

**God is in the Copier**

**REAL**

**Inspirations for Inspired  
People**

*By CHRISTOPHER WALKER*

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***Bridging the rift between work and play, love and life, spirit and matter and heart and soul in business.***

***Is your work killing you? Have you forgotten the wonder and value of life? Are you consumed by simply working to keep afloat personally and professionally? If you are then it may be a great time for a stock take. Really, at the end of your days few people wish they had worked harder or longer hours.***

***We hope this book, and the work that present helps you live a fuller, more meaningful life with all the trappings of health, wealth and happiness with that most essential ingredient, a big open heart that simply just loves to be alive.***

***Live with Spirit***

***– Christopher Walker***

## **Vision Inspiration and Purpose**

The weekend athlete plans for the day. The mediocre athlete plans for the season. The many athletes plan for a few decades. The few athletes plan for a lifetime. The master athlete plans for generations to come.

## **Life Mastery - Act on your inspirations**

How often do you get ideas and then loose them or see someone else manifest them. Imagine if the creator had only thought of earth and the universe and failed to develop the details. Your mastery and talent in your chosen field of endeavor is your prayer of gratitude. Use your gifts for life to honor creation itself. Build a city, a family, write a poem, kick a football, care for another, design a bridge. In your doing there is the expression of love, give your gifts to the world.

It is wise to act on your inspirations. When the why is big enough the how's take care of themselves. Attention to detail is the patience of the Buddha, the faith of creation and the master plan of the universe.

## **VIP - Vision, Inspiration and Purpose**

Are the voices inside of you louder than the voices on the outside? Your greatest power, certainty and leadership occur when your inner voice becomes clear. What clouds the inner voice is emotion - mind noise. When you tune to the frequency of your inner awareness you are tuning to your maximum potential. When you tune to your inner voices you are integrated when you tune to your outer senses your are fragmented.

Inspiration means being present. Aware enough, interested enough, challenged enough and committed enough in the moment to be present. Time stands still for those who are inspired. Time drags for those who are not.

## **The size of your vision determines the size of your life**

When you are doing what you love and loving what you do you reflect a special presence. People who are doing what they love loose themselves in the focus and immersion of following their dream. When you are truly doing what you love and loving what you do, or when you can link what you are doing to what you would love to do you have the energy, vitality, harmony and integration of inspiration.

## **Management from the outside costs time and money**

There are 7 levels of the brain. There are seven levels of thought. There are seven levels of being and seven levels of awareness. Unconscious is the lowest four. Conscious is the top 3. At the lowest extreme we say I've got to do this, or I have to get away from that. This is stress and the lowest thought level of humanity. It also causes disease. The top three levels we say I'd love to do this. We bounce out of bed in the morning and say "I love my work". When we do this we have energy vitality and we need not be managed. When we are in the lower four levels we need to be managed and this costs. Turn your got to's to love to's.

## **Results**

Promises are promises, ideas are ideas, suggestions are suggestions but results are the only reality. There are as many belief systems that offer options for you on how to live your life. Results are the only reality. How do you feel? How much money are you making? Are you in the relationship you always wanted?

It is wise to create the clarity, vision and inspiration you want in your life.

## **Whatever it takes it takes commitment and courage.**

The size of your life is determined by the size of your vision. You have the capacity to be an inspiration to yourself and others simply by following your hearts call.

It is wise to fear not. It can be no less daunting than staying still waiting for the mighty sword to fall as a needle might jolt a backside to rise quicker than it descended.

## **Hope**

Another commodity that individuals cannot live without. Hope. When you loose hope all is lost. But why could we loose hope unless we are reading with stained glasses. Why is a death such a disaster, why is a loss so bad. Challenge the foundations on which you build your ideals for some of them are but illusions in the art of marketing.

## **You're either living your vision or somebody else's**

Inspired leadership requires vision from the inside, a vision larger than the individual. Managing your emotions is an essential ingredient of inspiration. Turning the wasted emotional energy into inspired vitality turns stressful judgements into true inspiration. Inspired leaders have a greater motive, something beyond the day, the week the year, beyond the 10 years and beyond that. Inspired leaders have motive beyond the product, beyond the customer and beyond the task and have an eternal vision.

## **Managing people is Managing boundaries**

In management teams we are able to change the total dynamic of a business. Individuals can hold the company back. Managing people is managing boundaries. Interpersonal skills can be understood in the context of boundaries. Boundaries between you and others, between departments, suppliers and between company and clients. Your mission in your work is to be able to cross these boundaries with respect and finesse. Leadership requires that people follow you and step outside their boundaries.

## **Love lists**

From your soul through to your heart comes wisdom and inspiration. Inspired visions, messages and feelings which spontaneously arise when you attain an elevated state of gratitude. When you are inspired and you ask your soul to guide you, it provides you with direction. If you knew you couldn't fail, you listened to your heart and soul, and you wrote down what you would love to be, do and have in all seven areas of life, what would they be.

## **Life**

The more finite you perceive life to be, in time , the more pleasure you pursue. The more infinite you perceive life to be, in time, the more purpose you pursue. When the higher mind listens to the light of the soul and willfully follows a master plan, to do what it loves and love what it does, the divine design for the higher mind is fulfilled.

The Higher mind makes the greatest difference when it simply loves and does not need to make a difference

## **Effort is a conflict of interest**

Effort is only felt when there is a conflict of interest in your mind. So long as fleeting and transient values are present some of their force is used to inhibit the processes concerned with the achievement. Such inhibition is partial neutralization of the brain energy which would otherwise be available for fluent thought and is converted to feeling or tension. The higher mind's thoughts are a stream that flows effortlessly and can only be inhibited by the lower mind's illusion.

