

*The Peaceful Warrior's Path to*

# EVERYDAY ENLIGHTENMENT

by **Dan Millman**

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## First Gateway—Discover Your Worth

No matter how intelligent, attractive, or talented you may be, to the degree you doubt your worthiness, you tend to sabotage your efforts and undermine your relationships. Life is full of gifts and opportunities. You will be open to receive and enjoy them when you appreciate your innate worth and offer to yourself the same compassion and respect that you would give to others. Discovering your worth sets your spirit free.

### **A Self-Worth Wake-Up Call**

There is a danger of studying the issue of self-worth from a distance, the way some people explore Africa from an air-conditioned bus. Keeping a safe distance is more comfortable but far less useful than feeling its impact on your life right now. Since your sense of self-worth (and tendency to self-sabotage) is usually subconscious, awareness of the problem is part of the solution.

### **Self-Reflection on Self-Worth**

In order to get a better sense of how your sense of worth impacts areas of your life, consider the following questions and answer “Yes,” “No,” or “Sometimes.”

- ❖ When fortune smiles on you do you think, “This can’t last?”
- ❖ Do you find it easier to give than to receive?
- ❖ Does your life feel like a series of problems?
- ❖ Does money seem scarce and hard to come by?
- ❖ Do you find your work unfulfilling?
- ❖ Do you find your relationship(s) unsatisfying?
- ❖ Do you work long hours but not have much time to enjoy yourself?
- ❖ Do you resent or envy people who take frequent holidays?
- ❖ Do other people seem to have more fun than you do?
- ❖ Do you feel driven to work more, do more, be more than others?
- ❖ Do you overeat, smoke, drink alcohol every day, or use other drugs?
- ❖ Do you feel uncomfortable when you receive praise, applause, and lots of attention, gifts, or pleasure?
- ❖ Have you turned down or passed up opportunities in education, work, or relationships and later regretted it?
- ❖ Do you get sick or injured more than other people do?
- ❖ If someone asks the cost of your services, do you price yourself lower than others in your field?

If you answered “Yes” or “Sometimes” to more than half of these, then you stand to benefit from your journey through the first gateway.

### **The Subtleties of Self-Sabotage**

Self-sabotage takes many forms, such as quitting school, taking low-paying jobs, choosing a spouse who abuses you physically or verbally, spending more money than you make. Also, committing slow suicide with tobacco, alcohol, or other drugs, getting involved in crime, working yourself to illness or death, self-starvation, self-inflicting wounds, running away, dropping out, or engaging in other behaviors that undermine your health, success, or relationships. Fame and fortune have a downside for those who feel undeserving of the adulation. Think of the celebrities who

engage in punishing, self-destructive behaviors. It is important to note that those who have garnered fame and success without self-destructing have at least some of the following characteristics in common:

- ❖ Even when they were treated poorly, they had at least one significant person—either a teacher or relative or friend—who listened to, valued, and treated them with respect.
- ❖ They felt deserving because they had paid their dues, sacrificed, studied, and worked diligently over a period of time.
- ❖ They developed a sense of perspective and had a sense of humor about themselves; they didn't take themselves so seriously.
- ❖ They shared their wealth in concrete ways, such as donating to charities or working for causes they believed in.

Consciously you may desire success. You may even read books and attend seminars, only to undermine your efforts in ways both subtle and creative. Consider those times friends or loved ones you trusted advised against doing something, but you did it anyway because you just felt you had to.

Of course, sometimes it's best to follow your own counsel. (Where would Columbus have been without it?) But if you see a pattern of blindly stepping into potholes despite others' guidance—like buying a lemon of an automobile when a mechanic friend thought it was a bad deal, getting an expensive item you didn't really need, gambling more money than you could afford to lose, or getting involved in a hurtful relationship—consider this: Haven't you punished yourself enough already?

## Second Gateway—Reclaim Your Will

Inside you is untapped strength of will, of spirit, and of heart—the kind of strength that will not flinch in the face of adversity. You have only to remember your purpose, the vision that brought you to this Earth—the vision that will take you to the stars, to the depths of the oceans, and up the stairway to the soul. Great strength of will resides within you, waiting for expression.

### The Power to Change

“When running up a hill, it is all right to give up as many times as you wish—as long as your feet keep moving”

—Shoma Morita M.D.

### Assessing Your Willpower

The following questions can help you assess your own relationship to self-discipline and willpower as it operates in your everyday life:

- ❖ Rating yourself on a 1-10 scale, how effectively do you turn what you know into what you do?
- ❖ How would you compare your self-discipline with that of most other people?
- ❖ Do you have a primary dream, wish, or goal right now? How can your will help you achieve it?
- ❖ In the past, did you have more or less self-discipline? When and why?
- ❖ Can you recall a time when you demonstrated strong willpower?
- ❖ Can you recall a time when you demonstrated weak willpower?
- ❖ How might you apply your will to influence your diet?
- ❖ How might you apply your will to the area of exercise?
- ❖ Do your budget and finances reflect self-restraint?

- ❖ Have people ever called you stubborn or willful? (Did you thank them?)
- ❖ When doing something you enjoy, do you need to apply your will? Why or why not?
- ❖ What habits would you like to change?
- ❖ Have you ever applied your will to act with kindness or courtesy when you didn't feel that way?
- ❖ Would you like a stronger will? (How do you know you don't already have one?)

## Summary Points for Clarifying Your Purpose

Knowing your purpose is sometimes all you need to reclaim your will. To clarify your purpose, consider the following action items:

- ❖ Pursue your dreams! Creation follows vision; willpower begins with a wish.
- ❖ Notice how your goals appear in each moment, at home, work, or school, as things you want to do and as things you need to do.
- ❖ Appreciate yourself every time you apply your will each day to accomplish these goals.
- ❖ When you lose your will have you actually lost your way? Have you forgotten your purpose?
- ❖ Break down a grand purpose into monthly goals, weekly goals, immediate goals, the next step, and right in front of you.

In pursuing your purpose, you'll find hurdles in your path that may at first look like a lack of willpower. But these hurdles are not indications of a weak will. They need to be handled differently—by calling upon your will and your wits you can overcome them.

## Keys to the Subconscious

If you could find a way to harness the support of your subconscious at will, you would have a head start in generating the energy you'll need to reach your goals. How do you accomplish this? By understanding the nature of your subconscious and finding out what appeals to it.

The first key is that your subconscious mind operates like that of a young child, with values, drives, and interests similar to those of a five or six year old. The better you understand what appeals to children the better you can access your motivational energy stores.

### Children Like More:

- ❖ New toys
- ❖ Fun and excitement
- ❖ Play
- ❖ Treats
- ❖ Physical pleasure and enjoyment
- ❖ Stable routines
- ❖ Getting things

### **Children Like Less:**

- ❖ Old toys
- ❖ Boredom
- ❖ Work, chores
- ❖ Things that are good for them
- ❖ Physical discomfort or drudgery
- ❖ Change in routine
- ❖ Self-sacrifice

### **Realities from the Control Tower**

The heart and core of will involves self-control which leads to self-mastery. Master yourself—your habits and tendencies—and you can accomplish what you will.

Imagine your will as a form of light. If the beam is too broad or diffracted, it does little; but if focused, it can work like a laser, cutting through anything in its path. So rather than applying it to things over which you have little or no control, you can focus your will intensely on the things you can control.

Consider this version of the “Serenity Prayer” by Reinhold Niebuhr: “God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.”

