live in harmony with nature.

Letting Go

To break attachments to people we need to expand, not contract, who we are. Abundance embraces the qualities we see in others and says, “Nothing I see in them is missing in me.”

When I ended one relationship there were many aspects of my partner that I was still really attached to. She was beautiful, elegant, very business savvy, and was an amazing caregiver to all around her. It was these parts of her that left a gaping hole in my life and made me extremely dependent on her. My dependency was fine in the relationship, but once we broke up it ate at my guts. To let go, I needed to deal with this gaping hole because while I remained dependent, I remained attached.

I sat down with a friend and worked through a process. What do I admire in her that I think I haven’t got?

She was really beautiful and that’s not a word I’d ever use to describe myself. So, we had to expand the form. In other words, if nothing is missing, it just changes in form, then what form do I have beauty?

We used the seven areas of life to help us search for it. Health, mind, finances, social world, relationship, career and spiritual. My friend helped me see that I had absolutely beautiful work (career) in helping others in love, that my health was really great that my eyes have a certain depth and my mind is filled with knowledge of spirituality, which I define as beauty. Therefore, instead of looks, I have her beauty in so many other places.

We went through everything she had that I believed I didn’t have. One by one we embraced both the positive and negative of who she was and found everything about her located within me. I detached myself from her because everything she offered, I already had. I quickly returned to a place of unconditional love for her without any attachment.

Miracles

Nature abhors a vacuum. Everything is perfect. Even when it doesn't meet with our expectations, there is still nothing missing. Nature is abundant; what is missing in one form is simply present in another.

During a very intense seminar in Canada one lady stood up in anger. I had mentioned this law of abundance – that nothing is missing - and she'd gone into a rage. Her mother had died weeks before and, as an Indigenous Canadian bought up as a Catholic, she was seriously offended by the simplicity of my comment.

I asked her, "So, tell me what you miss in your mother?" She replied, "I miss her hugs, and her voice, and her security, and I miss her friendship and reassurance. I miss the fun we had ...", it went on for a long time. As a mark of respect she was determined to leave nothing out. She wanted to show the 120 people who were there how much she loved her mum by detailing how much she missed her.

One by one I went through the list of all she missed, "When your mum passed, who stepped in and started hugging you more?" She looked at me in shock, "No one" I answered, "That's not true. Who started hugging you more than ever before?" She looked surprised at her own discovery, "My kids". I then asked, "What was it about her voice you loved so much?" and she replied, "It was always so supportive." So I asked, "Who stepped in the moment your mother died to support you?" and she replied "My brother". She began to look pale. Then I asked, "Who has stepped in to reassure you since your mother died?" and immediately she replied, "Me. I have become so much stronger" By this time there wasn't a dry eye in the house. We continued with this for five more minutes before something quite extraordinary took place.

I asked her, “So what’s missing?” and she looked around. She was empty. “Nothing, nothing’s missing,” I corrected her “Actually, is something missing”. I then asked her to close her eyes and said, “Who is standing right behind you?” She turned and held her arms deeply across her chest and said, “Oh, mummy, oh mum”. I interrupted the silence, “What do you want to say to her?” “I love you” she replied. “I love you.”

The whole audience felt the presence of her mother. Nothing is missing but just changes form, so her mother’s form had changed from body to spirit and all the things she provided just changed their source. No one can die, they just change their form. We are never missing anything. It just comes in a form we don’t expect. The only thing nature will never replace in a different form is love. There is no need to. Only when we stop looking for what we’ve already got, stop thinking something is missing can we feel that love.

That was the beginning of five years work with Indigenous Canadian kids, families and community leaders, teaching them what their culture had taught me, before they lost it.

Recycling Systems

To fully comprehend the wonders of abundance, we need to step out of the relationship world for just a moment and explore the greatest recycling system in existence - the universe.

The universal reality. The cycle of birth life and death. Each revolution is an evolution. Nothing stays the same in this cycle. You might start one relationship (birth) and celebrate it for a very short time (growth = support and challenge) but then it finishes (death). If you let it go, you have evolved. There is nothing else you need to do other than release the past by loving it. You may feel the same and think that it was a waste of time, but you have evolved and this is the real spiritual purpose of life. No matter how challenged the relationship is or was, you can be thankful. The journey of evolution for all human beings is in one direction - toward love - because love is the creator, the place from which we came. We are searching deep in our spiritual core for our creator, and this is why we obsess with love. We are actually looking for more than a human relationship, we are looking for that mirror that reflects the love from which we came. The ultimate parent is the creator and this is the love that our spiritual journey searches for relentlessly. People we love on earth are markers on that pathway.

We are wise to be thankful for both the relationships that don't work out, and the ones that do. Each time we process the birth and death of anything, even a business or an idea, and come to gratitude for it, we have lived a moment of total connection to creation. This is the real moment of connection, inspiration and divine grace that lasts just long enough for us to experience before we birth another idea, relationship or business. Unless we evolve within a relationship, it must break. Nature destroys anything that does not evolve.

To evolve in anything we must see balance in it. Peace blocks evolution. War blocks evolution. Growth comes from the Yin and Yang of both support and challenge. People, like nations, have periods of abundance. If they become complacent and do not remain thankful or humble they attract calamities and disasters to humble them. This is nature in the cycle of birth life and death.

"Nature abhors a vacuum. Everything is perfect. Even when it doesn't meet with our expectations, there is still nothing missing. Nature is abundant; what is missing in one form is simply present in another."

Take into your heart that nothing is missing, it just changes in form. In other words, you have everything that you could ever want. Single people aren't single; they just have their relationships in a different form to couples. Single people have friends, family, mates, colleagues, virtual fantasies, sex toys and all manner of things that if added together, constitute all the elements of a relationship. They even have love of self and their privacy rather than sharing of that love with another. Self love (the obsession with lifestyle and health) can often be the personalisation of a love we could give to a partner. Nothing is ever missing. There is no failure without success, no loss without gain and no person in poverty who does not have abundance.

We see the world emotionally and, therefore, split ourselves emotionally. If we feel pity for someone we are being self-important. Our ego mind separates them into the 'with' and 'without' group. However, real compassion is to see that you are not more lucky or unlucky than someone on this earth. Your assets might be material and your freedoms commercial, but even the poorest and most downtrodden human is equal to you in every way. It is just that their assets are their freedoms or their openness to love. To be able to see that everyone is abundant is one of the most wonderful gifts in life. Your actions to help others then come from your heart and not your judgments and projections.

When we act out of a perception of lacking abundance, we act in disharmony with nature. Remember that there's an eternal hunt for balance in the universe. When we act to make some one to go to the left, say a global warming advocate; we breed the equal and opposite energy in a global cooling advocate. With an abundance mindset we can see the beauty of balance and the direction of evolution. We can let go of how the world around us used to be and embrace the future of how it will be. Acting with abundance means not needing to prove we are right like a religious fanatic, but act out of love and compassion.

Your partner cannot be missing something. If you think they don't look as beautiful as Nicole Kidman or Elle McPherson, look again. Nothing is missing, it just changes form. Look at your partner's way of life and see where their beauty is. It may be in their yoga, their devotion to a cause, or their generosity to others. Every human being on earth has equal magnificent beauty; it's just in different forms. Nothing is missing in anyone.

Sometimes we get stuck on form. We see an overweight person and say, "Gee they are not as beautiful as Megan Gale or some other supermodel. But they do have the same beauty, it is just in a different form. We might say some man is young and handsome, but our partner is old and wrinkled. This is just emotional conditioning. Look again. You will see a young and handsome part of a man who is 100 years old. It might be his touch, his words, his love of flowers, or his wisdom. Have faith in this one law alone and your life will turn to a perpetual witnessing of a miracle.

Nothing is missing on the other side too. Every woman has a fighter within her. On my first visit to a reservation in Canada I was due to address the community in a hall, but Indigenous clocks work on very different time to city dweller clocks. With an hour or two spare I was asked to go and do some healing for a family who lived on the outskirts of town. The yard was strewn with half-wrecked cars, and the grass was long. There was an aura of mischief about the place as dogs tied to poles barked angrily to announce our arrival.

The stairs to the front door were unstable, mirroring my own uncertainty. Inside were 20 people or so sitting in the lounge. Everyone seemed to be smoking and no windows were open. We walked through the kitchen where last night's party was still waiting attention and I was given a kitchen chair to complete the circle that traditional people take to hold discussion - no head, no tail.

This was a family in drama. Alcohol and violence had wrecked their world. (Please excuse me when I guess the numbers here but I believe they are conservative.) They were the remaining children of 30, ten of whom had taken their own lives over the past decade. A young woman had rope marks on her neck after an attempt the previous night. One of the parents was highly sedated and on suicide watch, having lost another son a month before.

There is a tradition in many indigenous cultures to pass the talking stick. There is no actual stick, but it means one person at a time says their piece, then the next and the next until all are done. The woman with the rope marks was the reason for the meeting. She'd been taken from her mother as a child, and together with her younger brother placed in a Canadian Christian Home where she was severely and sexually abused (nearly all my Canadian clients had similar stories of abuse in Christian Boarding schools). She'd run away with her brother, lived in a railway yard for five years, and was finally captured and put in some form of prison. She'd been abused in the rail yard and in the prison yet, looking at her, I couldn't believe that she wasn't on the front cover of *vogue*. A stunningly beautiful woman of 18.

The previous night she'd beaten up some girls who'd crossed some line in her life before going on an alcohol binge, drinking to such a state that she'd hung herself from the rafters in her basement. Someone heard the noise, rescued her.

"Why?" I asked.

"I'm a bitch. I'm a bitch. I'm a bitch," she screamed in tears.

"Yes" I said. "You are a bitch."

The men in the room jumped up. They were seriously ready to throw me back down those rickety stairs. My assistant passed out.

"Let me do my work," I asked before turning back to the girl.

"You have a part of you that can be a bitch, but so does everyone, so does Madonna, so did Mother Teresa (rest her soul) and so does every woman have that side to her". I asked the women in the room to raise their hand if they too had the bitch onboard sometimes. They all did so.

I looked at this beautiful soul, so toughened by abuse, and thought of the gift she had been given by this terrible journey.

"Yes, you are a bitch, but why do you want to hang yourself for it while

Madonna sells it on stage, Mother Teresa uses it to do God's work for orphans and all these ladies here are not hanging themselves?" "I dunno" she answered.

"Do you know that every woman on earth has the bitch in her, and it's important for them all to have that? Did you know that your journey would be all for nothing if you didn't use that mighty bitch to help straighten out some of the abuses that go on in communities? Can you see that she's totally worthy of love?"

She smirked, "Hey, you really think she's lovable?"

Her brother, the one she'd rescued, was in the room. "Sis, your bitch saved my life. You looked after me in that rail yard, you protected me. If it weren't for the bitch, I'd be dead. I love that bit of you." He wept uncontrollably.

This beautiful young woman went on to speak at the United Nations convention of youth two years later. There wasn't a dry eye in the house.

In our relationships, these judgments of self and other can come up everyday. We can complain about something in our partner that we always dislike to reinforce our judgments and spoil the romance, or we can expand and say, "In an abundant universe, every one has every trait. Here is my chance to learn to love another part of my lover, and therefore another part of myself, and ultimately, another part of the world we live in (real world)".

"A human being is part of the whole called by us universe. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive."

Albert Einstein

Hints and Tips for Healing

No blame.

It requires honesty, but you can become aware that you are the source of everything and project it. For example, if somebody has insulted you and anger erupts, you become disturbed and rage flies outward toward this person. But what have they really done? All of the reaction – the anger – comes from you. It's your identity and judgments protecting themselves. If the person who insulted you went to a monk and insulted them in the same way, the monk would not be angry at all. It is us who makes a difference. It is our reaction that determines what goes on. The other person is not the source of our problem, we are. The other person ignites the source that resides within us. If a person insults us and we have no anger inside none will surface. Instead of blaming others for our pain or for challenge in our relationship we must recognise that all they did was bring out stuff already within us.

All your emotional reactions to life and situations are already within you, the circumstance bring them out.

You have to see that you are like a movie projector and your lover is the screen. All your emotions are within you, a perfect reflection. It's like someone reaches into you and you find what's hiding. This is how to stop blaming.

Get a grip.

A blind drive for achievement in a relationship or business makes romance turn to heaviness in our minds, bodies and hearts. It pulls the beauty out of life and drags our heart down to earth. When romance is gone all sense of fun and play goes too. The human spirit has no room to breathe, tension mounts and humour is lost. We often try to achieve without the essential rhythm of natural appreciation and harmony.

Compartmentalise.

If there's a drama going on at work you may react at home. Or if your partner is being un-attentive at home you might become very demanding at work. Sometimes relationships catch emotions that have nothing to do with them. We treat our partner like a punching bag and blame them for all our feelings. Learn to compartmentalise the real cause for emotion because the triggers are rarely the origin. To deal with your emotions naturally you need to acknowledge that you are the projector and your beloved is the screen. To change how you see the world, change the film, not the screen.

