

# **YOUR IMPOSSIBLE MISSION**



**#ACCOMPLISHED**

by

**RUSS WHITTINGTON**



**GREG MALPASS**  
**CO-AUTHOR**

“Your Impossible Mission Accomplished”  
and the AI-platform “Destiny-Gram.com”  
represent a paradigm shift in Personal  
Development”



*Introduction: Destiny-Gram.com*



*Your Impossible Mission: Accomplished*



**Y**OUR IMPOSSIBLE MISSION

**#**

**ACCOMPLISHED**

Russ Whittington/ Greg Malpass



---

*“Our Mission is to empower over a million young adults to navigate their lives with AI-assisted Personal Profiling and Life Assessment”*

*- Destiny-Gram.com*

---

**ISBN (1- 234567- 89- X)**

**All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means without permission of the publisher.**

**Published by [Joe Bloggs Publishing Company Inc](#)**

**[PO Box 123, A USA State](#)**

**Russ Whittington and Greg Malpass have asserted their right to be identified as the co-authors of this work in accordance with the Copyright, Designs and Patent Act 1988**

## **Anonymous Praise for “*Your Impossible Mission Accomplished*”**

"This book completely changed my perspective on self-discovery! After reading it, I used ‘*Destiny-Gram*’ to create my personal profile and shared it privately with my favourite AI chatbot. The personalized advice I received helped me build confidence to realize my passion for environmental conservation. I've since volunteered at a local wildlife sanctuary and am now pursuing a degree in Environmental Science. Thank you for helping me help myself by pursuing my true calling!"

- **Sarah, 22 (Canada)**

"At 52, I felt trapped in a successful but unfulfilling corporate career. This book and ‘*Destiny-Gram*’ helped me confront my fear of change. After months of extensive AI-mentoring sessions, I took the plunge and started my own consulting firm focusing on sustainable business practices. It's challenging, but I finally feel aligned with my values. The future is uncertain, but I'm more alive than I've ever been."

- **Robert, 54 (United Kingdom)**

"As an Enneagram Type 3, I've always been driven by success. ‘*Your Impossible Mission Accomplished*’ helped me understand that true success comes from aligning my ambitions with my values. Using ‘*Destiny-Gram*’, I identified my core skills and real passions. This led me to start a social enterprise that combines my business acumen with my desire to make a positive impact – not just for myself. I'm now mentoring underprivileged youth in entrepreneurship."

- **Michael, 39 (USA)**

"After 30 years in a loveless marriage, I felt it was too late for change. This book showed me it's never too late to pursue happiness. With guidance from my AI-mentor, who I call my ‘virtual friend’ and sound advice from a long-suffering ‘human friend’ I use as my therapist, I'm navigating a divorce and doing my best to rediscover myself. I'm behaving like a teenager - I've joined a hiking club and am planning my first solo trip. The future is at least more exciting than my past."

- **Tom, 61 (USA)**

"I was feeling lost after college, but this book gave me the tools to find direction. The *'Destiny-Gram'* platform was eye-opening! Based on my profile and the subsequent AI's suggestions, I took a leap and moved to Japan to teach English. I'm now experiencing a new culture and growing in ways I never imagined. The book definitely helped me turn what I thought were my impossible dreams into reality!"

- **Emma, 23 (United Kingdom)**

"Your Impossible Mission Accomplished' is a game-changer! The concept of aligning your destiny with your life purpose resonated deeply with me. After using *'Destiny-Gram'*, I realized my passion for technology could be used for social good. I've since joined a tech startup developing accessible software for people with disabilities. This book and tool helped me find meaning in my career and life."

- **Alex, 24 (Mexico)**

"I've struggled with addiction for decades, hiding it behind a façade of suburban perfection. *'Your Impossible Mission Accomplished'* gave me the courage to seek help. Using *'Destiny-Gram'* and an AI-chatbot alongside human counselling, I've been sober for 6 months and am rebuilding relationships with my children. It's a long road ahead, but I'm finally facing my demons, and my AI-mentor never judges me."

- **Linda, 48 (USA)**

"I've always played it safe in my career, afraid to take risks. After reading this book and using *'Destiny-Gram'*, I realized I've been suppressing my entrepreneurial spirit. At 45, I've decided to leave my stable job to start an eco-friendly home goods business. The AI-chatbot has been invaluable in helping me navigate this transition, and with practical advice about setting up the business (mindful of my skills and shortcomings). It's terrifying and exhilarating, but I am living true to myself, before it's too late in life."

- **Melissa, 45 (Spain)**

# **F**OREWORD

The pursuit of a perfect life often feels akin to seeking the Holy Grail—an elusive quest for happiness and abundance. The universe has bestowed upon us the gifts of life, time, consciousness, and the capacity for profound emotions and beliefs, igniting our relentless search for meaning and purpose. In contemporary times, our quest is driven less by religion or superstition and more by an insatiable thirst for facts and information to dissect the complexities of existence.

Despite our advancements, facilitated by Artificial Intelligence, today's world seems more enigmatic, overwhelming, and incomprehensible than ever before. We find ourselves engulfed in the dazzling spectacle of technological progress—immersing ourselves in the realms of the Internet of Things, Big Data, Quantum Computing, and Artificial Intelligence, with which we can now engage, communicate, and co-create on unprecedented levels.

Mastering these novel tools has become a prevalent preoccupation, even a profession for some. Satellite constellations promise to connect us all to an artificial, virtual world brimming with boundless potential. This digital landscape offers new avenues for life experiences, universal communication, and the enhancement of our skills and creativity through their utilization. Yet, amidst this technological marvel, the essence of human emotions, instincts, and cognitive abilities will continue to reign supreme.

While AI may revolutionize various aspects of our lives, it's unlikely to alter the fundamental essence of human thought, action, and love. Our individual creativity, unique perspectives, and uncertainties will remain

invaluable, cherished aspects of our humanity. Songs of love will still be penned by human hearts, not mimicked or simulated by algorithms.

In the grand scheme of existence, "Life and Love" retain their timeless significance to humanity. Our limited time on Earth remains precious, underscored by the passage of time—a dimension often overlooked. Perhaps, despite all our technological advancements, the quest for true meaning and purpose will continue to elude us, remaining as elusive as ever—a personal "Mission Impossible" for each individual to navigate.

---

***Time: The Universal Legacy***

*"In the grand tapestry of existence, Time weaves the Evolution of Humanity. Through eons, it sculpts our DNA and shapes our Mind. Yet, beyond the Mind's horizon, neither Manifestation nor Time endure.*

*We are the living embodiments of Evolution's Manifestation. Concrete historical legacies—Power and Knowledge—culminate in our present Society. Now, Artificial Intelligence pushes against the frontiers of Cognition, redefining the limits of what can be known and learned.*

*The Wisdom of Ages whispers: Time is our most precious Commodity. Not to be squandered, wasted, or misappropriated. The use of our Time is both our ultimate Responsibility and our sacred Duty—to ourselves and to others—as we Determine our Destiny and craft our Legacy.*

*A Life bestowed upon us—That was! What shall it become?"*

*- Greg Malpass*

---

"Your Impossible Mission Accomplished" unveils the tapestry of 'Destiny and Personal Development'. It illuminates new pathways of clarity, introspection, and exploration, guiding seekers on their odyssey of inner



metamorphosis and self-revelation. From it emerged the AI-driven website - ***Destiny-Gram.com*** - a digital oracle fusing human essence with artificial cognition, offering personalized insights through AI-assisted profiles and an intuitive chatbot interface.

While Destiny-Gram.com forges a symbiotic alliance between mortal wisdom and machine intellect, aspiring to be a lighthouse of individualized empowerment, it remains but a tool—not a substitute for human discernment.

This book exudes lived experiences and sounds a clarion call for authentic human connections. Life assessment instruments, even those imbued with artificial intelligence, serve only to illuminate the labyrinth of self-understanding and empower informed choices—not to dictate them. In our humanity lies the key to unlocking our true potential and shaping a future where technology serves, rather than subjugates, the human spirit.

---

***Using not being Ruled by Technology***

*“Save a young soul from the digital labyrinth of a technology-saturated childhood, and you save the world in its entirety from its virtual reality.”*

- Greg Malpass

---

**Greg Malpass**

**Founder**

**Destiny-Gram.com**



---

*“The whole secret of a successful life is  
to find out what is one’s destiny to do, and then do it.”*

*- Henry Ford*

---

---

*“You are what you think. So just think big, believe big, act big,  
work big, give big, forgive big, laugh big, love big and live big.”*

*- Andrew Carnegie*

---

# **G**ONTENTS

## **INTRODUCTION**

- OUT OF DARKNESS COMETH LIGHT

## **DESTINY OF AN AUTHOR**

- FROM OBSCURITY TO PROMINENCE
- LIFE COP-OUTS
- EMOTIONAL INTELLIGENCE
- ARTIFICIAL INTELLIGENCE

## **YOUR REAL DESTINY**

- FROM MEDIOCRITY TO EXCELLENCE
- GOING BEYOND THE PERSONAL EGO
- CONSCIOUSNESS AND RECIPROCITY
- THE HUMAN SPIRIT
- CRAFTING A PERSONAL BLUEPRINT

## **DESTINY AND LIFE CHOICES**

- VICE, ADDICTION AND CORRUPTION
- WELL-BEING AND HAPPINESS
- REALITY CHECK
- NAVIGATING IDEALISM AND PRAGMATISM
- REASON FOR BEING
- AUTHENTICITY

## **SEX AND YOUR DESTINY**

- THE SEXUALITY OF ALL THINGS
- FIND A LOVER
- CENTRES OF ENERGY AND INTELLIGENCE

## **THE ROAD TO YOUR DESTINY**

- BECOMING YOUR PERSONAL BEST
- PATH TO SELF-ACTUALISATION
- THE HOLY GRAIL
- A.I. ASSESSMENT AND DESTINY-GRAM
- AI-CHATBOT MENTORING
- THE FINAL ANALYSIS – CALL TO ACTION
- EPILOGUE

## **APPENDIX - THE ENNEAGRAM**

## **SUGGESTED READING**

- THINK BIG BOOKS

## **SUGGESTED READING**

### **“THINK BIG BOOKS”**

*BY GREG MALPASS*



- **OUT OF DARKNESS COMETH LIGHT**
- **DESTINY OF AN AUTHOR**
- **YOUR REAL DESTINY**
- **SEX AND YOUR DESTINY**
- **THE ROAD TO YOUR DESTINY**

# **I**NTRODUCTION

## **“Out Of Darkness Cometh Light”**

Editors often view the works they edit and their authors' aspirations with a critical, sometimes even cynical eye. Such was my initial stance when I began working with Greg Malpass, an unknown but ambitious writer seeking recognition.

*'Your Impossible Mission Accomplished'* is my sequel to Malpass's series on destiny, following his unpublished works: *'Out of Darkness Cometh Light'*, *'Your Real Destiny'*, *'Sex and Your Destiny'*, *'The Road to Your Destiny'*, and *'Destiny of an Author'*. As the long-suffering editor of these books, I consider myself uniquely qualified to offer insight into both the author and his work.

This journey began with the onset of the global Covid-19 pandemic in 2020. During lockdown, with bars closed and the world in disarray, Greg turned to writing as much a new field of escape and it was a means of self-exploration. His chosen subject—destiny—seemed ironically apt at a time when everyone's fate hung in the balance of a global crisis. Initially, I dismissed his amateur psychology, personality analysis, and pseudo-intellectual ideology as mere products of 'lockdown syndrome'.

But as time went on, it changed. Over a quiet beer, just the two of us, under the rules of quarantine, I consoled him with playful consolation; “Let the anxieties of the world and your own dilemmas drift from your

mind, imagine you are born again around your most positive personal traits and passions, of which there are many. Until the whole world is saved and redeemed, we all fall short. Let's see what's really on your mind, I'll be truly interested to read what you write and what transpires. "

As the weeks passed, I carried on with my encouragement, albeit with tongue firmly in cheek, to keep his mind in check; "You have spent your life helping other people, and making light and fun of it all, while essentially neglecting yourself. Through writing you may be able to continue with the former while rectifying the latter – you might find your destiny in all this, while pursuing both causes." Totally genuine, or sharply sarcastic; sincerely well-meaning, or flippant cynicism veiled as wit – how would he interpret my quips?

Then a palpable change in facial expression. Scratching his chin thoughtfully, he started humming, then mumbling quietly what sounded like the lyrics of a song, being rendered by a shy karaoke singer. And then it got louder and more brazened: [You make me feel brand new- the stylistics].



***You Make me Feel Brand New***

*"Whenever I was insecure  
You build me up and made me sure  
You gave my pride back to me  
Precious friend  
With you I'll always have a friend  
You're someone on whom I can depend  
To walk a path that sometimes bends.  
You Make Me Feel Brand New!"*

- *The Stylistics*

---

“Now you’re taking the Mick out of me, after all my encouragement!”

The journey continued - editing, investigating, researching, drinking, soul searching, and interpreting – in search of the redemption we would never find.

---

*“In someone or something you will find redemption, and the whole purpose of your new life”*

- Russ Whittington

---

What we were learning was not self-taught psychology, or self-education – it was simple self-assessment, the analysis of which became far more enhanced with the advent of a GPT-chatbot and the gestation of Destiny-Gram.com. There was born the power of Artificial Intelligence as a tool and personal mentor,

---

*“Formal education will make you a living.  
Self-education will make you a fortune.”*

- Jim Rohn

---

The process of self-assessment led in the analysis to the concept of integrating Personal Profiles with AI-Chatbot technology, and one day creating a new generation of AI-powered social media networks.

This book guides readers through a transformative journey, building on the themes from Greg Malpass' previous works. It offers:

1. Practical Examples: Rather than starting with abstract instructions, the book begins with concrete examples of redemption and personal growth, as explored in the book 'Destiny of an Author'.

2. Core Concepts: The chapters on 'Your Real Destiny' and 'Destiny and Life Choices' lay out the fundamental building blocks for personal development.
3. Transcending the Ego: Readers learn strategies for 'Going Beyond the Ego', an essential step in personal growth.
4. Creating a Personal Blueprint: The book provides a framework for setting a clear, individualized path forward.
5. AI-Assisted Assessment: In the 'Final Analysis' chapter, the book introduces the innovative method of self-evaluation using artificial intelligence.
6. Practical Application: As a legacy of the book, readers are introduced to [www.Destiny-Gram.com](http://www.Destiny-Gram.com), the AI-powered website for personal profiling that puts the book's concepts into practice.

Through these elements, the book offers a comprehensive approach to understanding and shaping one's destiny, blending traditional self-help concepts with cutting-edge technology.

Dispelling common excuses for inaction or reluctance to pursue dreams—such as fear or self-doubt—lies at the heart of the book's endeavour. The profound regret of not living authentically stems from a lack of courage to follow one's passions and purpose. Often, this reluctance is fuelled by the sway of external influences—societal expectations, material success, or superficial measures of popularity such as Facebook 'likes'—rather than prioritizing personal growth, happiness, emotional intelligence, and societal contribution.

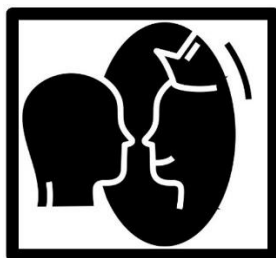
Our primary aim is to empower readers to overcome fear and self-doubt, fostering their growth and emotional intelligence, and ultimately, enabling them to impact others positively. The book delves into the keys, goals, and methods essential for uncovering the path to true purpose and destiny. Central to this quest is the search for



something greater than oneself, something that resonates deeply with personal values and aspirations, with the utilization of Artificial Intelligence serving as just one of the pivotal techniques employed.

From the depths of darkness, apathy, and uncertainty emerges the potential for vision, mission, purpose, happiness, and fulfilment. Whether one views it as a transition from boyhood to manhood, from dream to reality, or from obscurity to prominence, the journey belongs uniquely to each individual, waiting to be embarked upon.

**Russ Whittington**



## **Path to Your True Destiny – Reflection Page**

### **Chapter 1: INTRODUCTION:**

#### **"Illuminating Your Path"**

##### **Case Study: Rosie's Journey from Darkness to Light.**

“Rosie, a 28-year-old marketing executive, felt trapped in a cycle of anxiety and unfulfillment. After reading this chapter and completing the online Destiny-Gram life assessment test, she realized she had been living on autopilot. Inspired to seek her true purpose, Rosie began a daily meditation practice and journaling routine. Over six months, she gained clarity about her values and passions. This led her to volunteer at a local animal shelter, rekindling her childhood love for animal welfare. Eventually, Rosie transitioned her career to work for an animal rights non-profit, finding a sense of purpose and fulfillment she had never experienced before.”

##### **You: Mapping my own Journey to True Purpose and Destiny.**

Key insights I gained from this chapter:	
--	--

Areas of my life that need more light:	
First steps I can take to move out of darkness:	
My current obstacles and how I plan to overcome them:	
Personal mission statement draft:	



# **D**ESTINY OF AN AUTHOR

## **“From Obscurity to Prominence”**

Who is Greg Malpass, and why should his story matter? At first glance, writing about oneself may seem self-indulgent. To use a taxonomic synonym for obscurity, the Beatles might say, he appears to be "a real nowhere man, sitting in his nowhere land, making all his nowhere plans for nobody." Yet is it not equally self-serving to read about others solely for personal gain?

"Destiny of an Author" chronicles the life of an ostensibly unremarkable individual, chosen as a case study to inspire readers to become the protagonists of their own narratives. While life stories can be relayed with selective accuracy for historical record, true authenticity emerges only through honest introspection and emotional resonance.

The universal desire to document one's life stems from our need to make sense of our experiences. When personal insights illuminate universal truths, even the most obscure lives can become beacons of wisdom for others.

Our subject's life, far from mundane, is marked by stark contrasts: global adventures tainted by corporate scandal, loving relationships overshadowed by addiction and infidelity, and familial devotion challenged by financial ruin. Yet, such adversity need not define one's ultimate fate.

Destiny, contrary to popular belief, is not left to chance or external circumstances. It is a product of mindset, action, and perseverance. Even in seemingly unremarkable circumstances, life's essential questions emerge. While conventional success may provide comfort,

true fulfillment arises from pursuing one's unique passions and purpose.

Our existential journey demands the courage to question assumptions, challenge limiting beliefs, and define success on our own terms. Few may achieve widespread fame, but inner peace and wisdom remain attainable. By transmuting our struggles into empathy and selfish desires into selfless contributions, we craft a life story worth sharing.

---

*"It is not in the stars to hold our destiny, but in ourselves."*

- *William Shakespeare*

---

The Bard often used the concept of fate to illuminate human nature rather than to diminish personal responsibility delivering many a cryptic message to inform on circumstance. He brought the idea of 'fate and destiny' into several of his plays: "you all know, security is mortals' chiefest enemy. Men at some time, are masters of their fates. O heaven! that one might read the book of fate and see the revolution of the times."

Consider the hypothetical scenario of modern success and financial triumph: substantial assets, luxury cars, and a high-powered career. On paper, it may seem impressive, but any imaginary life of mediocrity and unhappiness can serve as a cautionary tale.

Picture this hypothetical tale, rich with irony and duality: Two family homes morph into a 50-50 stake in a \$2 million asset, now inhabited by two ex-wives and their new partners. Two sleek executive cars, once symbols of prestige, deteriorate into burdens borne by two envious siblings. Two loving spouses transform into adversaries, navigating separate divorce proceedings. Their children, once united,

find themselves raised by two stepfathers, estranged from their biological parents.

Two decades spent in lacklustre businesses yield nothing but monotonous careers, punctuated by brief annual vacations and dalliances with two different secretaries. Two missed promotions, passed over twice by two undeserving peers, culminate in a \$2 million severance package funding two years of lacklustre retirement. Then, a grim twist: a two-year battle with cancer, followed by a mere two months in a hospice, alone with reflections on a life unfulfilled.

It reads like the script of a melancholic soap opera, yet it paints a poignant picture of a life marred by mediocrity, discontent, and lost potential. Average Joe, though financially stable, opted for security over seizing the reins of his destiny. He floated through life's events and whims, never truly living, finding solace, or confronting the pivotal choices that shaped his journey.

This book challenges readers to avoid such a fate by making conscious choices at life's crucial junctures. It encourages us to seek a life of meaning, purpose, and genuine fulfilment, rather than settling for the trappings of conventional success. Through the lens of an "unknown author," we are invited to reflect on our own journeys and to write a life story that resonates with authenticity and inspires others.

---

***Life's Junctures of Dichotomy-  
'Navigating the Dichotomies of Existence'.***

*"In an era defined by artificial intelligence, space exploration, and visionary billionaires reshaping society, most personal narratives may seem unremarkable. Yet, it is often in these seemingly ordinary lives that we find the most profound lessons. Our unknown author's journey begins with promise: born to a journalist father, raised in a loving middle-class family, educated at a prestigious grammar school, and surrounded by a close*

*circle of friends. His early life was marked by enriching experiences—international vacations, sports, and extracurricular activities. This foundation led to two university degrees, a beautiful wife, and an international career collaborating with leading public companies and the British government. However, life's path is rarely linear. At crucial junctures, our protagonist faced stark dichotomies that would shape his destiny: Business ethics vs. corruption, Fidelity vs. adultery, Sobriety vs. alcoholism, Marriage vs. divorce, Prudence vs. excess, Order vs. chaos, Conformity vs. rebellion. This emotional odyssey, while tumultuous, was ultimately overshadowed by one transcendent force: an unquestionable, unconditional love for his daughters.”*

- *‘Destiny of an Author’*

---

The author's story serves as a poignant case study, illustrating how life can unravel despite careful preparation. A series of misguided decisions—not fate—led to cascading losses: his true love (not merely a spouse), his career (not just employment), his home (not simply a house), a life-altering \$3 million commission, his financial security, and potentially his future at the age of 57.

From his globe-trotting experiences emerges a universal truth, echoing Mother Teresa's wisdom: "If you want to change the world, go home and love your family."

---

*“Nothing I’ve ever done has given me more joy and reward than being a father to my children.”*

- *Bill Cosby*

---

In a world rife with injustices, few compare to the prolonged absence of a parent. Children are our most precious resource and our enduring legacy. They must not be neglected amidst life's myriad distractions. By prioritizing relationships, family, and home, other aspects of life tend to align harmoniously.



The author posits that true happiness stems not from fleeting sensations but from perceiving one's life as meaningful and worthwhile. This requires self-awareness and the development of personal values and aspirations. Those who discover their purpose fulfil their destiny and find contentment. Purpose is the destination, while destiny is the path leading there.

Psychiatrist Morgan Scott Peck argued that life's outcomes are determined by what we cherish. When we value something, we invest time in enjoying and nurturing it. Neglect, however, yields predictable consequences. Often, duty or circumstances divert us from our true priorities, but these distractions can become excuses—copouts that prioritize career over relationships, leading to unforeseen repercussions.