## **Values**

Review your values and determine their priority. Review your voids and determine their priority. Your voids create your values. If the corresponding values do not match the voids then you are possibly subscribing to someone else's beliefs. To determine your values just ask yourself which of the seven areas of life you would give away if you had to lose it for life. In other words; if you were faced with a life and death situation (which you are) and the only escape was to give away the benefits of one of the areas of life which would it be. Spirituality, finances, social life, health, career, mind, relationship/ family.

## **Use knowledge, inspiration and intuition for quality of life**

**If you do not listen to your inspirations and intuition you will automatically sabotage your quality of life.** A business that's going through ups and downs is automatically motivated from the outside, worrying about what other people want, worrying about what the trends are doing, worrying about what the competition is doing, instead of being inner directed by a uniqueness factor inspired from inside.

Leaders are inspired from the inside. They have an internal vision. They do what they're called to do; they do what they do and they do it regardless. And so right from the time a person doesn't have a clear vision that inspires them, a feeling that permeates right through the company, you're spending enormous amounts of money trying to rescue people, trying to get people motivated.

## **When you create boundaries you do so to protect yourself**

When you create boundaries you do so to protect yourself. These boundaries create an identity, an impression of who you are, but in so doing you can actually isolate yourself from the world. Judgments are your boundaries, your morals and ethics, your approval and disapproval and your considerations of right and wrong. However, they absolutely inhibit your experience and ultimately lower your self worth. Remove the judgements and boundaries and raise your spiritual, mental and financial self worth.

## **Science of motivation**

The greatest teachings come from within. GURU is an acronym for Gee You Are You. This space is called presence. There is no thought of the future no thought of the past, just complete presence, it is the now. In this state great movies are made, great decisions are made, great songs written and performed and great understandings revealed. You need to develop this skill not only for half an hour morning and night but throughout the day, decisions are not isolated to specific times.

There is nothing you cannot achieve if you put your heart and soul into it.

## **Powerful energy comes from focussed thought and Crystallized Vision.**

Leaders exude powerful energy. It's the result of focussed thought, and crystallised vision. Their people move faster, they do not waste time in idle chat. They get to the point. They have people with powerful presence. Work on time management. They value the importance of what they have to do in life and relatively short time they have available for it. They have huge visions and chunk that vision down into smaller goals. Innovate.

## **Honour simplicity.**

Inspired leaders organise their day, the office, their time and money. They focus on the details and keep order to free the mind for creative expression. They are trend setters not trend followers. They focus on their inspirations and are in continual pursuit of improvement. They listened to their long term inspiration and have the discipline to ignore short term strategies. Know that if you don't take command of your life somebody else will. That takes vision, planning and focus.

## **Stay busy**

Leaders know that when they focus their energy on what they love they grow in self worth. When we are not focussed, the work fills the time, then low priorities fill the space. They know that to cluster book their appointments is more effective and more efficient. The energy goes up. People like to deal with busy people.

To build greater business prioritize, cluster and stay busy.

## **Build on strength**

Inspired leaders know the elements that are their trade mark and they harness and hone these. They know the importance of action and to do lists. They know the importance and the disciplines of job descriptions and performance appraisal systems. Strong leaders know that the best person to write a job description is the person doing the job. They know the importance of delegation. Strong leaders know that to delegate is to remain responsible and to communicate daily on the task. Strong leaders know that to chunk down a task is to make big projects manageable by teams. Set goals and give constant feedback on progress of these goals. That daily feedback on all goals keeps affirming the result and prevents procrastination. Prioritise every task, every delegation and every responsibility.

Inspired leaders know that if anybody spends time on low priority tasks they sabotage self worth and will eventually burn them out.

## **Develop Performance**

Inspired leaders offer performance development programs for their people, an objective, 360 degree, self evaluation process with associated review and data security. They separate performance development from financial review. Leaders encourage the display of company, personal and group affirmations. The most dominant thought of an individual is the direction in which they move.

## **Never hire somebody you can't fire.**

Because as long as you have emotional reactions to them you can't manage them. You can't manage that which is caught in the paradox zone. You can only manage something when you can transcend it (see two sides). Management is not about getting emotional with people. The great act of inspiration is about guiding them to greater purpose, to greater creativity, to greater productivity. And that means praise and reprimand equally.

### **You are the master**

As long as we see a separation of cause and effect we are victim. As long as we always think that it is somebody outside us, another competitor, the environment, the government, the people below us, the people above us, and we are not accepting cause and effect, we're not mastering us, we're not developing presence, we're not magnetizing opportunity, we're not the master.

The second we accept cause equals effect. The second we see that whatever we see around us is a reflection of us and we can change the perception around us and therefore change the state within us, we can then get back into command. Anything we have a lopsided perception about runs our life. Anything we have a balanced perception about, we run.

### **Victory is the sign of a master**

So blame, excuse and victim are the symptoms of a neophyte, and victory is the sign of a master. A victor is not in competition. When we have envy for something outside ourselves and we imitate something outside ourselves, we self-destruct, because there is no imitation of the soul within. The soul is unique, the vision is unique, and each of us who leads the corporation and who is inspired by their unique soul - if we capitalize on our uniqueness instead of trying to be someone we are not, we maximize our potential, and we automatically rise to a level of incompetence if we do not consistently look for greater balance, humble ourselves to a greater intelligence and keep focusing on a bigger vision. We automatically reach it.

### **What you repress another must express**

Your inhibition simply reflect the parts of you, that you are yet to love.