Forget being right.

The true source of happiness lies within you. Love, peace, and joy come from inner contentment, a balanced perspective. Being right is half the truth. Remember there is no happiness in being right, only blocked love and pious separateness. Reach out, don't play victim. Acknowledge that no one can do to you more than you do to yourself. You are no victim - you caused it so you can fix it. You are in control and the cause of all your experiences.

Real healing - no reaction.

Give people space. When you feel an emotion starting to overwhelm you ask for time out and create some real physical space. If you are having an argument with someone and walk away, you'll notice that the further you walk the less emotional you become. So before you react and do something in a state of emotion, walk away and keep walking until you feel calmed. Then process your stuff.

Don't delay processing your stuff.

Nothing affects your work life more than your home life. The idea that different areas of our life counterbalance each other might not at first be obvious, however, on examination we can see it quite clearly. In violent homes, a youth who is abused and trodden down comes to the world looking to reverse that experience - the abused becomes the abuser. The home that is neat and loveless often breeds a person who is passionate and looking to get more than just success from their work life. We load our relationships with a lot of the stuff that would be best dealt with at work; we also load our work with many things that would be best dealt with at home. People going through personal challenges at home demand peaceful workplaces; people in boring relationships want to party all the time after work. It's an obvious connection.

Turn off the TV.

Technology affects us in many ways. How does it feel to be with someone who, in the midst of a conversation, answers the mobile phone and talks about the next school picnic or next weeks travel plans? When we let technology run our time we don't get to choose where we focus, instead, our attention is drawn to the most noise. Television is one technology that has cost lovers a real opportunity to experience their emotions. There is new technology on the market - two people put on suits that link to each other over the web. You see a hologram of the other person in front of you. When you touch that hologram in 3D the other person feels the motion through hundreds of sensors in their suit. You can have internet sex without leaving home or experiencing any emotion. The benefits might be enormous for some.

Real healing - go bush.

In Australia, when it's time to get a clear head we say "go bush". This means get out of the house and be in nature. It doesn't matter where, just as long as we feel the beauty and simplicity of the bush. Spend time in nature and see whether you have more energy afterwards. The key to all our issues is honesty and simplicity, and what can be more honest or simple than a walk in the bush?

Don't keep banging the same old drum.

My favourite expression to friends is "Get over it". When I've heard the same complaint more than three times I say, "Either get used to it, or get over it" - simple. I have met people who are still upset about their partner kissing someone 30 years ago. Why? My tolerance for an issue coming up twice in my life is 10 minutes. Why drag ourselves down when there's nothing we can do about something that's already happened? We either get over it or get out of it. There's no rocket science; all the emotional therapy on earth is not going to change yesterday. The spirit of nature cannot shine in a heart that's carrying resentment or blame. So either we accept that we caused an event and learn how not to cause it in the future, or abandon ship. Sitting in the middle ground is hell on earth.

Real healing - Break old patterns.

From childhood we learn certain ways of getting attention. As we grow older we get more sophisticated and complex in how to apply them, but the cost of running those old scripts becomes much higher. Our whole love life can be put at risk because we can't break patterns. The process of breaking old patterns is quite different to what most people think. Rather than changing or adding anything, we unlearn something. We accept that our judgments caused the pattern so we break the habit by learning to un-judge someone or something.

Beware the intellect.

Relationships in the city are notoriously volatile. We're not connected to nature in our cars, offices, boats, exercise gyms, yoga classes, conferences, hotels, buses love life, etc. We're just busy getting one of them finished as fast as possible so we can move on to another. We lose ourselves in ourselves. We lose the preciousness of eye contact because we're disconnected from nature. We might focus on the world and pollution and green house gas, but our own lives are full of gas too. We're the pollution, disconnected from the beauty and slowness of nature.

Love is cumulative.

Love is cumulative and little acts of forgetfulness add up to big problems of painfulness. Our relationships are a perfect mirror of the wonder of nature. And in nature, little things count. So don't wait for Christmas, Valentines Day, birthdays or special occasions to show your partner that you love them. Make everyday of your life a Valentines day. Act like today is the most important day of your relationship; turn up on time, do something kind, prioritise your lover over your work. All compromises in a relationship add to its demise. Never forget your relationship is the most important thing in the universe.

Be happy with what you've got or you'll lose it.

Desire is the mind playing tricks and one of the worst tricks desire creates is consumption. Never happy with what we've got, we hunt for more, even when we don't need it. Too many people come to their relationships wanting to change something or comparing what they have with some ideal that exists in their mind, always wanting more and better. Such a perspective will sabotage the love they have. Sacred relationships grow from the spiritual perspective that nothing is missing. Even the poorest person is wealthy in some form and can appreciate life; even the most terrible person is beautiful in some form and can be appreciated. This is the universal law, the law of abundance. The person with abundance does not look into the world and see what is missing; to them there is nothing missing - it is beautiful, perfect. Things just change in form. God exists in everything so there is no mine and yours. In abundance there are no boundaries, no hate, nothing to change, just pure love.

Real healing - Look within.

In modern society one is told to look outside yourself for happiness. This is an approach to life that causes so much suffering because it begins with the premise that we don't have something or something is wrong. Automatically there is a feeling of loss, but if we do the right thing, we will find it, and be happy. This mindset kills romance and it certainly kills love. An abundant mindset brings out a smile about life, a sense of humour and the ability to see beauty everywhere, any time. Even in the most challenging situations you can hold the awareness of appreciation. This is romance; there is nothing missing. It just changes in form.

Nature is interconnected, nothing is missing, it just changes in form.

When you understand this transparency in everyday life, you don't get bent out of shape so easy. You get to process the drama that keeps many people out of love. You see with objectivity and respond with spontaneity and honest intent. You appreciate people for who they are not for who they could be. In stillness you respond with love. This is the spiritual perspective that all the great saints and leaders who have walked this planet in a spiritual sense have demonstrated.

Real healing - needs appreciation.

You are perfect, your lover is perfect and everything else is perfect. Sometimes we don't see this perfection and become critical. We start wanting to rescue people and change what is, but that is a delusional mindset that sabotages relationships. The wise person knows that there are two sides to everything and appreciates the positive. This is the core of the most loving and potent state of mind that you can create. Spiritually begins with the acceptance of everything, including that yourself and your partner possess every human trait. Even if you worked your whole life to try and eliminate all the negative things within you, nothing would ever be missing, it just changes form.

We get what we need, more than what we want.

In our relationships, we sometimes feel that we are not getting what we want, but this is not true. We are just not getting what we want in the form that we want it, or asked for it. For example, we might think our partner is not contributing to cleaning the house, but it's not true. Their house cleaning might be financial, consideration and love for you or taking you to a café or restaurant. It is not the lack of something happening it is just that we want to change the form of it. If you don't appreciate things the way you have them you won't get them the way you want them. Being critical or complaining about something missing manifests loss. If you are getting what you want in a different form you will think abundance, however, if you are always hunting and wanting change, you're always going to come into your relationships like a broken record of negativity and complaints -this is missing, that is missing, this is not good enough - and this will eventually drive your partner away. Whatever you don't appreciate depreciates. A great example of this is affection. Let's say you believe your lover is not giving you enough affection because the only way you can comprehend affection between two people is with contact. You start grumbling because your friends kiss in the park, and wonder why you don't kiss in the park. You have to realise that your lover might have different ways of expressing their affection. It might be in a sense of protectiveness or strength, or working for the long-term to find you financial security. Nothing is missing; the real question is "What form is it in?" You are having all the affection you can dream of right now no matter how your relationship looks. It just comes in a form you may not appreciate. Real abundance means looking for what you are getting and being thankful for; the form that it is coming in.

People become as you treat them.

Always remember this because if you are walking around bemoaning the fact that you are not getting what you want in the form you want it, your partner will withdraw from you. People become as you treat them so if you don't appreciate what you've got, you will lose it. If you keep criticising, complaining and belittling your partner, they will start acting and withdraw the very thing that you want them to present to you.

Real healing - Love has no expectations.

All pain in relationships comes from blocked love, so an abundant mindset is a wonderful opportunity to bring devotion to your relationships. The real issue is whether you are prepared to make the abundance between you and your lover a priority in your life. Every molecule in the universe has a place, a role, a gift. If you can just be thankful for what you have and remind yourself of how lucky you are your whole life will change. Even the immune system of the human body is hardwired into the mind of appreciation, so when we are thankful for what we have our health improves. When it comes to romance every thought you think, every action you take and every feeling that passes through your mind and heart affects your relationship. Romance it is not limited to the small duties and tasks that you perform, it includes the way you think, feel and have control of things. Remembering what you appreciate grows, your thoughts carry with them a power far greater than most people can ever imagine. Truth comes to the surface whether we are running, kissing, talking, reading, working or making love, so choosing our thoughts and our feelings is a vital ingredient of romance.

Put your whole heart into it.

Whatever you are doing now do it with love and appreciation. Don't avoid it or run away from it. By appreciating yourself, your partner and what you've got, your choices will be made wisely. If a little pebble is thrown into the sea and stirs the water, it is hard to comprehend how far the little ripple is going to travel; even a great ocean is influenced by a single stone. We may not see it or be conscious of it, but a single thought given the right conditions has the potential to build into a huge tidal wave of opportunities. We have to monitor our thoughts and be mindful about the way we think of our partner. Any negative thought that we hang onto will sabotage our relationship.

“If you don’t appreciate it the way that you’ve got it, you won’t get it the way that you want it.”

Don't act on emotion; feel it thoroughly.

You can't control your mind and have a loving relationship if you are emotional. The way you use your mind, (which controls your emotions), has an effect in your relationship more than any other thing that you do. Without saying a word you transmit your feelings and emotions to everyone around you, particularly your partner. If you can reconnect with nature - go out and get your hands dirty in the garden or simply enjoy a walk in a park - you'll calm your mind, and your thoughts will automatically improve.

Honestly grow your love.

If you could examine and change every action in your daily life that has created a disagreeable attitude, caused negativity or a lack of appreciation it would alter your life forever. A loving human being is not exclusive -they love everybody - so this attitude of appreciation crosses all the boundaries of life.

Real healing - Be mindful.

Every word we speak, every thought we have, is important. If we speak with negativity, focus on negative things, talk about the problems of friends and the world we eventually sabotage our own health.

An attitude of gratitude.

Staying in love is like the culture of your family. It is appreciation for both good and bad news. The most important ingredients that bring romance and harmony into a relationship are kindness, care and compassion, contentment and, of course, gentleness.

The Healing Powers of Nature Body-Mind

“First of all, the healer must be one with the Earth. He has had to find the time to understand himself through the eyes of nature, learning who he is and where he fits in. He has had to break down the barriers that keep him separated from the natural world so that there is no inner or outer dimension. His prime source of understanding and knowledge must come to him from the Earth, and he must realise that he is nothing more than a hollow vessel that the Earth uses to heal. He listens with his heart not with his head, and he truly cares for people. He loves his enemies, for he believes that no matter what you send out, so too will you get in return. His care toward the land and his brothers and sisters is a powerful driving force. He is not only a healer of people but also a healer of animals, plants, and Earth. His power can be felt in the love he has for his patient and the faith he has in the Creator.”

-- Field Guide to Wild Edible and Medicinal Plants.

Throughout this book I have included reference to one of the most powerful natural sciences in healing the body and the mind. This is a gift I have been asked to share throughout my life and I think it is appropriate to share here with you too. Your body is nature's bible. Everything physiological that happens to you is a guide to a change for the better. Your body, and all its idiosyncrasies, is a barometer of your life forces. Where there is excess, there is dysfunction; where there is deficiency, there is dysfunction. All we need to do is observe and act accordingly.

There are always three levels of healing. Body level means seek medical advice, Spirit level means seek spiritual advice and Mind level, the advice I have included in this book as a wonderful insight to a far greater picture. Even when we are in a relationship this body-mind awareness can help us stay authentic in our own energy, and that we share with others. It is another support in the journey of love.

Migraine.

Blocking the source of inspiration. Not listening to the inspirations and messages of your soul. Conflict with the inner voice. Resistance to listening to the inner voice.

If you have something to hide, you do not want it communicated. Not communicating with your inner being to know yourself. Not believing you can stand up for yourself and say what you want. Letting others tell you what to do and not communicating to them that you dislike being told what to do.

Communication to yourself that you are the one who needs to be accepted, is not happening. Tell yourself you accept yourself no matter what has happened to you.

Multiple Sclerosis MS.

Lack of communication with others. When you accept yourself, you can communicate at any level without worrying what other people think of you. MS restricts and limits movement, indicating that the erosion of feeling is being suppressed. Moving in a direction one doesn't want to go. Unable to deal with change. Feeling of lost opportunity. Losing a sense of self and purpose and direction.