The conclusion is clear, and the solution uncompromising. Readers must decide whether a shift in perspective or direction is necessary to alter their current trajectory.

---

*“Those who cannot change their minds cannot change anything.”*

— *George Bernard Shaw*

---

This doesn't imply sacrificing personal ambitions for domestic life. Rather, it suggests aligning one's aspirations with family values. A motivated individual dreams big while caring deeply, rising early to achieve greatness for their family, not in spite of it. True happiness lies in pursuing a mission with passion, sharing love as well as resources.

While some may view this as utopian, dismissing it as impractical in the face of life's necessary evils, our case study pushes these boundaries. It exposes a world of political corruption, organized crime, corporate malfeasance, and overindulgent lifestyles. The true absurdity lies in the assumed normalcy of such behaviours.

Ultimately, the lessons are clear: One: “Prioritize Family Time”—it's a win-win scenario. Two: “Uphold Personal Values” to avoid potential downfall. In navigating life's complex landscape, one must use both head and heart, striking a balance between ambition and compassion, between personal growth and familial bonds.

---

### ***Head or Heart***

*"A great leader should balance both emotion and reason when making decisions about relationships and career. It is essential to listen to intuition and emotions, but it is equally crucial to use logic to make informed choices. Nelson Mandela exemplifies a leader who successfully balanced heart & head in decision-making.*

*Upon his release from prison after 27 years, Mandela could have sought revenge against the white South African government that had imprisoned him and oppressed his people. However, he recognized that this would only perpetuate violence and suffering.*

*Instead, he followed his heart by forgiving those who had wronged him and his people. Simultaneously, he used his head to tirelessly negotiate a peaceful transition to democracy in South Africa, despite numerous obstacles and challenges.*

*Mandela's ability to balance emotion and reason allowed him to make difficult decisions that positively impacted millions of people. He listened to his intuition and emotions while also using logic and intelligence to make informed choices that benefited both himself and his country.*

*In contrast, former United States President Richard Nixon provides an example of a leader who failed to balance heart and head in decision-making. During the height of the Vietnam War in the 1970s, Nixon faced mounting pressure from the American people and political opposition to end the conflict. Despite his personal misgivings about the war and desire to bring American troops home, Nixon decided to escalate the war effort by ordering a bombing campaign in Cambodia.*

*This decision was driven more by political considerations and his desire for re-election than by his own beliefs and values. Nixon's*

*choice to prioritize political ambitions over personal convictions ultimately contributed to his downfall. The bombing campaign was widely criticized and fuelled growing unrest and opposition to his administration.*

*These contrasting examples illustrate how a leader's ability or failure to balance emotion and reason can significantly impact decision-making, resulting in either positive change or negative consequences and erosion of public trust."*

- Open AI ChatGPT

---

The Oxford Dictionary defines values as ‘principles or standards of behaviour; one’s judgment of what is important in life’. More simply, we can view them as our internal compass, helping to establish what is important, guiding decisions and influencing culture. Whether in business, or our personal lives, they are critical, ignore them at your peril.

While the scenarios depicted in our author's case study may appear extreme, they serve as mirrors reflecting our own past decisions—choices that, with the clarity of hindsight, we recognize as flawed or unwise and against our inner principles. There may have been mitigating circumstances or seemingly justifiable reasons, yet shifting blame onto others is a facile evasion of responsibility. In every misstep, there are casualties, collateral damage borne of misguided actions. It falls upon us to own up to our roles, recognizing that even as a cog in a larger machine, accountability remains paramount.

Regardless of the truths, circumstances, causes, or effects, dwelling on the past yields little solace. What's done is done; there's no altering the course of history. Yet, why do so many of us cling to our miseries, investing precious energy in futile regrets? Lesson number Three: "Move On." It's a lesson steeped in maturity and emotional intelligence—awareness of our emotions and their impact on our thoughts and actions. This emotional acumen proves instrumental in

both personal and professional spheres, a topic we'll explore further in the ensuing chapters.

---

*"Things do not grow better; they remain as they are. It is we who grow better, by the changes we make in ourselves."*

- Swami Vivekananda

---

Oh, but aren't we all sinful. According to Roman Catholic theology, the seven deadly sins are the seven behaviours or feelings that inspire sin, namely - pride, greed, lust, envy, gluttony, wrath, and sloth. Well, who's not proud of their kids, greedy about finding more happiness, wonderfully lustful in their sexual encounters with their partners, envious of those who are younger, gluttonous at parties of life celebration, angry at people who abuse power, women, or children, or lazy on a Sunday afternoon with the dishes left unwashed. Don't let the rules stop you going about life the way you see right.

---

*"And in the end, it's not the years in your life that count, it's the life in your years."*

- Abraham Lincoln

---

Our author's clear vice, rather than sin, was the abuse of alcohol. Learning how to tackle that addiction could be the subject of an entire book in itself. But learning to accept addiction and its consequences does not have to be a negative emotion, but rather a liberating one. Knowing why you do certain things, and the effects is not about putting a negative rhetoric on yourself, and certainly not about accepting other people's views about yourself. But it is perhaps the best starting place to talk about change, where change is for good.

## **“Life Cop-Outs “**

### **Absolving Ourselves of Accountability**

Seeking solace in addictive substances is akin to taking the easy way out—a shortcut that offers temporary relief but ultimately exacerbates our inner turmoil. Vices and addictions, whether it's excessive alcohol consumption, tobacco use, gambling, or indulgence in thrill-seeking activities, are all symptoms of evading responsibility.

When faced with discomfort, it's far simpler to grasp at these quick fixes than to confront the root cause of our unease. Yet, in succumbing to cop-outs and addictions, even the strongest among us can find themselves ensnared.

The vices offer a siren song, promising refuge. Yet their comfort is fleeting, their grasp binding. What begins as distraction turns to dependency. Soon the vice itself becomes the source of suffering, even as we rationalize and justify our compulsions.

Cop-outs are the stories we weave to absolve ourselves of accountability. We shift blame onto external factors—circumstances, others, fate—anything to evade facing our own choices and their repercussions. Yet, these excuses only serve to entrap us in a cycle of victimhood, relinquishing our power to circumstances beyond our control.

At its core, addiction is an attempt to assert control in the face of uncertainty. But this desperate need for control stems from a deeper lack of trust—in ourselves, in others, in life itself. So, we seek to impose order through our addictions, even as they disrupt the natural order of our lives.

True liberation lies not in indulgence, but in introspection. We must delve into the depths of our being, unravelling the threads of unrest to their source. Why do we shy away from discomfort? What limiting

beliefs hinder our trust? How do we infuse each day with meaning and purpose?

The journey demands unyielding self-honesty. We must challenge the narratives that absolve us of responsibility, confronting discomfort head-on to foster growth. Healing springs from forging connections, not fleeing from isolation. Serenity is found in the quietude of meditation, not the haze of intoxication. Genuine contentment arises from inner tranquillity, not fleeting pleasure.

Even celebrated figures like Jimi Hendrix, Billie Holiday, George Best, and Amy Winehouse have succumbed to the allure of addiction, their struggles laid bare for the world to witness. Yet, the answer lies in recognizing our limits and halting before reaching the point of no return. Each of us must find our own path to moderation, guided by self-awareness and realism—the cocktail of choices we'll cherish most in hindsight.

---

### **Sweet Suzie**

*“Dave, the Company Buyer, was an enigma. A quiet American in his late fifties, likeable yet distinctly solitary. His self-imposed isolation and subdued lifestyle weren't without reason—a quadruple heart bypass, the result of years battling alcohol addiction, had left its mark.*

*The Company, headquartered in Singapore, was riding high on securing three groundbreaking construction contracts across Nigeria, Indonesia, and Malaysia's picturesque Langkawi Island. The senior executive team was in full celebration mode, ready to paint the town red. Their CEO, the epitome of American bravado, championed the "Work hard, Play hard, Kick Ass, Don't Kiss Ass" mentality. "Coming second sucks," he proclaimed in his victory speech, glossing over the ministerial incentives and creative accounting that had sealed their triumph.*

*In fairness, the Company's innovative engineering had outmanoeuvred global giants like San Francisco's Bechtel.*

*Submerged pipelines from the mainland trumped costly island water treatment plants, while floating loading jetties proved more economical than traditional oil terminals. Of course, these innovations seemed all the more compelling when coupled with under-the-table financial incentives and the promise of company-sponsored hostesses.*

*Dave, however, couldn't be swayed to join the revelry. I caught up with him in a coffee shop the next day, where he confided his struggle with chronic alcoholism. Sober for twelve years, he recalled his darkest days of three-day blackouts and doctors' grim prognoses—death by liver failure or a brutal beating in some nameless gutter.*

*Intrigued and mindful of my own growing dependence on alcohol, I pressed him on how he'd finally quit. "Rehab? AA? Family intervention?" I probed. His answer was unexpected—a singular, unforgettable experience that would haunt him for life.*

*Dave recounted waking up one morning, chest pinned against the wall beside his bed, struggling to breathe. As he turned over, he faced a sight that could have been conjured from the depths of hell itself. There lay a woman, pushing 70, easily 250 pounds, with perhaps three blackened, broken teeth to her name. Her sparse hair resembled a troll doll's, and her fingernails were as black as pitch.*

*"Who the \*\*\*\* are you?" Dave had screeched in horror. After a pregnant pause came the indignant reply: "I don't know who I am this morning, but last night I was your Sweet Suzie from Alabama."*

*This shock treatment, while neither patentable nor advisable for the faint of heart, had proven to be Dave's miracle cure. It was a stark reminder that sometimes, the most effective solutions come from the most unexpected—and unsettling—places.*

*-Out of Darkness Cometh Light*

---

Prior to reaching this impasse, good functioning addicts will say they continue to perform well. Union General and later President Ulysses

S. Grant might just be history's most highly functioning alcoholic. 'His escape hatch from his troubles, brushing aside caution with absolutely nothing to lose' arguably made him the great military leader President Lincoln so desperately needed to win the Civil War.

Sir Winston Churchill arguably didn't need alcohol to save his nation. He claimed to have taken more out of alcohol than alcohol took out of him. 'Exceeding drunk I may be but madam you are exceedingly ugly, and I will be sober in the morning'. His one-liners in the House of Commons were infamous and he was indeed a remarkably well functioning alcoholic who nevertheless suffered with his 'Black Dog', depression, a by-product of alcoholism. Two-time Prime Minister, Nobel Prize winner, Winston Churchill also served on the front lines of Cuba, India, Sudan, and South Africa, all while cultivating a mammoth drinking habit. The verdict, it appears, is that Churchill, with his "formidable capacity" for alcohol, was likely just coasting on a buzz most of the time but was rarely - if ever - publicly drunk. It's how he was raised he would argue, claiming that his father taught him to have 'the utmost contempt for people who get drunk.'

From the rituals of the Greeks and Egyptians to the formation of countries and culture, alcohol has lubricated the minds of some of our greatest thinkers. Alexander the Great was arguably the drunkest overachiever in history; Socrates may not have become the father of western philosophy if it hadn't been for the Ancient Greek tradition of holding drunken symposia; Benjamin Franklin was a frequently drunk Founding Father of the United States; Lord Byron maintained 'Man being reasonable must get drunk because the best of life is but intoxication'; Karl Marx was not only the man who inspired both communists and dictators everywhere but was also famous for excessive boozing, changing the course of political history along the way. Even a bastion of old English reserve and beloved matriarch of the Royal Family, the Queen Mother was known to start the day with



a cocktail at noon and end with two glasses of ‘Veuve Cliquot’ at dinner.

And so the list goes on, even if in its worst manifestation it led to suicides. Ernest Hemingway drank his way around the world and wrote books that captured the emotional heartache of a generation. ‘What else can change your ideas and make them run on a different plane like whisky?’ And then there’s Vincent van Gogh who tragically ‘lost his ear’.

Not just well-known celebrities, but everyday doctors, lawyers, scientists, therapists, professors, politicians, and those from every walk of life can develop so-called high-functioning alcoholism, as though alcohol and its effects are just a manageable, occupational hazard. Ultimately, however, no matter how successful they are, or were, high-functioning alcoholics will only see their lives improve if they can manage to bring their drinking to heel.

---

*“He who conquers himself is the mightiest warrior.”*

- Confucius

---

And so, it came to pass for our beleaguered author to face his own gremlins by writing his first prompt to Chat GPT, as an AI counsellor. The ‘Generative Pre-trained Transformer’ Chat comes to the point in short order, despite reflection on its 175 billion parameters. And in so doing, was born the idea of the integration of ‘Personal Profiling’ with ‘AI-Chatbot Advice’ to create better in-sight.

---

***Open AI ChatGPT as a Personal Mentor***

*This is a very condensed version of the lengthy Q&A that transpired after the author had given an extensive account of his strengths, weaknesses, emotions, circumstances and dilemmas.*

*Q: The 66-year-old individual seeks advice on choosing between his current stable partner and returning to an ex-spouse who offers conditional love. They have a history of relationship issues, career setbacks, and struggles with alcohol. Family is their top priority, especially their children and potential grandchildren.*

*A: Asked to reply as a professional psychologist, the AI-mentor recommends:*

*Prioritize health and well-being. Seek help for destructive habits. Reflect on past relationships to identify patterns and improve emotional intelligence. Consider two potential outcomes: a. Continuing current behaviour leads to further setbacks and unfulfillment. b. Taking ownership, seeking help, and making positive changes leads to a more fulfilling life.*

*Regarding the relationship decision:*

- *Evaluate personal values and priorities.*
- *Consider pros and cons of each relationship.*
- *Assess compatibility, shared goals, and long-term happiness potential.*

*Given the importance of family:*

- *Align actions with family priorities.*
- *Consider the impact of decisions on family relationships.*
- *Cultivate strong bonds with children and potential grandchildren.*

*Remember, destiny is shaped by choices and actions. Prioritize health, relationships, and family for a more fulfilling future.*

*- Open AI ChatGPT*

---

The fuller version of the advice given resonated deeply in the essence of "improving emotional intelligence." While it may seem generic at first glance, the response underscores the tangible benefits of leveraging an AI-Chatbot as a personal advisor. Even when presented

with a limited overview of the user's past actions and current circumstances, the guidance offered holds significant value. The more information provided on the questioner's personality, character, skills and desires, the more personalized the responses.

The conclusion was that AI-Chatbots possess untapped potential. With access to a more comprehensive understanding of the user—including personality traits, character, skills, strengths and weaknesses, as well as career history, social status, and demographics—these virtual mentors could provide personalized and relevant advice tailored specifically to the individual on most matters in navigating major life and career decisions, helping foster a sense of fulfilment, purpose, and happiness.

The concept underwent rigorous testing and refinement through dialogue and further business-type examples with an AI-Chatbot, ultimately leading to a compelling conclusion: the fusion of personal profiles, and AI-Chatbots, and potentially social media, has the potential to revolutionize the way individuals receive guidance and support and networking, helping, albeit not being the panacea to, pave the way to informed decision-making and a more fulfilling and purpose-driven life journey.

The following response was received with respect to the subsequent and specific business proposal of creating an online personal profiling platform, presented to the AI-chatbot:

---

## **Proposal: Destiny-Gram**

cautiously but opportunistically. Let me know if you need any other advice.

**AI** Copy

The USP of my idea is integrating a social media platform (with personal profiles of personality, character, skills, aims, desires, weaknesses, experience, qualifications, career history, contacts, etc., etc) together with an AI chatbot to get personalized advice. Using our exchanges above as a case study - how would your answers and advice have been improved or more pertinent and personal had you had access to all my details viz: my LinkedIn Profile, contacts, career history, abilities, and the strengths and weaknesses of my personality

**GM**

You raise an excellent point. Having access to comprehensive background information about you such as your full LinkedIn profile, career history, personality strengths/weaknesses, skills, connections, and more could allow me to provide more personalized, relevant advice tailored specifically to you.

Here are some examples of how having your detailed profile could improve my responses:

- Recommend connections, networking opportunities or events based on your specific industry background, experience and contacts.
- Suggest strategies better suited to your personality type and communication style.
- Advise on approaches to negotiation, partnership deals that align with your personal values/ethics.
- Propose ideas building on your existing skills, knowledge base and capabilities.
- Caution against any risks or pitfalls I can identify based on your specific weaknesses or blindspots.

- Reference previous successes or failures you've faced for more context.
- Validate ideas against your broader life goals and priorities beyond this venture.
- Check suggestions against what motivates you and the working styles you prefer.
- Identify complementary co-founders/partners based on gaps in your profile.

In essence, with a 360-degree view I could provide significantly more nuanced, tailored and relevant counsel personalized to your unique attributes and needs. The depth of my knowledge impacts the quality. Your idea to integrate expanded profiling with AI assistance is very powerful.

**AI** Copy

- *Claude Anthropic AI-Chatbot*

---

# **“Emotional Intelligence”**

## **The Key to Personal and Professional Success**

The key to personal and professional success seems rooted in ‘improving emotional intelligence’. The concept of Emotional Intelligence (EI) has gained significant attention in recent years, and for good reason. It is intrinsically linked to personal well-being as well as professional success. At its core, EI comprises four fundamental competencies:

1. **Self-awareness:** The ability to recognize and understand one's own emotions, thoughts, strengths, weaknesses, values, and goals.
2. **Self-management:** The capacity to regulate emotions, control impulses, and persevere through challenges.
3. **Social awareness:** The skill of empathizing with others, recognizing social cues, and understanding diverse perspectives.
4. **Relationship management:** The ability to influence, inspire, and collaborate effectively while managing conflicts.

Individuals with high EI can harness emotions to facilitate problem-solving and decision-making. They navigate social dynamics with ease and foster meaningful connections. While developing EI requires commitment, the benefits are substantial: improved communication, enhanced stress management, and increased overall life satisfaction.

To cultivate EI, one can focus on six key areas:

1. Practicing self-awareness
2. Developing empathy
3. Managing emotions effectively
4. Improving communication skills
5. Building healthy relationships
6. Learning from experiences

By honing these skills, individuals can better manage their own emotions and understand those of others, leading to more harmonious personal and professional relationships.

It's important to note that mismanagement of emotions can have severe consequences. It may lead to blame-shifting, addictive behaviours, and an inability to move forward. Unresolved emotional issues can result in bitterness, anxiety, depression, and maladaptive behaviours. Moreover, when expectation is confused with entitlement, resolve and tenacity often diminish.

While cognitive intelligence, or IQ, is traditionally used to measure mental ability, it's becoming increasingly clear that EI plays a crucial role in real-world success. The adage that "street smarts" often trumps "book smarts" holds true in many situations.

The pursuit of a high IQ or "perfect intellect" can lead to an unhealthy focus on quantitative measures of success and constant comparison with others. This approach can create conflict in relationships and careers when success is defined solely by competition rather than collaboration and inclusion.

In conclusion, while cognitive intelligence is valuable, emotional intelligence is essential for navigating the complexities of human interactions and achieving genuine personal and professional fulfilment. By focusing on developing EI, individuals can create more balanced, satisfying, and successful lives.

---

*"CEOs are hired for their intellect and business expertise;  
and fired for a lack of emotional intelligence."*

*— Daniel Goleman*

---

In summary, EI involves not just getting along well/having interest in others but being self-aware of strengths and weaknesses. Emotional

Intelligence demands integrity, trustworthiness, and conscientiousness. And importantly, in addition to emotional intelligence, good business and personal relationships are founded on, and go hand-in-hand with, ethical behaviour. If ignored the results are predictable.

---

*"A great error is ruining the present,  
remembering the past that has no future."*

- Ismael Mejjia

---

**Life's Fairness and EI:** Expecting life to treat you well solely because you're a good person is akin to expecting an angry bull not to charge because you're a vegetarian. The reality is that you are responsible for your life, and blaming others for your dysfunction is unproductive. The key lesson here also is to build on your Emotional Intelligence (EI). Life isn't always fair, so it's crucial to develop resilience while maintaining fairness in your own actions. This doesn't mean becoming harsh or unlikeable; in fact, likeable people often achieve more lasting success.

High EI can help create true meaning and purpose in life. Success doesn't necessarily require being the brightest or the most aggressive; as Einstein famously believed, "Imagination is more important than intelligence." Moreover, a bullying approach rarely leads to sustainable success or fulfilment.

---

*"It's never too late - never too late to start over,  
never too late to be happy."*

- Jane Fonda

---

**In Summary:** A fulfilling life often includes health, financial stability, and love, but it should also involve high levels of emotional

intelligence, kindness and generosity with both resources and affection.

The Japanese concept of ikigai offers a compelling model for finding life's meaning. It suggests that true fulfilment lies at the intersection of four elements: doing what one loves, what one is good at, what the world needs, and what one can be paid for. While this may seem idealistic, maintaining this balance requires a sustainable emotional equilibrium. Everyone needs love, and has the capacity to give love, even if payment for it raises an entirely different set of ethical values!

Emotions often guide our subjective experiences, but they should also be harnessed to navigate our objective world. The core concluding message is straightforward: manage your life by following your heart, have the strength of your convictions, and the confidence to do what you believe is right, even if others initially disagree or disapprove.

Prioritizing emotional intelligence and personal expression over rigid intellectual pride or blind conformity to social norms can lead to greater fulfilment, provided it doesn't harm or maliciously affect others. Emotional maturity transcends mere intelligence; it represents a higher state of self-awareness where we're guided by our senses, intuition, and heart.

In essence, developing strong EI allows us to create a life of purpose, resilience, and authenticity, navigating both personal and professional realms with greater ease and satisfaction.

---

*“If you can see yourself as an artist,  
and you can see that your life is your own creation,  
then why not create the most beautiful story for yourself?”*

*- Miguel Ruiz*

---



## **“Artificial Intelligence” Powerful Tool, not a Replacement for Human Intelligence**

While Cognitive Intelligence (IQ) and Emotional Intelligence (EI) are relatively tangible and definable, Artificial Intelligence (AI) represents a new frontier in human-computer interaction. IQ measures raw intellectual capability, and EI gauges one's ability to understand and manage emotions. AI, however, is not a measure but a tool—a sophisticated system of algorithms and data processing capable of performing tasks that often surpass human cognitive abilities.

Cognitive AI, a more advanced iteration, aims to mimic human-like reasoning. However, it still falls short of replicating the nuanced, contextual understanding that characterizes human cognition. While AI can process vast amounts of data and make complex calculations at unprecedented speeds, it lacks the emotional depth, intuition, and ethical judgment inherent to human decision-making.

Destiny-Gram, emanating from the research in this book, (*cf. “The Road to Your Destiny- AI-Assessment and Destiny-Gram”*) recognizes this crucial distinction. While offering AI-assisted Personal Profiling tools that can be shared with AI chatbots for mentoring purposes, Destiny-Gram emphasizes that these AI-driven insights should complement, not replace, human mentoring. This approach acknowledges the irreplaceable value of human emotional intelligence, experience, and intuition in guiding life decisions.