### **Nobody wants less.**

We all want to grow, spiritually, materially personally. There is love in your heart and the power of that love is incredible. That love has the power to build, to create to design and to succeed within the shortest and most fulfilling path possible.

To connect to this resource we need tools. Stresses sabotage our wealth, health and relationships we need to understand the human dynamic.

This is the science of a conscious life.  
Self Actualize through your work

*“The imitative art is an inferior who marries an inferior and has inferior offspring” Plato*

### **High consciousness leads to better decisions.**

Information transfer has flattened the playing field. One element of a company is immune to competition. It cannot be duplicated, it has absolute certainty and it has continuity of performance over days, months and years. Security for both the individual and the firm. Consciousness is now becoming recognized as the dominant route to productivity, health, wealth, indispensability and family relationships.

Envy is ignorance; Imitation is suicide. Emerson

The astute now talk in terms of inspirational companies. Visions and dreams are now being added to business plans. No longer do all companies expect people to take their personalities off with their coat at the door, the cost of attitude and family trauma is now recognized in the workplace.

### **Inspired companies are built on a foundation of vision,**

They are a true reflection of the heart of the leadership which permeates the whole structure. Feelings pass through walls where no thought can pass, feelings reflect in words, actions, papers, products and income. Feelings of love permeate the furthest for they are the most powerful and integrated feelings of all. Feelings of love are the synthesis of all others, they drive and motivate, they free and inspire others to rise above the depths of survival and despair.

**Great companies value what they have.**

They value and appreciate the gifts they are given and focus on the gratitude for what they have and the benefits in what they have not. Great companies bring down any feeling of elation or credit for what they do and pass this on to a power higher than themselves.

Great companies value their employees and recognize their individuality. Great companies acknowledge the journey and illusions of each employee and give them the space to find their own reality.

**Change is growth.**

If you haven't mastered what's going on inside you don't expect to master what's going on outside you. Peter principle is that you will automatically rise to your level of incompetence.

## **If you had 24 hours to live what would you do?**

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So What are you waiting for. It may be today.....

### **Leadership for change**

Companies are the conglomerate result of the total behaviour of those people who work within. **A company is as great as it's people.** Resistance to company change usually stems from a resistance to personal change. There are two fundamental process for change in the corporate environment, voluntary and forced. The latter seems the inevitable in most companies .

The willingness to change varies with our level of consciousness.

### **The Power is yours**

It is wise to develop the inner technologies for the transformation of fears to inspiration. Inner technologies are not excessive introspection, they are the prayers and process to move beliefs. Inner technologies do not take years of practice but moments. Inner technologies are the natural process of life. They are as old as creation itself. It's a mobile meditation.

### **Invest in inspiration don't rescue desperation**

It is wise to follow your vision. Don't rescue desperation. You just buy yourself trouble. You will be taught to seek the balance. See if you can find the balance before you act. Remember God helps those who helps themselves. When you save someone from their lessons you prevent them from learning.

### **To everything there is a season and a time to every purpose under the heaven.**

Order exists amongst the chaos. Life has a plan. Fear is generated by uncertainty and uncertainty is generated through unawareness of the order. Look for where the fundamental universal principles apply your mind will calm and heart will ease. Performance will improve. Look for the balance.

## **The pain of regret is greater than the pain of self discipline**

You can choose long term inspiration or short term gratification. To stay focussed on your life purpose you need to apply discipline from the inside. Until you apply discipline from the inside you'll be applying it from without. You will achieve your goals and visions only if you are prepared to make the sacrifice of short term gratification.

## **Do what you love.**

There is a magnet. So strong, so attractive and so single pointed that you have no choice but to follow it. You are drawn in it's direction not by the pleasures it gives, you are not deterred from it's direction by the discomforts of the way. Are you doing what you love. Are you doing something that you could do all day then why not be paid mountains of cash in the process. I asked a concert pianist, who was an internationally known master who has just finished a piece without any sheet music how he remembered the two hour concert. "I just love the work". Mind, body and soul were all in line, clear, focussed and present. The mind works well in this format.

## **Higher self is Purpose; Lower self is emotion**

Your emotions reveal your consciousness. Your emotions are driven by your lower self and therefore seek pleasure and avoid pain. But you know from your journey in life that there is no place of pleasure without pain or a place of pain without pleasure. It is a fundamental law. Therefore when we act on our emotions we unknowingly seek a place where both pleasure and pain exist. We think we are moving to a greener field. In truth we are just moving the deckchairs around the titanic. Perfection exists right in the moment you are in now.

## **So what are people like who are inspired about what they do?**

They accept the pains and the pleasures in pursuit of the purpose. A person who's got a purpose doesn't let pains or pleasures interfere with the purpose. A person who has no purpose, no meaning, no vision, is automatically letting themselves self-sabotage to pains and pleasures. If something is painful they let themselves get burned out. If you are inspired about what you do, both the pains and the pleasures are few.

### **The invisible backhand is the levelling effect of life.**

You cannot be lifted up by anyone or anything higher than you can lift up yourself. No one will lift you up more than yourself. You cannot be put down by anyone or anything any lower than you can lower yourself. No one will put you down any more than yourself.

In our work there is a balancing mechanism. When we forget and become over infatuated with our success the law of nature comes into effect, and we once again fall to be reminded of the basics and gratitude. This experience of 'tic - toc', or the pendulum emotions of self-righteousness and then self-wrongteousness; build up, then break down; ego boosts, then ego bursts; elation's, then depressions. You will be supported, then challenged, liked, then disliked and even considered good, then bad. One side builds you up greater than you are, the other puts you down lesser than you are. The two sides together help you be who you truly are; a centred and balanced being. Both, true confidence and humbleness, are integrated through this means.