Nervous Breakdown.

Not communicating to yourself that you have your own power of being, discernment and flexibility. You cannot blame anyone else but yourself for your problems because your power is within you. You need to "break through" to know this.

Fluid retention.

An accumulation of emotion in the small intestine. A holding on to protection and nurturing because there is a sense of danger or uncertainty.

Breast problems - Cancer.

Not appreciating one's nurturing side. Never wanting to nurture or not having the opportunity to nurture. Not nurturing yourself. Doing for others before you. Nurturing perception Not feeling adequate about nurturing. Nature takes away what you don't appreciate. If left breast - mother, sister, daughter or the woman herself. Right breast - father, brother, son, husband.

Breasts Large.

Infatuation with self. Self-importance, trying to take control. If I nurture you, you will be mine. Comes from very low self-appreciation or very high need for self-gratification.

Breasts Small.

Depreciating what you have to give. Devaluing the gifts you can share. Judging your nurturing of others based on some expectation.

Please note; there is no implied judgment here. It is only if an individual obsesses with "small or large" and is in self-judgment.

Bulimia.

Conflict between wanting to be perfect and a love for life, and self-hate and guilt. Refusal to allow anything nourishing to touch you on the inside. Dad only gave you attention at the dinner table. You are needing spiritual growth, but don't understand how to obtain it, so you have this hunger and over eat but realise it is not what you need, so you throw it up. Male side, self-depreciation, frustration at being stuck. Time to move on.

Diabetes.

Lack of joy. The pancreas needs success. You cannot be a success if you are ashamed of yourself about something you did in the past. You do not want to live because of that emotion. You do not have a good relationship with yourself. You do not want to see the future. Self-destruction because of your direction. Not doing things because you are a perfectionist. (HARDENING OF THE ARTERIES) Not changing carbohydrates into glucose for energy for the brain to function.

Bronchitis.

Bronchi bring air to the lungs and take used air back again. Therefore, they communicate between the inside and outside world. Needing to get something off your chest. Needing to release and let go. Feeling smothered by someone. Coughing and bringing up mucus rather than sharing your feelings. Something is irritating you that you need to externalise. Thinking that you're not doing things your way. Stirred up emotions of not doing things your way. You must get rid of the thought that you are not in charge.

Glandular fever.

Not accepting yourself and not wanting to be told. Your pineal gland is for taking in new things, but you are just living in the past. Start living in the present and be open to new things. Your tiredness comes from out-flowing and not accepting new insights. (See pineal gland.) Not accepting yourself, hence, not using your creativity, intuition. Being inflexible and not knowing your direction. Fear of failure

Duodenal ulcers.

Trouble taking it in. Something eating at you, trouble doing something with it. Difficulty breaking it down, no rest. Push, push?

Acne.

Not wanting to face up to new things. In other words, living in the past. An eruption of all the conflicting and tormented feelings locked inside. The eruptions represent the longing for release to accept yourself and find your inner beauty. The cure is to make life changes and demonstrate you that believe you are worthy of love.

Parkinson's disease.

Fear of breaking society's rules, conditions & myths. Fear of social rejection. Perception of being humiliated in a social environment. In the stress of not getting what you want, you revert back to the reptilian stage of evolution, which means a destruct. Reversal is difficult, the key is preventing progress. Try approaching the life you lead from a different angle, there are different ways to do the same things.

Immune system.

Any thought that go against your inner peace breaks down your defences. Change your ways to love yourself and see the good in yourself and others. Acknowledge your feelings and not your intellect. Seeing order in the chaos brings you back in control of your life. It is the spiritual growth that brings you real peace of mind. Try seeing the two sides of situations.

Indigestion.

Missed opportunity to understand a situation and learn from it. When your food seems to be “sitting on your stomach” you are not understanding what to do, how to do it, or when, where or why. Not being able to move on through rigid attachment to beliefs can also cause upper back pains, scoliosis, spleen disorders, constipation and headaches. If you have indigestion it is an early warning sign that you are forcing your way through life rather than growing through it. Maybe it's time for some change in attitude, certainly something is bugging you (again).

Asthma.

Self acceptance issues. Your running nose indicates that you are not satisfied with yourself. Then it goes to your chest area. When you are not satisfied, you start doing things that are not in your best interest so that people notice you. Doing things the way others want you to do them. When you cannot breathe, you are not enjoying life because you are not being devoted to yourself. There is an inability to be inspired about life, to breath for oneself, a frustration at not finding a way of pleasing and letting go of the past. It's all “Gee I wish I had of...”, “If only it was like it used to be.” Look now to the future and forget the past. You've attached to that for too long. Time to grow a vision of the future based on possibility.

Cancer.

Often triggered by thought patterns that have stayed in the family for up to 5 generations. The most primitive disease - the last ditch effort of your body to get you to love. Deep hurt, long standing resentment eats away at the body. Deep secrets or grief eating away at the self. Carrying anger, hatred, futility. Cancer is an effort to get a person to change a pattern of thought, an unwitting attachment to some belief, an unconscious judgment about something that happened in the past, and the family has never let go of it. Cancer is nature's way of forcing us to let go of the past. Sometimes we get the message and heal.

Constipation.

Suppression of one's ideas, opinions and holding on. Not expressing real dreams and hopes. Fear of future, of the unknown, uncertainty about what lies ahead. Issues of attachment and clinging to the familiar. Trusting that events will flow as they are meant to, even without our control, and that the universe will take care of everything. Holding onto safety and security because of a fear of what feelings would emerge without holding control. Thinking too far ahead and therefore never making a move.

Drug and Alcohol addiction.

You feel negative about yourself and insecure about living life for yourself. You are seeking attention and hoping that someone (usually the one you love most) will be affected by your actions against yourself.

Anorexia.

Low self-worth because of guilt and shame. Longing to be loved and nurtured, a person reduces their size to reduce the demand for that love. Diminishes a maturing teenagers sexuality, keeps the body like a child, undeveloped. A desire to escape.

Arthritis.

Criticism, wearing away, stiffness, deep resistance or fear of movement. Overly critical attitude and resentment towards what one is doing or being done to them, which results in wearing away joy and gratitude. Resistant and hardening of ones attitude

A.I.D.S.

Auto-immune disease; self-blame, self-depreciation, massive fear, major self-rejection. Usually a long-term, deep issue with the father. The person doesn't feel worthy about being alive. Allowing yourself to be controlled by what society thinks about you, thus no inner peace, resulting in a weakened immune system. Whatever area you have weakened by your negative against yourself is where the virus will strike you. So, make sure that you are involved, successful and fulfilled in your life to stop those wars inside you. Peace only comes when you have inner authority to be yourself and love yourself no matter what anyone thinks. Letting yourself be controlled by what people think about you does not allow you to have inner peace.

Immune system.

The immune system attacks itself. The body fighting against itself, rejection of self. Feeling that your life isn't valuable. Carrying guilt, shame or blame from the past that is destroying your self-esteem, self-respect and self-worth. Having an intense hatred of yourself. Being disappointed in yourself and overly critical of yourself.

Spinal column.

Your spinal column is for supporting you to stand up for yourself. Any thoughts such as resentment, guilt, inflexibility or not controlling yourself, are not true feelings. Therefore indecisiveness between your true feelings and those previous intellectual, ego thoughts give you pain.

Ankles.

Confused, split loyalties, lying to self or other. Not doing anything about the resentment. Rebelling to the point of being brittle. Resentment towards others or self. Confusion between values and actions not in harmony causes inflexibility, resistance to going with the flow. Ankles break when there is resistance to movement. Feeling fractured and split into pieces. Deep split or conflict at the very core structure of our being. Divided loyalties -will trigger all sorts of ankle breaking, bone jarring, muscle straining problems. So try to align yourself with your real path in life.

I.B.S.

Irritable Bowel Syndrome. Holding back, and keeping things to yourself rather than generously giving the knowledge you have. Not being open in what you really feel. Not being relaxed enough to give away your knowledge and share what you have.

- 1 Bedwetting - Over dominant parent, child trying to seek attention. Not knowing how to get what you want.
- 2 Bladder Problems - This is the place of release and internal cleaning. When there are problems here it's because you are hanging on too tight. Let go and it's yours - hold and you'll never know. Don't want to let things out? Holding on paralyses the will, you feel timid, wishy-washy. Bladder is the body's way of releasing emotions that are finished with and no longer needed

Bloating.

An accumulation of your emotions in your small intestine. A results driven life means, in simple terms, you are failing to smell the roses. Bloating is the sign. RUSH, RUSH, RUSH. Slow down. Think before you act. Be present in the moment. Life's an experience --- the conclusion is foregone -- at the end of it all you're dead. So slow down and celebrate the moment. Really, you can enjoy the ride.

Blood.

When you change or lower your perception of loving yourself, your haemoglobin deteriorates. (Blood needs love) (Pigment is your perception of yourself). Your perception of things needs to be grateful. Simply embrace the things you consider bad. In loving all things and perceiving them as each having a function, you could eliminate all harmful substances from your body. Your white cells would not need to fight. Blood is joy.

Gall stones - Judgments, bitterness.

You are letting something stop your being-ness. Everything has a specific function. Being-ness embraces it and lets it be. Locked into one way of thinking. Set in stone. You are not just being yourself because of some bitterness towards somebody or something. This negativity crystallises when you are not letting others be themselves. When your being-ness is in evidence you allow others to be the same. Bitterness, hard thoughts condemning, pride, resentment. Unwilling to let go of the perception of being locked in. Trying to please others but feeling bitter about it.

Gout.

Increased uric acid in joint, uric acid is removed by urine. Anger and being stuck since joint is inflamed. If old emotions are not released, they begin to crystallise causing rigidity & inflexibility. Holding onto past memories not allowing yourself to move forward. When you are controlling others or being controlled, you are not accepting yourself. When you control yourself and accept yourself, all your worries cease.

Headache.

Self criticism, Fear. Invalidating the self. Dislike of being driven. Resisting the flow of life. Sexual fears. Conflict about what you will do, how you will do it, what you will say or what you will accomplish. Just don't want to know. One part of you is looking forward to an event, another not. Pressurising yourself through impatience that you have not done enough. Mind resisting the message of the soul. Holding onto old limitations and not seeing good in anything. Thinking you are better than anyone else.

Hepatitis.

You have allowed your feelings to be hurt and now you do not want to learn anything about yourself. Your liver is kept healthy by your growth in learning from everything you do. You have to learn to be yourself in any situation and let other people be themselves as well. In other words, keep authenticity in your own energy. The need is for more self-awareness and this comes through willingness to change.

Hypoglycemia.

Pancreas is not secreting enough insulin therefore too much sugar in the blood. The pancreas needs you to be a success. If you have thoughts of being ashamed of yourself you resign yourself to not being a success and just give in. You do not know what to do to stop this.

Emotion keeping you from moving on, forgetting the past and forgiving yourself. Your inner authority is the power you seek. Constant destruction of pancreatic system. Sweetness / bitterness issue. Trying to please everybody but not getting attention. Trying to get attention through anger and resentment, leading to bitterness. Trying to please everyone - holding all their bitterness inside. Futility in trying to get attention from parents.

Heart attack.

Feelings of loss. Giving and receiving of joy is blocked. Not living for yourself and blocking yourself from living your purpose. Self-absorbed. Not regrouping your experiences. Worrying about not understanding what has happened to you.

Hypertension.

High Blood Pressure. Saying "that person makes my blood boil" means you are allowing them to rule your life, instead of finding a way to heal those emotions. Any continuing pressure from a situation stops you flowing with your own feelings. You are letting your emotions and reactions rule you. If you are minding your own business and letting other people get on with their own lives, your heart will be beating at your own pace.

Impotence (Erectile insufficiency, libido).

A fear of some sort from the past is stopping you feel at one with your sexual feelings and you think you are lesser than others.

Infertility.

A woman's unwillingness to be like her mother. Unwillingness to go through what her mother went through. Shutting down of feminine side. Unresolved childhood abuse creating an unconscious fear of having a child. Fearing the responsibility, or feeling inadequate, unable to cope, especially financially. Believing that having a child is the only way life will have any meaning.

Inflammation.

Resistance to what is happening; a build up of angry emotions. Irritating issue that is restricting your expression. Feeling hot and fired

Insomnia.

Your soul is not going to the universe to be recharged with energy to continue your learning here on planet earth because You have not worked out the reasons for the experiences you had today; you have not "unwound" by taking your mind back from the last thing you did to the first thing in the morning to see what you have gained in your spiritual growth and if there was something you could have done better; you have not worked out the reasons for having the pain. Worrying that you will not be good enough or able to do what you need to do tomorrow. Not wanting to experience recurring frightening dreams because you have not interpreted them for your benefit. You do not want to learn. Sleep allows us to regenerate and recuperate. We sleep when we surrender to ego. Fear of what will happen without our awareness. Not trusting ourselves with others. Mind filled with doubts and fears, fear of dying. Ingratitude for the experiences and lessons of the day.