There is no sense in trying to apply your will to that which you cannot control. In order to use your will effectively, you’ll need to determine what you can and cannot control by an act of intention.

Take out a sheet of paper and make two columns. Consider carefully, then write whatever you can in each column before reading further.

#### **What I can control:**

(eg.s: Whether or not I speak,  
The movement of my arms, etc.)

#### **What I cannot control:**

(eg.s: The behavior of other people  
Whether someone likes or loves me, etc.)

In writing your own list, you may have discovered the following:

The list of things you cannot control—by willing or intending—might include the government, the weather, your partner or children, the outcome of a game or business venture, how long you or anyone else will live. You can’t even consistently control your thoughts or emotions.

The list of things you can control should have only one entry: your behavior. Your behavior is the only thing in this world you can control by direct application of your will. No matter what you might learn in this or any other similar program, living effectively comes down to applying your will to control your behavior. Doing so cannot guarantee desired results but will increase the likelihood of living longer, thinking or feeling positively, having a better marriage and improving your neighborhood, country, or world. You cannot guarantee such outcomes, though you can make the effort. As Shoma Morita M.D. reminds us, “Effort is good fortune.”

In the game of life, you can't be certain of making a basket, but you can take a shot. And in doing so, you celebrate one of life's treasures—a simple act of self-control, the power of your spirit.

## **Third Gateway—Energize Your Body**

Your body forms the foundation of your earthly existence. Energizing your body enriches your life by enhancing every human capacity. If you lack vitality, nothing else really matters. If you have your health, anything is possible.

### **Back to the Body**

Energizing your body begins by making peace with and coming to love and admire the body you've been given. In fact, your body is the only thing you are guaranteed to keep for an entire lifetime. You can't say that about your spouse, children, home, car, money, or beliefs—only your body. It is your only real possession. So it pays to treat it well. If you do so, many other things will fall into place. For every man, woman, and child there is but one fundamental truth: The human journey begins and ends with the body.

### **Energy Assessment**

The following questions are not in any way comprehensive but are intended only to stimulate initial reflection on your body, health priorities, and energy in everyday life.

- ❖ Are you completely satisfied with your own body?
- ❖ If not, what would you rather change, your appearance or energy level?
- ❖ On a scale of 1-10, how would you rate your average energy level?
- ❖ Does your body function as well as you would like?
- ❖ How much time out of each twenty-four hours, do you spend on the health and fitness of your body?
- ❖ How much time do you spend maintaining or improving your physical strength, your stamina, and your flexibility?
- ❖ Consider your priorities: How much time, energy, and attention do you spend on health, fitness, and energy compared to your primary relationship, your children, your education, your work, recreation, entertainment, and sleep?
- ❖ Do you listen to your body?
- ❖ Do you treat your body with care and kindness?
- ❖ What three things do you like most about your body?
- ❖ What three things do you like least about your body?
- ❖ What can you change and what can you learn to accept and appreciate?

There are no right or wrong answers, but considering these questions opens you up to make the best use of this gateway.

### **Higher Outcomes and Hidden Benefits**

This gateway combines body and spirit to offer both practical and transcendental outcomes. The functional practices and principles presented here will help you build a foundation of physical vitality and health. And by cultivating an energizing lifestyle, bringing your body to a state of dynamic balance, you'll also achieve three higher outcomes:

- ❖ **Liberating Your Attention:** When your body rests in dynamic balance and energy is coursing through you freely, you feel a deeper connection with life and you begin to ascend to higher states of attention and awareness.
- ❖ **Amplifying Your Capacities:** Increased energy enhances your strength, mental alertness, brightness, charisma, personal presence, sensitivity, intuition, and even the ability to heal yourself and assist in the healing of others.
- ❖ **Preparing Yourself for the Gateways to Come:** This gateway provides a foundation for all those that follow because energy is the common denominator that provides the stamina, fortitude, and focus necessary to face the challenge ahead.

## The Holy Trinity of Health

Whenever people ask for advice about problems ranging from the mundane to the metaphysical, I ask them three questions:

- ❖ Are you eating well?
- ❖ Are you exercising regularly?
- ❖ Are you getting enough rest?

These three questions constitute the holy trinity of health. All three, taken together, balance your body and generate the vitality that enables you to meet the challenges of everyday life and the gateways.

“I am convinced that a light supper, a good night’s sleep, and a fine morning, have sometimes made a hero of the same man who, by indigestion, a restless night, and rainy morning, would have proved a coward.”

– Lord Chesterfield

## Seven Enlightened Dietary Practices

The following guidelines don’t require sudden changes in your lifestyle because abrupt changes have a way of changing back to old habits. Instead, these practices involve a graceful adaptation to a new and enlivening lifestyle. As you pay attention to what you eat and how you feel afterward, find what foods work best for you and avoid swings from self-denial to self-indulgence. You create this lifestyle by applying the following principles:

- ❖ Eat less food
- ❖ Eat less protein
- ❖ Enjoy a variety of foods
- ❖ Experiment and trust your instincts
- ❖ Practice periodic fasting
- ❖ Enjoy more raw fruits and vegetables
- ❖ Pay attention to how you eat and drink

## The Four S’s of Physical Fitness

I’ve found four physical areas that contribute not only to total fitness but also to what we commonly refer to as “physical talent.” You can achieve complete and balanced fitness as well as increase your physical talent by conditioning all four of the following:

- ❖ **Strength:** muscular power and control; the ability to move effectively even against resistance in the field of gravity.
- ❖ **Suppleness:** flexibility, elasticity, or optimal range of motion.

- ❖ **Stamina:** endurance; the ability to persist over time.
- ❖ **Sensitivity:** including balance, rhythm, timing, reflex, speed, and coordination.

As you develop the four S's of talent, you balance and open your body to the light of Spirit—literally enlightening your body—which is why athletics can, with a conscious attitude, become a form of spiritual practice.

## Breathing Basics

Your lungs are passive organs, like sacks. By expanding your thoracic (chest) cavity, you create a vacuum and suck air into the lungs. You do this primarily with the intercostal (between-the-rib) muscles. But the primary mechanism of full and relaxed breathing is the diaphragm, a bell-shaped muscle separating the thoracic and abdominal cavities. When the diaphragm flattens it pulls air into the lungs; as it relaxes or moves forcefully back up, it pushes air from the lungs.

When infants breathe in their natural, relaxed way, you will see their bellies move in and out because they principally use the diaphragm (belly breathing). Most of us also breathe in this relaxed way when asleep. Diaphragmatic breathing is associated with a state of ease, serenity, and repose. Shallow or fitful chest breathing (using only the intercostal muscles to expand the upper chest) is associated with anxiety and tension.

Try this exercise:

- 1) Sitting up, place one palm on the center of your upper chest and the other palm against your lower abdomen, below your navel.
- 2) First breathe with only your upper chest moving. (Your lower hand on the abdomen should not move at all.) Take rapid and shallow breaths. With what emotional state would you associate this feeling?
- 3) Next, breathe with only your lower abdomen moving. (Your upper hand on your chest should not move at all.) If you tend to be very busy and tense in your life, breathing just with your belly may feel awkward or strange. If you have trouble feeling this, try lying on your back with one or two hardback books on your abdomen, and breathe so that the books rise (on inhalation) and fall (on exhalation). Once you get accustomed to it, you'll notice that (diaphragmatic) belly breathing almost immediately relaxes the body and creates a more serene state. In fact, since you usually experience emotions as a tension or contraction in your chest or abdomen, you will literally find it difficult to feel angry, afraid, or sad when breathing in this calming way.
- 4) Turning this relaxing, rejuvenating belly-breathing practice into a form of meditation, imagine yourself filling with light and energy as you inhale and as you exhale. Let your entire body relax, and imagine that you are breathing out toxins, negativity, or troubles.