### **When you are inspired by some greater purpose**

When you are inspired by some greater purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be. You have access to your inspirations. Simply listening and working through the challenge is in itself the essential journey of life's path.

### **Anything you can accomplish is not your purpose.**

All accomplishments are but stepping stones along your path. All accomplishment is transient, so strive unremittingly. Let yourself fulfil your life's purpose. Don't get snagged by an accomplishment and sit. Journey on. It's the journey, not the destination. As long as you inhabit a physical body you will be subject to varying degrees of this tic - toc. Your purpose is an expression of love.

### **Your life is not about getting easy**

Your mission is to embrace the responsibilities and the chaos that come and transform them into order and take it on as a challenge, and the person who is doing that is alive. The person who gives up on that mission is automatically sabotaged. Entropy is ruling them - they are decaying. What you don't use you lose.

## **Living from day to day**

When you are living for short term gratification you are living a life of desperation, you are living from day to day and will create the results at that level of vision. When you delay your gratification you can stay focussed. You'll focus on the inspirations and not be distracted by your pain and your pleasure. The heart is not interested in pain or pleasure. The heart is interested in focus. Laser like focus on your dream. Do what you love and love what you do. To the degree that you focus on this inspiration is the degree that you'll build your self worth.

It is wise. Your body knows when you are doing what you love. It is balanced, smooth and light. There is an upstand in posture and a clarity of mind. Your body is aligned with your mind and your heart when you are on purpose. This is a chargeless state.

## **The Zone**

That perfect moment where the sun is shining, the goal is achieved, the child smiles, your partner touches your hand. That perfect moment when the team just clicks, the jump goes forever. That perfect moment when you and all around you are one. That perfect moment is life and life in balance. You have the capacity to create that perfect moment one on top of the other. Day after day, night after night. You have the opportunity to be in the zone at will. The ingredients are. Gratitude, Presence, Certainty and Vision.

Achievement starts with a single great thought  
I am a genius and I apply my wisdom  
Your actions yesterday determine your results today

## **Consciousness**

I can't manage anything that I'm not conscious of. If I'm not conscious of it, it's managing me. I may be highly conscious of some things in an area of life like finance but totally unconscious of things in another area like health. The average of the two is the definition of my consciousness.

### **If you are not being challenged, you stagnate.**

The inspired company is the company that thinks ahead. The same company who invests in their employees, in welfare, productivity and development. Inspired companies know that the company is only as strong as it's weakest link and therefore it is in the top down development of commitment that performance and fulfilment will simultaneously be achieved.

If you are not being challenged, you stagnate. Unless you have the commitment to develop and grow others will take your place.

### **Inspired companies focus on what they love**

Inspired companies focus on what they love. They have service and support that reveals their love for the products they sell. They have a commitment to the benefits of their product and really mean it. They have receptionists who are so inspired that they brighten customers day. They have a vision which is not lip service but something that all people employees, customers, suppliers and competitors are moved by. They are not focused on the weeds but focused on the sunshine.

It is all in a change of mind, from outer motivation and the attempt to prop up sagging spirits with barge poles to inner motivation, where people just love to come to work in the morning.

### **Balanced Living**

- Exercise/ flexibility Posture
- Water
- Sunshine
- Breathe
- Rest
- Nutrition
- Peace of Mind
- Vision

## **Performance**

Words are Words;

Promises are Promises;

Excuses are Excuses;

Performance is Reality;

## **We teach best what we most need to learn.**

Listen to your own words. We speak about that which we most need to learn. Silence is the ultimate teacher. Listen to the words of the teachers you observe and then examine their lives. Nobody walks their talk, we only limp our lives.

**“The universe does not throw away old mechanisms but builds new ones on top, fewer in number, higher in consciousness.”**

## **Deal with resistance**

A powerful resistance always thrives during times of transition and it is pervasive today. Leaders are struggling to make decisions that are needed, organisations are not developing incisive transition strategies. Employee burnout and ineffectiveness are epidemic at a time when creativity, quality and service are vitally important.

To succeed in this change will require the disposal of the belief that we must only be logical and intellectual at work.

## **Be Present**

Know that we are held from being present by two elements: Fear of the future and guilt of the past. Both of these states are illusion and are therefore the lies that run our lives. Encourage all people, employees, customers and others to take responsibility and that the magnitude of the inner most dominant thought determines the size of persons their life. Inspired leaders also know that the magnitude of the inner most dominant thought of a company determines the size of the company and that the magnitude of the inner most dominant thought of the company is the sum of the inner most dominant thoughts of the individuals who work for, support, compete against and associate with the company. This is called the company culture.

## **What are you really inspired about?**

People say, "I have to go to work, I need to go to work." These are down' statistics. Another one says, 'I'm inspired to go to work, I can't wait to go to work, I love to go to work.' these are up' statistics.

Now the question is how do you inspire people? You have to look inside your own heart and ask what do you love doing. A lot of times you are going through redundancy and doing the same thing every day, but you're not really looking and linking into what you really love. What are you really inspired about? If somebody asks me if I love what I do, it's what I dream about, it's what I focus on, it's what I study every day - it's my dream. You have to get to a point that whatever you love doing is incorporated into the business.

## **So the question is, how inspired about work are you?**

Without having clarity and certainty of this mission you experience emotional tic - tocs with their oscillating fears and guilt, attractions and repulsions or **commissions** and **omissions**. Whenever you perceive yourself not aligned with your purpose you lower your self-worth.