Jet Lag.

You are still thinking of the past. You have not regrouped or summed up all that you learned from where you have been and cut that energy. You are not living in the present and putting all your energy into what you are doing right now.

Kidney.

Fluid balance, filtration of blood, excretory function. Relationship wants. Firstly, you need a good relationship with yourself, then you can have one with others. Over pushing, anxiety, fear, over dominant, disappointment, criticism, shame. Over reaction to disappointment & failure.

Kidney - Cancer.

You are giving up. You think you cannot do anything about the situation to have a good relationship with yourself or others.

Kidney - Failure.

Being a “poor little me” about the situation. Saying you cannot have a good relationship with yourself or someone else.

Kidney - Inflammation.

Stirred up emotions through relationship wants. Not making goals to have a smooth relationship with self or with others.

Kidney - Stones.

Not having a good relationship with self or others and not doing anything about the situation. It gets solidified inside you. Condensed thought patterns and emotions that have not been shed, solidifying. Holding onto insecurity or sadness and unresolved grievances.

Kidney - Tumour.

You are not trusting that you are able to obtain your wants. You are being loyal to someone else instead of yourself. You leave yourself out to please someone else.

Leukemia.

Disconnected with the feminine side. Issues with the female. Self-righteous feminine persona. Increased number of white blood cells (part of the protective, defence, immunity system).

Obesity.

Put up physical barriers to let no one in because they don't want to face what is going on. Protecting yourself from your own illusion. Storing emotions of loneliness. You need more communication with your inner self to see what concepts you are holding on to and those you need to discard. Finding your purpose and developing a live-and-let-live attitude. Letting go of judging and blaming etc.

Obesity after childbirth.

Holding on to thoughts of not wanting this baby and not communicating it to anyone. You are thinking you are less than your husband. You need equality in communication.

Edema.

A blockage of your energy flow in whatever area you have this accumulation of serious fluid. You could be thinking you are not good enough, not accepting yourself in some way or thinking you are not sharing your skills.

Osteoporosis.

Thinking of life force flowing through the bones due to sense of giving up. Feeling helpless or hopeless. Loss or rejection of female stability. Loss of support of your partner. Strength of bones is at stake, and so is the strength of one's core feelings, one's inner purpose for being. Fear of loss of beauty. The woman not honouring her female essence and thus giving the masculine side more power.

Paget's disease.

Hardening of consciousness. Priority of core values hardening the person or putting stress on their body. Trying to live up to parent's authority. Outer soft persona (soft spoken, calm, gentle) holding in repressed anger (a deep hard person).

Pineal gland.

If you are not being, you will not find your direction. If you are not creative, you will not progress. If you are not using your intuition for discernment, you will lack enthusiasm. If you are not being flexible, you will not grow in consciousness. Your power is made up of your creativity, discernment and flexibility. When you are living these concepts you will be accepting yourself.

Large posterior.

Sitting on your wants! Holding on to concepts that stop you going after what you want.

Prostate.

Mental fears weaken the masculine essence. Dogmatic thinking and critical of others. Prostate is involved in reproductive ability and thus reflects concerns of aging men. A retired male may feel he lost his purpose as the breadwinner and perceive himself as useless; his power draining away. Can be associated with financial difficulty or fear of having material security reduced. Males that are out of touch with finding love, have difficulty in expressing these inner feelings and use sex to find love. Needs spiritual growth to change and grow from your old dogmatic “my way is best” thinking or being critical of others.

Psoriasis.

Unwillingness to face something. Believing you are not worthy of loving or living. Wanting to please a parent, no matter what the child does. Can't get appreciation from parents. Feeling of deep shame or guilt about an issue, so covering up the skin as a mask.

R.S.I.

Repetitive Strain Injury. You have not communicated to yourself what you really want or need to do for yourself. You are just doing a monotonous job, which is getting on your nerves". You are telling yourself you cannot change this situation. You have not written down your goals. Your right arm (physical or material goals) - How can I do for myself to improve my situation? Your left arm (Spiritual goals) - What can I learn from this situation? If you are not gaining or learning from what you are doing, you may as well not be doing anything - hence, no power in your arms. It is mostly to do with not doing enough to obtain your needs. Therefore, competition in some way is stopping you from being one with all. Sometimes, it is not doing enough to obtain your wants so, you need to be loyal to yourself.

Sinus.

Irritation to people or one person at a time. Feeling scattered and overwhelmed. Frightened about the future. Low self-worth and low self-esteem. Unable to break free of old patterns. Don't know which way to go to solve the issue. Repressing grief and unshed tears.

Shingles.

High overwhelming stress, something you don't want to face that is totally humiliating you. Feel guilty about what you don't want to face, you fear you will be found out about. Issue of unworthiness brought on by stress that depletes the immune system. A deep anxiety or inner pain that has been building up over a period of time.

Small intestine.

Assimilation and absorption of nutrient. You need empathy, knowing and honesty. Refusal to take charge. Not assimilating and completely scattered. Victim mentality.

Ulcers in any of these areas means you are holding onto concepts for too long.

Small Intestine - Duodenum. You have no empathy for others.

Small Intestine - Ileum. You are not being honest with self or others.

Small Intestine – Jejunum. You have not obtained all the facts to feel secure.

Testicular cancer.

Testicles store creative forces. Repression or expression of creative forces in one persona cause cancer. Extreme elation or depression about creativity, particularly sexual creativity.

Thyroid.

Produce hormones for growth, cell regeneration and repair; regulates metabolism, blood calcium levels and oxygen consumption. Important for nerve growth.

Thyroid - Goitre.

Swelling of thyroid gland. Feeling that you are being choked by too many responsibilities and overwhelmed by life.

Thyroid: Hyperthyroid.

Increase in thyroid activity causing weight loss, irritability, nervousness, perspiration and weakness. Fear of responsibility, selfish and self-centred attitude. Expressing something you wish you hadn't. Talking too much, gossiping, rage of being left out.

Thyroid: Hypothyroid.

Slowing down of thyroid activity resulting in depression, tiredness, weight increase. Low body temperature. Losing the will to live. Feeling hopelessly stifled. Not expressing something and wishing you could. Unfulfilled expectation of self and spouse. Insecurity.

Tumour.

Not trusting self or others.

Veins varicose.

Unwilling to accept joy. You have a fear of some sort that is stopping you from being successful.

Wrinkles victim.

When you are not accepting yourself, and your life and think you have been dealt a raw deal. Feelings of worth do not fill out your skin. It is then that you screw up your face with complaining and the expression stays there, if you do not change this “victim consciousness.”

Part 5. Ether

V.I.P. - Vision, Inspiration, Purpose

"Your awareness of nature and her law puts you and everything you do in a different perspective so a bigger set of laws apply. Harmony can only be experienced in everyday life when you look at life from a greater perspective."

V.I.P. - Viewpoint

The tree is a part of something far bigger than itself. All things that happen to the tree are not unique but are part of a great composition. The orchestra is formed from many instruments, and so, the forest is formed from many parts. Most things in the forest, taken in isolation, are hard to understand. Why should some trees fall and others grow strong? Why should disease affect some areas of the forest and not others? How can anything understand its context when it has an individualised perspective, a narrow viewpoint?

Viewpoint is everything. Sitting in a kayak, going over the rapids there's not much you can do - you have a problem, you're in it. As soon as we become attached to an outcome, we become part of the problem. As soon as we feel tension and stress our objectivity is lost. If a ship was sinking, would you put rescuers on it or safely around it? That's why a space shuttle is controlled from a space station - the astronauts are part of the problem. When you play one of those video racing car games you get three choices of viewpoint - in the car, just above the car or from a helicopter. The person in the car experiences the situation, the one just above it can manage the problem, but the one in the helicopter can see the whole context.

Your awareness of nature and her law puts you and everything you do in a different perspective so a bigger set of laws apply. Harmony can only be experienced in everyday life when you look at life from a greater perspective.

To manage anything you have to step out of it. You can't manage something you are emotionally attached to. This includes your business and relationship. A perspective bigger than your challenges in life is the only way to manage them. Otherwise you are just a part of the problem.

Other people's problems are so easy to deal with because you have perspective and see the whole story. However, if that person is a friend and you are attached to them it's harder to see the solution in a real way. Dishonesty creeps in because you don't have such a balanced perspective on your friends the problem or don't want to hurt them.

What you think depends on your viewpoint. If you select the right viewpoint you'll see order in any chaos, and won't be stressed -. It will transform your life from this moment onwards. Anything that attracts or repels you reveals that you are attached to it. In other words, it is managing you. Detachment simply means seeing both sides of something or someone.

Branches

In the study of fractals, nature reveals her amazing secrets for the choosing of destiny. Branches are forks in the road, choice points along the way. Nature is always simple and in this teaching we can learn so much about living in harmony and resting with our choices.

Confusion is a human emotion that kills stillness. It belongs to the realm of uncertainty and is the cause of much suffering, “reactiveness” and insecurity. By following nature’s guide we can eliminate all three.

Branches are fractals, always one splitting into two. One tree trunk into two branches and those two splitting into two more. It is the symmetry of these splits that we define as beauty. The mathematical understanding of the simple splitting of a branch became the life mission of Pythagoras. He modelled it in music, drumming, astrology, biology, herb-ology, psychology, astronomy, and over 100 more “ologies.” All the ancient Greek architecture emulated it in buildings such as the Parthenon. He revealed this branching phenomenon as the symmetry, proportion and order that we define now as beauty.

One of the greatest minds that has ever walked the planet spent his whole life in awe of what nature does automatically. His science became a major ingredient of what we now call the ancient mysteries. It is from here that you may wish to explore this wonderful gift even further. It is simply the development of confidence in your intellect of what nature has revealed to indigenous peoples for thousands of years.

There are only ever two choices. We might complicate circumstances and provide three options or even hybrids of each alternative. However, there are only ever two choices in any circumstance. The emotional brain tries to find half choices, compromises or a middle ground that pleases everybody, but this is the beginning of a destructive process. Life is really simple, choices are really easy. There are only ever two options and if you are ready to make the choice, it will only ever be a simple one.

Branches change the course of rivers, divert the energy of one into two and fragment the inspiration of a dream into action. Therefore, branches are the choice points in a destiny. The more compromised those choices, the more vague the result. Consider the branches of a tree again. The trunk is the core energy containing the real vision. That trunk splits into two strong branches diverting the energy of the core into more efficient, more focused parts. Those branches then splits again into more until leaves appear. Invert this and you have a business structure.

The inverted tree is the tree of life. Our vision (the trunk) splitting into choices, going down certain irreversible paths that lead to other paths. Our God given gift of free will is a series of branches and choice points where each time we make a choice, we create our destiny.

There are only ever two choices at each point, but the change in our destiny can be huge. This is where the wisdom sits. If we make a choice we must be prepared for the destiny it creates.

Here are some simple examples of choices we make:

You could choose to have an affair.

All affairs result in complexity and the dissipation of energy. Affairs are short-term choices with long-term consequence. The ultimate consequence of an affair is the diversion of energy from our relationship. That relationship branch dries up and dies.

You could choose to follow your heart.

Your heart is in direct conflict with your material goals. Material goals are logic based. Heart choices are spirit based. If you are going to follow your heart either have the financial side of your life secure or let go of material success.

You could choose to maintain a relationship that is corrupted.

This choice is between honouring yourself and honouring someone else. Once you make this choice there is no going back. You must come to terms with your life being devoted to other people or devoted to honouring yourself. There is no half.

You could choose to enter a relationship.

The choice between being single or double is simple. By staying single you can focus your energy on other priorities like your work or art. In a relationship you must focus a good proportion of that energy on your partner and romancing their needs. There is no half.

You could choose to stay in a job you dislike.

The choice between finding work you love and staying in work that pays you well is also simple. Stay or go. The consequences of that choice are unavoidable. Financial security or emotional security would appear to be the outcomes, but this is not wisdom. If you stay in a job you hate you will eventually be fired, and deep inside you know it. So, the benefit of staying is short-term.

You could choose to eat for happiness.

The choice between ice cream and an apple is simple. However, we make it highly complex because sometimes we do not know our priorities between longevity and pleasure. Basing decisions on how we feel is very unwise at any time.

You could choose to turn left or turn right.

In any major city in the world there are potential dangers. New York City it is such a cosmopolitan area that it can be just one block between a very safe place and a potentially dangerous area. New Yorkers make these choices everyday tuned into the people and places. Sometimes tourists are busy thinking about directions and wander into danger. It is a matter of choice, trust your intuition or find the shortest route.

You could choose to compromise.