## Breathing to a Count

The following practice, which combines walking and conscious breathing, is one you can easily integrate into your everyday life:

- 1) As you walk, exhale to a specific number of steps. Begin by inhaling for a count of two steps, then exhaling for a count of two steps (inhale—one-two, exhale—one-two), and continue this until you get used to the rhythm of breathing to that count. Now you are ready for the entire exercise, beginning with the two-count you've learned.
- 2) Inhale for two steps; exhale for two steps; then inhale for three steps; then exhale for three steps; then inhale for four steps and exhale for four steps; continuing with progressively slower and deeper breathing, increasing the number of steps to each long inhalation and exhalation until you reach your maximum count (perhaps up to ten or more steps to an inhale and exhale) stretching to the top of your comfort zone, but not straining.

- 3) After working up to as many steps as you can, work back down. For a long walk, when the progression is complete, maintain a comfortable rhythm, such as four steps to each inhalation and exhalation for the duration of the walk, creating a kind of meditation. If you plan to walk only a short distance—say, from the parking space to the supermarket—try parking at the outermost corner of the lot and do the breathing-to-a-count exercise by twos: inhale for two steps and exhale for two, then four steps, then six, and so on.

Experiment to see what works for you. If you are inside, you can do this exercise walking in place, on a jogging trampoline, with a stair climber, or on a stationary bicycle. By expanding your vital capacity and energizing your body, you will improve your chances of living a longer and healthier life. You'll literally breathe easier for having done it.

## Awareness and Relaxation

While you can't always control whether you feel peaceful, you can learn to let go of muscular tension at will. But your muscles can relax only if they remember what relaxation feels like. Many of our bodies have forgotten what it means to sit, stand, and move with the ease of a cat. Some of us attain a degree of relaxation, only when asleep or self-medicated with tranquilizers, alcohol, or other drugs. Once your body experiences deep relaxation, your right brain can more easily duplicate that state at will, even in the midst of potentially stressful daily activities.

Set aside ten minutes to do the following exercise, which is designed to induce deep relaxation:

- 1) Begin by lying comfortably on your back. If you wish, place pillows under your knees, arms, and head—whatever helps you find the most comfort.
- 2) Become aware of your body pressing down into the bed or floor, and notice the bed or floor pushing equally back against your body. Allow yourself to feel a pleasant sense of weight, as if your skin, your bones, and your whole body are heavy.
- 3) Without concern over whether the process is working or whether you are relaxing yet, let your awareness begin at your feet, feeling your skin, bones, and your whole body become heavy, repeating this idea to yourself as your awareness and the sense of heaviness, expands from your feet, up through your calves, knees, thighs, abdomen and lower back, chest, upper arms, forearms, out to your hands and fingers.
- 4) Then releasing any residual tension, let the heaviness continue through your neck, jaw, ears, chin, mouth, nose, eyes, forehead and scalp.
- 5) While in this pleasant state of relaxed heaviness, free of the usual tension, you have the best opportunity to feel and visualize yourself practicing a sport or musical skill. Once you are freed of interfering tensions, the skill you imagine is imprinted more clearly on your right brain or body consciousness.
- 6) Before you come back to everyday awareness, scan your body and remember that you can return to this state of profound ease just by thinking a key word or phrase such as "Relax" or "Let go."
- 7) When ready, take three deep breaths, each breath deeper than the last, and with a third deep breath, feeling refreshed and alert, stretch like a cat and sit or stand, remembering how relaxed you can feel in stillness or in motion.

## Fourth Gateway—Manage Your Money

Money is neither god nor devil, but a form of energy. Like love or fear, it can serve you or bind you, depending upon how you manage it. By clarifying your goals and using your gifts, you can make good money, doing what you enjoy, while serving the highest calling of your soul. Using money wisely and well, you increase the material and spiritual wealth in your world.

### **An Attitude Assessment**

This inventory clarifies your current attitudes and circumstances in the arena of money providing a chance for self-reflection:

- ❖ Do money issues periodically monopolize your attention?
- ❖ How much time and energy do you spend struggling to balance income and expenditures?
- ❖ Do you believe money makes you happy?
- ❖ Do you believe money makes you unhappy?
- ❖ How much money would you like to earn each year? Why not more?
- ❖ Does money seem very hard to come by or burn a hole in your pocket?
- ❖ Does your financial life swing between feast and famine?
- ❖ How do you feel about wealthy people?
- ❖ How do you feel about wealthy spiritual teachers?
- ❖ Do you believe that seeking or having wealth hinders your spiritual life?
- ❖ What do you spend more time thinking about—money or love?
- ❖ Do you tend to spend more than you make? Are you in debt?
- ❖ If you are in debt, is it the result of insufficient income or overspending?
- ❖ Are the best things in life free?

As in other self-assessments, there are no right or wrong answers here, only a chance to shed light on your beliefs about money especially as they relate to spirituality.

### **Earmark Your Money**

Whether your income is derived from a salary with taxes withheld or whether you are self-employed, one of the most practical steps you can take in managing your money is to create a budget, clearly earmarking your money for distinct purposes. Once you've created the budget, stick with it. While this is not a radical idea, obviously few of us put it into practice, given the level of credit card debt in this country. Unless you already have tax withholding at your work, divide your income—every \$1,000 you make—as follows:

- ❖ Immediately put away 10 percent of every dollar you earn into your savings.
- ❖ If you are self-employed, put aside whatever percentage of your gross income (20-40 percent) that goes to state and federal taxes and social security.
- ❖ If you donate a share of your income (say 5 percent) to charities, earmark that fund next.
- ❖ Put 5 percent into an account for Christmas, Hanukkah, or other holidays.
- ❖ Put another 5 percent into a vacation account.

### **The Two Essentials of Business Success**

In order to succeed in nearly any business enterprise, whether you work for a large corporation or are self-employed, you must operate on these two principles:

- ❖ **Be good at what you do.** That means ongoing study, practice, innovation, and refinement. Treat your work as a form of skill training. Never believe that you are as good as you can get. No matter what you do, if you become one of the best in your field, you will do well (if you also pay attention to the second principle).
- ❖ **Be good at promoting what you do.** There is no telling how many exceptional, gifted people exist in every field who are not successful because they were unwilling to promote themselves. I know extraordinary musicians whose songs will never be heard by more than a few people, while the top forty charts include many forgettable but well promoted clichés. It's a sad irony that those most dedicated to their craft, who most love what they do, understandably want to spend their time getting better at what they do but fail to grasp the need to promote themselves.

Ask yourself: “Am I good at what I do? Do I provide a valuable service?” If the answer is no, then stay out of sight and work at improving what you do. But if the answer is yes, then blow your horn! You can't help anyone if they don't know you exist.

Whether or not you have any innate interests in promotion and marketing—whether or not you enjoy it—it has to become at least half of your job, your energy, and your attention at the beginning stages of a new venture. Promoting your business helps you to help others and provide a valuable service in the world as only you can do it.

## Fifth Gateway—Tame Your Mind

You perceive the world through an obscure window of beliefs, interpretations, and associations. The world is therefore a reflection of your mind. As your mind clears, you perceive reality simply as it is. What does your experience of life reveal about your filters of perception?