**Any form of life that doesn't fulfil its purpose self-destructs.**

## **Conflict**

So conflict is part of the game. In your life you are going to be praised and reprimanded. You are going to be liked and disliked. You are going to be patted on the shoulder and patted on the butt. And I believe there is more padding on the butt than there is on the shoulder, so most of us are ready for that form. We cannot escape that. People who try to avoid the patting on the butt, the reprimands and the criticisms and the crucifixions don't grow. And what is amazing is that the soul of the individual knows that, so it won't even let you avoid it. Because if you don't allow other people to criticise, you automatically criticise yourself.

It is wise to acknowledge. No one criticises you as much as you do yourself. No one will ever beat you up or build you up as much as yourself.

## **Support and challenge are the two sides of love.**

The purpose of life is the fulfillment you achieve from conquering and embracing both happiness and sadness throughout your life. In fact, the saddest people I ever met are the ones who have the fantasy that they can be happy all the time. They live in a virtual reality, fantasizing that they can be happy, and that's their sadness, because they do not realize that maximum evolution occurs at the border of happiness and sadness, at the border of chaos and order, the border of pain and pleasure.

## **Only the senses know pain and pleasure.**

The wisdom of the soul accepts pain and pleasure equally and knows that every crisis is a blessing, and the wisdom of the leaders of a corporation knows that whatever crisis is going on there is a deep inside order and gift, and it is a reflection somewhere of the mission above. All organisms rise to a level where they reach a point where they cannot see the balance. Then they grow, they expand.

Wisdom takes the chaos and turns it into order. When we do that we see imbalance turned into balance. We look for the other side, for balance, the things that seem to be unbalanced. We stay calm.

### **Focus on the flowers and not the weeds.**

It is wise to know that if you are inspired and follow your inner calling you are without competition, because nothing compares to an inspiration from the heart because all hearts are different.

### **A moment of inspiration**

Inspiring eye tears  
Nose tears  
Mouth Tears  
Unconditional Gratitude  
Unconditional Love  
Fearlessness and Guiltlessness  
Speechless -- outward silence  
Reduced inner brain noise  
Lightness -- weightless  
Non local, all Sense “presence of loved one”  
Experience of light  
Desire to embrace  
Certainty of Truth  
Uplifting of head and eyes  
Domino effect a fuller understanding of past events

### **Maximizing performance**

Maximum Performance in any organisation or individual is determined by how present you become. Presence improves communication, reduces mind noise, creates certainty, motivates productivity and inspires creative and refreshed action. The true desire for better performance must come from the individual. It's a desire for improved life style, fulfilment, actualisation and expression. And it's a powerful drive. Each of us has a dream that we would love to achieve. Those dreams vary in size and complexity, in external and internal, in personal and social, but they exist.

The role as an inspired leader is to link the personal goals and motivations of the individual to those of the company. The truly sustainable performance is driven by the inner desire of the individual.

## **Retain employees**

To retain employees inspire them; The work must challenge them. "I must have some sense of individuality". Their individual values must be met. The vision of the company must inspire and be greater than theirs. When an employee can link their values to the vision of the company you have a self motivated individuals. When they cannot, they will need constant management. Gratitude is an essential ingredient of people management. Praise and reprimand. If you build people up you must also build people down.

Grateful managers value and appreciate the assets they are given and focus on the gratitude for what they have. They bring down any elation for what they do and pass this on to a higher power than themselves. They value their employees and recognise their individuality acknowledging their journey and give them the space to grow.

Know that what you appreciate grows and what you don't appreciate -- depreciates. You are governed by the highest order. The universal laws of business are the laws that truly build great companies.

## **Vibration is Life**

The great masters have attuned to high realms of inspiration through moments or periods of Perfect Balance. Atoms molecules and sub atomic particles. The forces constituting our environment are the forces of vibration. They are all a harmonic of a greater vibration. That greater vibration is a harmonic of an even greater vibration The Laws of Success constitute the understanding and conformity to these laws No Man or woman has a chance to enjoy permanent success until he or she begins to look in the mirror for the cause of all his or her mistakes. It is the personalities back of a business which determine the measure of success the business will enjoy.

## **In perfect balance.**

**Gratitude is the centre point.** With gratitude we take no credit take no blame, we are moved to see both sides of any circumstance and be thankful. Gratitude is the very spiritual state of acknowledging the balance and honouring a dynamic that is bigger than ourselves. Nobody does anything to us greater than we are doing to ourselves. Nobody can beat you up or down more than you do to yourself. And when you are doing either of these you are out of balance. It means that you may have honoured only half a story. Any perception that there is something with only one side is a defiance of the universal law of nature. Your beliefs determine your path. Your body and mind are intrinsically one. When your mind holds a belief it is stored in the body. Your business is yet another body. Your beliefs are stored and reflected by your business. Those who manage business through emotion create tic toc, instability, stress and low motivation.

Those who cannot manage their emotions cannot manage their business. Emotions are the lower minded self dominating the heart. Follow your heart to your success.

## **Whatever you judge you create, attract or become**

You move in the direction of your dominant thought. Reprogramming these dominant thoughts is possible but only when cause and effect are one. To reprogram a depreciating thought requires us to acknowledge that there are no victims, that blame does not serve. That we can only perceive imbalance in our mind, in truth there is always perfect balance. The hand of creation is in perpetual balance. The power of your mind is incredible. To harness it is to awaken your genius. Our judgements simply reflect where we are stuck, where our wisdom is yet to penetrate. Learning to love is to find the balance in all.

It is wise to explore the mystery of life and find the balance. This is the only true reprogramming. It is the return to the perfection of love. You will go in the direction of your dominant thought. It's this way in order that you learn balance in your judgement. You can save a lot of time by doing this balancing here and now.