Humans rely on a complex interplay of emotions, instincts, and learned behaviours to navigate the world. Our ability to feel and interpret emotions like joy, sadness, anger, and empathy has been crucial to our evolutionary success. While AI can simulate these emotions to some degree, it cannot truly experience them or use them to inform decisions in the same way humans do.

Looking ahead, AI will undoubtedly continue to revolutionize various aspects of our lives, from healthcare to transportation. The future integration of AI with everyday devices will for example offer an enhanced life for many yet more anxiety for others. It is crucial to remember that AI remains only a tool—albeit a powerful one—to be guided by human values and ethical considerations. The AI-assisted Destiny-Gram online service exemplifies this balance, leveraging AI capabilities while maintaining the irreplaceable human element in personal development and decision-making.

In conclusion, while AI offers tremendous potential to enhance our decision-making processes and efficiency, it should be viewed as a complement to, rather than a replacement for, human intelligence and emotional capabilities. As we explore AI's applications in subsequent chapters, we must remember that the most important life decisions should always be informed by emotional intelligence and human judgment—qualities that Destiny-Gram's approach wisely recognizes and preserves.

---

*“Finding the Path to your true Destiny will be based on your Emotional Intelligence, not Artificial Intelligence.”*

*- Greg Malpass*

---

# Destiny Secrets

## Path to Your True Destiny - Secret Number One

### Embrace Emotional Intelligence in this Age of AI:

#### A Path to Personal Fulfilment'

***"Decode and disarm negative self-talk, then draw a clear boundary. Cultivate your Emotional Intelligence—leverage AI as a guide but follow your heart's true north. Embrace your unique journey where comparisons become irrelevant. Confront harmful addictions head-on and sidestep unnecessary distractions. Your path is yours alone—walk it with purpose and authenticity."***

It is never too late for personal growth and transformation. Our destiny is shaped not by fate, but by our experiences, decisions, and actions—both positive and negative. Avoiding challenges or seeking easy escapes only denies us opportunities for meaningful change and growth.

Negative self-talk can significantly hinder personal development and impede corrective action. Effective rhetoric should inspire, motivate, and catalyse positive change. By decoding our internal dialogue, setting aside destructive thoughts, and focusing on constructive narratives, we can forge new paths and overcome harmful behaviours or addictions.

While career and personal pursuits are important, it is crucial to prioritize family relationships and uphold personal values. These foundational elements provide stability and purpose, serving as a compass for navigating life's complexities.

In this context, developing Emotional Intelligence (EI) becomes paramount. The core premise is that realizing one's full potential and achieving a meaningful destiny relies more on EI than on cognitive intelligence (IQ) or artificial intelligence (AI). While AI can undoubtedly augment human capabilities in numerous ways, it is our distinctly human traits—self-awareness, empathy, and interpersonal skills—that allow us to chart a truly meaningful course through life.

EI represents our capacity to self-motivate, persevere through challenges, understand our strengths and limitations, and connect deeply with others. It enables us to tap into our core values, passions, and aspirations, providing purpose and direction. This inner world of human experience remains beyond the reach of AI, but AI can be used as a tool to help us understand all of the above.

Our journey towards self-actualization is governed by our ability to manage emotions, delay gratification, and interpret subtle social cues. While AI can aid in decision-making processes, it cannot replicate the wisdom gained from human experiences—the growth that comes from facing adversity, reflecting on loss, or nurturing human connections.

Navigating life's complexities requires judgment, intuition, and adaptability—qualities born from emotional intelligence. Technical prowess, no matter how advanced, cannot substitute for the insights gained when we align our external actions with our internal truths.

Our destiny unfolds when we courageously traverse uncharted territory, guided not solely by logic but by our human spirit. While AI may simulate aspects of human intelligence, it is our capacity for insight, empathy, and love that enables us to fulfil our noblest purpose.

However, as repeatedly purported, it would be unwise to dismiss the significant contributions AI can offer. A judicious approach involves embracing AI as a powerful supportive tool while maintaining human

agency and emotional intelligence at the forefront of decision-making processes.

**In conclusion:** The path to personal fulfilment and realizing one's true potential lies in harmonizing our cognitive abilities, emotional intelligence, and the strategic use of AI. By opening both our minds and hearts, we can navigate the complexities of modern life while remaining true to our essential humanity.

---

*“It is not as much about who you used to be,  
as it is about who you choose to be.”*

*- Sanhita Baruah*

---

Sometimes it takes the maturity of a fifteen-year-old loving daughter to put things in their proper perspective:

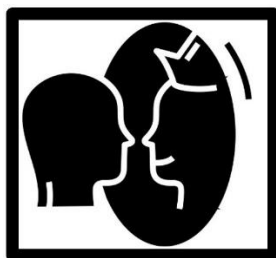
---

### ***A Young Person’s Perspective***

*“The story of my life - I came into the world on the 10<sup>th</sup> of November 1987, born in the Royal Free Hospital. Where do I start. I’m only 15 but I have already experienced quite a lot of things in these few years of my life. I think I will start with my loving father. He is one of the most amazing people I have ever met, a very caring and generous person but most of all the best dad a girl could ever wish for. He has been both very lucky and unlucky in his life, he’s been through quite a lot and has experienced so much more than I which is why I respect him so much. He is also one of the most intelligent people I know and puts so much passion into what he does.”*

*- ‘Out of Darkness Cometh Light’.*

---



## **Path to Your True Destiny – Reflection Page**

### **Chapter 2: DESTINY OF AN AUTHOR**

#### **"Authoring Your Own Destiny"**

##### **Case Study: Michael's Mid-Life Reinvention.**

Michael, a 45-year-old accountant, always dreamed of being a writer but never pursued it seriously. He was openly cynical and self-deprecating with others about the idea. But, after resonating deeply with the author's journey in this chapter, Michael decided to take control of his own narrative. He committed to writing for an hour each morning before work. Despite initial struggles, he persevered and completed a novel within a year. The process of writing and overcoming self-doubt transformed Michael's outlook on life. While keeping his day job, he now approaches it with renewed energy, knowing he's actively pursuing his passion on the side. His first novel may not be a bestseller, but the act of creating it has given Michael a new lease on life.

##### **You: Facing my own Gremlins and Cop-Outs to achieve Emotional Intelligence.**

Lessons I can apply from the author's journey:	
--	--

My life's turning points so far:	
Mistakes I've made and what I've learned:	
My core values and how they align with my current life:	
Areas where I need to take more responsibility:	





# OUR REAL DESTINY

## **“From Mediocrity towards Excellence”**

Our destiny is shaped by how we respond to life's twists and turns. While some circumstances are beyond our control, our reactions and choices remain firmly within our grasp. Achieving our desired outcomes often necessitates introspection and behavioural adjustments. Before attempting to change external circumstances, we must first delve into our inner world.

Our backgrounds play a role in shaping us, but it is our core personality traits and character that have the greatest impact on how we navigate life. Our motivations, perceptions, and inherent tendencies significantly influence our future thoughts and actions. Ultimately, it is our relationships and connections that bring us the most fulfilment. Material wealth may come and go, but true happiness stems from the intangible riches of meaningful connections and experiences.

To chart our destiny, we must cultivate self-awareness to respond wisely to life's challenges. By understanding ourselves and aligning our actions with our values, we can embark on a path that leads to fulfilment and purpose.

Each individual's journey toward self-realization and change will be unique, shaped by a multitude of factors including life experiences, upbringing, environment, personality traits, and personal beliefs. While this book may offer common themes, its solutions are not meant to be one-size-fits-all. Instead, they are based on individual self-assessment, self-knowledge, and a diverse array of interactive parameters.

Research indicates that people's temperament, motivations, and self-perceptions are powerful predictors of their future thoughts and actions. In politics, for instance, leaders' personalities shape their leadership styles and decision-making processes. While external factors also influence their actions, fundamental aspects of human personality play a significant role.

Our destiny is not predetermined; we inhabit a world designed for life, not strife and conflict. Awakening often begins with opening closed hearts, particularly among the self-opinionated. Cynicism stifles innovation and progress; it is through embracing new ideas and visions that we move forward. Surrounding ourselves with people who inspire and uplift us, rather than those who bring us down, is key to shaping our destiny.

---

*“Watch your thoughts because they become your words,  
watch your words because they become your actions,  
watch your actions because they become your habits,  
watch your habits because they become your character,  
watch your character because it becomes your destiny.”*

*- Lao Tzu*

---

Your ‘mindset and effort’ will feature far more than ‘fate or luck’ in its manifestation.

---

*“If you’re no good at something important to you, improve.  
If you’re frustrated and keep failing, try again.  
If you ultimately fail in something and decide to move on to  
something equally or more important,  
learn from your failure.  
Your effort and mindset will define your destiny.”*

*- Greg Malpass*

---

And if you find success, happiness, and fulfilment, be sure that everyone who helped you achieve that success along the way – family, friends, peers, mentors, teachers, employers, employees, investors, customers, members of the community, or even adversaries – share in the rewards. Sometimes just giving thanks where it is worthy, can be incredibly positive and motivating in itself. Ask the Headmistress and staff of this Preparatory School.

---

***Dear Headmistress***

*“Dear headmistress, an end of term note to extend my thanks to you and all the staff at Newbridge Preparatory School for the work that has gone into my daughter’s education over the last seven years.*

*There can be no equal to the contribution your school has made to her development. I am proud of her maturity, sense of values, dedication, academic achievement, and most importantly her good nature and happy disposition. Newbridge School has made its mark in the most impressionable years of her character formation.*

*No doubt she will find the less protected world ahead challenging, but the grounding your Preparatory School has provided for her is fundamental, and I am very grateful. It would not be right for her to pass this milestone without recording my thanks, and you passing those thanks on to all who have contributed.*

*I trust my gratitude and the value I place on the education at Newbridge will act as encouragement for your staff to continue their important work to benefit girls in years to come.”*

*— ‘Out of Darkness Cometh Light’*

---

## Towards Excellence – A Practical Approach

Of course, the journey from mediocrity to excellence would be everyone's choice. But it requires more determination and perseverance than most are prepared to commit. Some don't plan to do anything they really want to, until retirement allows the time.

Our precious time on earth is fleeting - averaging around 25,000 days - so why wait for some distant retirement to live purposefully? Though few achieve excellence consistently, adopting a growth mindset enables progress. By taking small steps, we inch closer to our highest potential.

We all chase wealth, and why not, but the material world can obscure some deeper human values. The opportunity awaits to adjust our moral compass accordingly. Do not seek instant or 'all or nothing' financial solutions. Seek balance - embrace the process of self-discovery, however gradual.

---

*Determine your self-concept to guide growth. Healing past mistakes requires ruthlessly releasing the ego and its distortions.*

*Replace fear-based reactions with courage-based ones.*

*Recognize but do not be defined by limitations - instead, focus on your unique talents. Fulfilment stems from utilizing our precious time here for good. Life is too short to postpone meaning.*

*Discover your purpose, benefit others, and appreciate simple joys. By living consciously and compassionately, we honour the miracle of our existence.*

*- Greg Malpass*

---

If life holds value, then it warrants a commitment to living it to the fullest. Regardless of one's beliefs, cultivating a strong sense of self-

concept can facilitate healing from past mistakes and deflate the inflated ego that may have coloured previous actions.

---

*"Though no one can go back and make a brand-new start,  
anyone can start from now and make a brand-new ending."*

*- Carl Bard*

---

The journey from mediocrity to excellence is both a mental shift and a series of actionable steps:

- **Embrace a Growth Mindset:** Recognize that excellence is not merely an outcome but a mindset. Adopt the belief that your abilities can be developed through dedication and hard work. This growth mindset is the foundation for continuous improvement and achievement.
- **Set Ambitious Standards:** Elevate your expectations in all aspects of your life. Whether tackling minor tasks or major projects, aim for excellence. Challenge yourself to surpass your own high standards consistently.
- **Develop Strategic Plans:** Create detailed roadmaps for your goals. Break down larger objectives into manageable, actionable steps. This approach makes progress tangible and maintains motivation.
- **Engage in Deliberate Practice:** Focus on intentional, targeted practice to enhance specific skills. Identify areas needing improvement and design practice routines that directly address these aspects. This method accelerates skill development and mastery.
- **Actively Seek and Utilize Feedback:** Regularly solicit constructive criticism from peers, mentors, and experts in your field. View

feedback as a valuable tool for growth, using it to refine your skills and approaches continually.

- **Reframe Failure as a Learning Opportunity:** Embrace setbacks as integral to the learning process. Analyse failures objectively to extract valuable lessons and adjust your strategies accordingly. This resilience is crucial for long-term success.
- **Cultivate a Network of Excellence:** Surround yourself with individuals who embody and strive for excellence. Engage in professional networks, attend industry conferences, and immerse yourself in relevant literature and media. This environment of excellence will inspire and challenge you to elevate your own standards.
- **Develop Self-Reflection Habits:** Regularly assess your progress, attitudes, and methods. This introspection helps maintain alignment with your goals and values, ensuring that your actions consistently support your pursuit of excellence.
- **Emphasize Continuous Learning:** Stay curious and open to new ideas. Commit to lifelong learning by exploring diverse subjects and perspectives. This broad knowledge base can spark innovative approaches in your primary field of expertise.
- **Balance Ambition with Well-being:** While striving for excellence, maintain a holistic approach to life. Ensure that your pursuit of excellence doesn't come at the cost of your physical and mental health, relationships, or overall life satisfaction.

Remember, the transition from mediocrity to excellence is an ongoing journey rather than a destination. It requires persistent effort, unwavering commitment, and patience. By consistently applying these principles, you can cultivate a mindset of excellence that permeates all aspects of your life, leading to profound personal and professional growth.

# Destiny Secrets

## Path to Your True Destiny - Secret Number Two

### Reject 'Mediocrity' – Aim for the Stars

### When and Where it really Matters

***"Transcend mediocrity. Set audacious goals that stretch your perceived limits. Forget outperforming others—focus on surpassing your own best self. Embrace transformative change to achieve personal excellence in what truly matters. Never settle for average; relentlessly pursue your unique version of greatness."***

It's important to recognize that not every aspect of life requires excellence. There are moments when aiming high is appropriate, and others when it's perfectly reasonable to choose not to invest significant effort. The real danger lies in perpetually settling for mediocrity across the board, rather than occasionally opting out of less significant endeavours. While some advocate for giving one hundred percent effort in every endeavour, subscribing to such a mindset can be counterproductive. Perfectionism, often associated with Obsessive Compulsive Disorder, seldom leads to true success.

Excellence isn't synonymous with perfection in all things; it's about avoiding mediocrity across the spectrum. It involves mustering the right mindset and effort when and where it truly counts for you.

---

***"Mediocrity Sucks - Excellence Demands All"***

*As a teenager, I yearned to emulate my father's daring spirit. He had made his name and fortune as a professional speedway*

*rider for England, excelling in a sport that married exhilaration with danger. My protective mother, however, barred me from following his two-wheeled path. Undeterred, at seventeen, I pivoted to four wheels, enrolling in an RAC Rally school under the tutelage of world-champion instructors Andy Dawson and John Taylor. My goal was simple: make my father as proud of me as I was of him.*

*After a gruelling seven-mile mock special stage, I pulled over, glowing with self-satisfaction. But Andy Dawson's words swiftly punctured my bubble of contentment. Looking me in the eyes, he declared I would never be a world-class rally driver. My earlier success in opposite-lock driving on loose surfaces suddenly felt hollow.*

*In top-tier rallying, there are only two modes: full throttle or full brake. Anything in between bleeds precious milliseconds at each turn. Unconsciously, I had been easing off approaching bends, instead of accelerating like a Kamikaze pilot, trusting in my skills to navigate the hazard with snake-like opposite-lock manoeuvres. "Return to your studies," Andy advised, "attend university and find a different calling."*

*Deflated but resolute, I left. Perhaps I should have persevered with rallying; not doing so was likely a mistake. But years later, I transmuted this negative experience into a powerful life lesson: apply the principle of acceleration to everything. All or nothing – because mediocrity is the enemy of greatness.*

*This became my mantra: full commitment or none at all. Embrace joy completely or seek the stillness of meditation. Engage in unbridled tomfoolery and banter or maintain utter seriousness. Be recklessly outrageous or cautiously compliant.*

*Love everyone wholeheartedly or not at all.*

*In life's most significant pursuits, aim for the stars. Even if you fall short, you'll surely reach the moon. Excellence demands nothing less than your all.*

*– 'Out of Darkness Cometh Light'*

---



## **“Going Beyond Personal Ego”**

### **A Path to Authentic Living**

The journey beyond personal ego is not a mere ethical concept or platitude, but a transformative expedition towards a richer, more peaceful existence. Our ego—the complex web of thoughts, emotions, and beliefs—serves as both guide and potential obstacle in life.

Mastering the ego requires delicate balance. While crucial for self-identity, it can trap us in narrow constructs, obscuring our true essence. Transcendence involves unravelling these mental entanglements, recognizing our self-narratives as transient phenomena in the vast expanse of consciousness.

The key lies in shifting from constant doing to simply being, immersing ourselves in the present moment where mental noise fades and boundless awareness emerges. Compassion becomes our guiding light, illuminating our interconnectedness and dissolving the illusion of separateness that fuels greed and hostility.

This journey demands relinquishing control and shedding ego-driven desires. It's challenging yet promises inner peace and deeper connection with the world. It's an invitation to embrace our true nature, using mindfulness and compassion as beacons towards liberation from self-imposed limitations.

In the realm of secular spirituality, this transcendence is often termed 'self-transcendence'—expanding consciousness beyond the self to encompass something greater. It's about shifting focus from self-interest to genuine concern for others' welfare.

Though it may sound like a trite concept or a lofty theory, its essence is refreshingly straightforward, and its impact is tangible—a profound shift from self-centeredness to a broader, more inclusive perspective. It's not just theory; it's a practical approach to living more authentically and harmoniously in our interconnected world."

---

*"It is essential to our health and happiness that we dedicate ourselves to some kind of mission or purpose that transcends the mundane hustle and bustle of daily living."*

*- Kilroy J. Oldster.*

---

## **Trust Systems and Truths**

Human communities and families over the centuries have always tended to be based on belief in matters of the soul and character, such as honour, loyalty, morality, and love. But even so, different cultures place different emphasis or different takes on each. Then there is Money. Yuval Harari, author of best seller 'Sapiens', concluded that money is the only human invention that transcends language, cultures, state laws, religious beliefs, and social habits. Money is the only trust system created by humans that can bridge almost any cultural gap, and does not discriminate on the basis of religion, gender, race, age or sexual orientation. Osama Bin Laden funded his insurgency with US dollars. Money has succeeded the test of time unlike any Prophet, Philosopher, King, President, or CEO.

So, with the knowledge that communities and families are so crucial to happiness, and that money is just a yardstick of perceived person success, where is the truth.

---

*"If you want to change the world, start with yourself."*

*- Mahatma Gandhi*

---

At the heart of our existence lies a profound truth: we are innately capable of love, regardless of our cultural backgrounds, personal circumstances, or individual traits. This realization serves as the cornerstone of our quest for meaning and purpose. Above all else, our purpose is to love—to nurture our families, cultivate a better world for future generations, and extend kindness to most, if not all beings. It's a notion so universally accepted that few would dare to challenge it.

Delving into the origins of our capacity for love and consciousness unveils a fascinating narrative explored in Jeremy Griffith's book, "Freedom: The End of the Human Condition." Griffith, an Australian biologist, proposes an intriguing theory about our ancestral behaviour and the development of our moral instincts. According to Griffith, our species thrived in a state of love, cooperation, and gentleness millions of years ago, debunking the notion of inherent savagery. He argues that our current state of alienation and psychosis emerged only in the past two millennia, overshadowing our true nature.

While Griffith's theory presents a compelling perspective, it overlooks the historical evidence of humanity's propensity for violence, stretching back far beyond the last two thousand years. Throughout history, atrocities and genocides have marred our collective record, often orchestrated by ruthless leaders driven by ego and ambition.

Indeed, transcending the personal ego is no easy feat. Yet, it is a crucial step toward realizing our true potential and finding fulfilment beyond the confines of the self. Central to this journey are two fundamental concepts: perceptual consciousness and subjective reciprocity. While

abstract to some, these concepts play a pivotal role in understanding the essence of personal success and happiness.

In essence, our quest for meaning boils down to love—the willingness to extend compassion, empathy, and kindness to most beings. As we embark on this journey of self-discovery and transcendence, we inch closer to unlocking the true purpose of our existence.

# **“Consciousness and Reciprocity”**

## **Cornerstones of Human Evolution and Global Harmony**

The concepts of consciousness and reciprocity, while considered more ‘lofty’ or intangible concepts for some, are fundamental to our understanding of human development and societal progress. These principles, when fully embraced, have the potential to transform individuals and communities, fostering a more inclusive and harmonious world.

**Consciousness (Beyond Wakefulness):** Consciousness transcends mere wakefulness; it is the evolution towards a more inclusive awareness and love. Human consciousness progresses through distinct stages:

1. **Mass Consciousness:** Rooted in our instinctual intelligence, this represents our most primitive forms of love and interaction.
2. **Individual Consciousness:** As we develop self-awareness, we begin to make more conscious choices, enabling healthier expressions of human love.
3. **Group Consciousness:** The pinnacle of this evolution, where self-awareness, self-respect, and independence coalesce with a sense of responsibility and trustworthiness, fostering cooperation and collaboration.

The balance between self-love and love for others is crucial in this journey. As we become more conscious of our choices, we develop the capacity for healthier, more meaningful relationships and societal contributions.

**Reciprocity (The Golden Rule of Human Interaction):** Reciprocity, often defined as the practice of mutual exchange for shared benefit, finds its essence in the Buddhist concept of Karma and the Golden Rule common to most recognised religions. In Buddhism, "karma" simply means "action," with the belief that our actions inevitably return to us. This principle is evident in social relationships: kindness begets kindness, while harmful acts can spiral into cycles of revenge.

The power of reciprocity lies in its ability to break these negative cycles through the radical act of returning good for evil, love for hatred. This principle holds immense value in human relations, serving as a foundation for building trust, cooperation, and mutual understanding.

**Transcending the Ego (A Unifying Principle):** The concept of "Going beyond the Ego", as described earlier in this chapter, unites diverse religious and non-religious belief systems. It involves transcending oneself to focus on the essence of being, seeking harmony with others and nature. In this process, we discover our deepest, truest selves, values, and desires. The simple act of kindness, often underestimated, holds transformative power in this journey.

## **A Global Spiritual Perspective**

Even atheists are often spiritually minded. In 2008, representatives from eight different religious and philosophical traditions collaborated to create a statement on global spirituality. This unprecedented effort underscores the universal nature of these principles and their potential to bridge diverse worldviews.