### **A Simple Self-Assessment**

As in the other gateways, self-reflection and assessment prepare you for the territory of the mind. A self-assessment makes the material relevant and personal. If you are going to tame a lion, you had better know something about lions. The same applies to your mind. So consider the following:

- ❖ Would you describe your mind as busy?
- ❖ Do you believe you have a clear grasp on reality?
- ❖ What do you do when you have troubling thoughts, such as worries, concerns, guilt or anxieties?
- ❖ Do you believe your life would be better if you had better control over your mind?
- ❖ Have you tried to quiet your mind? What happened then?
- ❖ Do you try to think positively? Have you successfully done so with any consistency?
- ❖ Should people be held responsible for petty, jealous, negative, or sadistic thoughts or ideas?
- ❖ Would you like to live a more simple life? What might this have to do with your mind?

## Your Brain Anatomy

Your left brain functions in a more linear, logical, rational, structured, mathematical (conceptually based) fashion. It deduces, reasons, processes, weighs data, sorts values, compares, and analyzes to come to decisions. Your right brain functions in a more primitive, childlike, suggestible, symbolic, visual (sensory-based), spatial, holistic manner; it instantly processes information through instinct and intuition rather than logical thought. These facts are well-known. What is not commonly known, but what I also believe to be true, is that:

**Your left brain** functions as the center of your ego or conscious mind—your personal identity and intellect. It learns—takes in and processes information, data, beliefs, and values that you can access at will.

**Your right brain** functions (in ways we don't fully understand yet) as the center of your subconscious mind, unexamined beliefs, and values that you cannot or do not readily access at will.

## Meditation: A Fresh Look

Many respected teachers who make the mind their specialty offer meditation techniques for quieting the mind. The only problem is, none of them work. In fact, the mind seems only to get busier. Despite temporary efforts, techniques, or strategies, thoughts continue to arise. You can, however, redirect your attention so you don't notice arising thoughts, in the same way you might concentrate on a good book so that you don't hear people talking around you. Meditation does, however, have a number of benefits, which include:

- ❖ Deep rest and relaxation, and neurological fitness.
- ❖ Moments of stillness that balance a life of activity.
- ❖ The practice of detachment (taming your mind).
- ❖ Insight into the nature of subjective thought.

Meditation is not:

- ❖ A special, higher spiritual practice.
- ❖ An elevated state of being set apart from everyday life.
- ❖ An exclusively Eastern, esoteric, mystical, or religious exercise.

Meditation is a simple and ordinary, yet endlessly challenging practice that requires vigilance and commitment to stay fully aware of what is happening in the moment.

## How Meditation Works

The principles of meditation vary from tradition to tradition but generally include the following:

- 1) Sit in a balanced, stable, comfortable posture with your spine straight and your shoulders relaxed. (Recommended postures range from a variety of cross-legged postures, to sitting on the knees, to sitting on a chair, or even to lying down.)
- 2) Keep your eyes closed or half-open; experiment to find what works best for you.
- 3) Keep your tongue on the roof of your mouth.
- 4) Relax and breathe with your belly.

**Choose an object of attention.** It may be a mantra or chant, the act of counting or watching your breath, visual images or sounds (internal or external), or in the practice called mindfulness or insight meditation, noticing whatever sensations, emotions, images, or thoughts arise spontaneously in your field of awareness.

There are different and equally valid views on how long to sit. Some say as long as you are interested in sitting. Others say define a definite time, perhaps setting a timer with a bell. You may wish to set a minimum time such as ten or twenty minutes, or start simply with three to five minutes and work up from there. Experiment as you would for any other practice.

## Sixth Gateway—Trust Your Intuition

### Trust Your Intuition

Below everyday awareness is a shamanlike, childlike consciousness—the weaver of dreams, keeper of instinct. Your subconscious holds keys to a treasure house of intuitive wisdom, clear sight, and untapped power. All you have to do is to look, listen and trust paying attention to dreams, feelings, and instinct. If you can't trust your own inner senses, what can you trust?

### An Intuitive Self-Assessment

You probably use your intuition on a regular basis without being fully aware of it. The following questions can clarify the degree to which you currently use and trust those intuitive faculties:

- ❖ When you have to make a decision or choice and weigh the pros and cons, do you still feel confused or . . . . .uncertain? What would it take for you to feel more certain?
- ❖ Does your decision-making process change when the decision involves what you feel are major crossroads?
- ❖ Recall an important time when you followed your intuition.
- ❖ Recall an important time when you didn't.
- ❖ Do you tend to place more faith in the guidance of others than in your own instincts? If someone offers guidance that doesn't fit with your intuitive abilities, which do you trust more?
- ❖ If you could fully access your intuitive abilities, how might your life improve?

As in previous gateways, these few questions generate self-reflection that personalizes the principles that follow.

### Opening Channels to Your Subconscious

Not all methods for attaining the subconscious are appropriate or even effective within our own culture or time. Some methods like illegal drug abuse (nonprescriptive use) entail serious risks. I will summarize here only those methods suitable for modern day life—methods that provide a vision quest and generate a deeper intuitive relationship with life. (These following methods provide entry into the shamatic world of the subconscious but are not necessarily designed to bring back specific intuitive information.)

**Meditation:** As relaxation deepens in a meditative state, images and dreamlike symbols flow in and out of awareness, attuning you to finer, deeper currents of creativity.

**Dream Yoga:** Also called lucid dreaming, in which the dreamers are awake within the dream and are aware that they are dreaming. Tibetan monks say that this exploration of the subconscious world is practice for moving through the space between lives, after death and before rebirth.

**Breathwork:** Various methods use conscious hyperventilation (as in holotropic breathwork or rebirthing) to achieve states similar to those induced by hypnosis or psychotropic drugs, but without the potential side effects. Music played during the breathing sessions helps to call forth archetypal images and experiences from your subconscious. This should be done only under the guidance of a trained professional.

**Chanting, Drumming, and Dancing:** Rhythmically repeating words, sounds, and movements over time will induce a trance-like state that allows the subconscious to step forward.

## The Rorschach Effect

Named after the nineteenth-century psychiatrist who devised it, this psychological test consists of a series of mirrored inkblot images and random designs that are shown to psychiatric patients, who then are asked to describe what these pictures look like to determine their degree of psychological integration. Since the pictures don't actually look like any one thing, we project our own subconscious imagery, content, and meaning onto what we see.

This mechanism, projecting our own subconscious mind can have an impact on and deliver simple “yes” or “no” messages through your body. It works to receive input from the symbolic subconscious mind by translating it into simple physical signs in the same way one might communicate with paralyzed stroke patients by having them blink once for “yes” and twice for “no.”

## Intuitive Decision Making

The following guidelines will help you to open to and trust your intuitive decision making powers:

- ❖ Ask yourself, “What if I knew?” When you feel uncertain, doubtful, or wavering, ask yourself the magic words “What if I knew?” and see what appears.
- ❖ Stay relaxed and play it like a game. The more relaxed you are (as in hypnosis or sleep) the more your usually dominant, logical, left-brain conscious mind steps back and quiets and your intuitive capacities step forward. And keep it light; when you aren't attached to whether you win or lose, you often play the best.
- ❖ Let go of logic. Logic interferes with intuition. Use them both, but not at the same time. Ignorance is bliss: assume nothing and wait and see.
- ❖ Trust your innate abilities. When I competed in the finals of the World Trampoline Championships years ago, I made up my routine in mid-air. As I somersaulted through the air, my body made an instant decision about the next move. My conscious mind simply couldn't have done this. I opened up and trusted my body to do whatever it would, just staying present. As I trusted my instincts, you can trust your intuition. Even applying the preceding guidelines, you may sometimes lack sufficient perspective to make a clear decision. After all, how can you know the consequence of a decision ten years from now? You cannot know for certain. But you can gain perspective by using your imagination.