A branch that leads in two completely opposite directions. Those who choose compromise are prioritising the environment, other people's feelings and cultural values over their own need for self-expression. One path leads to social acceptance, the other path leads to fame.

You could choose to follow a religion.

Billy Graham notes in his autobiography, “I started to research the Bible, but I stopped in fear of the ambivalence it might create in me” In other words, you either commit to your religion or you don’t. In between these two is hell. There is no value in analysing your religion. It will not stand scientific or logical analysis. The thread of authenticity is replaced by a demand for faith and loyalty. There is no half.

You could choose to follow your dreams.

Do what is expected of you as a “good person” or be prepared to “die trying” – there is no middle ground. Following your dreams means you might not get married, become wealthy, always be healthy, or live in a comfortable home. On the other hand, if you simply follow the rules of life and do what is expected - find a good job, get married and make children - you will have all the valued things but you may not have followed your dream. It’s not a big deal. You just make the choice. Know it and live with discomfort. Either way, there is discomfort. It’s a choice, there is no half.

You could choose to sleep with strangers.

There is no right and wrong, only different consequences. Sleeping with strangers is exploratory, exciting, dangerous and has its own destiny. Choosing not to sleep with strangers has its consequences too - loneliness, intensity, high expectations, huge investment in one person, self-preservation and social acceptance. There is no half way.

You could choose to laugh.

Either you take life seriously or you don’t. There is no right way. There is just a choice. If you take life seriously then you fight for what you think is right. If you choose not to take life seriously you trust that no matter what happens, there is perfection.

You could choose to watch TV.

Either you see the value in watching TV or you don't. For some, time is their spirit and to spend it watching TV is a compromise to their commitment in life. For others, TV stimulates their life either as an escape from the seriousness of it, or as a creative resource and global connection. There is no half way, no use watching TV and expecting all your work to get done or the exams to be passed.

You could choose people or profit as a priority in business.

Like all the choices we have looked at so far this is a simple one, but we can get confused when decisions are made down the branch. The power of the leader is revealed in the consistency of the priorities of the people within the organisation they lead. If the leader chooses profit over people, those in the organisation must simply follow that choice. There is no middle ground, no disobedience to leadership because it's unsustainable. If the leader chooses people over profit then this choice must filter down throughout the total organisation. No compromise is acceptable. Disobedience to leadership in home or business is a total defiance of the universal laws. There's only one trunk to the tree.

You could choose to change your sex.

There is no right or wrong. You either accept you are gay and make the switch or you don't. Middle ground is an emotional hell. You must make the choice based on wisdom of the long-term rather than feelings in the short-term. Whether you switch or not, there are equal benefits and drawbacks; no better or worse. It is simply a choice, there is no halfway.

You could choose violence.

The choice to resolve your human experience at the expense of others or not. You must make this choice based on the wisdom of the different destiny you wish to live. One will feel very strong and materially secure. The other will feel oppressed and materially vulnerable.

You could choose to accept abuse.

Accept it, or reject it. Our society says we should not accept abuse because it takes us down a branch we all fear. However, some people accept abuse. There is no “right” answer. There are just two different destinies. Once you accept abuse you create a unique destiny as a result. You have to live with that choice. By accepting something you are condoning it so you create a unique path for the abuser too. Our choices not only affect us, they affect others. However, we must be clear in deciding whether our choices are based on how they affect others, or yourself. There is no middle ground. You either trust nature to look after others or you attempt to do it yourself.

An Ant's Perspective

If you lived on an anthill and never looked beyond it you would be a citizen of that anthill. You'd be running around the anthill worrying about things and getting all bent out of shape because the plumbing doesn't work or your kids failed an exam. You'd build your own nest and fence it to make it safe. Then you'd make children and go to work. To look out on the world beyond as an ant would be incomprehensible; a broader fear would rise in you. Not only would you struggle to understand that tiny fragment of reality, which is your body and its needs, but you'd scream, "How do I live-in this big world, I feel so insecure?" Then you'd pull your head back into the anthill and remain unsettled but safe.

An ant lives for only a few days and spends most of the time worrying. I bet if they knew that their existence was a part of something so precious, they would not waste it being in a permanent state of stress.

Relative size means everything. If there were millions and billions of tiny people living on one grain of sand, they would seem as great to themselves as we do to ourselves; and a grain of sand would appear as vast a world to them as our earth seems to us. And like us in our world, those tiny people could in never understand the whole dynamic of that grain of sand while they were sitting on it.

I use this concept is to impress on your mind the opportunity we have to rise above our little concept of self-importance and begin to find those things in life, which really connect us to the bigger picture. Most people don't understand the smallness of their life or our world in this amazing cosmos. Consequently, they have an anthill perspective of their life. Disconnecting from their roots in nature and self-importance becomes the God they worship. Yet, the real cost of an anthill perspective of life is that, the really important things don't get prioritised and we die before we die. We stop valuing humanity and love; our sense of awe and respect for nature vaporises. We so easily lose that childlike wonder and gravitate to goals, objectives, self-improvement and work.

When we recognise the billions and billions of stars, the trillions of years that have gone before our little few tiny seconds of existence, and how absolutely blessed we are to be spending even a few seconds to experience this moment in time, the crumpled newspaper, the missed train, the flaw in the silk pyjamas are not so stressful.

On a starlit night you can lie on the ground, look up and something fills your heart. It's awe. How amazing it is to see one millionth of one percent of one percent of just your own galaxy. There are 50 billion more known galaxies each with trillions of stars and you have the opportunity to be part of it all. Isn't that precious? Why would we waste it in emotional drama? We wouldn't waste five minutes in a bad mood being grumpy, or deluding ourselves. But we do.

We rarely step out of the comfort of our own small reality; yet when it is remembered that this earth is but a tiny grain of sand in a shore of almost endless drifts of sand, we can see our viewpoint will be limited. Most people's perspective is the visible distance from their home; they have never explored the world. The travels they have made have hardly scratched the globe. Most people are self-focused, worried about the milk, bread and survival. They are too busy or stressed to look up and wonder about the context of their existence.

Most businesspeople see life, religion, morals and the standard of living, the rules of society and all their present and future plans and hopes from the viewpoint of money. It is rare that their gaze goes beyond. Their thoughts may radiate out from the office, but they will be held on the leash by the power of commercial intent.

Artists have their own viewpoint. It is broader than that of the businessperson, less practical and more enjoyable. Disaster to the commercial person could empty their heart, while to the artist it might only arouse it.

Perspective is everything. We are nature - the environment within is the environment without, there is no separation. Nor are we separate from other people. We are attached and disenfranchised to some and conscious with others.

Time and Space

We leave earth travelling at the speed of light, one million miles each five seconds. Our first point of reference is our nearest star, Alpha Centauri. It is the closest to earth and one of the trillions of stars that make up our own small galaxy of the 50 billion known galaxies in the cosmos. A few seconds takes us past the moon, a few hours takes us outside the outer confines of our solar system. 24 hours, at one million miles each five seconds, and we are still no nearer to Alpha Centauri. It is still a tiny speck in the distance.

A whole month passes travelling at the speed of light and we are no closer. A whole year, and Alpha Centauri is as far away as it ever was despite our trajectory remaining constant all the while. Our course has not deviated once. That nearest star doesn't grow larger. We are perplexed. A year goes by, two, three, four no change; we feel no closer to our nearest of the billions of stars in the sky. Then at last, after four and a half years travelling at 1 million miles each 5 seconds, a change in size. Four and a half light years, to reach our nearest star.

We look back and can't even see our sun. The earth from which we came is not even a concept. We feel fear. How do we get back? There is no direction here. No north or south. Nothing but space. Vast, space and it is just the beginning of our journey. We are heading to the centre of the universe. Vast, vast distances. We want to find the centre of nature - all this is nature - and we just want to know where it began. Are you ready? Fasten your seat belt.

We leave Alpha Centauri travelling at the speed of light, but this is really limiting. We took 4.5 years already to get past our closest star. If we are going to explore this concept of relative size we are going to have to change our mode of travel. We must now travel by thought.

Travelling by thought we are free to explore the vast reaches of nature. With a change of pace from the speed of light to thought we traverse the vast expanse of space in a few seconds of actual time. Light is swift. Electricity is swift. A ray of light will pass around the earth six times in one second. But as swift as light is, it cannot serve the demands of true knowledge. We must use thought as our vehicle to go where humans cannot physically go.

In doing this, we access the vast reaches of nature, back to the origin, home.

We can now travel the vast expanse of space. Most of it is nothing. Billions of miles separate things. Trillions of stars, billions of galaxies are passed in a moment until we have reached the centre of nature, home.

Here, in eye of the universe, the core of this swirling vastness, all is still. Nothing exists not even you. Can you imagine a more magnificent place? The home of the Gods. A place where perfection exists.

If the original thought that created nature was love, then this is what you now feel. Beyond the mind there is a stillness. Awe. Silence.

It is a place of pure bliss. Love abounds. There is no tomorrow and no yesterday; it is an eternal moment. Your heart is open and there is nothing to close it. No wars, aggression, conflict doubt, pain or suffering. It is nirvana. There is no separation - one is all and all is one - silence is beauty. Miracles here are everyday life.

The past and the future are not here. Neither exist. There is energy, perfect awareness. All time has condensed into this experience. We are here; our true nature.

There is a music, but not of the ears. It is the sound of perfect harmony we all know in our deepest being.

Seasons

There is a beginning a middle and an end to everything. The cycles of nature are eternal. New birth brings life, and death releases that which has done its duty. The cycles of nature guarantee the survival of the system, the ecology of our earth. What is done served its time; when it can grow no more, nature releases it back to the earth = the greatest recycling system imaginable.

We cannot predict the time between beginning and end. Each blade of grass has a destiny written for it the moment it came into being. Each tree, each animal is a part of the entire wisdom that we call the seasons. We don't know when nature will turn life into death, but we do know why.

The spirit of nature works for one master, the law of growth. When something on earth is no longer able to grow it is returned to the earth so new birth can replace it. In this way, the path between the past and the destiny of the future is sustained without compromise.

Our relationships obey this same law. While a couple is growing together they will find nature's hand nurturing their love, supporting their relationship. When the growth stops, the relationship stops. Even though we think we control such things we are simply obedient to the greater law of nature. The law of growth.

"Aboriginal people have used this technology for centuries. They seek answers from the wisdom of the trees or rocks using developed intuitive faculties and hear the messages more clearly than if from a living person."

Intuition

The rivers flow, the sun shines, the animals eat. Everything is preparing for the future. Even an animal bred in isolated captivity, and released into the wild as an adult will immediately know how to prepare for the future. It will store nuts or build a nest and if there is a snow to come, begin preparing months ahead.

Birds can tell when a storm is coming, even days or weeks ahead. If the oncoming season is going to be extreme, animals behave accordingly. The earth speaks, not in a voice that can be heard with your ears or in signals that can be seen with your eyes, but another language we call intuition. Preparation for the future. Nature's guidance.

A person who is blessed with intuition can hear nature's guidance. Outwardly, things may appear as solids, but inwardly they come as a narrow continual talking record that is always expressing destiny.

Aboriginal people have used this technology for centuries. They seek answers from the wisdom of the trees or rocks using developed intuitive faculties and hear the messages more clearly than if from a living person.

With your heart in harmony with nature your intuition will show you that everything you see, feel or touch is revealing something- its character, nature and secrets. Every person we meet tells us their past, present and future without speaking a word. Every presence explains to us all that it contains. We learn to hear intuition, but not with our ears. Intuition is a deep awareness that comes in a different language. An intuitive person can be guided without a word being spoken.

Our intuition can guide us in what we buy and how we live. There was a time when people would spend significant effort making sure things “felt right”. They would use their intuition as much as anything and this needed to be respected. Even an office environment can create or destroy productivity because it affects people’s intuition. There is a great significance behind the subtle realities of everything in our lives.

Our intuition picks up the mood and demeanour of an artist or designer when we hold their work in our hand. A person puts the life into an object. Our intuition is gathering this information continuously.

All people are intuitive, however, some have so much mind noise, emotion and activity going on that they can’t feel it. We are all highly affected by our intuitions in ways we don’t fully understand. The thoughts that go into something multiply its effect by thousands. The emotional state we are in when we write a letter is worth more than all the words combined. The positive thoughts filling the mind while we cook are more important to our nourishment than the origin and source of the food itself. The love and care we invest in writing a story, painting a picture or composing a song is all as vital as the work itself.

Intuition is an extremely valuable form of thought and one that is familiar to the international performer, business executive and sports star. It is also a vital part of motherhood, relationship and self-awareness and a skill certainly worth harnessing.

Intuition is never the right path, it is simply your path. Our intellect wants to be right and speaks about the “right” path. Our intellect is always looking for the better path, the right one, the good one or the spiritual one. To the intuition all this is a foreign language because it only knows love.