### **Stress is the exaggeration and minimisation of truth**

When your heart is centred in poise your mind reaches it's greatest potential. When your heart is centred your body is open and free. Your stress is a reflection of imbalance. A perception of a positive without a negative or a minus without a plus. What is there but perfect symmetry, proportion and order? What is there but an overwhelming cause for gratitude?

It is wise to learn from our stress. To question the mind state that could cause it and if we are ready move through it. It is wise to work on the cause of stress rather than the effects. At the heart of all things there is balance. In this place there is productivity, inspiration and love. It is the calm in the centre of the storm.

### **Your living capacity is equal to your lung capacity.**

Your inspiration is equal to your respiration. Breath, soul, spirit and inspiration have forever been as one. You wake on the first breath, you die on the last. The breath of God is creation itself. Breathe from your abdomen, expand your lungs, it is your source of vitality and magnetism. To excite your life inhale longer than exhale. To calm exhale longer than inhale. To be centred inhale and exhale evenly.

It's wise to use the gifts and resources of your body temple to achieve your true life potential. Take a holiday every breath. Exhale away stress, inhale the forces of life. You are one.

### **The most expensive seminar on earth is a hospital**

Your life is not meant to be challenge free. What you currently know you will consume in the advancement of your life. Then you will be challenged to know more, be more, have more, share more. Razzmatazz can help motivate us to action, but it is wise to find and own our new found incompetence and take constructive action to improve our life expression. Stumbling blocks are our stepping stones.

It is wise to observe nature. Nature destroys things that aren't fulfilling their purpose. When people hold onto old ways it is slow suicide. The most expensive seminar on earth is a hospital. Your body, relationships, business and career are all barometers of the degree to which we are on purpose.

### **The purpose of a relationship is not happiness**

How long does it take for love to develop. Love is the balance of support and challenge. The illusion of only happiness is the expectation that crushes relationship. The purpose of relationship is support and challenge. This is love.

**The habit of thinking in balance**

It's good and it's bad. It's attractive and repulsive, it's fantastic and ridiculous, it's a good thing and a bad thing. There are two sides to every coin and when we can incorporate that seemingly obvious perspective in our thoughts we come to centre.

There is nothing on the planet that is not a spiritual entity and there is no part of a business that is not magnificent and there is no part of the company that is not part of a grander plan. Great companies know to ask "Where is God not?"

**Know that health of the body for the individual is very important for a vital and inspired business.**

Great companies know that a business has a body, it has lungs that get in and give out sales, it has a heart which is the source of life, the leadership. Great companies know that that hands, feet, legs, organs and brain of an individual help to serve the soul in the getting and giving of life's work. Great companies know that the organs and the limbs of the company are vital to the health of the company.

**There cannot be peace without conflict, growth without decay, life without death.**

**You cannot be unhappy and grateful at the same time.**

Gratitude opens the heart and inspires alignment of all your faculties, Body, mind and spirit. Our greatest happiness is achieved when we celebrate life. When we appreciate what we have. Anything you cannot be grateful for runs your life. Your journey, your maximum evolution is achieved as you move those matters you are not grateful for to gratitude. This is your maximum potential.

### **All of life is a mirror**

Your true worth is determined by your love for what exists outside of you. For what is outside is pure reflection of what is inside. Your consciousness is determined by your appreciation of order.

When you are able to see cause and effect as one you see order. For example this caused that. When you see chaos you are in denial of the wonder of life and your judgement is ruling your being.

When you see the order you appreciate the universal laws and are aware of higher forces in the cosmos of life. When you see chaos you believe something is wrong. You judge and say. I think that what is should not be as it is and then you become the creator of your reality and then you are saying that God doesn't exist at this time. Your judgements are the definitive separation between good and evil. This is your mirror of consciousness.

### **Your life purpose is your pathway.**

Heaven is your awareness of the divine and innate calling within you to reunite with your soul, your source and your original creation. Your evolution is maximised when you are on this path. This is not a happy place but a place of true destiny. When you follow your heart you are following this path, the shortest and most difficult path, home. It is the straight path. Direct and without diversification, without sidetracks for pleasure and pain, straight through the heart of opinion. You are on track on purpose when you follow this destiny this challenge to obey your innate calling to fulfil your mission.

When you do what you love and love what you do you are appreciating the gift of life you are on track.

### **See the order in all events;**

6 trillion stars make one galaxy. Our Sun is one star and we go around it at about 1 million miles a day. Our earth rotates every 24 hours and that means you on the surface are rotating with it at 1000 miles per hour. (plus the speed of your car if you are on the freeway). No human can reproduce the function of a cell, no human has ever seen magnetism, or electricity, or an electron or love. It seems that trees grow, oceans roll and rockets return to earth.

It seems wise to presume there is an order somewhere beyond, somewhere within, somewhere above and somewhere without. I wonder if, we may, with practice harness such order for our betterment.

### **Share your wisdom with others**

Interesting when we shove dirt down a pipe that unless the other end is open it fills and plugs. Constipation means that whatever is inside just can't get out and of course becomes stagnant like a swamp. Your mind is a pipe. Flow is meant to happen, If it's not letting go of the old how can it fill with the new. Refreshment means making space and the best way to do that is to share what you know. Also, teaching is the ideal way to learn.

Yes, it is wise to share.