## Seventh Gateway—Accept Your Emotions

Emotions are like waves on the sea or weather in the skies, rising and passing of their own accord. You cannot control your feelings by an act of intention or will. So you are not responsible for your feelings; only for your response to them. Accept emotions completely, let your feelings be; just don't let them run your life.

## An Emotional Self-Assessment

Everyone, East and West, experiences emotional storms and doldrums. The only real difference is that for some of us, the clouds blow over more quickly than for others. When you take the following emotional inventory, note that we are not going to address positive emotions much here because few of us feel that happiness or joy or excitement is a problem. But let's consider the following:

- ❖ How do you tend to behave when you feel upset?
- ❖ Do you wish your spouse, partner, parents, children or friends would be less—or more—emotional?
- ❖ Would you be described as “an emotional person”? (What does that mean to you?)
- ❖ How do you respond when someone around you is critical or negative toward you?
- ❖ Are you ever embarrassed by your own or other's emotions?
- ❖ Is fear, sorrow, or anger more of a problem for you?
- ❖ Do you wish you could feel happy and loving, and why can't you hold on to those feelings?
- ❖ How long do negative emotions last (when you are angry, fearful or sad)?
- ❖ How long do positive emotions last (when you are excited, inspired or happy)?
- ❖ Do you wait for positive feelings—states like motivation, inspiration, commitment, or dedication before doing whatever needs to be done?

These questions set the stage for a new approach to accepting, even welcoming all kinds of emotions into your life so that you can begin to experience life and spirit in living color rather than black and white.

## A Simple Practice

If you are no longer sure what you feel anymore—whether you are afraid or hurt or angry—the following exercise can help attune your emotional awareness and in the process improve your intuitive capacities and empathy in relationships.

- ❖ When you think you may be upset but aren't clear about what you feel, ask yourself, “If I felt something right now, would it be closer to fear, sorrow or anger?”
- ❖ You may respond, “I don't know how I feel.” So persist with yourself: “Fine, I don't know what I'm feeling. But if I knew—if I suddenly had an insight or if the feelings became so strong it was obvious—would it be closer to fear, sorrow or anger?”
- ❖ Then make a statement to yourself or to another. “I feel \_\_\_\_\_.” This is a first step toward reintegrating your feelings into your body and your life and opening deeper levels of authenticity.

## Feeling-Behavior Journal

To test the premise that feelings change constantly, try the following: Set your watch to beep at say, twenty minutes after the hour, every hour for one day. Make three columns on a sheet of paper and note down the following three factors each time your watch beeps: the time of day, what you were doing when, and what emotion you were feeling.

Here's a sample journal:

<b>Time</b>	<b>Behavior</b>	<b>Feeling(s)</b>
8:20 am	Driving child to school	Rushed, preoccupied
9:20 am	Speaking to client	Enthusiastic, hopeful
10:20 am	At desk eating a snack	Neutral
11:20 am	Making a phone call	Irritated

When you look over your completed journal, you'll note that many different feelings arise during the course of one day or even in the space of a few hours. Each of us experiences a fascinating set of changing weather patterns. Sometimes they arise from thoughts or associations that have drifted through your mind.

The important point is that if you live and act on the basis of your changeable emotions, then you live an unstable, stop-and-go existence. You will act when you happen to feel motivated, stop when you feel discouraged. This gateway teaches you to accept your emotions but not base your life on following, fighting, or fixing them.

### **Seven Ways to Directly Influence Your Emotional State**

- ❖ Rebalance your breathing
- ❖ Attend to your posture
- ❖ Remember to relax
- ❖ Change your environment
- ❖ Distract yourself
- ❖ Apply humor
- ❖ Take appropriate action

## **Eighth Gateway—Face Your Fears**

Fear is a wonderful servant, but a terrible master. Like pain, it can alert and advise you but may also cloud or limit your life. Fear appears in many disguises, such as “I'm not really interested in doing that” or “Why bother?” or “I can't.” You face fear every day—fear of failure, of rejection, even the fear of being yourself. Your fears are not walls, but hurdles. Courage is not the absence of fear, but the conquering of it.

### **Assessing Your Relationship to Fear**

The ancient warriors knew that we must understand the enemy in order to vanquish it. Take the following inventory of the fears in your life and how they might relate to your needs and goals:

- ❖ Are you a risk taker?
- ❖ Might you ever describe yourself as timid, shy, insecure or suffering from self-doubt?
- ❖ Have you noticed how you deal with subtle fears everyday?
- ❖ Recall an incident when you accomplished something you feared.
- ❖ Do you have any phobias?
- ❖ What are your five worst fears? Failure? Losing face (shame, embarrassment, ridicule)? Rejection? Inadequacy or mediocrity? Public speaking? Pain? Heights? Insects? Animals? Enclosed spaces? People?

- ❖ If you could save the life of a child by doing what you most fear, would you?
- ❖ As you overcome your fears, in what specific ways might your life change?

## How You May Let Fear Limit Your Life

Whatever the sources of fear, if you run from them (the way many of us avoid emotional confrontations rather than staying present and resolving them), you limit your life in the following ways:

- ❖ You may become your own jailer, imprisoning your experience in a cage that's meant to keep the dangers out, but ends up locking you in.
- ❖ You may avoid trying anything new because you don't want to feel incompetent or appear foolish or silly.
- ❖ You may not ever fully commit to an effort so that you can console yourself with thoughts such as "If I had really tried, I could have done it."
- ❖ You may avoid, whenever possible, any situation in which you don't have control because of the fear of being out of control.
- ❖ You may hold yourself back from achieving success out of the fear that success will leave you unfulfilled or with nothing left to do.
- ❖ You may avoid expressing your true feelings out of fear that the feelings may come back to you and cause discomfort.
- ❖ You may give yourself a label that becomes both an explanation and excuse: "I can't do that because I have a phobia. I'm a phobic personality."

## Just Do It: An Exercise in Facing Fear

- ❖ Choose one challenging activity or task (such as speaking or singing in public, asking for a date or a raise, expressing a personal fantasy) that you would truly like to do but haven't because you might fail, be rejected, or feel foolish.
- ❖ Commit to doing it within the next six weeks.
- ❖ Tell a friend about your commitment and your reasons for doing it; alternately, write a letter describing your plans or draw up a contract with yourself and sign it.
- ❖ Make whatever preparations or arrangements you need in order to follow through.
- ❖ As the time draws near to confront and overcome the fear, remember to stay in the present moment. When you think about the action you'll likely feel nervous, anxious, or maybe just excited. It may not turn out to be as frightening as you had imagined. Or it may. By directing your attention to the present moment, you restrict your fear to when it is natural and appropriate, when you are about to do what you fear, rather than hours or days before.
- ❖ After you do it, draw or paint a picture of what the experience meant to you. You can also write a few paragraphs about it, but drawing more appropriately expresses the experience of your subconscious mind. You don't need to understand what you draw or paint, just see what comes.
- ❖ As a follow-up, you might pick one action each month that you would like to do but haven't done, at least partially because of fear, and go through the same process of commitment, preparation, then action. It might be one of the challenges on previous pages, such as going on a virtual reality or amusement park ride or even white-water rafting or skydiving or it might be something immediate and practical you face in everyday life.