This concept of becoming tuned in to our intuition may seem complex, yet it is so simple. We just need to still the noises of thinking that block our awareness. Rather than add something to become intuitive we must take things away - the anticipating mind needs to be silenced.

The best way to build your intuitions is to go into nature early in the morning. To wake and immerse yourself spend a few moments breathing in the morning air, celebrating the trees and the waking day. Let it in. Your intuitions will start to sing and keep singing throughout the day. This is a vital exercise for anyone keen to find their authentic path in life. Wake your spirit guide slowly and then let it show you the way.

Nature guides us, but we don't always want to hear what she says. Intuitions can be disappointing but we cannot be exclusive. Either we listen to all or listen to none. It's not like a smorgasbord where we pick what we want - sometimes what is best for us which can be vastly different to what we want. I was in Canada as a guest of the First Nation people of Big Cove to attend a Sundance ceremony. The day before my sponsoring elder had prepared my feathers, pipe and blanket, and his wife had been working hard to help me get prepared. However, a lot of people were questioning what this guy from Australia was doing at Sundance – a sacred Native ceremony. That night I was really enthusiastic about the ceremony. I lay in my bed and dozed off. But by the morning I knew it was wrong. At 6.00am, when I was meant to be entering the sacred space I told the Pipe Carrier and my sponsoring Elder that there was no real choice and that I had to withdraw from Sundance. Years later, I understand why.

"There are sounds in nature. Ghosts of the past, voices, whispers. Every rock speaks, every tree has a story."

Listening

There are sounds in nature. Ghosts of the past, voices, whispers. Every rock speaks, every tree has a story. Animals speak with their eyes and you can hear that voice long before you see it. There are messages, voices, vibrations, energies, and incredible knowledge in nature.

Aboriginal people hear it. That is why city life is so disorientating to their culture. It is also why alcohol and substance affects their people so badly. They are sensitive to these sounds, more than the highest monk in a Buddhist monastery, more than the ancient yogi's. Our indigenous people have this gift of listening.

For a vast majority of people, if they can't see it, then it isn't real. To really understand and embrace the idea of abundance in our lives we must include our intuition. We sense things that are not visible, audible or tangible. It doesn't mean those things aren't real, they are just energy in a different form.

One night after finishing work at a community health centre, I was asked to visit the home of an elder whose husband had died some months before. She was a staunch catholic but three of her children had suicide. The last death, her husband had blamed on himself and I had worked with him to bring peace into his heart before he died. In an unspoken way, the woman and I had grown very close.

On this night there were 11 children in the room. At the back stood their mothers and out in the yard two of the fathers. My friend was the Grandma for all these beautiful children and she was addressing a 'problem', the kids won't let grandpa go. They keep talking about him, they even say they see him. It's not healthy, we want your help to heal them so they can let him go."

To be honest, I was so out of my depth technically that I really I had no idea what to say. I love the indigenous people of Canada - they are my teachers - so to be in this situation was quite a shock. I chose to open myself to be guided and just trust the laws of nature to help me do whatever came.

I sat on the floor with the kids and asked them to tell me their stories of Medadda, the name they gave Grandpa. I felt his presence in the room immediately. The children were shy at first, but then they started to share. Quietly at first, then so animated, one after the other, two at a time. It became an absolute riot of wonderful, unbelievable energy.

“Medadda pushed me on the swing,” “Meddada brushed my hair,” “Medadda held my hand,” “Medadda told me a story last night in bed.” After 2 hours they were exhausted but so happy. All they wanted was to share their story. All I did was let them. I looked up at Grandma, who by now felt his energy in the room too, and said, “The children are teaching you what your culture used to teach the world.” Love and spirit never die, they just change form.

She hugged me for 10 minutes and cried tears that came from her soul. I left that night with such a deep respect for the hearts and courage of those wonderful kids. Maybe one day they too will teach the world about abundance. Nothing is missing, it just changes form.

Indigenous people understand a different God to Western people. They understand an abundant one. A God that doesn't have conditions on generosity and kindness. A God that empowers people to make and break their own path in life. It's not a God you pray to for help, it's a God you pray to in thankfulness. It's a very different God than one who judges your sins.

Western people can develop this skill. We too had it once, but now it has become buried under greed, ambition and intellect. We are busy, sad and miss this link to our spirit and the spirit of nature. The best teachers of this art are the indigenous people, but I can begin right here.

The first step in listening is learning to shut up. Silence. It is said that all human problems stem from our inability to sit quietly in a room by ourselves. And isn't that the truth? We're addicted to noise and can't stand silence. The TV is on, the radio is on, we are on and the world is on. In this state of mind we're disconnected from the real energy of our day.

Stimulated from every direction, our intuitions are nothing more than wild guesses, emotional swings and uncertainties. With mind noise we can't feel nature - true nature nor the nature around us. Filled with righteous thoughts and wanting to change the world, there's no way to exercise mind control. We're a cork in an ocean and the best we can do is to try to stay afloat. Long periods of silence are golden and essential for listening.

The second step in listening is non-reaction. We can become so addicted to ourselves that we feel the need to respond to every emotional trigger that comes into our mind and body. To exercise listening skills we need to differentiate between our reaction and our intent. Some people love reaction; it sends them up in the good times, and down in the bad. To listen in nature you must choose the middle path. No reaction. Leave the uppers and downers. Just let the emotions be within you and they will pass. Empowering your emotions only blocks your heart.

The third step in listening is to shift from self-obsession to trust in a power bigger than yourself. You cannot empower the Gods because they are too far away but you can empower the creations within your reach. Trust natural law to bring the world right and then listen to your guidance to understand what you are meant to do. Too many western people act on being right. They kill their intuition and deliver a violent message. The gentle path is not the right path, it is simply your path. Do no harm to others, but follow your path. It is beyond "Feels right" or "A good thing to do;" it is simply your path.

The final step for listening is stillness. I was asked to teach mind control to a large international group of business consultants. The first step I suggested was stillness. They freaked out about it. Their whole training and education was never to trust anything that didn't add up and now here I was suggesting that everything they add up was going to result in a balanced equation. They couldn't cope. In their world, there either had to be an excess of positive or an excess of negative in order to draw a conclusion. Stillness is critical to listening because it liberates your fixations and frees your mind - how can you receive anything in a full mind? Stillness empties the mind. In stillness there is no self, no ego, no place to stand.

Destiny

Each tree in a forest is like a Sun. There are millions and millions of interdependencies in nature for every one entity. The health of each tree determines the health of the entities that are interdependent on it. One tree feeds billions of tiny creatures, plants and other trees; it affects the water seepage and therefore the river; it affects the soil and therefore the rate of evolution; it affects the shape of the landscape. The interdependencies of nature is the science of ecology and includes the sustainability of human living habits.

Living in harmony with nature does not mean taking responsibility for all the interdependencies of your life. That would belike the tree making choices based on the wellbeing of the worm. How could we ever know what is meant to be? Are you absolutely certain that by warming the globe you are doing wrong? In nature, can there be wrong without a right? How can you know the destiny that is chosen for the world? Do you think you know the destiny for your own children or your partner? You must not fool yourself. You actually know nothing of the sort.

Then how do we act in the world? Should we just be careless and discard garbage and let nature care for the problem? Should we become self-obsessed and let everyone else fend for themselves? Is this what trust looks like?

Firstly, you can acknowledge that whether you become selfish or careless with your garbage, the earth will thrive. Nature does not need your “goodness” in order to fulfil her destiny. Whether human’s support or challenge the path of nature, it is already fixed. So, please begin this awareness with some trust. You and your choices, or the choices of a billion people on earth, are not the basis for the evolution of this planet for the next 3 billion years. You can relax.

The second point is to understand the future by understanding the past. 99.999% of all species that have inhabited the earth no longer exist. It is called evolution. In 100,000 years people will be digging for fossils to try to understand what the hell you were up to way back in “pre-historic times like 2008” Our earth is getting closer to the Sun in each orbit. If you are planning some sort of reincarnation, you’d better enjoy a good suntan. It’s going to get very, very hot down here and your ‘carbon footprint is going to mean very, very little.

That said, the third point is purely cosmetic. How do you want your temporary stay here on earth to look, feel and taste? These are trivial matters to great minds, but they are vital matters to our everyday comfort. We want trees to be green; we even paint them green. It’s a choice we make.

Some people prefer organic veggies to chemical ones. I prefer chemical ones. I just think they are better for me. I’d rather eat a cloned potato than an organic one. I am a man of the future, not hanging onto the past. I want to evolve, so I build my immune system. However, that’s my choice and the destiny I am creating is built on my choices, not what’s right.

And this is the key. Please consider the idea that in natural law, in the spirit of nature, there is no right. There are just circumstances and we either adapt or not. Resistance is futile so we are really just making short-term or long-term choices. Therefore, as a spirit or soul inhabiting a body you make your choices in life. They are not right or wrong choices, they are just yours. You live the consequence and the consequence is never right or wrong either.

Never give your power to an astrologer or any other fortuneteller. They cannot compute the value and impact of your God given free will. Maybe you were meant to meet the love of your life tomorrow, but that coffee you stopped to have in the café made you late for that destiny. Maybe you made a choice and took a different branch. The permutations and combinations of your life’s destiny are affected by billions and billions of big and small choices you make.

Like eating the apple or not - maybe that was the choice that prevented the cancer cell spreading. Realise that you are creating your destiny in every single breath you take, but you are on a ship, the earth, and it also has a destiny. Like the ant in the ant nest you can run around worried about things but you have only a tiny scope for change. A life is transient.

I was once in retreat alone high in the mountains. After being isolated for weeks I came out of my space and saw a beautiful flower wilting in the Sun. What to do? I thought about all my friends and what they'd do. One of them would have picked it because that'd be a nice gift from nature. Another would have torn bark from the tree and made shade to care for it. Another friend would have done a drop kick and sent it back into the earth as an act of compassion. One other friend would have sat down and watched it. The list went on. Each person seeing that flower and its circumstance from a different angle, but who is right? No-one or everyone? The fundamentalist chooses to think they are always right and finds evidence to reinforce it. The pacifist chooses to believe that everyone else is right and they are always wrong. The person who lives in harmony with nature will admit they have no idea what is right or wrong. In fact they'll have absolute certainty that there is no single right or wrong way.

So the individual who is in harmony with nature will be like that tree. They will not know what is right or wrong so they can only act on their choices and live them with conviction knowing that as much harm as good will come from their existence. They will act with conviction, but it will not be right. They will simply be living their choices.

How do we make those choices? There are short-term and long-term outcomes from every choice so we make them with logic and wisdom regarding the consequence or simply follow the guidance of our spirit.

The guidance of spirit requires a huge commitment because what most people call their inner guide is really just emotion or lower instinct. Real guidance comes in a different way.

Real

People are different in nature and we wonder why. It's not so complex. Nature is real. There are no false agendas, pretence or devious ideals and we are free just to be ourselves. We don't have to impress anyone because nature can't be impressed.

When we chose a partner for a relationship, one of the single most vital motives is that we admire them. We admire what they stand for, what they believe and what they desire. This is not real. Instead, we must admire people for what they do.

People can infatuate themselves and speak about what they aspire to rather than who they really are. People can believe in their dreams rather than acknowledge their true circumstance. People can want things and, therefore, accentuate the possibility of the future instead of acknowledging who they really are. People make promises to themselves about change and improvement; and lie about the present.

When you are thinking about entering a relationship with someone check that you admire them for who they are and how they are now. It is all too easy to invest our admiration in somebody's potential and then enter our relationship with conditions. It's what we do that is the measure of who we are, not what we say, promise or have done. It's how we live our lives today that is our measure.

Many people speak to me about how they are trying to do this and do that but it's not of any real importance. A person who is trying to do yoga, or lose weight is only talking about it. Trying is an interim space between doing something and thinking about doing something. Admire people for who they are, not what they are trying to do.

**"You can feed thousands but you can
carry nobody."**

Simplicity

It takes a really honest person to have a deeply loving relationship. It takes a really honest person to keep their life simple enough to turn up in a relationship.

There are seven areas of life - spiritual, mental, physical, financial, social, career and relationship. There's a self in every area competing against the others. Your financial self might say "Hey, it's all very well to give money to the poor but what about banking some first!" Your social self might say, "I really care about the poor, they are as important as us, I want to give all my money to sick children." Your career self might jump up and scream, "Well, it's all very well for you to argue, but I've got to go and earn this money. The more you give away, the harder I have to work, and the more I have to compromise my career ambitions for financial ones". Then your health self might just shut down. Meanwhile, your relationship self is thinking "If I don't do what she wants I am out of the house with my tail between my legs" and your mental self, the one that controls the theory of it all, just gets depressed at all the conflict that's going on inside your head.