### **Know that there is no pleasure without pain**

An old story shows the way; "The youth was at home working with his dad when a machine accidentally slipped from the old truck and crushed his leg. The village cried for him "oh, that is such bad luck", they said. The next day the army came to town to compulsorily recruit the young men of the town. All were taken to war, except the farmer's young boy who was unable to walk. The village cried "Oh, that's good news" and they felt good. The next day they realised that the boy's leg needed to be amputated and so the village cried "Oh, that's bad news " and they were sad. The next week after the amputation a young princess came to town looking for the prince she had seen in her dreams, .....blue eyes, fair hair and , yes, you guessed it .....one leg -- and the town cried "Oh, that's good news....."

### **Seek the balance within**

Yogi's are forever performing masterful feats of balance. It seems they are presenting a physical representation of a mental state. Balance is in all things, more obvious in some than others. Nature reflects the balance and harmony. Relationships are a balance of support and challenge, business is a balance of cycles, Pressures on the earth's surface are a balance. All things seek balance. It is called going with the flow, centeredness and grace. Balance means not being sucked in, not getting lured into a position nor be repelled and therefore run by events. Balance is the middle path, the shortest path. It is wise to seek the balance as it is a natural law and will be working to find itself in you.

### **See yourself in others**

When we judge someone we are actually saying I don't do that, or I am different. Really, if you explore this you will find yourself reflected in every drop of rain, and every person you see.

When we see ourselves in others we are able to relax and enjoy what is going on around us. It is a means to be a strong leader and to support others as well as ourselves.

### **Warning; Inspiration can strike at any time.**

Your senses are your humanity. They perceive duality. Up down, good bad, hot cold. They are the emotional body, the nervous system. The co creator of your life and destiny. With arduous work the senses can be controlled. Pain tolerance, stillness, mind control, even the heart beat . All is possible.

It is wise to know that you were not born for ambivalence. You were born to grow and to be inspired by life. To rise above ambivalence requires the acknowledgment of a power greater than you. Gratitude is the one and only key to inspiration, certainty, presence and love. Gratitude raises you and opens the path of inspiration where the inner voice, the voice of creation, is louder than the outer voices, the voices of illusion.

Nothing of the senses will ever satisfy the soul.

### **It's never done!**

- Maximum growth occurs at the border of chaos and order.
- In a business when it gravitates to order the competitors shake up the complacency
- In a business when it gravitate to chaos then they call in the consultants.
- When we loose our lifework we call in the dis -ease to bring us back to growth.
- In a relationship when there is more support than challenge we get bored
- In a relationship when there is more challenge than support we get Burned out

### **Who, What, when, Why**

Throughout time those who have claimed to have answers to the four fundamental questions have ruled. Whether by force, by faith, by fear or by guilt the search for these four fundamental answers has truly united the earth in search and mission in life. Career, relationship, recreation and financial wealth can all be related to these simple questions. Religion, eastern culture, war and peace are embodied here. Crime, rescue can all be embodied here. Know these answers with certainty and life unfolds.

### **Think and thank about what you want to bring about**

If one atom in the entire universe were to stop vibrating the universe would self destruct. Every thought is a vibration. Every thought you have is a recorded message somewhere amongst the trillions of universal vibrations recorded forever in action and reaction. It is therefore wise to think about what you would love to bring about.

It is wise to see judgements as your illusions. All is in balance. It is wise to grow through your judgements as guideposts to your heart filled life. This is love.

### **All is determined by your state of balance.**

Our ability to comprehend this polarity is our consciousness. More conscious the more we see in balance. Presence is the ability to see an event in it's perfect Balance. Presence requires the continual re adjustment of thoughts that are out of balance. As we adjust those thoughts in one situation the dimensions of that situation increase and we are again challenged to re-balance those thoughts.

### **I will teach them the illusion until they are ready for the truth**

Buddha

Are you ready to explore your beliefs. It is wise to ask yourself what you think is right and wrong and what made you believe that? We have beliefs that underpin some of our decisions. Right and wrong are two fundamental challenges to beliefs. It is wise to challenge the origin.

## **Presence is achieved through balance. THE ZONE**

Presence is right here in the moment. It requires a mind to be here in the moment and not in the future or the past. Therefore the mind must be in balance to be present.

To balance the mind we need to think. If we change the mind without the body then the body memory will trigger the old mind state. If we change the body without the mind then the mind state will bring back the memory. We are only conscious and therefore present with an event when both mind and body are in balance. Hence body and mind are one.

## **Well balanced leaders**

Well balanced leaders have no stress and tension to take home. They are aware of the multiplier effect of stress on others and learn the breathing, relaxation and stress relief techniques to handle excess stress before leaving the office. Such stress management tools as: Take 10 long deep inhalations and 10 long exhalations in slow rhythm while sitting in a comfortable chair with your eyes shut softly and mouth closed in a tiny smile. Take the time to focus on your body and learn to relax tense areas quickly. Especially the thighs, the eyes, the mouth, the jaw and the back of the neck. Know that a short pencil is better than a long memory is a critical path to a clear head. Understand the emotional link between self and other. That judgements are lies and conflict is important.

Unstressed managers manage their mind. Recognise the need to grow your vision, to review your business and personal goals and to set realistic time frames for the achievement of goals. Chunk down your dreams and goals into daily, hourly, weekly and monthly goals.

## **Visions and Callings messages from your soul**

When you receive inspiring and illuminating ideas from your soul they become feelings of love in your heart. If you write these visions, callings and feelings down on paper in detail and put time frames on their accomplishments, and spend time thinking, visualising and affirming them, you will feel called into action with an inspiring and vital energy that you can create or transform with. If you don't limit the material substance available to you and have the thankfulness for whatever comes your way, you will manifest their details.