## Ninth Gateway—Illuminate Your Shadow

As an infant, you were pure potential, full and whole, open and authentic, yielding and powerful, disciplined and spontaneous, a container of possibilities.

In growing up, you disowned parts of your being that conflicted with emerging values, creating false self-images. Hidden aspects will have their day—it's what you don't see that can hurt you. By illuminating your shadow you become whole again and real. Releasing energy once bound in defense of self-image, you find energy, understanding, humility and compassion.

### **A Self-Assessment**

As in previous gateways, it may be useful to reflect upon the following:

- ❖ If someone offends you, calls you a name, or accuses you of something, do you automatically defend yourself?
- ❖ How many times have you stolen and lied? Are you certain?
- ❖ Do you sometimes feel resentful when you give more than you receive?
- ❖ Are you getting your fair share of life's bounty?
- ❖ Do you have some resentments about the mistakes your parents made?
- ❖ Do you feel you do more for your spouse or partner than he or she does for you?
- ❖ How well do you know yourself?
- ❖ Are you a good person? Are you also a bad person?
- ❖ Name two or three of other people's traits or behaviors that bother you the most. Is there a part of you that would like to behave that way?

### **Why Illuminate Your Shadow**

Reality is a dance of dualities—night and day, light and darkness, high and low. Of course, it is far more pleasant to contemplate our light, our hopes and dreams, than to explore our dark side. So why open Pandora's Box? If there are parts of yourself you don't like, why not just let sleeping dogs lie? Since your shadow is, by definition, what you would rather not look at, the idea of embracing it may seem like a task you would rather do later. Much later.

Light has always been more popular than shadow. Even though this gateway is not one of the easiest or most pleasant to explore, it may ultimately be one of the most transformational, leading to self-knowledge, compassion, forgiveness, freedom and authenticity. By embracing your shadow qualities, you draw upon an expanded repertoire of feelings, tendencies, drives, and qualities—the entire range of human possibility, high and low. As you become complete in yourself, you bring a self-contained whole to any relationship and will therefore seek a whole and balanced partner.

### **The Three-Question Reality Check**

The most effective and little-known method for learning about your shadow and becoming whole is the Three-Question Reality Check. Begin by contemplating your relationship with a significant other. Traditionally this has been done with one's mother first, then the father, then siblings, wife/husband, partners, etc. Take a finite period of time—maybe your first nine years or the last three months, the last three years or first three years you knew each

other. Then in your relationship with this person, ask yourself three questions:

- 1) “What have I received from this person?” Be very specific. Try to remember specific things you received from that person. For example, avoid generalizing or using abstract terms such as, “I received love and caring.” Say, rather, “This person made me my favorite dessert on my birthday.”
- 2) “What did I give to that person?” Again, be very specific. What services did you provide? Keep in mind, that things that we’re also self-serving don’t count.
- 3) The third and most important question is, “What troubles and difficulties did I cause this person?” You’ll want to sixty percent of your time on this question. This is the hardest of the three questions, but is the most important for starting to see your shadow side.

Begin to accept your feelings, know your purpose, and do what needs to be done—as the Japanese Naikan aspect teaches that action without self-reflection can lead one astray. Through this reflective aspect of constructive living, we learn to see ourselves realistically, and thus achieve a new level of self-worth and appreciate the gifts life has to offer.

## Tenth Gateway—Embrace Your Sexuality

Hungers and appetites—for sexual release, for food, for life—are as natural to you as clouds are to the sky or waves to the sea. If you suppress or exploit the surging power of your drives, you create obsessions, compulsions, and guilty secrets. Life is not a matter of indulging or denying your energies, but observing, accepting, and wisely channeling them. Embracing your sexuality celebrates your humanity.

### **A Sexual Self-Assessment**

Exploring these questions can begin a process of self-reflection and help you benefit from the material that follows:

- ❖ Do you have any personal sexual issues, fantasies, desires, or concerns that you haven’t shared with your spouse or partner? (You aren’t obligated to share every thought, but if you haven’t, what has held you back?)
- ❖ Do you sometimes have sexual fantasies about someone of the same gender? Does that feel okay to you?
- ❖ Have you ever wondered or worried that you might not be male enough or female enough?
- ❖ Would you describe yourself sexually as more puritanical or hedonistic? (Do you go with the rules or with your impulses?) Is one superior? Why?
- ❖ Might your spouse or partner prefer you to be different sexually?
- ❖ Might you prefer your spouse or partner to be different sexually?
- ❖ Do you think these differences are more physical, emotional or mental?
- ❖ Are you sometimes bored with sex? What might you do to make it more fulfilling?
- ❖ Would you describe yourself as heterosexual, homosexual, or bisexual? (Do you say this on the basis of experience or fantasies and feelings?)
- ❖ Do you have sexual guilt or shame? In what area?
- ❖ What sexual acts do you especially like and why?
- ❖ What sexual acts would you not do and why?
- ❖ Do you have a greater or lesser desire for orgasms than your spouse or partner?
- ❖ Do you masturbate? Why or why not?

- ❖ If you are married or in a committed relationship, have you ever been sexually intimate with someone else while you were married? What did you learn from this? Would you do it again?
- ❖ If you are single have you been sexually intimate with someone who was married at the time? What did you learn from this? Would you do it again?
- ❖ What if anything, holds you back from completely honoring who you are sexually, including your thoughts, desires, fantasies and expressions?

Initially, consider these questions privately. But since sexuality is generally a form of intimate expression between two people you may decide to discuss some of these or related issues with your mate.

## A Self-Examination of Sexual Secrets

To examine your hidden sexual life, find one or more fantasies that you would feel awkward or reluctant to share with anyone. Now explore the following questions:

- ❖ Why would you want or need to keep your sexual fantasies a secret?
- ❖ What do you fear others might think? Is it possible, even likely, that other people have the same fantasies or desires?
- ❖ Can your fantasy hurt anyone? If so who, why and how?
- ❖ Do you think there is anything inherently wrong with any fantasy? If so, what? If not, why not?
- ❖ If you told your partner, what do you think he or she would do? Would your partner be troubled by your fantasy? Why? What would you gain by sharing it? And what would you lose?
- ❖ Do you feel any tension or loss of freedom by keeping this hidden? Does it represent an obstruction to intimacy?

The preceding questions are not meant to imply that you should or need to share every fantasy that passes through your mind or that you must confess your inner sexual life. Rather, this self-reflection helps you understand what is involved in the dynamics of keeping sexual secrets because of fear or shame.

The same consideration holds true for your outer sexual life, including secrets you may hide from your mate, ranging from the harmless (secret masturbation) to the serious (adultery). Consider what you gain and lose by not telling or by telling—and what your partner might gain or lose. Make sure you understand both sides.

Now that you have explored some effects of cultural conditioning, religious socialization, and other factors on your sexuality, you may find it timely to openly consider and illuminate your sexual secrets. We begin the process with two common secrets: masturbation and fantasies.

## Tantric Practices of Love in Everyday Life

It's one thing to read about the benefits of enjoying life and feeling pleasure, and to talk about the importance of loving yourself, but can you give yourself permission to do so? The following exercise involves taking yourself out for a night on the town. Take an entire day or as much time as you are willing to give, to enjoy your own company and do what you enjoy (even if you normally do it with someone else):

### Solo Tantra

- ❖ Go to a movie, or shopping, or to a fair or other event.
- ❖ Treat yourself, as you would a good friend or lover, to a lavish lunch or dinner.