---

*“Within every human being lies a beautiful heart where love and wisdom can blossom. The heart contains a seed of universal potentiality, the essence of being, we all share in unity. The door*

*of the heart is always open, ready to connect the present moment with infinity, a deeper reality. In the depth of our heart, we discover calmness and clarity, peace and loving kindness, springing from an ineffable source beyond words – silence behind silence, the whisper of truth. Here, unconditional love and all-embracing wisdom emerge, caring for all manifestations of life in a natural and spontaneous way.”*

*- The Religious Consensus Group of 8*

---

As we deepen our understanding and practice of consciousness and reciprocity, we become more inclusive as individuals and societies, elevating our collective humanity. While this vision may seem utopian, it is grounded in the reality of human potential and the shared wisdom of diverse traditions. By embracing these principles, we move towards a world characterized by greater empathy, understanding, and mutual respect - a world where the boundaries between self and other begin to dissolve in the light of our shared human experience.

Some may once again question the relevance of idealism, utopia, and spirituality in today's world. However, the concepts of 'Going beyond the Ego' and 'Self-Transcendence' offer insights into surpassing the confines of ordinary existence. They invite us to broaden our perspective, acknowledging that there are greater priorities than our individual selves in our materialistic society. Perhaps, the sentiments are best encapsulated in the timeless wisdom of Max Ehrmann's prose poem 'Desiderata':

---

### **Desiderata**

*“Go placidly amid the noise and the haste and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.”*

*- Max Ehrmann*

---



## “The Human Spirit”

The human spirit seeks significance and direction that transcend individual concerns. By delving into our core values, passions, and talents, we unlock the potential to make a positive impact on the world. While it may seem intimidating initially, nurturing a mindset of service and contribution can enrich our lives with profound satisfaction.

**Guidance may advise:** "Begin by introspection, asking yourself - what deeply moves you in this world, and fills you with optimism? How can you leverage your abilities and talents to make a meaningful difference? Envision how small acts of kindness, courage, and righteousness can lead to transformative outcomes."

**Experience will teach you:** "Embarking on the journey toward purpose necessitates humility, acknowledging our interconnectedness. It shouldn't revolve solely around the ego but rather collaboration for the collective welfare. Each individual has a distinct role to fulfil. As we uplift others, we ourselves experience elevation."

Fulfilment awaits beyond the barriers of fear. While stepping into a broader vision of our purpose may seem daunting, it is where our humanity truly flourishes - through empathy, bravery, and selflessness. The dividends of living authentically from the depths of our hearts and souls are immeasurable. Our lives attain significance when we perceive ourselves as integral threads in the intricate tapestry of love and transformation.

# Destiny Secrets

## Path to Your True Destiny - Secret Number Three Transcend Ego, Embrace Authentic Self, Cultivate Deep Love and Move beyond Self-Centredness

*“Elevate beyond ego-driven existence. Discover your authentic core and nurture genuine self-love, while shedding self-absorption. Reach out to values greater than yourself, forging connections that resonate with your deepest truths. This journey is the essence of profound love—for yourself and others. In this space of expanded consciousness, you'll uncover enduring happiness, inner peace, personal redemption, and higher purpose. Embody love and compassion in action—it's the simplest yet most transformative path.”*

Achieving a fulfilling and joyful existence, and pursuing our chosen path, presents a paradox once we transcend the ego. We find freedom within the constraints of necessity, become self-reliant yet reliant on others, exhibit strength while embracing vulnerability, and remain open to setbacks while embracing gratitude for life's unfolding journey. This transition leads us to shift our focus from self-centeredness to living for the sake of others, often leading us into uncharted territories and unfamiliar ways of relating to the world.

Psychologists argue that self-transcendence contributes significantly to emotional maturity, life contentment, and inner tranquillity. It empowers individuals to leave behind a positive legacy that surpasses

their mortal existence. Self-transcendence serves as a shield against life's adversities, instilling resilience and trust in forces greater than oneself. It stands as a testament to human growth and development. Acts of charity and anonymous generosity epitomize the embodiment of concepts like 'Going beyond the Ego,' 'Self-Transcendence,' 'Reciprocity,' and 'Consciousness,' defying the norms of mediocrity. Allow me to share two remarkable anecdotes that exemplify the actions of unsung heroes:

---

### ***The Old Tramp***

*"In a quaint Staffordshire village in the early 1970s, I was a grammar school lad more captivated by girls, music, and rugby than by the sermons of our local vicar, who doubled as our Religious Education teacher. Little did I know that one of his tales would leave an indelible mark on me.*

*One Sunday, our vicar halted the service mid-prayer. "We can't worship properly with rain pouring through our church roof," he declared. "The £3,000 repair fund hasn't materialized. Prayers alone won't fix this – we must take action as a community." Three weeks of fervent fundraising – jumble sales, lotteries, and the like – yielded a mere £365. Worse still, Mrs. Jones, with her domineering nature and self-righteousness, had managed to alienate the entire parish. Her dissatisfaction with her front-page feature in the parish gazette, despite her zealous efforts, only added to the community's frustration.*

*On a stormy Tuesday night, the weary vicar sat in his kitchen, the sound of rain pelting the church pews next door. As he contemplated his meager soup, the doorbell rang. "Oh no," he groaned, "that will be bloody Mrs Jones with yet more disgruntled ramblings."*

*To his surprise, it was a bedraggled old tramp, drenched and malodorous. Despite his reservations, the vicar's Christian duty*

*compelled him to invite the man in, sharing his soup while discreetly opening windows to dispel the stench. As the clock struck eight, the vicar reluctantly showed his guest the door, conscience warring with practicality. He offered an umbrella, but the tramp declined, instead proffering his sodden newspaper as a token of gratitude. The vicar accepted it humbly, and the tramp disappeared into the night. Sighing with relief, the vicar poured himself a well-deserved whisky nightcap. He settled back in his kitchen chair and unfolded the rain-soaked newspaper. As he turned to Page 3 of The Sun, his eyes widened in disbelief. No, it wasn't the picture of the topless model which shook him. There, nestled in the folds, you guessed it - was £3,000 in cash!"*

*— Out of Darkness Cometh Light*

---

Perhaps the true measure of humanity is unexpected generosity in anonymity. This poignant tale illuminates the profound depths of human generosity and the often-misleading nature of outward appearances. It serves as a powerful reminder that true virtue often resides in the most unexpected places, challenging our preconceptions about worth and dignity.

The juxtaposition of Mrs. Jones' ostentatious yet ultimately fruitless efforts with the tramp's quiet, transformative generosity underscores a fundamental truth: the value of a person lies not in their social status or public persona, but in their capacity for selfless acts of kindness.

The tramp's decision to give anonymously, without seeking recognition or gratitude, embodies the purest form of altruism. His act transcends mere charity, becoming a testament to the inherent dignity of giving for its own sake. This anonymity

ensures that the act remains untainted by ego or desire for social acclaim, preserving its spiritual integrity.

The tramp's act, hidden within the folds of a rain-soaked newspaper, becomes a metaphor for the hidden treasures of human kindness that exist all around us, waiting to be discovered if only we have the wisdom to look beyond the surface.

---

### ***Could have been Your Mom***

*"In 2006, Kano State in Northern Nigeria was a powder keg of social issues. Unemployment, religious discord, abject poverty, and lack of education fuelled unrest. Women bore the brunt of the turmoil, facing abuse under the misogynistic interpretation of Sharia Law enforced by the Hisbah.*

*My company had secured a US\$60 million contract to design and build a water treatment plant. The project, greased by the usual incentives to local Chiefs and Government Officials, lacked planning or finance for the crucial 25-kilometer distribution network to deliver fresh water to Kano's homes. It was shaping up to be a white elephant, born from regional corruption and tribal self-interest.*

*That morning at 6 AM, I witnessed a sight that would haunt me forever: the charred remains of a man, tarred, feathered, and burned alive on a stake at a village entrance. "Bad man, Boss," my driver assured me, his casual tone chilling.*

*Night drives through these remote villages were perilous for affluent expats in chauffeured SUVs. The 'Golden Rule' was simple: keep moving, never stop for any provocation or improvised roadblock.*

*Gareth, our Welsh Project Manager and a veteran of African projects, seemed uncharacteristically agitated as we crawled*

*through a dark, dirt-track road in an unavoidable village late that night. Suddenly, he ordered, "Stop the car."  
Our driver protested, "But Boss, you know the risk..."  
Ignoring him, Gareth stumbled out, crossed to an old lady sitting on the ground, propped against a wall. He dug into his wallet, cupping what looked like at least US\$500 into her hand. No one but us witnessed this act.  
As we sped away like an armoured patrol, I asked, "What was that about, Boss?"  
After a pregnant pause, Gareth grunted, "That could have been your mother or mine."  
I realized this was the 'Golden Rule' in action—compassion trumping caution. No more words were exchanged; we had business with Nigerian officials that night, requiring a different mindset—one of bribery, not charity."  
— 'Out of Darkness Cometh Light'*

---

This powerful anecdote also illustrates the transformative power of empathy in the most unlikely circumstances. Amidst a backdrop of corruption, violence, and strict self-preservation, Gareth's spontaneous act of kindness stands out as a beacon of humanity.

This moment of compassion, juxtaposed against the harsh realities of the environment and the impending business of bribery, highlights the complex moral landscape we often navigate. It challenges us to reconsider our 'golden rules' and suggests that true courage may lie in breaking them for the right reasons.

Ultimately, this brief encounter serves as a poignant reminder that even in the darkest of contexts, we have the capacity to recognize our shared humanity and act with unexpected kindness.

# **“Crafting a Personal Blueprint”**

## **A Journey of Self-Discovery and Purpose**

In the realm of personal development, creating a life plan is as crucial as drafting a business strategy. This "Personal Blueprint" serves as a roadmap for your aspirations, values, and vision. Here's a refined approach to this transformative process:

1. **Value Reflection:** Delve deep into your core principles. What drives you? What legacy do you wish to leave? This introspection forms the foundation of your blueprint.
2. **Self-Assessment:** Conduct a thorough analysis of your strengths and weaknesses. This honest appraisal will guide your personal growth trajectory and inform the skills you need to cultivate.
3. **Vision Crafting:** Paint a vivid picture of your ideal future. Envision your career, relationships, health, and personal growth with clarity and ambition.
4. **Goal Setting:** Establish SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals that align with your vision. Break these down into manageable milestones.
5. **Strategic Planning:** Develop a comprehensive action plan. Identify necessary resources, potential obstacles, and support systems. Create a timeline that balances ambition with realism.
6. **Implementation:** Execute your plan with determination. Regular progress tracking and flexibility are key to maintaining momentum.
7. **Continuous Review:** Periodically reassess your blueprint. Life's dynamic nature may necessitate adjustments to keep your plan relevant and effective.

Remember, your Personal Blueprint should be as unique as a fingerprint, resonating with your innermost aspirations. Like a powerful melody that strikes a chord within you, your blueprint should harmonize with the essence of your being.

Consider incorporating universal themes that reflect humanity's shared values:

- **Respect for Life:** Extend the reverence we have for our mothers to all women and nurture a commitment to children's well-being globally.
- **Ethical Leadership:** Challenge the notion that success requires ruthlessness. Emulate leaders who achieve greatness through integrity, vision, and emotional intelligence.
- **Balancing Competition and Inclusion:** Navigate the dichotomy between competitive drive and inclusive practices. Strive for success while fostering collaboration and respect.
- **Social Connection:** Recognize that meaningful relationships are the bedrock of ethical living and personal growth. Transcend differences to realize our collective potential.

As you craft your blueprint, consider how emerging technologies like AI can augment this process. These tools can offer data-driven insights and personalized strategies, enhancing your self-discovery journey. The use of AI as a mentor, as prescribed in this book, comes to the fore in the delivery of your 'Personal Blueprint' (*cf. 'The Road to Your Destiny'*).

Your Personal Blueprint (*viz. Destiny-Gram 'Personal Profile and Destiny Plan'*) is not just a document; it's a living testament to your values and aspirations. Whatever your particular personality type and natural traits, I would encourage you to rise above societal norms that



may prioritize aggression over empathy or success at any cost. Instead, let it guide you towards accomplishments that are not only remarkable but also rooted in compassion, collaboration, and universal respect.

It is my personal conviction that, despite the prevailing notion that success is synonymous with ruthless ambition, true success and leadership often emanates from integrity, vision, and emotional intelligence. Such leaders prioritize collaboration and compassion over cutthroat tactics, recognizing that conquering the world need not be a goal in anyone's personal blueprint.

In essence, your Personal Blueprint is an opportunity to align your life's trajectory not only with your heart-felt desires and passions, but also with the noblest aspects of human nature. It's a chance to write a life story that not only fulfils your personal ambitions but also contributes positively to the grand narrative of human progress.

---

*“Great leaders, inventors and pioneers try not to become men of success, rather become men of value.”*

*- Albert Einstein*

---

**Rule One** - Don't Make your Plan too self-centred, and Never Bully. If you run the show on thunder and lightning you can build empires; but thunder and lightning never made anything grow, and never anything that lasts.

When crafting your Personal Blueprint, avoid an excessively self-centred approach that disregards others; remember, true and lasting success stems from empathy, inclusivity, and collaboration, not

aggressive tactics akin to "thunder and lightning" that may build short-lived empires but ultimately impede genuine growth and longevity.

---

### ***Only Bully Bullies***

*"In USA 2002 on a flight out of New York, business class. The stewardess was sweet but not experienced. A pompous and impeccably dressed English Businessman was sitting next to me. He had ordered a white wine which she served so nervously that a little spilt on his shirt. His reaction was quite out of proportion. He was on-route to a 'very important meeting with clients' and must not turn up soiled in any way nor smelling of alcohol at the fault of an airline who employs incompetent staff. He demanded to speak to the chief stewardess and wouldn't stop at that. The poor young stewardess' embarrassment turned into a personal crisis for her, and she burst out crying. That didn't mellow him, he stood up gesticulating in front of all passengers and shouted abuse and bullied the chief stewardess. So, I quietly raised my full glass of red wine and poured it over his head. 'Leave her alone, and now your shirt is soiled somewhat – blame me when your peers judge you.'"*

*- 'Out of Darkness Cometh Light'*

---

Some are perhaps more worthily considered important dignitaries due to their status but may wisely be far less obnoxious. Some country Presidents were known for their humility and kindness, such as Roosevelt (FDR) and Lincoln. President Jose Mujica of Uruguay perhaps the humblest President in the world. Sometimes just giving time and attention to someone off camera can be a sign of humility.

**Rule Two** - Don't Consider yourself above Others, Be Wise but Be Humble.

As you map out your life's Personal Blueprint, embrace humility and avoid a sense of superiority over others; strive to be wise and principled, but anchor your wisdom in humble gratitude, recognizing that personal growth flourishes in an environment of mutual respect and interconnectedness.

---

### ***El Presidente***

*"In October 2010, I had the privilege of meeting President Sebastian Piñera of Chile at a reception in Lancaster House. The event coincided with the dramatic rescue of trapped miners in Chile's Atacama Region, drawing intense media attention. Despite the chaos, I was struck by the President's willingness to engage in casual conversation amidst the frenzy. Our chat veered towards an unexpected topic: the fierce rivalry between Chile and Peru over their beloved national spirit, pisco. This grape brandy and its famous cocktail have long been a point of contention between the two nations, each claiming to be its true birthplace. While Peru is historically credited as pisco's origin, Chile has surpassed its neighbour in production quality and distribution. Seizing the moment, I playfully challenged the President: "Can I ask you to step out of the limelight for a moment to defend Chile's claim as the birthplace of Peruvian pisco?" President Piñera, a man Forbes estimated to be worth \$2.8 billion in 2019, responded with unexpected humility and wisdom. He mused, "Well, if you find an abandoned baby in the street, and you take it home, feed it, educate it, and raise it as your own - who is the real father?" His response was a masterclass in diplomacy. Instead of a defensive rebuttal, Piñera artfully acknowledged Peru's historical claim while subtly highlighting Chile's role in nurturing and elevating pisco's global status. It was a humble yet pointed stance that spoke volumes about his leadership style.*

*This brief exchange, amid the backdrop of a national triumph and media circus, revealed a leader capable of navigating complex cultural rivalries with grace and wit. It was a moment that underscored how even in the world of high-stakes politics and national pride, there's room for humour, humility, and nuanced perspective."*

— 'Out of Darkness Cometh Light'

---

The examples are intended to show how humility and attitude matter. In 2011 Steve Jobs died at the age of 56 from pancreatic cancer, leaving a fortune of seven billion dollars and his last words and messages are a testament to these assertions.

---

### **What Matters Most**

*"At this moment, lying in bed, sick and remembering all my life, I realize that all the recognition and wealth that I have is meaningless in the face of imminent death. I have the money to hire the best in whatever task, but it is not possible to hire someone to cure my illness.*

*Money can get all kinds of material things, but there is one thing that cannot be bought- Life itself. As I got older, I realized that a \$ 300 watch and a \$ 3,000,000 watch both show the same time; That with a \$ 150,000 car and a \$ 15,000,000 car we can reach the same destination; That a wine of \$ 150 or one of \$ 1500, generates the same hangover; That in a house of 300 square meters, or in one of 3000, the solitude is the same.*

*True happiness does not come from material things, it comes from the affection that our loved ones give us. And when we have good friends to talk to, it gives true happiness."*

- Steve Jobs

---

### **Rule Three - Avoid Prejudice and Discriminations**

In crafting your Personal Blueprint, it's vital to be vigilant against the pitfalls of prejudice and discrimination prevalent everywhere in most societies. Prejudice entails the formation of biased perceptions and preconceived notions, while discrimination involves acting on those prejudices in ways that harm others. It's essential to actively challenge any inherent biases and prejudices within yourself, ensuring that they never translate into discriminatory actions that diminish the dignity and equality of others.

Non-discrimination and eradication of prejudice is founded on the belief that we are all equal. The American Declaration of Independence in 1797 asserted that: 'We hold these truths to be self-evident, that all men are equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.' But it took a further 167 years to enact the equality from the Emancipation Proclamation by President Abraham Lincoln in 1865 to the Civil Rights Act outlawing discrimination based on race, colour, religion, sex or national origin signed by President Lyndon Johnson in July 1964.

---

#### ***I have a Dream***

*"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."*

*- Martin Luther King Jr.*

---

Prejudice and discrimination are interconnected yet distinct concepts, each with its own origins that require careful examination. Prejudice

involves forming biased judgments, impressions, and interpretations about individuals or groups, often stemming from limited information or unfounded biases. On the other hand, discrimination occurs when these prejudiced attitudes are translated into concrete actions that deny equal treatment or opportunities to others, based on perceived differences such as educational background. While prejudice resides in the realm of thoughts and perceptions, discrimination manifests as overt behaviours that marginalize or oppress others.

It's crucial to confront and dismantle personal prejudices before drafting a Personal Blueprint to prevent them from influencing the "Goals and Action Plans" and potentially leading to discriminatory behaviour. This proactive approach safeguards the principles of justice, equity, and human rights. By fostering self-awareness, empathy, and a commitment to embracing diversity, we can create an inclusive environment where everyone is valued, respected, and provided with equal opportunities to flourish, free from the harmful effects of prejudice and discrimination.

---

### ***Prejudice Exposed***

*"It was a great privilege for me to attend the World Economic Forum and rub shoulders with statesmen and captains of industry. Keynote speakers included George Shultz and Yasser Arafat, and I was able to impress my Spanish girlfriend Yvonne with an invitation to a reception at the King's Palace where we met many dignitaries.*

*The Forum's proceedings and conferences were high-level affairs, with delegate tickets selling for over US\$5,000. However, Day 4 proved to be a disappointment. Only hangers-on like myself were in attendance, and the panel consisted of new ministers from the newly formed African National Congress*

*party led by Nelson Mandela (who was not present). One by one, each minister gave an incomprehensible, poorly thought-through, and poorly presented rendition of their plans and manifesto for the new South Africa.*

*The final speaker was a black man of considerable physical stature and somewhat outrageous attire. He sported a black gangster-style suit with a loud yellow tie adorned with black dots matching his braces. As he sipped his water and cleared his throat, I admit my prejudice kicked in. I decided to leave the auditorium and find a bar. But as I made my way to the exit, I caught his first words and paused. At the back, I turned and sat down, listening in awe. He was a top New York lawyer with a PhD in African politics.*

*I'm sure South Africa will one day have a full cabinet of educated, professional politicians who would impress me as much as that forward-thinking gentleman did with his analysis of the challenges facing South Africa. I later found him at the evening reception and raised a glass to him. He truly knew his subject."*

*- 'Out of Darkness Cometh Light'*

---

# Destiny Secrets

## Path to Your True Destiny - Secret Number Four

### Set a Personal Blueprint- Control your Prejudices to Avoid Discrimination, be Humble and above all Never Bully Anyone

***“Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.”***

Crafting a Personal Blueprint requires knowledge in the art of self-awareness and compassion. In the journey of personal growth and self-improvement, setting a personal blueprint serves as a fundamental step towards becoming our best selves, helping us navigate the complex terrain of human interactions and personal development. At its core, it should emphasize these three crucial elements: controlling our prejudices, embracing humility, and rejecting bullying-boy behaviour.

The advice to "avoid loud and aggressive persons" carries profound philosophical implications. It suggests that peace of mind and spiritual well-being are closely tied to the company we keep and the energy we surround ourselves with. This doesn't mean isolating ourselves from challenging personalities, but rather being mindful of how different interactions affect our mental and emotional state.

By controlling our prejudices, we open ourselves to diverse perspectives. Through humility, we find strength in acknowledging



both our capabilities and limitations. And by rejecting bullying behaviours, we affirm our commitment to treating others with dignity and respect. It echoes the Socratic ideal of constant self-examination, the Buddhist concept of mindfulness, and the universal ethical principle of treating others as we would wish to be treated.

A Bully habitually seeks to harm or intimidate those whom they perceive as vulnerable – such as political opponents. Humility is having or showing a modest or low estimate of one's importance. A President loved by many for his fine leadership qualities often lacked humility, seldom curbed his ego, and thrived on bullying:

---

***A US President who incited a riot on Capitol Hill***

- *The “billionaire” who hides his tax returns*
- *The “genius” who hides his college grades*
- *The “businessman” who bankrupted 3 casinos for over \$1bn*
- *The “playboy” who pays for sex*
- *The “Christian” who doesn’t go to church*
- *The “philanthropist” who defrauds charity*
- *The “patriot” who dodged the draft*
- *The “innocent man” who refuses to testify*
- *The “President” who takes no responsibility*
- *The “tough guy” who wears makeup and hairspray*
- *The “deal maker” who has yet to close a deal*

*- A New York Blogger, 2020*

---

But, as much as I personally disliked Donald Trump in 2020, those who did admire him, did so not just for his politics, but for his fighting spirit, ambition and sense of destiny.