### **Visualise**

Visualise your purpose and list of loves as often as possible. Three times a day is great. See in your mind's eye their fulfilment. See yourself in a picture where your loves are already being lived. What you see is what you get. Stretch your vision. Your vision is the spark which your actions make the inferno. Visualise and focus on what you do love.

Whatever you consistently see, germinates, grows and manifests into reality. Add clarity by clearly focusing your mind's picture. Focus on ever finer detail so as to become present with the image. Vividness brings vitality.

### **Focus on your vision**

If you wish to succeed in any undertaking whatsoever, it is vital that you concentrate upon that which you intend to do. You will move in the direction of your dominate thought. Since thought is always emphasising something, it is wise to concentrate on your dreams, not your weeds. Until you can hold on to your picture in your mind, or the idea long enough for it to begin manifesting, your many other scattering pictures or ideas will overtake and weaken it. When any other picture or idea enters your mind, pluck it out and return to your chosen focus. By focusing on ever finer detail of the desired picture or idea you minimise other scattering pictures and ideas. Once you plant your flowers, don't let the weeds take over. Pluck out the weeds. Every time a weed is pulled, the flowers become more visible.

Your eyes are your radio dials that allow you to tune in to your mind's many stations. Each eye position tunes into a different station.

## **There is a magic in writing it down**

Writing acts as the first step in translating intangible ideas into reality. Writing acts as a commitment. Writing crystallises your thought flashes. There is a magic to writing.. Be sure when writing your lists of loves, that you include reasonable space and time frames for their manifestations. Being as specific as you can in time and space helps your mind and its inhabiting body take more powerful actions with greater ease.

When you are present, your mind becomes clear and focused on what you love.

Think and thank about what you would love daily!

## **Purpose**

Review your love list

reflect on their magnificence

Thank your soul for revealing to you this list of Loves.

Then ask your soul what it would love for you to fulfil. Ask for your mission, purpose calling vision your divine design.

Tune into what you would love to dedicate your life to

Write this revelation in the be do and have sequence below

## **Affirm**

Every statement you make to yourself or others leaves an imprint on your own mind. Statements continually repeated over time whether true or false, whether to yourself or others, becomes believed.

For a new inspiring conviction to arise in you, you are to everyday, say the same inspiring words, hear the same inspiring words and at the same time apply these same words to your life. Words you say to yourself daily have power. They can help you transform your insides and outsides. They help put you in tune with what you are going to do.

## Thoughts

Blended with feelings penetrate through barriers that no thoughts alone can travel through. When a intentional thought is blended with a feeling it is able to reach and extend out as far as the feeling will allow it. It will impact whatever resonates with the vibrations of the individual thought-feeling. A guitar, when strummed at a particular note, will impact any nearby guitars with the same potential note or string tens-ion. Feelings set the tone scale.

When you attune to the higher balanced frequencies of your Soul you have the most penetrating power and can resonate on the most inspiring and love filled levels. So too, when you have gratitude, you open your heart and you allow the love filled inspirations to come into your brain to be put into transformational action. When you attune to the lower frequency vibrations of the bodily senses you draw to you their resonating emotional circumstances. These are fear and guilt based. They attract those experiences they resonate with.

## When you tune to your Soul you act from inspiration

When you tune in to your Soul you act from inspiration, you act on the world around you. Reaction is less powerful than action. Action with inspiration is vital. Inspirations give order to mental chaos. They straighten out priorities and initiate wise action. Every morning stop and sit for a moment and ask your Soul for wise council or guidance. Ask for it's inspirational or intuitional prompting.. Write these actions down and follow them in priority. When you follow your priorities you rise. When you don't, you tend to fall. An orderly, prioritized mind has more power than a disorderly, unprioritised one. Rise to the ABCs or you will fall for the XYZs

Straighten out priorities and initiate wise action

## Life begins with the first breath and ends with the last.

The quality and quantity of energy you receive, transform and generate is a reflection of the quality and quantity of your breath. When you have a balanced breath you generate great power. As your breath wanders, so does your mind. As your mind wanders, so does your breath. Balancing and centring our breathing will balance and centre your mind. A balanced mind has access to enormous energy.

## **Change the Inside before you change the outside**

There is an incredible opportunity to grow. Challenges force us into discomfort. Many people blame the circumstances but I suggest we underestimate the tools and gifts we are blessed with. We can transform our lives if we begin to strive to adapt to change instead of run from it. We can develop incredible resilience and skill and powers if we look for ways to increase capacity instead of induce retirement. When you are green you are growing when you are ripe you rot.

## **Gratitude**

Whenever you are thankful, your resulting inspirations and their corresponding manifestations tend to flow and grow. By being thankful for what you are, for what you do, and for what you have, you pave the way for growth. Without the ability to appreciate you wither. Practice being grateful for everything that comes your way. In the midst of every situation be thankful. You may not at first see or comprehend its immediate and hidden blessing, but blessing it is sure to be. Show appreciation towards yourself, others and the impersonalised universe or your personal God. Savour and enjoy each successful manifestation and even those which at first appear failures. Whatever you have love and gratitude for will be at your command. You deserve whatever you can love and have gratitude for.

Just as you tend to continue rewarding others when they are appreciative of your gifts, so too does the universe continue rewarding you when you are appreciative of its gifts.

## **Set aside and take time for thankful prayer and meditation daily**

Set aside and take time for thankful prayer and meditation daily. They help you know that all is done in accordance with higher universal design. Communicate with your highest spiritual nature, your Soul daily.

**Prayer is talking to the universe.  
So tell the universe, thank you.  
Meditation is listening to the universe.  
So listen to the universe and be thankful.**

Written by Christopher Walker – CEO – Innerwealth Technologies