- ❖ Satisfy every feasible desire on this date.
- ❖ End the day with an intimate evening of solo sexual bliss.
- ❖ If you have a partner who is interested in engaging in this exercise, you might suggest that he or she go on the same solo date.
- ❖ The following week, if you are in a relationship, go on a nearly identical date with your partner and lavish the same attention on him or her (whether or not you are sexually active together, as appropriate).

## Eleventh Gateway—Awaken Your Heart

Love is life's great secret. It transcends fear and isolation, guiding you beyond the shallows of sentiment, to the shores of boundless being. Love endures not from words or feelings alone, but from actions that carry you beyond the interests of separate self, beyond reason or motive, to embrace all people, things, and circumstances. Lovingkindness begins in little ways, in moments of insight and humility, in your soul's longing for love's communion. You are not here to contact your higher self; you are here to become it.

### Keeping Love Alive

It makes sense to study successful people to find what qualities and behaviors they have in common and to model or duplicate their actions. After all, as you learned in Reclaim Your Will, it is not only who you are that makes a difference in life, but what you actually do. And if you do what others do, you increase your chances of getting similar results.

This approach to living also applies to the arena of relationships. Study the qualities and behaviors of longtime couples, especially those who report that they are still in love and happy together. Elderly couples like my parents, who have been married for nearly sixty years, have learned that love is not just awakened; it must be reawakened again and again. Based on my observations, experience and research longtime couples share many of the following behaviors that restimulate feelings of love:

- ❖ They offer kind, complimentary words of appreciation.
- ❖ They withhold words of nagging and criticism (or deliver criticism in a soft, gentle, considerate manner)
- ❖ They kiss or touch one another with caring and affection, whether or not the touch is sexual.
- ❖ They remain loyal and supportive friends.
- ❖ They express their feelings and needs.
- ❖ They frequently say "thank you" and "I apologize."
- ❖ They forgive and ask for forgiveness.
- ❖ They listen well and pay attention to the feelings and needs of their partner.
- ❖ They maintain a sense of humor about themselves.
- ❖ They value and consider their partner's needs not as less or greater, but as equal to their own.
- ❖ They demonstrate sexual caring, compatibility, and communication.
- ❖ They accept their partner's imperfections rather than trying to control or change their partner to suit their own preferences.
- ❖ They have their own interests and friends, give each other the space to pursue those interests, then share their interests with one another.

In light of this wisdom of longtime partners who have kept the lamp of love burning, here are some simple practices you can do:

- ❖ Make sure to kiss or embrace your partner (and children) every day.
- ❖ When appropriate, give your loved one(s) a one-minute back, neck, or foot massage. (Can you spare one minute to keep love alive?)
- ❖ Do something special on birthdays, anniversaries, and Valentine’s Day and also spontaneously surprise your loved one with a flower, a note, poem, or book—a tangible sign of your love.
- ❖ No matter how busy you are, especially if you have children, make a date to go out together, even if it’s just for a walk, at least once a week.
- ❖ When your partner is upset with you or just feeling blue, ask questions, then let your partner speak and just listen.
- ❖ Look for things to appreciate and offer words of kindness, praise and affection.
- ❖ When you must complain, use the word “I” more than the word “you”—such as “I have a hard time with this” instead of “You really frustrate me when you...”
- ❖ Be quick to offer thanks and equally prompt to apologize; make your comments specific rather than general—such as “Thank you for making my favorite meal” instead of “Thanks for all the work you do” or “I apologize for telling Burt what you had asked me not to tell him” instead of “Sorry I talk too much.”

According to the U.S. Forestry Service, embers can burn all winter beneath the snow; the same is true of the embers of relationships. As long as a single spark remains, couples can reawaken the fire of a love that seems to have died. Sometimes love is smothered by criticisms, nagging or belittling or doused by a thousand little hurts. Words of gratitude, appreciation, apology and sincere forgiveness reignite the fires of passion and devotion.

### **Inner Speech: Visualizing from Your Heart**

Once you are aware of your heart, you are not limited by speech at all. You can also connect your heart to your thoughts and send inner speech, such as healing wishes or blessings, to others. When using inner speech you are not limited by time or space. You can send messages of love to someone a thousand miles away, to someone in a coma, even to someone who has passed away. The method is the same as with auditory verbal speech:

- ❖ Put your attention on your heart. Feel it.
- ❖ Visualize that person or those persons surrounded by light.
- ❖ Internally think/say words such as “I love you, I support you, God bless you.” The specific words you use aren’t critical—the key is remembering and feeling your heart as you send your wishes.

## **Twelfth Gateway—Serve Your World**

Service is an attitude founded on the recognition that the world has supported you, fed you, taught you, tested you, whether or not you earned it. Understanding this simple truth can move you to do what you can to repay a boundless debt of gratitude. Service is both a means and an end, for in giving to others, you open yourself to love, abundance, and inner peace. You cannot serve others without uplifting yourself.

## Ways to Serve

When you ask the question “How can I help?” you may look for a local charity or organization that accepts volunteers. They are available in every city and town. In fact, many groups and organizations can exist only if supported by a core of volunteers, and your help is needed and appreciated. Some opportunities include:

- ❖ Working with environmental organizations.
- ❖ Visiting homes for the elderly.
- ❖ Working with youth at recreation centers, or as a Big Brother or a Big Sister.
- ❖ Staffing a suicide hot-line.
- ❖ Painting, repairing, or decorating a homeless or women’s shelter.
- ❖ Helping build a home with Habitat for Humanity.
- ❖ Working as a teacher’s aid at a local school.
- ❖ Helping in hospitals.
- ❖ Working at a hospice.
- ❖ Creating your own ways to serve and to help (since the preceding list only touches the tip of the iceberg).

The Internet or local library can provide a list of many possible organizations seeking volunteer help. It sometimes happens that volunteer work turns into a career, or at least helps clarify your purpose and direction, while also making a difference to others.

## Small Acts that Make a Big Difference

Small acts of service not only make a big difference to others, they also transform our own lives. Because what we need even more than personal happiness is a sense of meaning, purpose, and connection—a sense provided by small, everyday acts of service.

Small services anyone can do to uplift others include:

- ❖ Paying more than is charged for a service.
- ❖ Writing a note thanking a waiter or waitress, postal carrier, trash collector, bank collector, gardener, or someone else for a specific service he or she has provided for you.
- ❖ Putting a quarter into an expired meter.
- ❖ Buying a sandwich and giving it to a hungry person.
- ❖ Picking up litter.
- ❖ Cleaning up a restroom sink after using it.
- ❖ Making a donation, whether identified or anonymous.
- ❖ When buying tickets, getting extras and giving them to someone.
- ❖ Passing by a parking space and letting the person behind you have it (when they won’t even realize you did them a service).
- ❖ Spending a hundred dollars a year buying gift certificates to a movie theater, coffeehouse, bookstore or candy store, that you pass out randomly or to people who do you a service.
- ❖ Offering a silent (or audible) blessing, warm greeting, or even a smile to people you meet.

## You Already Know What to Practice

As it turns out, even though an enlightened being may choose to behave in almost any manner, each of us has an intuitive, archetypal understanding of the qualities and behaviors associated with one who is intuitively awake. If you have any doubts of your intuitive knowledge, take the following quiz.