There are also seven emotional realms of wellness. They range from the lowest (Desperation) to the highest (Inspiration). These emotional states (referred to later in the book) determine what motivates us emotionally. One day we might be full of peace and harmony, no worries mate; and the next we can be down in the mud, drunk with fear, stressed out of our head and ready to die. It's a rollercoaster of emotion, but this is nature too. One minute bright sunrise, the next a storm.

Honesty

Self-honesty is one of the most difficult, yet, essential ingredients of a long-term relationship. What do you really want out of life and does your partner – as they are, with their own set of values and expectations - meet you in those wants and desires?

In this way, self-honesty is more powerful than self love. If you are not honest with yourself you'll end up with disease. That's nature's bible. Your body tells you everything you need to know about your honesty. If you are ill, there's a glitch between what your heart wants to achieve and the way your mind is going about it.

In relationships, we must be honest. What do you really want in a relationship? If it's a house, some children, a big bank account and good security then admit it. Choose the right partner and stop complaining if there's not much love at night.

Autumn

Leaves fall, the ground begins to harden, a letting go takes place. Autumn is the season of surrender, release. It is a time to let the past become the past. Autumn is the sunset before the night.

It is easy to think that autumn is a time for non-action but that's certainly not the case. It's a time for real focused activity, a defined purpose, a real reason for action and adventure. Autumn is for teaching others, giving, taking what summer has blessed you with and giving it to others. A time of generosity of spirit.

Our dreams and visions are divine once we start thinking of others. Of course, in the early years new parents lives are all about us and the babies, but eventually those dreams can turn outside of ourselves. This evolution is the key to staying totally inspired and in love with each other. If your dreams and visions are same old, same old, then it's time to recount the ideas. The size of your vision determines the size of your life, and the size of your life determines the size of your love. Growing your vision and expanding your contribution in life is a great key to love.

Blossom

Every season a new bud opens, it blossoms. Before that moment it was only a possibility. Then, with the right conditions, it opens and there is new awareness. You are born a bud and your life is the conditions. You can blossom, really let go. While you hold onto the past, future, beliefs and emotions that trap and imprison you there is no blossoming, only holding. You can blossom by letting go.

For a wise person, reality provides the beauty in which the laws of the cosmos are mirrored in nature. The whole of life becomes a celebration of what is great and profound. It is simply a matter of unlearning emotional habits. Whatever causes our emotional judgement has been learned. By unlearning we become who we were meant to be.

Unlearning simply means to choose between emotion and a different viewpoint. One sees partial reality, the other seeks balance. Nothing could be simpler - emote or find harmony. Only our old habits and repetitive stories can sustain our old ways. But with time, we break those habits because the desire for harmony and love is far greater than that of emotion.

Unlearning is letting go.

Sustainability

Nature's spirit defines sustainability as the constant erosion of the present into the past and then into oblivion. Anything that does not erode is unsustainable. The trigger for evolution is the erosion of safety and the corrosion of fixture. The advance toward the future is absolutely conditional on the erosion of the present and the past.

You must learn to open to life on an earthly level without getting lost. You have to remember who you really are in relation to your connection in nature. You must know where you are and where you're going in the context of this greater story and remain open even under dire circumstance. This is necessary so that the energy you draw from the sun and stars, and the expansion that results, re-articulates itself as part of your daily life in concrete, practical and beneficial ways. In ways that will serve you and all the people whose lives are connected to you. Only in this way will you really learn about energy - nothing comes from you, it only comes through you. When we can stop taking credit and blame for what we do, we simply return to being a clear conduit for energy exchange. It's the subtle energy of life itself.

“Be in the world not of it.”

Order in the Chaos

The universe of nature is held together by laws and forces that are all powerful. If any one of these laws were to cease to operate, disaster would follow. Nothing is left to chance. The supposed blind activity of nature is contradicted by the most deliberate and careful adjustment of all parts of the greater universe.

The difference between a natural viewpoint and the ordinary person is that the former views the whole at once, while the latter sees only a part- the vast scope of the universe on the one hand, and the worst of all personal and human interest on the other.

Whatever happens in human associations is already established in nature. The laws are all pervasive so understanding natural law is understanding life. Our bodies can only operate freely to the degree that they conform to these laws. There is no part of creation where they are not obeyed. What may seem like chaos and confusion to a common person operating in the perspective of the self is really operating under laws of order. No movement escapes it anywhere in nature's cosmos, including our earth.

Purpose

You have discovered the undeniable truth of nature - events are not random. You have seen that every event in nature, even the drop of one small piece of dew, has a connection to something more important than itself. A gate has opened in your life to a different reality. You are no longer a means of manufacture in an endless production line of individuals etching out a living. You are part of nature, and nature is a part of the infinite journey of this earth.

To hold that awareness you will need to turn your attention inside yourself every day. You will need to open your mind and heart to feel the flow of energy within you. On this journey your awareness has expanded, your consciousness has grown and now the issues in your life - even those huge in circumstance - become smaller in their relative impact on you. One day there will be no issues at all. You will see the complete universal order in the perceived chaos of life. Your notion of who is living your life and who is motivating your body will totally change.

Furthermore, your understanding and experience of the creative power of life in its fullest sense brings you to a total acceptance of your life within a larger scheme. You'll begin to embrace a real appreciation for the opportunities you have to interact and communicate with this gift in any form. Then, whatever dance you do, whatever game you play, it becomes merely the arena in which you discover and express your interchange with this creative flow. Whenever you feel that energy of tension or anguish spinning in your head, it will mean you have lost your harmony in nature, and at that moment you need to take a breath, relax and return on the wings of thought to your new home.

In doing this over a few weeks it will become instantaneous and you will be able to live every moment of your life in harmony with all. Finding the order in the chaos requires this natural and universal perspective because no problem can be solved at the level of thought that created it. No argument can be resolved from the level of life that instigated it. You must rise to this harmony with yourself and your beloved in order to understand your earthly role - to see yourself as an integral part of a larger story, a universal one.

A Personal Vision Quest

To grow in love is to grow in your dreams and vision of life. A great sense of possibility in a relationship will arouse both intimacy and desire. We call this process a vision quest for lovers, but it is also a vision quest for self.

Nature defines growth as “taking more responsibility”. This means affecting, leading, helping and serving more and more people. The way to guarantee that you are growing in your relationship is to undertake vision quests each year and share what comes from them.

A relationship that is built on a constantly evolving sense of responsibility is one that will remain sacred, magnetic and highly energised. Lovers who share an ever-expanding dream are lovers who have a higher cause. This is almost a golden guarantee that their hearts will stay in love for each other.

Visions can grow as time goes on. At the beginning of the relationship visions might focus on just family and children. But with time, the definition of family might grow to include the broader world.

Shared visions and dreams come from individual visions and dreams. It is important to understand our own truth in order to arrive in a relationship ready to merge for the future. The vision quest process is best done as two individuals and then compared to see where common ground exists. The common ground is what we are searching for as well as healthy diversity.

A Personal Vision Quest - Phase one

Preparation.

There are two options for you to take for your annual vision quest. The first is to venture into nature with an instructor (I take people to Nepal for this process), or to undertake the process yourselves, over 21 days, taking 30 minutes each day.

For the next 21 days you can set aside 20 – 30 minutes to be alone, isolated from others in nature. Choose somewhere warm (take appropriate clothes), clean (take a wash beforehand and don't be near rubbish, old shoes or human disrespect) and sacred (a place you find special such as a tree you love, on a cliff top or at a beach). This is a daily experience so you need to be sure you will not be interrupted. Bring some incense with you and use the same scent for the whole 21 days.

Your heart will go quiet when you reconnect your spirit to nature. The earth, sky, wind and waters all have voices. They carry the messages to your heart so your mind must release from worry, anxiety, desire and ambition in order to allow the visions to enter you.

Here are some guides to help you prepare for your vision quest in nature:

- 1 Posture. You need to address your posture because it holds your mind in memory. To release your intellect, you need to adjust your posture so that it reflects the freedom of your mind. This simply means that you are not leaning too far forward, back, to the left or to the right. Your lower abdomen is not protruding and your neck is long and straight. Then imagine a chord lifting the centre of your chest up.
- 2 Breathing. So much is spoken about breathing, but there is intellectual breathing and there is natural breathing. Natural breathing is all through the nose. It fills the abdomen first, then the chest, and it empties in the opposite direction. Natural breathing flows in and out at the same length, intensity and depth.

- 3 Eyes. The intellect causes eye movement, so to abandon the intellect we stop our eyes moving. The intellect also causes the eyes to stare, drill down like a super-hero burning holes in steel. Instead, loosen your mind by using your peripheral vision. See out of the corners of your eyes as well as in front of you. This is an expansion of your range of vision, a very spiritual and heart softening physical technique.
- 4 Attitude. Beauty exists all around you. The more you see it, the more open you are. Avoid describing how beautiful something is. Rather, let it come inside you and warm you. Remember that there are three cycles to life - Birth, Growth, Death - and beauty in all three. When people see beauty they are calmed. The Greeks called it symmetry, proportion and order. You must see, but not with your eyes; you must hear but not with your ears; and you must speak, but not with your voice. Open yourself, let nature back in.
- 5 Faith. In the city, we are taught to take control of everything as if the more we control things the better the result will be. In nature the intellect can actually be our worst enemy. It knows everything, and thinks itself to the grave. Our mind might go into nature and think of global warming, pollution or even the TV show we missed last night. In vision quest, the mind blocks intuition and, therefore, real connection to nature. We overcome this with trust. Many people don't trust the world or the universe to provide for them, so even in nature they are thinking about what they want. Look at the stars at night, or the size of the oceans and see how magnificent it all is. Have faith that whoever designed it, designed you - all you have to do is find peace and harmony with that energy. That's the connection to nature.

A Personal Vision Quest - Phase two

The 21 days of inner listening.

For the next 21 days you are to repeat the following sequence exactly. Do not change it. Most importantly, do not look back on your notes from previous days. Either destroy them respectfully by fire or store them near your altar at home. Don't re-read old notes until the end if at all.

As you progress day by day you will continuously change what you want. If you compare your first day's visualisation with those of the twenty-first, this will become obvious. Do not stop the process. Do it 21 days back to back if possible. A maximum of two one-day breaks in the sequence is tolerable, otherwise you will need to start again.

Each day, go into nature, connect to nature and then find a peaceful place to stop and sit. Then look within. Be aware but don't react to your feelings; just stay present and connected to nature. Eventually, allow your eyes to close, draw your focus to the area between your eyebrows and see what pictures sit there. After five or so minutes, write down or draw what you saw. Then after 15 minutes answer the questions (in a general sense) below.

- What would I love to be?
- What do I love to do?
- What would I love to have?
- What excites me?
- What do I want? (Do not ever think/talk about what you do not want).

If you find yourself getting lazy and not wanting to write down the same thing everyday, just remind yourself that your head is hardwired to the past. To free it and really liberate your attitude and potential you need to burn some of the wiring linking you to yesterday.

Let me just introduce you to the alternative vision quest. A 17-day trip to Nepal trekking at altitudes over 3000 metres, eating unfamiliar foods and staying in small rooms with limited communication. Climbing for five hours a day, facing weather conditions that change from minus 20 to plus 20 Celsius within 15 minutes. Then, after dealing with altitude adjustment at night, sleeplessness and discomfort, all again the next day. When we really get to sit and do vision, our minds are unravelled -, exhaustion ensures it - so we are ready and open.

This is the super quest and apart from a few lucky people, not an annual event. So these 21 days are a great option. Don't become lazy or bored. Remember that this is your chance to find, communicate and translate the vision, mission and purpose from your higher self.

A Personal Vision Quest - Phase three

Vision quest - Together again.

After 21 days you will, at least once, have found a moment of truth. Your heart might have popped open and there you were crying, weeping, or with a tear trickling down your cheek. Those moments of truth are the jewels in the crown of the vision quest. You know when you are speaking the truth - small tears of inspiration appear in the corners of your eyes - you feel light and so thankful. These are profound moments of soul connection and I have seen thousands of people achieve that honesty in as many different ways. This is your proof - you are in your true nature.

With all the work on self-vision done it is time to share. The only person you should share this with is your partner. However, there are rules:

1. Your partner must be completely quiet. When you share it is easy for others to doubt you, question you and complicate your messages with their intellects and doubts. Tell them, "Please, just listen."
2. You must not look for external approval. If you are looking for someone to celebrate your discovery then you're killing the inspiration of it. Hold faith that what you have is yours from your higher self.
3. Don't change the words. Many people try to pretty up their visions. Don't do it. Let your vision reflect a different language and remember that poetry in any form is the closest we ever come to hearing the voice of the heart.
4. Once done, lock it away. This is not a toy, it is a sacred document. If it is authentic and you have really written in a space of love and connection to nature, it will manifest. Nothing can be achieved by reading and re-reading the discovery.