## **Balancing Strengths and Areas for Growth**

In so developing a 'Personal Blueprint' for success, it's crucial to recognize both our strengths and areas for improvement. Let's consider this example of Donald Trump, a polarizing figure who demonstrates both remarkable qualities and aspects that could benefit from refinement – focusing on matters of personality traits, character, skills and desires – the crux of this book's ethos.

### **Strengths to Emulate:**

1. Unwavering confidence: Trump's self-assurance has been a key factor in his business and political success.
2. Media savvy: His ability to command attention and control narratives is unparalleled in modern politics.
3. Ability to connect with his base: Trump's communication style resonates strongly with a significant portion of the American public.
4. Resilience: He has shown remarkable ability to bounce back from setbacks and criticism.

### **Areas for Potential Growth:**

1. Diplomacy: Refining communication style could broaden appeal and effectiveness.
2. Transparency: Greater openness about personal and business matters could enhance trust.
3. Humility: Acknowledging mistakes and showing vulnerability could improve relatability.
4. Unifying leadership: Focusing on bringing diverse groups together could strengthen national cohesion.

It's important to note that all leaders, and indeed all people, have strengths and weaknesses. The key to effective personal growth is

recognizing areas for improvement while leveraging one's strengths. For Trump, as with any leader, addressing perceived weaknesses could potentially enhance his effectiveness and broaden his appeal, as time will tell with this controversial leader.

In crafting our own personal blueprints, we can learn from public figures like Trump. We should aim to:

1. Cultivate confidence while remaining open to feedback
2. Develop strong communication skills tailored to our audience
3. Build resilience in the face of challenges
4. Strive for transparency and authenticity
5. Practice humility and acknowledge our limitations
6. Seek to unify rather than divide

By balancing these elements, we can all create personal blueprints that allows us to lead our own lives effectively, connect with others, and achieve our goals while maintaining integrity and fostering positive relationships. Remember, the most impactful leaders are those who continuously work on self-improvement while staying true to their core values and vision.

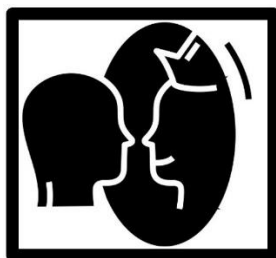
Here are some high-profile leaders who have demonstrated the power of humility combined with effectiveness:

1. Nelson Mandela: Despite spending 27 years in prison, Mandela emerged without bitterness and led South Africa through a peaceful transition from apartheid. His humility and willingness to forgive his oppressors, while still effectively leading the country, made him a globally respected figure.
2. Warren Buffett: Known as the "Oracle of Omaha," Buffett is one of the most successful investors in history. Despite his wealth and influence, he's known for his modest lifestyle and willingness to admit mistakes. He regularly writes to

shareholders about his errors, demonstrating both humility and transparency.

3. Angela Merkel: As Chancellor of Germany for 16 years, Merkel was known for her pragmatic, low-key leadership style. Her humble demeanour, combined with her effectiveness in navigating complex political situations, earned her the nickname "Mutti" (mother) from many Germans.
4. Satya Nadella: Since becoming CEO of Microsoft in 2014, Nadella has transformed the company's culture and market position. He's known for his humble approach, focus on learning, and willingness to admit when the company needs to change direction.
5. Pope Francis: As the head of the Catholic Church, Pope Francis has been noted for his humility and approachability. He's chosen to live in simpler quarters than his predecessors and has been effective in addressing difficult issues within the Church while maintaining a humble demeanour.

These leaders demonstrate that humility and effectiveness are not mutually exclusive. In fact, their humility often enhanced their ability to connect with people, navigate complex situations, and effect meaningful change. They show that acknowledging one's limitations and continuously striving for improvement can coexist with strong, impactful leadership.



## Path to Your True Destiny – Reflection Page

### Chapter 3: YOUR REAL DESTINY

#### "Crafting Your Personal Blueprint"

##### **Case Study: Aisha's Path to Authentic Success**

Aisha, a 32-year-old successful, but not outstanding, lawyer always felt out of place in her high-pressure corporate job. After working through this chapter and creating her personal blueprint, she realized her true values centred around creativity and social justice. Over the next year, Aisha transitioned to pro bono work, focusing on arts-related legal cases. She also started a side business creating legal resources for independent artists. By aligning her career with her authentic self, Aisha found a sense of purpose she had been missing. Her work now energizes rather than drains her, and she's making a tangible difference in her community.

##### **You: My own Plan to put Mediocrity behind me in Areas that Matter**

My current understanding of my life purpose:	
--	--

Skills and talents I want to develop further:	
Areas where I'm settling for mediocrity and how to improve:	
My definition of personal excellence:	
Action steps to align my daily life with my higher purpose:	

# **D**ESTINY AND LIFE CHOICE

It is in our destiny to strive to be happy. In Buddhism, happiness is achieved when a person can perceive the true nature of reality, unmodified by the mental constructs we superimpose upon it. Suffering is so important in Buddhistic teachings because you have to learn to understand it in order to feel happiness. If we find happiness in the long run, it's mostly likely to be about the life choices we made enroute. A key component of Aristotle's theory of happiness is the factor of virtue. He contended that in aiming for happiness, the most important factor is to have 'complete virtue' or – in other words – good moral character. Aristotle's happiness consists in achieving, through the course of a whole lifetime, all the goods — health, wealth, knowledge, friends, etc. — that lead to the perfection of human nature and to the enrichment of human life.

---

*“The function of man is to live a certain kind of life, and this activity implies a rational principle, and the function of a good man is the good and noble performance of these, and if any action is well performed it is performed in accord with the appropriate excellence: if this is the case, then happiness turns out to be an activity of the soul in accordance with virtue”.*

*- Aristotle.*

---

Do happy groups or countries create happy individuals, and if so, what factors contribute to this collective happiness? The World Happiness Report, an annual publication by the United Nations Sustainable

Development Solutions Network, offers insights into national happiness rankings and data analysis from various angles. An intriguing correlation emerges when comparing a nation's happiness ranking with its level of corruption. Remarkably, up to seventeen of the twenty happiest countries consistently rank among the least corrupt. The corollary is that nations with administrations committed to combating bribery, cronyism, electoral fraud, and other forms of corruption tend to exhibit higher levels of GDP per capita, social support, healthy life expectancy, freedom of choice, and generosity. Conversely, approximately half of the twenty unhappiest nations are plagued by high levels of corruption, especially those affected by conflict and war. These findings underscore the profound impact of governance on societal well-being.

Ultimately, true happiness transcends fleeting pleasures and encompasses a profound sense of purpose and meaning in life. Achieving this deep happiness requires making ethical choices and cultivating virtues of character. While material success may contribute to happiness at a superficial level, sustained fulfilment arises from aligning one's actions with values and aspirations.

For instance, investing in a child's education at a prestigious private school may seem like a step towards ensuring the child's ethical standards and future happiness. However, a real-life anecdote about Greg Malpass's daughter attending a grammar school (*cf. "Out of Darkness Cometh Light"*) offers a nuanced perspective. Despite its reputation for academic excellence, the school prioritized fostering a happy and cooperative atmosphere, nurturing strong relationships between students and faculty, and emphasizing community and joy. This anecdote serves as a reminder that genuine happiness is rooted



in holistic development and nurturing environments that prioritize well-being alongside achievement.

Disclosure of an extract from a real inspection report on the same Grammar School by the Charity Commissioners in 1861, painted another picture. Thankfully today's headmaster is delighted that the school has moved on since then.

---

### ***School Standards***

*“Standards are low. Scholars can only read tolerably. The cost per pupil is three times that of similar schools and there is little value for money. The buildings are badly situated and are subject to fumes from nearby factories. The school is situated just fifty yards from the vilest nest of iniquity in the town, where there are ten or twelve brothels. The management of the school is grossly inefficient. The school is slovenly, filthy, the desks cut to pieces. The privies are so bad that the pupils are forced to go elsewhere. Part of the buildings have been let to a man who uses them as stables and pigsties. Priority needs to be given to securing the employment of better teachers.”*

*- Charity Commissioners, 1861*

---

In life's ongoing struggle to uphold standards, there exists a poignant irony. We constantly grapple with shifting measures—our cherished beliefs, our loved ones, our allegiance to country and faith, the precious gift of children, and the vast tapestry of family and community that shapes our identity. Yet, when we lose sight of these foundational pillars while chasing after wealth, power, and success, we risk losing touch with life's true purpose. Love, the enduring legacy we pass down through generations, anchors us in our mortality. Our

children, the living embodiments of our hopes and dreams, carry forward our legacy into a future we may never witness—a reminder that our true imprint on the world lies not in fleeting achievements, but in the lives we nurture and inspire.

Crafting a rulebook for navigating life's complexities and charting a course towards destiny may seem straightforward in theory yet proves elusive in practice. In hindsight, we often rue missed opportunities and contemplate the wisdom of avoiding destructive vices, harmful addictions, and the corrosive influence of corruption from the outset. The journey of self-discovery and redemption demands introspection and a willingness to confront our past choices with humility and honesty. As we struggle with the weight of our decisions, we must ask ourselves: Is it too late to rewrite the narrative of our lives, or do we still possess the power to shape our destiny?

---

*“Reality is just a crutch for people who can't handle drugs.”*

*- Robin Williams*

---

It is not my intent to preach pious platitudes upholding impeccable personal ethics, nor to labour the insidious nature of addiction and its repercussions. But it is easy to deceive oneself into believing that indulging in addictions or minor acts of corruption will not lead to greater consequences. For this reason, and for the sake of completion, I dedicate this short section of my writings to ‘Vice, Addiction and Corruption’, which summarises some of the key points already raised in the earlier section: ‘Destiny of an Author- Life Copouts’.

## **“Vice, Addiction and Corruption”**

### **Tend your Inner Light**

Corruption is never benign. Corruption commences with a single moral compromise under the guise of expedience. It can begin with the seeds of discontent, unhappiness, and the need for recognition. The need for recognition is a powerful psychological need. Resentment ferments over time until the tipping point is reached when unhappy people feel compelled to take action to become happy. Corruption provides the illusion of happiness and can consume even the noble-intentioned . Being a member of a corrupt group, most likely all exhibiting a collectively acceptable addictive behavioural trait, usually provides personal recognition by other group members – our peers. Corrupted groups also provide justification for illegal activities. Pablo Escobar, the Medellin Drug Cartel leader earned respect and recognition as a kind of ‘Robin Hood’ figure in his local community. Then he became a terrorist.

The old Arabian proverb: "If the camel once gets his nose in the tent, his body will surely follow" refers to minor corruption unwittingly escalating. The truth is that corruption is a cancer usually requiring surgery not therapy.

In terms of becoming an addict – in times of stress, many of us turn to vices to cope (*cf. “Destiny of an Author- Life Copouts”*). We pour a second glass of wine, open the ice cream before dinner, or spend afternoons binge-watching Netflix. Most of the time, these behaviours aren’t a problem. Enjoying a glass of wine (or two) doesn’t make you an alcoholic, and scrolling Instagram at night doesn’t mean you have a social media addiction. But there reaches a point – typically when you start choosing vices over more important activities – that these

coping mechanisms can become problematic, an endless ouroboros devouring its own tail.

An Addictive Personality is all about 'Sensation-Seeking' or 'Risk-Taking' behaviours. Psychologists think that this sensation-seeking character trait is the result of an aggressive "approach system" intrinsic to individuals who deliberately seek out and experience extreme external stimuli to offset their inability to feel internally aroused 'Junkies?'

In psychotherapy terms, those diagnosed with a personality disorder are suffering from ego-syntonic behaviour patterns that are profoundly rooted in the person's ego integrity, which helps to explain why people with personality disorders often see nothing wrong or maladaptive about their behaviour.

You should decide your own state of behaviour and level of vice induced addiction or seek professional advice. The purpose of this book is not to judge, set unachievable human standards or moralise – it's about self-assessment and evaluation.

# Destiny Secrets

## Path to Your True Destiny - Secret Number Five

### Confront Vices, Overcome Addictions, Champion Integrity

***“Vice, addiction, and corruption permeate our world, their presence undeniable. Yet, your response to these challenges defines your character. You alone shape your destiny through the choices you make in confronting these realities. Resist the allure of destructive habits, break free from the chains of addiction, and stand firm against the tide of corruption. Your journey is about persistent effort and progress, not perfection. Strive to be the best version of yourself—one decision, one day at a time. In a world rife with temptation, let your integrity be your compass and your strength.”***

Don't delay action until everything aligns perfectly. Perfection is an elusive goal, and there will always be hurdles, imperfections, and less-than-ideal circumstances. So why wait? Initiate your desired changes now, as only you know what's truly necessary. With each step forward, you'll bolster your strength, enhance your skills, boost your self-assurance, and inch closer to success.

Turn suffering into wisdom, complacency into service. Let compassion become your drug of choice, empathy your addiction. Exchange

entitlement for gratitude, rigidity for understanding. Choose principle over pleasure, patience over impulse, conscience over convenience.

Stay vigilant yet loving, humble yet courageous. Tend your inner light when the world around you grows dark. Thrive not by any outward power or glory, but by inward integrity and grace.

---

***Sorry My Lord***

*"At the height of a political corruption trial, the prosecuting attorney attacked a witness. "Isn't it true," he bellowed, "that you accepted fifty thousand dollars to compromise this case?" The witness stared out the window, as though he hadn't heard the question. "Isn't it true that you accepted fifty thousand dollars to compromise this case?" the lawyer repeated loudly. The witness still did not respond. Finally, the judge leaned over and said, "Sir, please answer the question." "Oh, sorry my lord" the startled witness said, "I thought he was talking to you."*

*- Anonymous Court*

---

# **“Well-Being And Happiness”**

## **A Nuanced Approach to Personal Fulfilment**

The pursuit of ultimate well-being and happiness, while a noble endeavour, requires a more nuanced understanding than traditional ideals might suggest. Rather than viewing it as a fixed state of perfection, we can conceptualize it as a dynamic process of growth, adaptation, and self-acceptance. Consider the following holistic framework:

- **Physical Vitality:** Cultivating a state of bodily health through balanced nutrition, regular physical activity, and restorative rest. This forms the foundation upon which other aspects of well-being are built.
- **Emotional Resilience:** Developing the capacity to navigate life's vicissitudes with equanimity, effectively managing stress, and fostering authentic emotional expression and connection.
- **Mental Acuity:** Nurturing cognitive flexibility, cultivating a growth mindset, and honing the ability to manage thoughts and emotions constructively.
- **Existential Purpose:** Discovering and pursuing meaningful goals that align with one's values, providing a sense of direction and motivation in life.
- **Relational Harmony:** Fostering deep, authentic connections with others, recognizing the interdependence of human experience and the value of community.
- **Continuous Self-Evolution:** Embracing lifelong learning and personal development as a journey rather than a destination.

It's crucial to recognize that the path to well-being is inherently personal and subjective. The pursuit of an idealised, flawless state of happiness can become a self-defeating endeavour. As the saying goes, "Truly perfect is becoming friendly with your imperfections." This wisdom encourages us to cultivate self-acceptance alongside our aspirations for growth.

The very notion of the "American Dream" can be traced back to the Founding Fathers, whose declaration of independence from England was rooted in an unwavering belief in the unalienable rights to life, liberty, and the pursuit of happiness - serving as a powerful metaphor for this journey. It reminds us that happiness is not a fixed destination but an ongoing process of striving, learning, and evolving.

In navigating this path, it's beneficial to periodically conduct a "reality check," challenging our assumptions and recalibrating our expectations:

- Recognize that life isn't inherently fair, but success can be achieved through a combination of ability, effort, and adaptability.
- Acknowledge personal responsibility for one's livelihood and success.
- Understand that while kindness and integrity are valuable, they alone may not guarantee professional success. Cultivate a range of skills and qualities.
- Balance generosity with discernment to avoid exploitation while maintaining one's values.
- Accept that career progression isn't always meritocratic. Focus on personal growth and creating value rather than comparing oneself to others.



By embracing this more nuanced, realistic approach to well-being and happiness, we can cultivate a resilient, fulfilling life that acknowledges both our aspirations and our human imperfections. This balanced perspective allows us to pursue growth and happiness while remaining grounded in self-acceptance and reality.

‘Inconsiderata’, given below (*cf. “Out of Darkness Cometh Light”*) is a bastardised version of the enlightened prose of “Desiderata” (*cf. “Real Life Destiny-Going Beyond the Ego”*). While it decries such noble writings, it would be easy to sign up to on a bad day! ‘Desiderata’ was written in 1927 as a prose poem by the American writer Max Ehrmann. It recognises, without the cynicism of the version below, that in the search for happiness, it’s important to recognise that it is a journey, not just a destination. Indeed, happiness and ultimate success is not built on success itself, it’s often built on failure. It’s built on frustration, and sometimes it’s built on catastrophe. Try to contain your own cynicism in its reading...

---

***‘Inconsiderata’***

*“Go cautiously amid the hypocrisy, sloth and shite, and remember what peace there may be in owning a shotgun. As far as possible avoid naivety and be indifferent to both newcomers and known troublemakers. Speak your truth and take no shit, and listen to others, unless they bear earrings and tattoos, as they are invariably dodgy.*

*Avoid all company bullies and arse-lickers, they are low lives and vexatious to the spirit. Prove yourself better than others, and you will become the target of snipers, for always there will be lesser persons than yourself looking to take you out.*

*Enjoy your achievements before others get chance to take the kudos, and pay attention to your peers' motivations, however petty, for they will show their true colours with the misfortunes of time.*

*Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to the apparent virtuous, many persons strive to be seen striving for high ideals, the reality is they are self-righteous pricks.*

*Be yourself and fuck everybody else. Especially do not feign affection or bribery, embrace them. Neither be cynical about using your position to get as much sex as possible, for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully shagging as many young women as you can while you are still able.*

*Nurture and appease your creditors to shield yourself in sudden misfortune. But do not distress yourself with imaginings, many fears are born of inability to pay debts- It doesn't matter, fuck them too.*

*Beyond a wholesome daily shagging, be gentle with yourself. You are a universal nobody, and much less than an illegal immigrant, you have no rights under the law. And whether or not it is clear to you, no doubt CCTV is monitoring everything you do. Therefore, be at peace with 'Big Brother', whatever contempt you harbour for him, and whatever your skeletons and crimes, in the conspiracy of life, keep peace with your dog.*

*With all its shitty fur and smelly breath, it is still a beautiful animal. Be cheerful, strive to be happy- at least you can trust him".*

*- 'Out of Darkness Cometh Light'*

---

## “Reality Check”

There is a place for scepticism, if not cynicism. Embarking on the pursuit of our dreams requires a grounded assessment of reality, a sincere examination that gauges the feasibility and significance of those aspirations. Consider the audacious goals set forth by visionaries like President Kennedy's mission to the moon or Elon Musk's quest to colonize Mars—these ambitions were not whimsical fantasies but carefully considered possibilities.

To conduct your own reality check, follow these essential steps: Firstly, honestly evaluate your current circumstances. Take stock of your resources, skills, and commitments, and determine whether your dreams align with these realities. Confront any limitations head-on and identify the additional support or skills you may need to acquire to turn your dreams into reality. Secondly, thoroughly research your dreams. Explore whether they are grounded in practicality by studying the journeys of those who have achieved similar feats. Learn from their experiences and the challenges they faced, as their insights can illuminate your own path forward. Thirdly, use the AI-tools and technologies now available to help achieve both.

This reality check requires unwavering honesty, deep self-reflection, and a readiness to act on your findings. Destiny-Gram's personal profiling and AI-assisted life assessment on-line platform is designed specifically to help in this regard (*cf. “The Road To Your Destiny- AI Assessment and Destiny-Gram”*). With perseverance and determination, you can pave the way toward realizing your dreams and cultivating a life rich in fulfilment.

While achieving our dreams brings a sense of wholeness and contentment, true happiness demands also a sounding in spirituality – cherishing, for example, life's simple, transcendent moments. Sometimes, reflecting on life's peaceful and joyous instances—a moving piece of music, a breathtaking view, or a moment of pure beauty—can fill us with profound well-being, sustaining us as we pursue success, health, wealth, and love.

---

### **Utopia**

*“If you are lucky enough to visit Aruba, nicknamed One Happy Island you’ve found Paradise. There is no sense of war or bully bosses or threat of the end of the world in the sea air there.*

*Although I imagined it must be so, maybe it’s not a perfect society or state of existence or place of supreme happiness- but its first impressions touched me. Aruba is an amalgamate of the various cultures that have occupied and lived on the island, including indigenous peoples of South America, descendants of African slaves, and Spanish and Dutch colonialists. The earliest inhabitants of the island were a peace-loving tribe, the Arawak Indians.*

*I had been travelling to and from South America on a contract for two years and considered the best of stop-overs on Air France and KLM were Manaus in the heart of the Brazilian Amazon, and Aruba the tiny Caribbean island that is home to people from at least 40 different nationalities. The Arubans are a people of striking appearance and known for their warm and friendly personality. I was struck by the smile on everyone’s faces at the airport. The playful happy little girl with her stunningly beautiful mother of black African origin; the unusually pleasant and courteous immigration staff; the cleaning lady singing what sounded like a native Indian song to herself, and everyone else, each one remarkable. Admiring and*

*enjoying the ambiance and serene atmosphere for a short period was enough of a tonic for me to momentarily forget about the world's strife and problems, and my own responsibilities for delivery of a major construction project in Peru that had suffered a double-whammy disaster of a major fire and port crane collapse into the Port's Bay.*

*In a very real sense Beauty is synonymous with Consciousness. The more conscious we are that we are creatures created by an Incomprehensible Creator, the more perfect is the beauty we perceive. And the more beauty we perceive, the more beauty we project. Just as people from so many cultures live harmoniously, so it could be with those of others if only we could all put things in perspective more often than we do in our busy lives. And believe me, that tall and tanned young mother was a picture of beauty, harmony, and gentleness, oozing sexuality."*

*- 'Out of Darkness Cometh Light'*

---

Happiness is a choice, not a condition. It arises from within, a wellspring of inner peace showering our days with meaning. True bliss depends not on circumstance, but consciousness; not on acquisition, but appreciation. Well-being is cultivated through aligned living, a common ground of peace and justice. Nurture wholeness of body, mind, and spirit.

In January 2016 Pope Francis, Head of the Catholic Church, seemingly found some congruence in this theme of common ground for believers, appealing many of the Christian gospel pure in the process. The Pope's prayer intentions were declared, with comment about belief in both God and Love from an Islamic leader, Catholic priest, a Rabbi and the latter also by a Buddhist Lama whose philosophy doesn't even proclaim belief in a specific God.

“Most of the planet's inhabitants declare themselves believers,” he said. “This should lead to dialogue among religions. We should not stop praying for it and collaborating with those who think differently. Many think differently, feel differently, seeking God or meeting God in different ways. In this crowd, in this range of religions, there is only one certainty we have for all: we are all children of God. I hope you will spread my prayer request this month that sincere dialogue among men and women of different faiths may produce the fruits of peace and justice. I have confidence in your prayers.”