Would an enlightened person generally:

- ❖ Act constructively or destructively?
- ❖ Speak in a rushed or unhurried manner?
- ❖ Behave in a judgmental or compassionate manner?
- ❖ Appear tense or relaxed?
- ❖ Breathe slowly and deeply or take rapid and shallow breaths?
- ❖ Smile or frown more?
- ❖ Seem more serious or good-humored?
- ❖ Exemplify self-denial, self-indulgence or a balance?
- ❖ Act aloof and superior or treat everyone as equals?

Even if this quiz had many questions, you could answer them all because a part of you knows the part of you that is awake. Still, everyday life may bring circumstances for which an enlightened response is not at all clear. In moments like these, you can draw upon one or more of these four models:

- ❖ Respond as if you have mastered all that you have learned—as one who has worth, will, energy, sufficiency, clarity, intuition, passion, courage, authenticity, pleasure, kindness, and service—someone with free attention and expanded awareness. Someone who is awake.
- ❖ Ask yourself, “What might my higher self, the part of me that is courageous, altruistic, and wise do in this moment?” And then do it.
- ❖ If you have a strong connection to a religious leader or other person, living or dead, who represents to you the divine human prototype, you can also ask, “What would that figure do?”
- ❖ Or you might just say, “Thy will be done,” and trust and act.

Whether you draw upon any of the foregoing models or upon your own intuitive inner knowledge, the cameras are about to roll. Preparation is over. Now, the play’s the thing.

## Conclusion

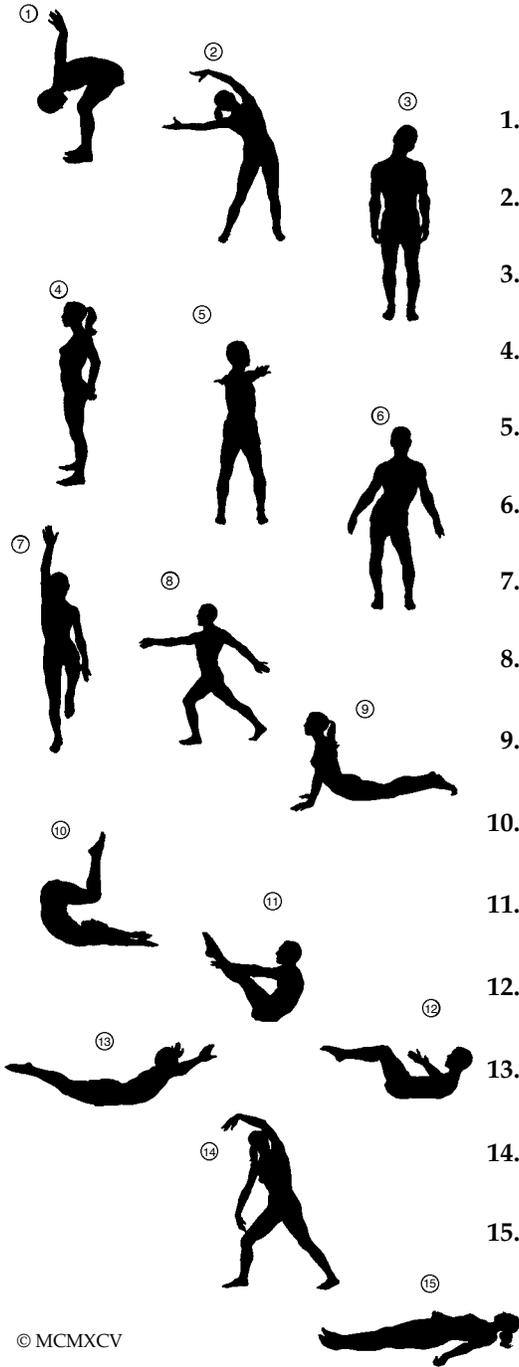
The practice of these gateways, which is the practice of enlightenment, is a cycle without end, like the changing seasons. You will pass through each gateway not once but many times, each time learning more, until practice becomes illumined.

Ultimately, nothing can block you on your quest, because nothing is stronger than the human spirit that links us all. You are a seed of what is to come, stretching upward, reaching to the Light.

# The Peaceful Warrior Workout™

with Dan Millman

## QUICK REFERENCE



1. **Stretch-Back Swing-Down:** Inhale up, exhale down; bend knees on downswing and upswing.
2. **Squat-Down Side-Stretch:** Exhale on squat, up to side, weight balanced, face front.
3. **Neck Release:** Inhale as head moves, exhale on rest; don't force—keep neck relaxed.
4. **Shoulder Roll:** Inhale as shoulders go forward-up; exhale as shoulders go backward-down; relax arms.
5. **Spine Swing:** Inhale on twist each way; exhale rapidly to front; head turns; hips square.
6. **Elvis Pelvis:** Breathe rhythmically, naturally, deeply; move pelvis, not belly; relax knees.
7. **Heaven-Earth:** Inhale & tense with knee bend; exhale & relax as you lift opposite knee/arm.
8. **Cross-Country Ski Hop:** Inhale & exhale each 2-3 lunges; opposite arm/leg forward; gentle slide.
9. **Buns Down Buns Up:** Inhale on arch; exhale and press heels/head down on hip lift.
10. **Rock and Roll:** Roll back with arms overhead; bend knees; exhale when rolling bkwd & fwd; inhale in-between.
11. **V-Ups:** Inhale up; exhale down; head up first and down last; learn with knees bent first.
12. **Cradle Rock:** Head up; low back pressed down; knees slightly bent; tiny rocking motion.
13. **Swan Dive:** Inhale up; hold position for 3 breaths; legs straight and together; arms up.
14. **Free Movement:** Express your creativity, breathe deeply, & feel the joy of movement.
15. **Time Out:** 10-30 seconds; let go, open up, release all tension, feel the inner peace.

**Keys to  
the Peaceful Warrior Workout™**  
by Dan Millman

Consult with a health professional before beginning this or any new exercise routine. If you feel discomfort, work around problem areas, at your own pace, within your present ability and range of motion. Respect your body's process; tailor the program to fit you. Stay attuned to your body.

- Relaxation, breath, and posture are key elements.
- Check your form in a mirror.
- The most challenging elements for you will benefit you most.
- Breathe deeply; feel as if your breath initiates each movement.
- Each day, ask yourself: "How can I refine each movement?"
- Base the number of repetitions on how you feel that day.
- Better to underdo than overdo; keep it short and enjoyable.
- Do the routine in the morning or other regular time.
- Enjoy the workout to music, or do as a silent breathing meditation.
- Commit to the workout every single day for 36 days, no matter what.
- Feel the results:

- enhances digestion and glandular function
- increases efficiency of lymphatic/immune system
- strengthens bones, heart, lungs, all organs
- rejuvenates body (anti-aging at cell level)
- improves appearance and confidence
- increases available energy
- enhances physical, mental, and emotional confidence
- facilitates sounder sleep
- releases tension
- helps overcome addictions by reducing anxiety
- refines instincts

**Simple is powerful:** With even one or two repetitions of each exercise *you can complete the Peaceful Warrior Workout in less than 4 minutes*. Because this workout is accessible, efficient, convenient, and *feels good to do*, you are more likely to stick with it and achieve real benefits over time.

This workout can jumpstart your day, relieve tension before lunch or after work, or serve as an invigorating pick-me-up any time you need it. *The Workout* also provides an ideal preparation for enhanced sports performance and fewer injuries by focusing the mind and warming-up the body.

A little can go a long way: For greater confidence, commitment, and energy, make the **Peaceful Warrior Workout™** the foundation of your wellness lifestyle!