5. Complete the process with your partner. The second half of the process begins now. Once you have worked through the questions above - and in the context of your answers - sit down with your partner, whether they finished their process or not, and write down the answers (where possible) to these questions.
- What do I need to complete that vision?
 - What are my natural talents that I can use in that vision?
 - How can my partner support me in my vision?
 - What have we jointly demonstrated talent in?
 - What other type of help do I need?
 - Who else can help us?
 - What is my plan A and plan B (i.e. back up plan)?
 - What do I need to be mindful of – careful about - in setting out?
 - What benefits do we both get if I/we achieve this vision?

A Personal Vision Quest - Phase four

The details.

Now that you have both created separate visions and gone through the check list together, comes the final phase. Motive. There must be benefit to self and others to sustain motivation. Simply spend a day together in nature reviewing your visions, your process and check the following.

- Am I pro-active?
- What will we achieve from this?
- Am I focused on my goals?
- Is there any distraction?

Getting Past Fantasies and Delusions

Can you see support and challenge in every dream in your life?

Can you see equal good and bad in every significant person in your dreams?

Can you see how circumstances of the past helped as well as hurt you equally?

Can you see two sides of both support and challenge in your dreams?

Of all those above, is there anything that can happen to you that you are not thankful for?

Growing your dreams is like planting a seed in a pot. You start with a small pot, for a small tree. You re-pot the tree as it gets bigger, and finally, when it is ready, you plant it in the earth. That tree needed realistic limits, so it stayed nurtured and fed. The roots grew in the pot as the tree grew taller. The higher the dream, the deeper the self-awareness that is required. There is a quote that says, “As above, so below.” As your dreams of your responsibility in life grow, so must your spiritual or self understanding. A person who stops growing will try to find a relationship or job that doesn’t challenge them; they will hide themselves in a little pot. But our spiritual roots keep growing, because everyday our emotions challenge us. If our dreams of taking more responsibility don’t grow, we become “pot bound” and die. The day a tree stops growing it starts to die. Nature destroys anything that is not fulfilling its purpose.

Real Expectations for a real live Relationship

An equal energetic mix of pleasure and pain.

An equal energetic mix of support and challenge.

All your worst fears revealed and provoked.

All your greatest hopes revealed and provoked.

To be treated by your partner as a mirror of how you treat yourself.

To witness in reality what's really going on in your subconscious.

To have 33% of your life ambitions and beliefs in common with your partner.

To feel every emotion that you didn't want to feel.

To feel every emotion that you did want to feel.

To start thinking about what it's like with someone else.

To lose attraction for your partner when your dreams come true.

To be revealed when your vision starts to go in circles.

OK, that's enough for now but there are another 200 checkpoints. If you'd like them email our office.

The Ancient Laws of Nature

**It is a self-evident fact that everything
that is free in nature seeks balance.**

First Law - The law of balance

When we look to the stars we see balance. We know that the earth and the sun are in a dance. If either one were to push or pull too hard all would be destroyed. A delicate balance exists.

Thus, those who say they would have right without wrong, or good government without misrule, do not apprehend the great principles of the universe, or the nature of creation.

If one single atom in the entire universe were out of balance the whole of creation would be destroyed. Nature expresses this law of balance by continually seeking it. Growth and decay, birth and death, weather, tides successes and failure are all the manifestation of this greater law. All in the universe seeks balance, and without it, all would self-destruct.

Look around in this wondrous space and take careful note. All creation is drawn to be spherical. The earth is round. The sun is round. The planets are round. The solar system is round. A radius reaching out from the sun in all directions would describe the interior of a hollow globe. If you drop hot lead through the air it takes a round shape as it falls. All matter seeks the same shape and no power exists in the universe that can alter the tendency.

Disharmony only exists when people take a self-determined and earthly perspective of imbalanced thought. We call this stress, and it exists in the form of emotion. Emotions exist when a person aspires to defy nature by trusting their thinking in contrast to nature. To create a good without its correlate wrong, an upper without its correlate downer. Stress is caused by imbalance. All stress comes from the mind, a way of thinking, the choices we make. What sickness is not the result of a stubborn hold on imbalanced thinking? What war and boundary between nations is not divided on the basis of imbalanced ideals? We build prisons of beliefs and then fight to remain inside them.

Progress is the motive of existence.
Everywhere there is evidence of this fact.

Law Two - The law of growth

Maximum growth in nature occurs at the border of chaos and order.

“Everything flows, out and in: Everything has tides: All things rise and fall: the pendulum swing manifests in everything: the measure of the swing to the right is the measure of the swing to the left: Rhythm compensates.”

The Kyabalion

Nothing in nature is aimless. There is a purpose in all things. It is the harmony of nature.

Nature grows in cycles. Birth, life and death. Creation, maintenance and destruction. Infatuation, management and destruction. Like our families, we see births, lives and deaths. Stars are the same. The story is the same. Birth, life, death. Stars are born, exist and give life to planets such as our own; and stars all die. It is an eternal cycle. The rhythm of life on this huge scale of billions of years is replicated in our tiny ant. All conforms to rhythm and there is a path of growth for all things.

This is evolution and evolution is the purpose of nature. Maximum evolution occurs at the border of chaos and order. That is the dance. The cycle is a spiral, every creation an evolution on the last - greater in consciousness less in number - ever rising in sophistication, ever growing. It would seem that nothing dies where it was born. What enters the field of material existence must evolve through manifestation into form and will be destroyed. In this process the greater purpose of creation inches its way through this cycle. Create, maintain and destroy.

Progress is the motive of existence. Everywhere there is evidence of this fact. It is written in every era of this universe's history, every galaxy and every individual life. There is the being born, the growing, the developing and the dying. It is the second law of nature; all things must grow at the border of chaos and order.

We are abundant. Nothing is missing it just changes form. We are connected to everything.

The Third Law - The law of interconnectedness

The environment within us is the same as the environment outside of us.

When we contemplate and learn to become one with nature our hearts open to its music. We say, "I enjoyed nature" but what is it in nature that we enjoy? It is nature's harmony. Something in us has been touched by the rhythmic movement, the perfect harmony of nature; a harmony that can be lost in the artificial life. This is the real temple, the true religion. . If one is in tune with themselves and the rhythms of nature, then one moment standing in its midst with an open heart is like a lifetime of fulfilment.

Everything in the world is connected to everything else. All things are connected. Your thoughts are connected to my thoughts. Your actions are connected to my actions. Your body is in the same world as mine. Our connection to nature is so important because without it, we begin to think that we are separate, divided into different groups, religions, cultures, nations. These are the consequence of disconnection, and the third law of nature is in direct conflict with such ego mind concepts. Nothing is missing it just changes in form. This is the essence of the third law.

You may burn the house in which you live, but every atom in it will still exist, just in a different form; some in gases that remain in the air; others in solids that go to the earth; and a few ashes that are heaped up, nothing can be lost. Even if you were offered \$1 million to try and end the existence of a drop of water you could not do it. No matter how many chemical changes the water passes through, it still lives and will live until that remote period that marks the end of eternity.

Your car was a steel core in the earth's crust; your computer came from metal, plastic, thoughts, and works on electrical waves you can't see. So, all we are doing in life is changing forms from the invisible to the visible and back again. Birth, life, death.

What you appreciate grows – what you don't appreciate does not. This is the fourth law of nature, all is vibration, what you appreciate grows.

The Fourth law - The Law of Harmony

Your thoughts are vibrations. You can use them for creating, destroying, sustaining, maintaining, for good or for evil. Every thought is a vibration and that vibration determines the result of it. There are low vibrations in thought, which, cause illness, disease, violence, abuse, greed and hate. There are high vibrations in thought, which cause material wealth, health, love, happiness and healing. You, and only you can choose which level you operate at.

The beat and pulse of the heart are harmonious. The inhalation and exhalation of the breath are the result of a continuous rhythm and tempo. All life depends upon this musical pattern. The breath manifests as voice, as word and as sound. This internal harmony, with its dependence on a perpetual cadence of notes, echoes the sound of a perfect song from the harmony found in the world around us. This is creation at work.

It's important to notice that harmony can exist on every plane of existence. From the highest, unconditional love to the lowest of physical and material pleasure there is a harmony possible at each level. Bringing the natural viewpoint down through each level of life is bringing harmony to all areas of life.

Human bodies are a composition of trillions of vibrating particles with our total well being reflected in their movement. Our thoughts control this vibration. By developing certain thought patterns we can alter our lives in a positive way. What you appreciate grows – what you don't appreciate does not. This is the fourth law of nature, all is vibration, what you appreciate grows.

There is an order in the chaos - A
higher order to which we are, like it or
not, obedient.

The Fifth Law - The law of the one and the many

The forces involved in the government of nature and her worlds are mighty in their power, yet humble in obedience. They must conform. We've seen lightning leap across the sky and tear its way into the earth, seemingly following some movement that was due to chance. Yet every scientist who has studied lightning knows that it obeys a fixed rule in all its activities and it will never deviate from that rule.

The sun gives out original light and is the master of our solar system. No planets do this; they are obedient to the sun. They are traveling around their sun and cannot get away. They go just so far out into space and then get pulled back. Even distance is not relevant in space, the laws of nature that operate here on earth still hold true. Everything in the universe reports to natural law. Obedience is the nature of things.

All things have a central power that controls them. This is a self-evident law. There never was or could be a tribe that did not have its chief. Nor has there been a city or a town without a mayor or leader. There is never a body of people that is without a leader. All businesses have them.

There is an order in the chaos that we call life. There are local laws, there are cultural laws, and there are religious laws. And governing all these laws are nature's laws. The law of the one and the many. Many people follow – one or two lead. Many people believe what they hear, one or two question it. Many people are at the mercy of media, emotion and mass consciousness, one or two step beyond it.

The leader, the entrepreneur, the artist, the performer, the inventor, the inspired parent, each functions outside the conventions of the many. They question, they remain humble to a vision, an inspiration or a sense of purpose. The real liberation comes when we tap this gift and step into the guidance of nature.

Author's Note

I believe in love, and the power it has to change the world. We're not just dealing with romance in our own life when we're dealing with love, but our impact on the world. If your heart is filled with happiness and love, it affects everything you do - work, home and play. If you are doing well in your relationship, it affects everyone you go near and all who come near you. Your health around relationship is important because, excuse the pun, it's infectious. I call love a spiritual thing. Not in the notion of becoming spiritual or being more spiritual. No, love is what existed when you came into this world in the buff. Innocent and simple. It's what you've been doing since then that makes love complex. So, when we're talking about love, there's nothing to add, just stuff to remove that we call processing or unlearning.

I grew up confronted by issues of love and relationship at every level. At the age of 3, I was with my mother when she died in a car accident. If that didn't trigger my interest in love and relationships, spending the next 10 years living with an alcoholic and violent stepmother may well have. Then, again, an infatuation with my forever grieving father no doubt made a generous contribution, along with, a divorce from my wife of thirteen years that included separation from our three young children.

Everything came to a head in 1986, when, in the midst of that life changing divorce, I sold my engineering business, donated most of my personal wealth to my ex-wife (well, not really "donated"), turned all spiritual and went back to university to undertake an MBA.

The two years I spent doing that MBA was possibly the greatest waste of time in my entire 55 years. The word human relationship was not mentioned once in the entire MBA. In fact, I learned more about relationships through the mayhem within the student groups and faculty than in any course lecture. I graduated well, although I didn't attend the ceremony as a protest against the appalling lack of real humanitarian emphasis in the course.

As soon as the course was over, I established a firm specialising in change consulting. In my spare time I visited Zen retreats in Japan, Yoga retreats in India, Shaman in Indonesia, Monks in the Himalayas, Native American medicine men, metaphysicians and hundreds more, continuing my 38 year quest in search of answers.

The management consulting business thrived as my programs completely sold out. It seemed other people were searching for their own sort of spirituality. For them it was in business. . With me as a consultant, they could deliver the bad news to their organization, and blame me.

As a change consultant, I got to work with entrepreneurs, their families, friends and children at so many different levels. It soon became obvious to me that business success, and the personal relationship of the individual who manages it, are incredibly connected.

Both businesses and families are made of people. Whether at work or at home we can't separate these two areas of our lives. We are who we are. A bad home life has a profound effect on our work. Likewise, a bad work life greatly affects our home. When there's a problem in one place we try to compensate in another, and that becomes the trigger for much of the stress in our lives.

Innerwealth Consulting was born in 1995, now, my management consulting firm was dedicated 100% to human potential. Helping people adapt and grow. Innerwealth Technologies was born from this inspiration, and since that time, we have run thousands of seminars, done tens of thousands of personal consultations and helped people in all walks of life. This book is a reflection of the cutting edge of that work, helping people live, relate and work, in peace, open hearted, inspired by the vision they were born to follow, compassionate and wise about their impact on a sustainable happy environment.

We are the environment we create.

With Spirit

Chris Walker