How men of any faith, or no faith at all, can have an issue with Pope Francis' comments is beyond the open thinker. Others labelled him the 'Anti-Christ' for such divergence from 'The only God is our God' mindset.

# Destiny Secrets

## Path to Your True Destiny - Secret Number Six

### Do your own Personal Reality Check, Embrace Self-Belief, Transcend Criticism, and Connect with Greater Purpose

*“Conduct self-assessments to stay grounded yet believe in your inherent worth. True confidence comes from within, not external validation. Be resilient against critics, recognizing their opinions often reflect their limitations, not yours.*

*Happiness, though rarely our conscious aim, is our universal pursuit. Lasting fulfilment comes from purpose and recognizing we're part of something greater.*

*Strive for holistic well-being: mental, emotional, physical, and spiritual. This approach, grounded in self-belief yet reaching beyond self, leads to profound fulfilment.*

*Your journey is unique. Trust your path, learn from setbacks, celebrate progress, and recognize your vital role in the greater tapestry of existence.”*

Expanding on the discussion at hand, it's crucial to establish a dialogue that resonates with individuals across diverse philosophical perspectives, including those who identify as atheists. At its core, atheism signifies a lack of belief in deities, yet this absence of belief does not negate the pursuit of fulfilment or the journey toward self-

discovery. In fact, it often ignites a deep intellectual inquiry, albeit sometimes shrouded in scepticism. The quest for fulfilment and self-discovery transcends religious beliefs.

The concept of a "greater something" isn't confined to religious doctrines but represents an individual journey. True fulfilment lies in choosing to be a positive influence amidst life's complexities.

Modern philosophies like Stoicism and Buddhism share principles with atheism, emphasizing personal spirituality and cosmic perspective.

Yet, a prevalent flaw in many philosophical frameworks, including Stoicism and mainstream religions, lies in their advocacy of determinism—the idea that external forces predetermine our actions.

I argue that individuals have agency over their destiny and life choices, regardless of external circumstances. This aligns with Einstein's view, who, despite rejecting a personal deity, marvelled at the universe's orderliness.

This journey of self-discovery invites all to explore questions of existence, purpose, and agency. By fostering an empowering mindset and commitment to positive action, one can uncover a life of meaning and fulfilment, as outlined in their Personal Blueprint."

---

### ***God, or no God – That is the Question***

*“The question is the most difficult in the world. It is not a question I can answer simply with yes or no. I am not an Atheist.*

*I do not know if I can define myself as a Pantheistic. The problem involved is too vast for our limited minds. May I not reply with a parable? The human mind, no matter how highly trained, cannot grasp the universe. We are in the position of a little child, entering a huge library whose walls are covered to the ceiling with books in many different tongues. The child*



*knows that someone must have written those books. It does not know who or how. It does not understand the languages in which they are written. The child notes a definite plan in the arrangement of the books, a mysterious order, which it does not comprehend, but only dimly suspects. That, it seems to me, is the attitude of the human mind, even the greatest and most cultured, toward God. We see a universe marvellously arranged, obeying certain laws, but we understand the laws only dimly. Our limited minds cannot grasp the mysterious force that sways the constellations."*

- Albert Einstein

---

There are believers and non-believers, there are atheists and agnostics. Homer Simpson finally found God; "It's me!", he exclaimed. The existence of God probably means nor matters little to Ants, less than many of us, but maybe even they are part of a Grand Design. Who has never marvelled at an Ant at work, clever little fellows.

---

### ***Ant Philosophy***

*"Leaning against a Beijing bar, deep in conversation with a local girl and reflecting on life, I spotted an unusually confident ant.*

*This little fellow seemed estranged from his colony - quite peculiar for a member of such a social species - yet he appeared to be going about his business with remarkable poise. Intrigued, I caught his eye and beckoned him to my barstool.*

*As he gazed up with unmistakable curiosity, I launched into my impromptu lecture: 'Did you know we're in Communist China, a country devoid of democracy or monarchy? Unlike the UK, with its constitutional monarchy operating within a capitalist system.*

*Sure, it's plagued by social injustices, but it's as good an example of the free world as any. And all this is just a tiny part of a vast world and an even vaster universe, grander than either of us could fathom, despite sharing some DNA.'*

*The ant barely paused before retorting, 'What have you been smoking, mate? Don't waste my time with nonsense about things you can't see, touch, or influence. I'm busy; dreamer!' I was taken aback. Not only was this Chinese ant surprisingly fluent in English, but he also seemed remarkably intelligent and dedicated to his life's purpose - or at least his instincts. Perhaps everything he does is in his queen's best interests? I wondered if he had a wife, children, or even a secret lover on the side. While I knew little of his life, he certainly didn't know enough of mine to be so dismissive. Too preoccupied to even listen or contemplate the merit of my cosmic musings. Not stupid, certainly, but undeniably arrogant and opinionated. Perhaps he's an alpha ant?*

*As he scurried away, I concluded that while we might share some DNA, we clearly weren't on the same wavelength - or level of consciousness. Then again, who am I to judge? I'm the one talking philosophy with an ant in a Beijing bar."*

*- 'Out of Darkness Cometh Light'*

---

In the grand tapestry of existence, even the smallest creatures may hold mirrors to our own philosophical blind spots in consciousness and understanding: The idea that different levels of consciousness or understanding can lead to vastly different worldviews and priorities – is not confined to ants.

## **“Navigating Idealism and Pragmatism” in the Modern World**

Given that my psychological analysis may have fallen on some deaf ears in a world teeming with complexities, it's natural to feel sceptical when lofty ideals collide with life's harsh realities. Yet, dismissing higher aspirations as naive overlooks the transformative power of perspective. While negativity and pessimism often stem from narrow thinking trapped in limiting narratives, the "realism" of cynicism can become a self-fulfilling prophecy.

However, blind optimism serves us no better. True progress relies on clear-eyed vision that acknowledges difficulties while refusing to be defined by them. We must validate challenges while expanding our focus to include broader possibilities.

Every situation offers two lenses: circumstances as given, or circumstances as opportunities for creative growth. The choice between dwelling on harsh realities or alchemizing them into wisdom determines whether we become prisoners or pioneers of our own narratives.

**The Nuanced Path Forward:** As we gaze inward or assess the external world, we must exercise nuance over knee-jerk reactions. Moving beyond false binaries of optimism versus pessimism, idealism versus realism, we recognize that multiple truths always coexist. The cynic's perspective tells only half the story; we must also seek the hopeful's truth.

Reality contains endless layers, some visible and some hidden. Which do we choose to focus upon? The realm of meaning resides in subtler domains beyond surface appearances. Accessing it requires faith in

the unseen yet deeply felt. With care and courage, we can elevate reality rather than diminish it.

**The Persistence of Violence:** In a world embroiled in millennia of conflict, combat, and injustice, not just harmless cynicism, there will always be a place for justifiable defence. Naivety veiled in sympathy and empathy cannot substitute for strength. History has shown that even figures traditionally associated with non-violence, such as Jesus, spoke of bringing discord and disturbing peace (Matthew 10:34-35, Luke 12:49-53).

In this world made of stone, still, would you aspire to emulate a ruthlessly efficient officer in Heinrich Himmler's 'SS' proud of your fanatical Nazi ideology - satanic genocide or racism?

---

*"My good friends, for the second time in our history, a British Prime Minister has returned from Germany bringing peace with honour. I believe it is peace for our time... Go home and get a nice quiet sleep."*

*- Neville Chamberlain*

---

Prevailing analyses of violence across historical epochs tend to cast the modern era as significantly less violent than its predecessors. Focusing on ostensibly reliable indicators such as decreased homicide rates, the abolition of public torture, and growing civility in interpersonal relations, many scholars contend that our ancestors inhabited a world considerably more imbued with brutality.

However, human beings have remained fundamentally unchanged in their physical and psychological constitutions, including the capacity to express primal emotional responses such as fear, anger, or sadness. The modern era presents a paradox: the capacity for mass destruction coexists with Enlightenment-inspired ideals of autonomy, justice,

liberty, and popular sovereignty. At the heart of our progress lies a chilling contradiction – the most devastating and systematic extermination of human life occurs at the very moment when that life is nearly universally considered sacred and precious.

This juxtaposition of violence and idealism, of brutality and the veneration of human life, is a haunting spectre that looms over our modern consciousness, challenging us to confront the darkest recesses of our nature even as we strive toward loftier aspirations of peace, enlightenment, and collective humanity.

Sociologist Sinisa Malesevic argues in the European Journal of Social Theory that despite common perceptions, our age may be the most belligerent in history. The increased coercive, infrastructural, and ideological might of modern social organizations has led to greater devastation and heavier human costs.

---

### ***Most Belligerent Time in History***

*“With the constant increase in the coercive, infrastructural, and ideological might of modern social organizations, there is a greater devastation and heavier human costs. Despite the common-sense view that sees our world as strikingly less violent than all of its traditional predecessors, this is essentially an inverted image that hides true reality: with modernity, inter-group and intra-polity violence have dramatically escalated and inter-polity violence has reached unimaginable proportions. Our age is the most belligerent in all of history.”*

*- Sinisa Malesevic, European Journal of Social Theory · 2013*

---

**Institutions and Personal Growth:** International institutions like the United Nations and defence alliances like NATO were established on principles of peace, security, and shared values. Yet, these lofty ideals have not prevented conflicts like the Iraq War or tensions with countries like Russia under Putin's leadership, or Hamas and the plight of the Palestinians in Gaza.

What can we glean from this for our own life journeys and pursuit of happiness? Just as these organizations are human constructs aimed at regulating behaviour and fostering peace, so too are our personal philosophies and belief systems. The challenge lies in crafting a unique "Custom Personal Blueprint" with principles tailored specifically to you, rather than mirroring someone else's ideals.

This book aims to assist you in developing this blueprint, acknowledging all aspects of your reality – even those involving difficult emotions or experiences. With the guidance of an AI-assisted personal profile and life assessment, and AI-chatbot mentorship, you'll establish a foundation for navigating your future, defining your next steps, and identifying your intended destination.

Just as nations and alliances strive for their visions of peace and security, each individual must chart their own course toward self-realization and contentment. By grappling with life's complexities authentically and with determination, we can hope to find our place in this paradoxical modern world.

## **“Discovering Your Reason for Being”**

In the grand tapestry of existence, we find ourselves thrust into a complex world, grappling with the profound mystery of conscious life. This begs the question: What purpose does our self-aware consciousness serve?

While some may attribute our path to predestination or divine will, such beliefs can strip us of agency over our experiences. Instead, consider that our essential nature lies in free will—the power to assign meaning to our lives.

To uncover your purpose, approach life with radical openness. Cast aside preconceptions and view the world with childlike wonder. This fresh perspective often reveals truths obscured by conventional wisdom.

Pay close attention to what ignites your passion. What activities make time fly? These sparks of joy and moments of flow often hint at your deeper purpose.

Remember, though, that meaning amplifies when shared. We are inherently social creatures, finding fulfilment in connection. Explore how your purpose can serve and enrich your family and community.

However, be wary of blindly adhering to societal scripts. True purpose stems from within. Forge your own path and author your unique story. After all, no one else can live your life for you.

Embracing purpose is a lifelong journey of growth and learning. Stagnation is the antithesis of meaning. Remain flexible, humble, and open to change as you navigate life's ebbs and flows.

During periods when purpose feels elusive, remember that the search itself is part of the journey. Trust that persistence will illuminate the next step, as your inner wisdom gradually unfolds.

Ultimately, our shared purpose is to fully engage with the human experience in all its complexity. To embrace both its joys and sorrows, to witness the fleeting gift of existence, and to share it in communion with others. This, in itself, is everything.

**The Philosophical Quest for Meaning:** The search for life's meaning has captivated humanity for millennia. This deeply personal inquiry yields diverse answers, shaped by individual beliefs, values, and experiences. Common perspectives include:

1. Purpose and Fulfilment: Finding and pursuing one's unique purpose, often through societal contributions, passion projects, or value-aligned living.
2. Spiritual or Religious Beliefs: Deriving meaning from connection with a higher power, following a spiritual path, or adhering to moral principles.
3. Relationships and Connections: Building and nurturing meaningful bonds with family, friends, and community.
4. Self-Discovery and Growth: Continually exploring and expanding one's potential through learning, perspective-taking, moving towards excellence, and overcoming personal limitations.

While multiple factors may contribute to your sense of purpose, there's often a primary driving force—your "Higher Purpose" or true "Life Purpose." Without this anchor, you risk drifting through life, potentially facing regret in later years. Ultimately, the reason for being is a deeply personal question that requires self-reflection,



introspection, and a willingness to explore one's own beliefs, values, and experiences. It is up to each individual to determine their own purpose and meaning in life, with or without AI-mentoring and assistance.

Identifying this core purpose is a fundamental human need, yet it's a challenge many struggle with as time passes. Your destiny hinges on not just discovering this purpose but dedicating yourself to its pursuit. Aim high—don't settle for being an "also-ran" with a forgettable legacy. Think Big!

**Ikigai- The Japanese Concept of Life Purpose:** Ikigai, a Japanese term meaning "reason for being," offers a holistic approach to finding life purpose. It encompasses not just career aspirations, but a broader sense of joy and well-being derived from being alive.

The Westernised version of ikigai predictably focuses the philosophy of 'reason for being' on finding that dream career which must include four key qualities:

- What you love
- What you're good at
- What you can be paid for
- What the world needs



The Venn Diagram

While this Western interpretation often focuses on finding the ideal career at the intersection of passion, talent, societal need, and financial viability, the authentic Japanese concept is more nuanced. It emphasizes finding joy and purpose in daily living, regardless of external constraints.

Consider reframing the traditional Venn diagram of Ikigai with these questions:

- What brings happiness to my everyday life?
- What puts a smile on my face just thinking about it?
- What would I continue doing even if financially secure?

This approach aligns more closely with the Japanese perspective, where only 30% of people cite work as their primary Ikigai. Instead, family, friends, and spiritual fulfilment often take precedence.

Moreover, *Ikigai* in the Western version, seems to resonate with Cognitive–Behavioural Therapy’s emphasis on pursuing activities that produce enjoyment and a sense of mastery, specifically as a way to alleviate depressive or other mental disorder. It implies not just focus but obsessiveness in achieving in a task, almost as a mental disorder. Elon Musk is rumoured to suffer with Aspergers. Bill Gates has also been diagnosed with Asperger's syndrome; and there does not seem much doubt that Isaac Newton and Albert Einstein were Aspergers people too.

While *Ikigai* is the Japanese ‘reason for being’, in Buddhist teaching ‘*Dharma*’ is the path or the universal laws of nature, meaning acting in your own way and ‘doing what is true of yourself’.

Ultimately, *Ikigai* is about living in alignment with your values and finding meaning in daily life, irrespective of whether you can achieve all elements of the idealized Venn diagram.

**The Evolving Role of Procreation and Nurturing:** Greg Malpass, in his work "Out of Darkness Cometh Light," posits that having and nurturing children should be a central element in most individuals' lives and personal blueprints. This view emphasizes the multifaceted value of procreation—creating family bonds, ensuring species continuity, and achieving a form of personal legacy.

While acknowledging that not everyone chooses or can have children, Malpass suggests that the absence of this profound connection may represent a significant void in one's life purpose. He argues that this primal love should take precedence over other aspirations, no matter how lofty.

However, the rapid advancement of artificial intelligence and genetic engineering introduces complex ethical questions even on the fundamentals of the future of human reproduction and child-rearing.

As we approach a potential future where AI could supplant traditional parental roles and genetic engineering could fundamentally alter the process of human creation, we're forced to confront unsettling questions about the essence of humanity, love, and our responsibility to future generations.

This juxtaposition of our innate drive to procreate and nurture against the backdrop of an increasingly tech-driven world presents a profound existential challenge. It compels us to reevaluate what it means to be human, to love, and to perpetuate our species in an era where the lines between biology and technology are increasingly blurred.

In navigating these complex issues, it's crucial to consider the wisdom of thinkers like Malpass while also remaining open to the evolving nature of human experience and technological progress. As you craft your own Personal Blueprint, thoughtfully consider how these timeless human drives and cutting-edge advancements align with your own values and vision for the future.

---

### ***An Estranged Daughter***

*“The bar was dark, either the electricity bill hadn’t been paid, or management didn’t want punters to see the cockroaches. I was at the bar keeping myself to myself. In walked a 6’4” American, straight off the Rigs by all accounts. “What’s your God-dam story” he bleated trying to provoke me. “What the \*\*\*\* you doing in this Shit-hole?” On the third provocation I replied with indignation “I’m here to Pay the private school fees for my daughters back home.” “You’re full of \*\*\*\*”, was his insult to that assertion. “I’ve got a God-dam daughter who I ain’t seen for 34 God-dam years, and she can put her own food on her table, and pay her own school fees, Bitch!”*

*As often as I tried to draw a line under the discussion the more, he chastised me for my stance. So, I reacted. "If I send a message to my daughter, she will respond that she loves me within one minute!" "God you are full of shit", he reiterated slamming \$500 crisp dollar bills on the bar "Prove it." As the crowd gathered and the barman placed a stopwatch on the bar, I fumbled in my pockets to retrieve just \$200 in crumpled notes. 'Typical Brit, we bail you out of two World Wars and you still can't pay your corner.'*

*I prepared my message: 'Babe you must text me that you love me within 60 seconds. It's a matter of life or death. I'll never speak to you again if you don't' I joked to myself nervously. The message was sent, and the clock started ticking. 15 seconds nothing, 30 seconds nothing. "Come on Baby, answer baby, answer,"*

*60 seconds nothing, then at 92 seconds the familiar 'Bleep'. 'Hi dad love you too lots and lots!' There was a pregnant pause and I looked at 'Chuck', "Well a bet is a bet, you win", I said pushing the winnings his way across the bar. He stood up visibly shaken and emotional. He held his hands up in a gesture of conciliation, with his head hung low. "No", he said softly "You win". And he left without a word. I felt for him, his emotional state was more than palpable." Drinks all round. "*

*- Greg Malpass*

---

**Steve Jobs** - A Tale of Passion, Perseverance, and Purpose: Steve Jobs, the visionary co-founder of Apple, was not just a business icon but also a committed family man and inspirational leader. He famously said, "The people who are crazy enough to think they can change the world are the ones who do." Jobs' journey is a testament to both triumph

and tribulation, illustrating the power of resilience and unwavering passion.

Despite facing a public rejection when he was fired from Apple, the very company he helped establish, Jobs didn't lose sight of his purpose. Instead, he embraced uncertainty and rekindled his passion, demonstrating that setbacks can be powerful catalysts for growth. His philosophy, "You have to find what you love," became a cornerstone of his success.

Jobs' perspective on mortality was equally profound. He believed that remembering our finite existence can liberate us from fear, stating, "Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose." For Jobs, death was "life's best invention," a universal equalizer that compels us to live authentically and purposefully.

Even as he battled cancer in his final years, Jobs remained focused on his family and his vision for Apple. His advice to "stay hungry, stay foolish" continues to inspire innovators worldwide. Crucially, he emphasized the importance of never neglecting one's children, underscoring that true success encompasses both professional achievement and personal fulfillment.

## **“Authenticity” And its Challenges in a Cynical World**

In a world rife with cynicism, now a recurring aspect of my analysis, politicians kiss babies for photo ops, CEOs preach corporate values without embodying them, and some religious leaders fail to practice what they preach. Authenticity has become a rare and valuable commodity. The 'Emperor's New Clothes' syndrome is all too prevalent, with charlatans often being the loudest proponents of virtue.

Mark Twain wisely observed, "If you tell the truth, you don't have to remember anything." This simple yet profound statement highlights the liberating power of honesty and the complex web of deceit that ensnares those who choose falsehood.

Children, in their innocence, neither seek truth nor deceit—they simply dream. As adults, our collective responsibility is to nurture these dreams, guiding the next generation towards their potential. In doing so, we may unexpectedly find fulfilment of our own aspirations. (cf, “The Road to Your Destiny”).

As you embark on your quest for purpose—be it an inner calling, a personal blueprint, or your reason for being—it's crucial to first not be sceptical but to learn to understand yourself fully and engage in honest self-reflection. The final chapter, "The Road to Your Destiny," delves deep into the concept of 'Self-Assessment,' exploring how modern tools like AI (Destiny-Gram.com) can aid in this introspective journey.

While scepticism about AI's role in personal development is natural and even healthy, it's important to understand the power and

limitations of this technology. AI algorithms have demonstrated remarkable capabilities in analysing vast amounts of data and identifying patterns that might escape human observation. When applied to the multiple-choice questionnaires (MCQs) in Destiny-Gram, these algorithms can swiftly process responses and generate insightful profiles that reflect nuanced aspects of personality and behaviour.

The effectiveness of AI-generated profiles and advice will depend largely on the quality and honesty of the input provided by users. AI chatbots can then personalize advice based on user profiles, offering tailored suggestions and perspectives.

Numerous studies have shown the potential of AI in various aspects of personal development, from career counselling to mental health support. While the technology continues to evolve, its current applications have already demonstrated significant value in helping individuals gain new insights and perspectives on their personal growth journey. Ultimately, the most powerful approach combines AI-driven insights with human intuition, critical thinking, and personal experience.

Remember, the path to becoming your destiny is not just about analysis, or subsequently achieving external success, but about aligning your actions with your authentic self. By understanding your true nature, values, and aspirations, you can craft a life of meaning and purpose, leaving a lasting positive impact on the world.

---

*“In the end, the quest for the self and its deepest essence  
culminates in meeting the Divine.”*

*- Don Richard Riso*

---



# Destiny Secrets

## Path to Your True Destiny - Secret Number Seven

### Align Your Dreams with Your Life's True Purpose

*“Embrace a vision of success that places family at its core, nurtures friendships, uplifts your community, and ultimately extends to serving others. In this harmonious balance, you'll discover your authentic life purpose and watch your destiny unfold.*

*Your primary mission is to love and nurture your children and family unconditionally. This foundational commitment becomes the bedrock upon which all other life goals are built. As you pursue your passions and search for personal fulfillment, let your family's well-being be the guiding star that illuminates your path.*

*True happiness emerges when your individual aspirations align seamlessly with your role as a nurturer, protector, and pillar of your family and community. In this delicate dance of giving and self-realization, you'll find that your destiny isn't just about personal achievement, but about the lives you touch and the legacy you create.*

*Remember, your journey isn't a choice between self-fulfillment and family dedication—it's about finding innovative ways to intertwine both, creating a rich tapestry of purpose, love, and meaningful impact.”*

Is always putting your family first really just a dream? I dedicate this space to a utopian life philosophy and proposal tabled by Greg Malpass (cf. “Out of Darkness Cometh Light”).

“Envision a world where, if only for a single day each week, the collective focus shifts from the demands of the state, religion, business, or self to prioritize the needs of children and families. Picture a global community coming together in unity, setting aside differences of belief, nationality, politics, or corporate affiliations to dedicate themselves wholly to nurturing the next generation—be it their own offspring, those of friends and neighbours, or disadvantaged children. This vision proposes a novel concept for redefining how we observe the designated 'Religious Day' present in calendars worldwide, across various faiths.

It's a straightforward yet compelling dream—a vision well within the grasp of modern humanity. This message deserves to permeate public consciousness, emerging as the resounding conclusion of any self-help literature, despite its seemingly commonplace nature. After all, what could be more revolutionary than a world that places the sanctity of childhood at the forefront of collective priorities?

Some may view this as a departure from the emphasis often placed on personal ambitions and the pursuit of individual destinies. However, such a perception presents a false dichotomy. Engaging in acts of service and nurturing towards children doesn't diminish our rights or capabilities to pursue personal goals; rather, it enriches our journey towards self-actualization.

By investing in the well-being of future generations, we reaffirm the fundamental aspects of our humanity—our capacity for empathy,

compassion, and altruistic love. We recognize the intricate interconnection between our individual destinies and those of the generations to come, acknowledging our role as stewards of the world they will inherit. In this sacred commitment to nurturing, we unearth a deeper sense of purpose and a legacy of profound significance that transcends the confines of personal ambition. Indeed, by prioritizing service to others, we often find our own personal goals are not hindered, but rather enhanced in their pursuit.”

---

### **The Rule- Focus on Family and Community**

*“Whatever National and Global Political Systems prevail in the years to come, Whatever Economic or Environment circumstances prevail, and Whatever path you choose to follow in pursuit of your own Inner-Callings and your own individual Destiny- We all need to give priority to focusing on our Children, Families, and Communities. Think Global in your philosophy to the former ideals and circumstances that prevails but Act Local in your duty to your family and fellow man in your day-to-day activities.”*

- Greg Malpass

---

---

### **The Rule- The Accounting of Love and Hospitality Pays Off**

*“Do enough for others that it's impossible for them to keep account of what they owe you or what you've done.*

*Lose the account yourself, expect nothing in return.*

*Tell the people in your life that you appreciate them as often as you can. There may be a day when you can't.*

*Tell Your kids and spouse that you love them, often and every night.*

*Remind yourself what it is you love about them.  
Look for ways to be kind and helpful, there are plenty to find. Do things without telling others you've done them. Don't even remind yourself. Do acts of kindness, then let them go.*

*Spend time mindfully changing yourself towards kindness and patience. At the end of your life, which could be any moment, let the ones that knew you have lived a better life because you were there.*

*Let your accounts be settled and forgive other people's."*

*- Eric Overby*

---

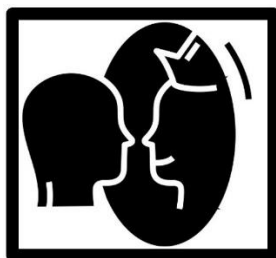
---

### **The Rule- Emulate Enneagram Type 2 in loving others**

*"To love others selflessly is an extraordinary achievement- one of nature's very highest powers. If you have achieved the ability to love others unselfishly, you are already an extraordinary individual. If you develop your great capacity to care about others, you will never go far wrong- in fact, you will do a great deal of good in life. Others are probably already seeking you out because you possess what everyone wants: the ability to love and appreciate others for who they are."*

*-Don Richard Riso, (ref. Enneagram Type Two)*

---



## **Path to Your True Destiny – Reflection Page**

### **Chapter 4: DESTINY AND LIFE CHOICES**

#### **Reflection Page: "Navigating Life's Crossroads"**

##### **Case Study: Thomas's Journey to Emotional Intelligence.**

Thomas, a 50-year-old business owner, had a successful company but a failing marriage due to his workaholic tendencies and emotional unavailability. This chapter made him confront his lack of work-life balance and poor emotional intelligence. Thomas was sceptical but committed to the 2-hour Destiny-Gram test, and subsequently sought therapy, not just via informed AI-chatbot discussion, but professionally with a counsellor. He then applied his obsessive work tendencies to complete a course in emotional intelligence, and learned how to delegate at work, creating time for his family and self-care. Over time, Thomas rebuilt his relationship with his wife and children. His business even thrived more as his improved emotional intelligence led to better relationships with employees and clients. Thomas's journey shows it's never too late to make life-altering choices.

##### **You: Doing my own Reality Check to Find my own Reason for Being.**

Major decisions I'm currently facing:	
---------------------------------------	--

<p>My approach to making ethical choices:</p>	
<p>Areas where I need to confront vices or addictions:</p>	
<p>Steps I can take to improve my emotional intelligence:</p>	
<p>How I plan to balance pragmatism and idealism in my life:</p>	

# **J**EX AND YOUR DESTINY

## **“The Sexuality of All Things”**

**The Multifaceted Impact of Sexuality on Happiness and Destiny:** Sexuality is an intricate and deeply personal aspect of human experience, profoundly influencing our happiness and shaping our destiny. Its impact varies widely based on individual circumstances, values, and cultural contexts. As such, it is crucial to include sexuality in any comprehensive self-assessment or analysis of one's life path.

### **The Spheres of Influence**

1. **Physical and Emotional Well-being:** Healthy sexual experiences can significantly enhance both physical and emotional health. They contribute to stress reduction, improved cardiovascular health, and an increased sense of overall well-being. Moreover, positive sexual encounters can strengthen intimate relationships, fostering deeper emotional connections and intimacy.
2. **Reproductive Choices:** Sexual activity plays a pivotal role in reproductive decisions, which can fundamentally alter one's life trajectory. The choice to have children or remain childless impacts relationships, career paths, and lifestyle in profound and lasting ways.

3. **Values and Beliefs:** For many, sexuality is inextricably linked to deeply held personal and moral values. Sexual choices that align with these values often lead to greater self-esteem and fulfilment, while those that conflict may result in feelings of guilt, shame, or regret.
4. **Sociocultural Dynamics:** Sexuality is shaped by and, in turn, shapes social and cultural norms. These norms vary widely across different societies and communities, influencing social standing, relationships, and opportunities.
5. **Risk Management:** Responsible sexual behaviour necessitates an understanding and management of potential risks, including sexually transmitted infections, unintended pregnancy, and emotional or physical harm.

**A Holistic Perspective:** Professor D. Dailey's "Circles of Sexuality" model offers a comprehensive framework for understanding sexuality. This model encompasses various aspects of being, including external factors such as family, culture, spirituality, science, profession, institutions, law, and politics.

Sexuality unveils our true nature as complex human beings, not merely as biological entities. As Ann Gadd astutely observes in "Sex and the Enneagram," sexuality embodies universal paradoxes – from sublime pleasure to profound pain, from unconditional giving to self-gratification.

**The Buddhist Approach:** Buddhist philosophy offers a nuanced and enlightened view of sexuality. Unlike many mainstream religions, Buddhism does not seek to control sexuality through guilt or discrimination. It accepts various sexual orientations and practices, emphasizing that sexual behaviour should not harm others or place disproportionate importance on sex itself.



**Sexuality and Destiny:** Our destiny is shaped not only by our needs but also by our desires. Making informed choices about our sexual lives requires mature introspection and honest self-dialogue. Sexuality encompasses nearly every aspect of our being – from gender identities and roles to sexual orientation, eroticism, pleasure, intimacy, and reproduction.

While influenced by a myriad of factors – biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious, and spiritual – the core components of healthy sexuality remain consistent: caring, sharing, liking, trusting, protecting, and emotional risk-taking. It is not about conquest, self-gratification, or domination.

As we navigate our personal journeys, it's essential to recognize the profound impact of sexuality on our lives and destinies. By approaching this aspect of our existence with thoughtfulness, respect, and self-awareness, we can make choices that align with our values and contribute to our overall well-being and life satisfaction. Remember, as the adage goes, "If only I'd known then what I know now" – a reminder to approach sexuality with wisdom, but also without undue gravity.

---

### ***Airbus Brothel***

*"As a member of the One-World Alliance, I had circumnavigated the globe countless times, amassing over a million 'Air Miles' at my peak. My aerial adventures spanned wide-bodied jets, light aircraft, and even private planes. The upper deck of the Boeing 747 was my sanctum of choice, offering relative privacy and a dedicated flight assistance service that catered to my every whim.*

*The Airbus A380, the world's largest passenger airliner, presented a novel experience on my frequent hub-to-hub flights between Dubai and London. This behemoth of the skies, with its full-length double deck, can accommodate up to 853 passengers, though it typically seats a mere 525. As I settled into my upper deck seat, I*

*couldn't help but feel a twinge of nostalgia, reminiscent of my schoolboy days riding atop double-decker buses. The key difference? This time, I was sipping champagne instead of sucking on a juice box.*

*As the bubbly worked its magic, my mind began to wander, and I found myself pondering a rather risqué concept: the 'Airbus Brothel'. What if, I mused, this plane was filled with all the women I'd had intimate relations with throughout my life? I'd long ago lost count, but surely it was more than 525, though hopefully shy of the maximum 853 capacity. How many faces would I recognize? How many would greet me with a smile, and how many with a scowl?*

*The sobering realization hit me: I'd be hard-pressed to recall even 10% of their names. How shameful to have shared arguably life's most intimate physical experience with so many yet remember so few. I consoled myself with the hope that, at the very least, they remembered me with some warmth, affection, and satisfaction.*

*After all, what else was it all for?*

*I reflected on the varied nature of these encounters - some purely carnal, others fuelled by alcohol, and a few motivated by financial transactions (on their part, I hasten to add). Yet, I prided myself on always striving to show understanding, warmth, and affection, even to relative strangers or 'working girls'. It can be surprisingly uplifting, given the right circumstances and person.*

*As the Airbus barrelled down the runway, I found myself muttering names under my breath, much like counting sheep. This peculiar habit was a remnant of my younger days when I'd scribbled names in a little black book - a practice I'd long since abandoned (the writing, that is, not the... ahem... data collection).*

*The middle-aged lady seated beside me eyed me warily, likely wondering if I was battling severe aviophobia, demonic possession, or perhaps early-onset dementia. Little did she know, it was merely the Dom Pérignon talking as we soared into the sky, leaving a trail of memories (and spilled champagne) in our wake."*

*Then I broke into song... 'MAMBO NO. 5'*

*A little bit of Rita is all I need  
A little bit of Tina is what I see  
A little bit of Sandra in the sun  
A little bit of Mary all night long  
A little bit of Jessica here I am  
A little bit of you makes me your man"*

---

*- 'Out of Darkness Cometh Light'*

While compiling or memorizing such lists may seem juvenile, there's an undeniable light-heartedness, even mischief, in songs that celebrate these experiences. Watch any live performance on YouTube, and you'll witness the audience's joyous response. If no harm is intended or done, perhaps there's no real fault in such frivolity. Live your life and find your happiness.

For those offended by this playful take on the subject, perhaps some introspection is in order. We all recognize the benefits of stable, loving, healthy, and faithful relationships. Equally, we acknowledge that under certain circumstances, casual sexual relationships without commitment can be perfectly acceptable.

---

*"Unfaithfulness in a committed relationship often leads to jealousy, loss of trust, potential financial ramifications, and ultimately, the dissolution of the union."*

*- Greg Malpass*

---

underlying issues, potentially manifesting as jealousy or depression when observing others' romantic lives. Sex, much like credit, seems unfairly distributed: some receive offers when they don't need it, while others face rejection despite their desires. Those trapped in sexless marriages face particularly challenging circumstances.

---

*"Marital (or partnership) problems can stem from myriad causes. However, it's evident that unsatisfactory sexual relationships are a significant, if not the primary, factor. Spouses or partners who consistently find excuses to ration physical intimacy often find themselves unloved, unadmired, unwelcome, and ultimately, unmarried."*

*- Dr Schwartz*

---

The dedication of an entire chapter to sex underscores its critical role in shaping our life decisions and, consequently, our destinies. It's a subject that demands thoughtful consideration and open dialogue, as it intersects with our emotional well-being, relationships, and overall life satisfaction.

In navigating this complex aspect of human experience, we must strive for balance: acknowledging the joy and pleasure that healthy sexual relationships can bring, while also respecting the boundaries and commitments we make to ourselves and others. Whether in committed partnerships or single life, understanding and nurturing our sexual selves is an integral part of personal growth and fulfilment. A couple of amusing anecdotes to lighten the discussion:

---

***Unexpected In-Flight Entertainment:***

*On a night flight from New York to South America, Business Class is eerily quiet. You're seated in front of a young Italian businessman, impeccably dressed in designer labels, his tie pin seemingly piercing his Adam's apple. After indulging in too much vodka and caviar, it's lights out and headphones on. You stir, contemplating a final nightcap, only to hear distinct grunting and movement from the seats behind. Selflessly (or perhaps self-preservingly), you remain facing forward, aware but not looking. Come breakfast, the attractive flight attendant asks for your*

*order. With a mischievous glint, you reply, 'Can I have what he had last night?'*

*- 'Out of Darkness Cometh Light'*

---

---

### ***The Bitter Aftertaste of a 'Perfect' Marriage***

*Picture a seemingly idyllic union: childhood sweethearts, married young, inseparable for 70 years. Nan, the dutiful wife, visits the market daily for fresh produce, never having set foot in a supermarket. Fifteen minutes before Grandfather's return from work, she'd transform herself, donning a fresh dress and perfume. They'd share an intimate meal, savouring both the aromas of her cooking and each other's company.*

*Their evenings were a well-choreographed routine: his favourite soap opera, followed by supper and the comforting hum of the electric blanket. Blessed with a good income, they enjoyed annual foreign holidays, sharing every moment of their lives. Tragedy struck when glaucoma and dementia claimed Grandfather, who passed quietly after a life spanning two world wars.*

*Mom, worried about Nan's solitude, pleaded, 'Please, come stay with us. You're not used to being without Dad. I know how perfect your marriage was.' To everyone's shock, Nan retorted, 'Good riddance!' Bewildered, Mom pressed, 'What do you mean? Are you alright?' - 'Daughter,' Nan replied, her voice laced with long-suppressed bitterness, 'I can finally tell you. On April 3rd, 1957, he didn't come home until 2 AM. I know he was with that floozy, Floss. Always flirting with the men at the Three Crowns, she was. That's what your father did to me. That was the end.'*

*And just like that, seven decades of perceived marital bliss crumbled, revealing the power of a single transgression to poison even the most enduring of unions."*

*These vignettes illustrate the complexities of human relationships and sexuality. The first showcases the thrill and freedom of casual encounters, while the second serves as a stark reminder of how infidelity can silently corrode even the most seemingly perfect partnerships. They underscore the importance of open communication, trust, and mutual respect in all forms of relationships, whether fleeting or lifelong.*

*- 'Out of Darkness Cometh Light'*

---

---

*"Whoever had known sexual jealousy, that most destructive of emotions-and this would be so for men no less than women-had known madness and had now to know sympathy for someone who had been carried by jealousy this one terrible step too far, to murder."*

*- Diana Trilling*

---

The nature of sexual jealousy offers a profound insight into human psychology and morality. Expanding on the philosophical implications of this statement:

- **Jealousy as a Destructive Force:** By labelling sexual jealousy as "most destructive," Trilling highlights its potential to erode relationships, self-esteem, and rational thinking. This raises questions about the nature of love and attachment, and how closely intertwined they are with possessiveness and fear of loss.
- **The Nature of Passion and Control:** The quote indirectly addresses the struggle between passion and reason, a theme that has been central to philosophy since ancient times. It raises questions about the extent to which we can control our emotions and the consequences when we fail to do so.

## **“Find a Lover” And Overcome Depression**

Dr. Jorge Bucay, an Argentine Gestalt Psychotherapist, Psychodramatist, and Writer, has sold over 2 million copies of his books worldwide. His unconventional approach to combating depression and finding happiness: “Find a Lover” - a surprising prescription?

---

### ***Find a Lover***

*"Many have lovers, many desire one, and others have lost theirs or never had one at all. Those in the latter categories often find themselves in psychotherapists' offices, complaining of sadness or exhibiting classic symptoms of depression: insomnia, apathy, pessimism, weeping spells, or unexplained body pains. They paint pictures of lives passing in monotonous shades of grey, working merely to survive, unable to fill their free time meaningfully. In essence, they appear utterly hopeless. Many have already made the rounds of other clinics, receiving sympathetic nods and a reliable diagnosis: 'Depression,' followed by the inevitable prescription of antidepressants. But what they truly need isn't found in a pill bottle - what they need is a lover!"*

- Dr. Jorge Bucay

---

This startlingly simple diagnosis often leaves patients taken aback. Some sceptics question the professionalism of such an unscientific remedy. Others bid farewell, shocked but intrigued, never to return - perhaps heeding the advice or dismissing it as irrelevant. For those who choose to explore this unconventional therapy further, Bucay elaborates:

"Having a lover is what excites us; what occupies our thoughts as we drift off to sleep and sometimes keeps us from sleeping altogether. It's what distracts us from our mundane surroundings, imbuing life with meaning and motivation."

Scientific research often finds that literature, music, politics, sports, and most vocational activities require a form of spiritual transcendence to foster friendship, positive emotions, and the obsessive pursuit of pleasure in a hobby. Sex, Bucay argues, is no different.

In essence, a 'lover' - be it a person or a passion - is what enamours us with life itself, rescuing us from the sad fate of boredom. And what causes boredom? According to Bucay, it's a product of fearing to truly live. It's evident in those who obsess over their blood pressure, frequent doctor's offices, consume a rainbow of prescription pills, fret over each new wrinkle, and shield themselves from every environmental extreme.

This boredom and lethargy postpone the opportunity to enjoy life in the present, clinging to the fragile hope that 'tomorrow' will somehow be better. It's all too easy to get stuck in such a rut.

Dr. Bucay's compelling argument challenges all who feel down in life to find a lover, or better yet, to be a lover - to become the protagonist in their own life story. The true tragedy, he posits, is not death itself, but to die without cherished memories or fond remembrances. The real tragedy is an unwillingness to truly live.

Without a doubt, the advice is compelling - get a lover! Whether that 'lover' is a person, a passion, or a purpose, it's the key to igniting the spark of life and banishing the spectre of depression.



The core message of Dr. Bucay's philosophy emphasizes the broader interpretation of a 'lover' as not just a romantic partner, but as any passion that brings joy and meaning to life.

---

*“Death is the destiny of us all, but our greatest loss can be what dies inside us while we still live.”*

*- Norman Cousins*

---

# Destiny Secrets

## Path to Your True Destiny - Secret Number Eight

### Embrace Healthy Sexuality: Pleasure with Responsibility

*“Celebrate and explore your sexuality fully, but always within the bounds of mutual respect and consent. Prioritize emotional and physical well-being—both yours and your partners’—in every intimate encounter.*

*Sexual expression is a natural, vital part of the human experience. Embrace it without shame, but never at the expense of others' dignity or safety. Strive for a balanced perspective where sex is neither suppressed nor elevated to an all-consuming focus.*

*Cultivate intimate connections that enrich your life and relationships. Let your sexual journey be one of joyful discovery, deep connection, and personal growth. Remember, true fulfilment comes not just from physical pleasure, but from experiences that honour your values and respect all involved.*

*Approach sexuality with enthusiasm, openness, and responsibility. Enjoy freely, but always with awareness of potential consequences. In this mindful approach to intimacy, you'll find a path to both pleasure and personal integrity.”*

## “Centres of Energy and Intelligence”

**The Multifaceted Nature of Love and Sexuality:** George Gurdjieff, the renowned Russian philosopher, utilized the Enneagram Analysis of nine Personality Types to explore three centres of energy and intelligence: Feeling (Heart), Thinking (Head), and Instinctual (Body/Gut). Through these centres, Gurdjieff posited, we primarily understand the world and formulate our reactions. He further asserted that love can be expressed from each centre, each with its unique quality and result.

Gurdjieff's perspective on love was nuanced. He viewed instinctual (body-based) love as the most prevalent form worldwide. Interestingly, he was sceptical of romantic or emotional (heart-based) love, arguing that it could often transform into its opposite as feelings change. In his view, the highest form of love emanates from the intellectual, thinking (head-based) centre.

Regarding sexuality, Gurdjieff's analysis diverged from traditional religious and spiritual approaches. Rather than advocating for an idealized standard of sexual behaviour, he emphasized personal awakening. This process, with the body as its foundation, necessitates embracing our individual sexuality as it is. The journey of inner work involves the monumental task of liberating our sexuality from judgments, shame, and fears.

**The Role of Romance:** Despite Gurdjieff's scepticism about heart-based love's longevity, romance remains a crucial, yet often neglected, aspect of many relationships. In our fast-paced lives, couples frequently struggle to find time for romantic pursuits, potentially contributing to love's decline.

Romance is fundamentally about fostering closeness. It's important to distinguish between sex and romance, as they serve different purposes in a relationship. In most cases, for sexual experiences to be

truly fulfilling, one must fully engage in romance, especially in the early stages of a relationship.

It's worth noting that a genuinely romantic encounter often leads to more satisfying sexual experiences, even in casual relationships. Paradoxically, people often invest more effort into the romance of an affair than in maintaining intimacy within their marriages. Affairs tend to retain elements of romance, passion, and friendship, perhaps due to the novelty maintained by distance or infrequent meetings.

**Sex with Consciousness:** As evolved beings, we engage in 'sex with consciousness,' imbuing the act with meaning beyond mere procreation or natural selection. We are fully aware of our instincts, indulgences, and enjoyment of sex, elevating it beyond a primeval act.

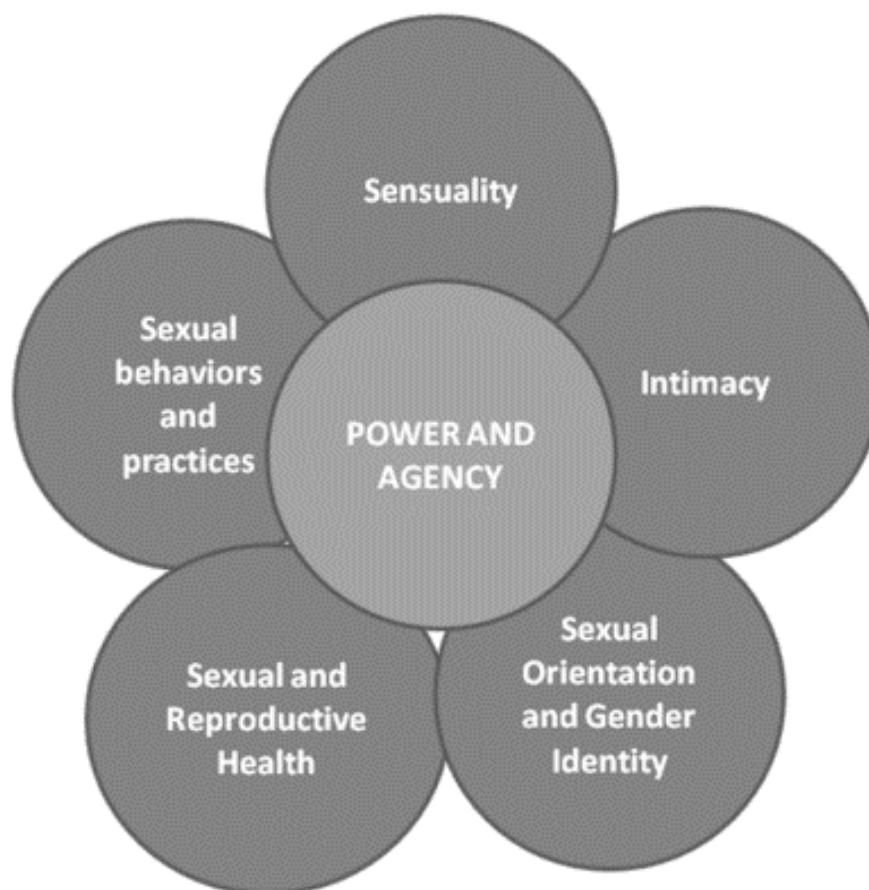
While some may equate sex with basic human needs like eating or breathing, its significance is far more profound. Our consciousness allows us to recognize sex as a means to create life, solidify love, find fulfilment, betray trust, or prompt existential questioning. Our capacity for mindfulness sets us apart, enabling us to consider the consequences of our actions. Therefore, we must approach this primal force with reverence and care.

Whether engaging in sex out of necessity, for pleasure, or as part of a transaction, both paths ultimately lead back to the self. In either scenario, there's a risk of prioritizing personal gratification over genuine intimacy.

**The Link Between Sex and Happiness:** Numerous studies confirm a strong correlation between frequent sexual activity and higher levels of overall well-being and satisfaction. Under the right circumstances, sex is closely tied to happiness, and vice versa.

**The Essence of Sexuality:** At its core, "The Sexuality of Things" should embody honesty, kindness, humour, and confidence – a holistic embrace of these virtues in body, mind, and spirit.

Dr. Dennis Dailey, professor emeritus, of the University of Kansas School of Social Welfare, viewed human sexuality through a strength's perspective lens as highlighted in his Circles of Sexuality model (Dailey, 1981): Promoting a Strengths-based Model Within Social Work that Provides a Holistic Framework for Client Sexual Well-being.

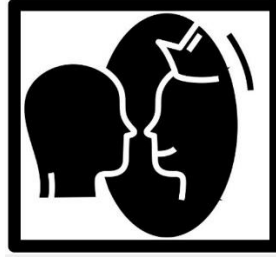


- *Dennis Dailey*

In meaningful, long-term relationships, sex should transcend the physical realm, becoming a spiritual experience that facilitates a connection with a "Higher Purpose." Fully embracing sex in its truest form can lead to a profound state of transcendence, where body,

heart, and mind converge. This transcendent state, characterized by pleasure, selflessness, and deeper realms of sensation and energy, requires no specific religious beliefs or adherence to Eastern philosophies. It simply calls for the uniquely human capacity to love.

If we could collectively adopt this spiritual understanding of sexuality, perhaps we could eliminate the scourges of paedophilia, denial of sexual orientation, sexual abuse, and similar traumas. In such an enlightened state, we would treat this sacred act with the reverence it deserves, elevating it above the base impulses that give rise to such horrors.



## **Path to Your True Destiny – Reflection Page**

### **Chapter 5: SEX AND YOUR DESTINY**

#### **"Integrating Intimacy and Purpose"**

##### **Case Study: Emma's Discovery of Holistic Intimacy.**

Emma, a 35-year-old university lecturer, always struggled with personal intimacy due to past traumas. This chapter helped her see how her approach to sexuality was disconnected from her overall life purpose of nurturing growth in others. Emma sought therapy, via discussion with a close friend and prolonged Destiny-Gram AI-chatbot dialogue, to address her past and began to view intimacy as a holistic part of her well-being. She started practicing open communication in her relationships and explored tantric practices to connect sexuality with spirituality. Over time, Emma found a new committed lover, and newfound comfort with intimacy spilled over into other areas of her life. She became a more empathetic teacher and even started a support group for other trauma survivors. Emma's journey demonstrates how integrating all aspects of self, including sexuality, can lead to a more fulfilled and purposeful life.

##### **You: Putting my own Sex Life and Mind-Set to rights**

My views on the role of sexuality in my life's journey:	
---	--

<p>Areas of my relationships that need attention or healing:</p>	
<p>Steps to cultivate healthier intimacy in my life:</p>	
<p>How my approach to sexuality aligns with my overall life purpose:</p>	
<p>Boundaries I need to set or respect in my intimate relationships:</p>	



# ***T*HE ROAD TO YOUR CHOSEN DESTINY**

After exploring the significant role of intimacy in our lives, one might wonder if anything could be more impactful on our well-being and happiness. The impact of relationships on destiny is profound, particularly those within our family. Most importantly, the consequences of mishandling these connections can be profound and often irreversible, potentially altering the course of our destiny.

A cardinal rule emerges - never prioritize career, personal pleasures, or addictions over your partner and family. The regret that follows such choices can be devastating. Family should always come first, yet it's crucial to understand that family isn't destiny itself. Self-awareness is key to recognizing how family dynamics shape our perceptions and actions, allowing us to exert more control over their influence.

To illustrate the gravity of relationship mismanagement, consider a poignant story related by author Greg Malpass in his first book on destiny (*cf.* "Out of Darkness Cometh Light"). The diary entry of this neglected wife serves as a haunting reminder of the pain caused by neglect and misplaced priorities:

---

### ***Relationship Mismanagement***

*"I am learning to be stronger and stronger. Love doesn't seem anything to him. He seems to blame me for everything wrong in his life- debt, house, job, ex-wife, drinking. I can understand when he gets depressed. When I get depressed, I need someone to talk with, not blame. He puts me down and looks down on me. He never thinks about me. He was travelling everywhere - America, Caribbean, Asia. But when he came home the first*

*thing he would do was go to the pub. It upsets me so much...because I love him. It's painful. When he is sober, he tells me he will take care of me, look after me for the rest of his life, and that he loves me always. He was a man with a caring and loving personality, a gentleman of my dreams, but that man is there no more.....*

*"I never had a big dream, but even then, I couldn't make my dream come true. You make me feel unsafe, unprotected, and I have no shoulder to cry on. I forgave you; I must have owed you from a past life. I always wish you the best and success. I can tell you that you will never find anyone who would put up with you like I did. I do care and worry about you. I don't have any regrets in my life. I have nothing to look forward to anymore. I was born with nothing and when I die, I will not take anything with me. "*

*- Anonymous Neglected Wife*

---

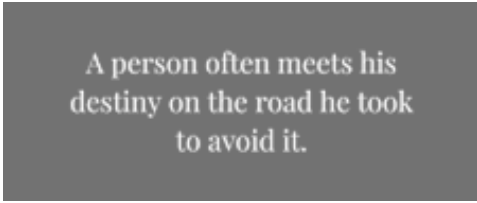
These haunting words encapsulate the anguish of a partner who sacrificed her own family to care for another's, only to be met with indifference and infidelity. The lesson here is clear: healing requires facing issues head-on, not escaping or procrastinating. Conciliation, acceptance, and forgiveness are crucial steps in moving forward, regardless of the obstacles.

If we must judge, let it be on how one manages their struggles, especially marital issues that inevitably affect children and extended family. The true measure of character lies in how skilfully these impacts are mitigated. Perhaps the greatest gift a parent can bestow upon their children is to demonstrate enduring love for their co-parent, ensuring their place in their children's hearts remains unassailable.

While family turmoil can significantly influence one's path, it's important to note that other factors, such as economic status, need

not be insurmountable barriers to realizing one's destiny either. Those in poverty can overcome by taking control of their mindset, refusing to accept their circumstances as immutable. The middle class often believes in the power of choice to shape their future, while the affluent bear the responsibility of 'noblesse oblige' – their life is already a destiny unto itself, albeit with a moral obligation and privileged station that ought to encourage or demand them to act with honour, kindness, and generosity.

Before embarking on your final journey to define your ultimate destiny and legacy, I encourage you to undertake the comprehensive self-assessment online (cf. “AI Assessment and Destiny-Gram”) utilising the AI-assisted tool designed to guide you through this process’. It offers advice based on a symbiotic interaction between your real-life human input and machine intelligence and psychological insights. But it is designed to help – not prescribe – and does not offer a one-size-fits-all solution. As reader of this book, I am offering you a foundation for this transformation which lies in consolidating the self-knowledge gained from the preceding chapters and is a crucial step in preparing for your personal metamorphosis.



A person often meets his  
destiny on the road he took  
to avoid it.

- Jean De La Fontaine

---

### ***Self-Discovery***

*The journey of self-discovery is a winding path, fraught with befuddling uncertainties that only rigorous self-examination can clarify. It is a process of shedding layers of preconception, of chiselling away at the ossified shells we construct around our*

*authentic selves, until at last we are rendered transparent to our own truth. Only then can we spiral upward, transcending the constraints that once bound us, emerging into the radiant ether of our highest potential and destined calling.*

*- Anonymous*

---

As we embark on this final stage of your journey, let's revisit the key insights— "The Secrets" —that have illuminated our path thus far.

1. **Embrace Emotional Intelligence** in the Age of AI, balancing human insight with technological advancement.
2. **Reject Mediocrity**, striving for excellence in areas that truly matter.
3. **Transcend Ego**, moving beyond self-centeredness to connect with something greater.
4. **Craft a Personal Moral Blueprint**, guiding your actions with integrity and purpose.
5. **Confront Vices and Champion Integrity**, breaking free from destructive habits.
6. Conduct Personal Reality Checks, maintaining self-belief while staying grounded.
7. **Align Your Dreams with Your Life's True Purpose**, harmonizing personal aspirations with family and community roles.
8. **Embrace Healthy Sexuality**, celebrating intimacy responsibly and respectfully.

These principles, when internalized and consistently applied, are designed to serve as powerful catalysts for personal growth and self-discovery.

## **“Becoming Your Personal Best”**

The preceding four chapters have established a foundation for the crucial process of 'Becoming Your Personal Best.' This transformative journey requires unwavering commitment, profound introspection, and a resolute dedication to continuous growth and learning.

To unlock your true destiny, you must embrace your most authentic self. This necessitates an intimate exploration of your inner landscape, confronting your vulnerabilities with unflinching honesty. Only through this process can you align your mindset with the path toward inner equilibrium, transcending ego-driven pursuits while striving for excellence and fulfilment in your endeavours. Armed with a robust 'Personal Blueprint,' you'll be better positioned to uncover your 'Reason for Being' and unveil your genuine purpose and destiny.

Your 'state of mind' encapsulates the quality of your consciousness, encompassing your mood and mental disposition—be it depressed, anxious, rational, critical, or engaged. These transient states act as filters through which you perceive reality, shaping both your experience of the external world and your internal thoughts and emotions.

The 'Destiny Secrets' revealed in the previous chapters have been curated to illuminate key aspects of your future - wisdom, integrity, work ethic, resilience, and purpose. If I could summarise them in one sentence, I would say the secrets are predicated on holistic well-being, encompassing relationships, family, intellectual growth, physical health, and spiritual fulfilment, as well as altruistic dedication to others.

While personal objectives along your journey to destiny are cultivated rather than prescribed, they will inevitably differ for each individual – they are 'bespoke' to you. These goals serve as intermediate

milestones rather than ultimate destinations, spanning generic domains such as physical wellness, financial stability, personal development, familial relationships, spiritual growth, social connections, and professional aspirations.

However, the true essence lies not in these individual goals, but in your ultimate vision—your deepest aspiration, the person you strive to become. Pursuing this vision constitutes your true destiny, fuelling unwavering determination, creativity, and inspiration. In realizing profound fulfilment through your endeavours, you'll naturally elevate those around you and potentially catalyse change on a broader scale.

As we reflect on the 'Destiny Secrets' unveiled, we recognize their pivotal role in preparing your mindset for personal growth and self-actualization. Now, as you approach your final 'Destiny Assessment Test,' embrace the truth of who you are meant to be, empowered by the insights gained along this transformative journey.

---

***Becoming Your Personal Best***

*“To be your best self you’ll need to first discover who you really are, then maximize your strengths and improve on your weaknesses. You need to completely shift your mindset and take control of your life. When you do, you’ll discover a whole new you. A self-that’s deeply at peace with the world yet is also driven to achieve increased success.”*

*- Tony Robbins*

---

# Destiny Secrets

## Path to Your True Destiny - Secret Number Nine

**Cultivate Excellence and Self-Awareness and become your 'Personal Best' Before Charting Your Destiny:**

**Embark on your Journey of Self-Discovery and Growth**

- 1. "Nurture Emotional Intelligence: Let it guide your thoughts and actions, fostering deeper connections with yourself and others.*
- 2. Transcend Mediocrity: Strive for excellence in areas that truly matter to you and the world around you.*
- 3. Move Beyond Ego: Embrace a perspective that includes others and recognizes something greater than ourselves.*
- 4. Establish a Moral Blueprint: Craft a personal code based on your highest ethical standards and aspirations.*
- 5. Navigate Vices Wisely: Confront harmful habits and addictions, choosing paths that lead to growth and well-being.*
- 6. Embrace Self-Belief: Conduct regular self-assessments, but always maintain faith in your potential and worth.*
- 7. Pursue Your Passions: Chase your dreams with courage and determination, allowing your authentic self to flourish.*
- 8. Celebrate Healthy Sexuality: Embrace intimacy and pleasure responsibly, respecting yourself and others.*

***Once you've cultivated these aspects of your character and worldview, you'll be better equipped to undertake your 'Destiny and A.I. Assessment.' This final step will help you clarify your true desires and the actions needed to fulfil your unique potential."***

By cultivating these eight essential aspects of personal growth, you'll be better prepared to embark on your journey of self-discovery and purpose:

1. **Develop your emotional intelligence**, using it as a compass for your thoughts and actions. This will deepen your connections with yourself and others, creating a foundation for meaningful relationships and empathetic interactions.
2. **Push beyond mediocrity** in areas that truly matter to you and the world. Identify your core values and pursue excellence in these domains, making a positive impact on your life and the lives of those around you.
3. **Expand your perspective beyond the confines of ego**. Recognize the interconnectedness of all beings and embrace a worldview that acknowledges something greater than individual desires and achievements.
4. **Create a personal moral code** that reflects your highest ethical standards and aspirations. Let this blueprint guide your decisions and actions, ensuring alignment with your deepest values.
5. **Address harmful habits and addictions** with wisdom and courage. Choose paths that lead to personal growth and well-being, recognizing that overcoming vices is a crucial step in realizing your full potential.
6. **Cultivate self-belief through regular introspection** and self-assessment. While it's important to critically evaluate your progress, always maintain faith in your inherent worth and capacity for growth.



7. **Pursue your passions** with determination and authenticity. Allow your true self to flourish by courageously chasing your dreams and aligning your actions with your deepest desires.
8. **Embrace a healthy approach to sexuality** and intimacy. Respect yourself and others while exploring pleasure responsibly, recognizing the importance of this aspect of human experience in overall well-being.

## **Theory into Practice**

Undertake the following sample exercises to ensure you understand the relevance of the theory behind each Secret:

1. **Emotional Intelligence:** Theory into Practice - Exercise: Identify a recent emotional reaction you had. Write down: a) The situation b) Your emotion c) Your response d) The outcome. Now, reimagine the scenario using emotional intelligence. How could you have responded differently? What might the new outcome be? [eg – A Domestic Row and Fall-Out instead of Quiet Reflection].
2. **Rejecting Mediocrity:** Theory into Practice - Exercise: Choose one area of your life where you've been settling for "good enough." List three specific actions you can take this week to elevate your performance or experience in this area. Commit to implementing these actions and journal about the results. [eg. Completing a Project by Quarantining yourself, Working longer hours and seeking an AI-Mentor].
3. **Transcending Ego:** Theory into Practice - Exercise: For one day, practice active listening in every conversation. Focus entirely on understanding the other person's perspective without interjecting your own opinions. At the end of the day, reflect on how this changed your interactions and what you learned about

others and yourself. [eg. Letting a Mentor Review your precious Plans from their Perspective, and Heading the Advice].

4. **Personal Moral Blueprint:** Theory into Practice - Exercise: Write down your top five personal values. For each value, describe a recent situation where you lived up to this value, and another where you fell short. What can you learn from these experiences to strengthen your moral compass? [eg. Giving not hoarding, Listening not ignoring, Doing not procrastinating, Enjoying not complaining, Leading not following].
5. **Confronting Vices:** Theory into Practice - Exercise: Identify one habit or behaviour you want to change. Create a plan to address it using the following steps: a) Define the trigger b) Identify the reward you're seeking c) List three alternative behaviours that could provide a similar reward d) Commit to trying these alternatives for one week and track your progress [eg - Work and Exercise instead of Social Drinking].
6. **Personal Reality Check:** Theory into Practice - Exercise: Write a letter to yourself from 10 years in the future. What advice would your future self give you? What accomplishments would they celebrate? What mistakes would they warn you about? Use this perspective to assess your current path and priorities. [eg. Spending as much Time with Family as Possible].
7. **Aligning Dreams with Life Purpose:** Theory into Practice - Exercise: Create a Venn diagram with three circles: "What I'm good at," "What I love doing," and "What the world needs." In the overlapping centre, list potential pursuits or careers that satisfy all three criteria. Choose one to explore further this month. [eg. Speaking, Writing, Counselling – Teaching].
8. **Embracing Healthy Sexuality:** Theory into Practice - Exercise: Reflect on your beliefs about intimacy and sexuality. Write down any negative or limiting beliefs you hold. For each one, write a

positive, empowering alternative. Commit to consciously replacing these limiting beliefs with the empowering ones over the next month. [eg. Temptation, Adultery – Commitment to Fidelity].

Remember that Destiny is not predetermined but shaped by conscious choices aligned with your values. That is why beginning with self-awareness and examining your authentic desires, talents, and vision for contributing to the world – are so important. Your path will unfold gradually, so remain open and adaptable.

As you integrate these principles and hypothetical exercises into your thought process, you'll then be better equipped than most to move forward and undertake your 'Destiny and A.I. Assessment.' With an open and honest mind. This final step will help clarify your true desires and the actions needed to fulfil your unique potential and achieve happiness and well-being.

The PERMA™ theory of well-being is an attempt to answer these fundamental questions. There are five building blocks that enable flourishing – **P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment and there are strategies to increase each.

---

*Approach life with optimism tempered by pragmatism, balancing persistence with flexibility. Nurture key relationships while setting healthy boundaries and taking time for solitary reflection. Use your inner clarity to guide wise outward action.*

*- Authors adaptation of Dr. Seligman's theory*

---

Throughout the book I have promoted the 'good karma' of helping others generously. However, that is a common trait of an *Enneagram*

*Personality Type 2* like me. Whatever personality type you may be, and the traits which come naturally to your type, you would do well to exercise caution and maintain a balance between service and self-care. Seek work that leverages your unique gifts to meet genuine needs, finding deep fulfilment in aligning your livelihood with your purpose.

Embrace uncertainty and view challenges as opportunities for growth. Cultivate resilience and maintain perspective, transforming obstacles into stepping stones. Focus on your vision while remaining open to how it may manifest.

I have put a lot of focus on nurturing your character, over which you have more control than your personality. Your destiny will unfold as you exercise character strengths like courage, patience, and integrity daily. Remember that who you are becoming is more important than what you achieve. Stay true to your ethical compass and trust the journey.

With mindfulness, authenticity, and compassion as your guides, your choices will build upon each other, creating a fulfilling legacy. Your unique purpose awaits – embrace it with open arms and a receptive heart.

There is no real Secret Number Ten. It's the culmination of all the above. Your Reason for Being is Your 'Life Purpose' and Your Destiny will be 'What You Do' With The Rest Of Your Life To Achieve It. The ultimate secret is to align Your Destiny with Your Life Purpose. This is 'The Path to Self-Actualization'.

# Destiny Secrets

Path to Your True Destiny – Secret Number Ten

**Your Reason for Being is Your 'Life Purpose' and Your  
Destiny will be 'What You Do' With The Rest Of Your  
Life To Achieve It. Align Your Destiny with Your Life  
Purpose with**

**This is The Path to Your Self-Actualization**

*"Your life purpose is your fundamental reason for being, while your destiny is the path you choose to fulfil that purpose. To prepare for this transformative journey:*

- 1. Reflect on the Secrets given, and the Recommendations that accompany them: These insights have equipped your psyche, soul, mind, and spirit for the challenges ahead.*
- 2. Understand Your Psyche: Recognize the interplay between your rational, passionate, and desiring aspects, influenced by your unconscious.*
- 3. Embrace Personal Growth: By cultivating excellence in thought and action, you've laid the groundwork for meaningful change.*
- 4. Harness Your Subconscious: Tap into your deepest motivations and desires to drive your journey forward.*

- 5. Anticipate Change: Prepare for the inevitable challenges that come with pursuing your true calling.***
- 6. Align Actions with Purpose: Let your newly chosen destiny guide your decisions and behaviours.***
- 7. Cultivate Resilience: Develop the strength to persist in the face of obstacles and setbacks.***
- 8. Remain Open to Evolution: Your understanding of your purpose may deepen or shift as you progress.***
- 9. Integrate Mind and Spirit: Ensure your rational goals align with your deepest values and aspirations.”***

By consciously preparing yourself in these ways, you've positioned yourself to unleash your full potential. Your self-determined ultimate desire in life can now serve as a powerful compass, guiding you towards a destiny that resonates with your truest self.

# **“Path to Self-Actualization”**

## **The Ten Secrets and Instruction: (re-visited)**

- 1. Embrace Emotional Intelligence in this Age of AI / Find a Path to Personal Fulfilment’:** "Decode and disarm negative self-talk, then draw a clear boundary. Cultivate your Emotional Intelligence—leverage AI as a guide but follow your heart's true north. Embrace your unique journey where comparisons become irrelevant. Confront harmful addictions head-on and sidestep unnecessary distractions. Your path is yours alone—walk it with purpose and authenticity."
- 2. Reject Mediocrity / Aim for the Stars When and Where it really Matters:** "Transcend mediocrity. Set audacious goals that stretch your perceived limits. Forget outperforming others—focus on surpassing your own best self. Embrace transformative change to achieve personal excellence in what truly matters. Never settle for average; relentlessly pursue your unique version of greatness."
- 3. Transcend Ego / Embrace Authentic Self, Cultivate Deep Love and Move beyond Self-Centredness:** “Elevate beyond ego-driven existence. Discover your authentic core and nurture genuine self-love, while shedding self-absorption. Reach out to values greater than yourself, forging connections that resonate with your deepest truths. This journey is the essence of profound love—for yourself and others. In this space of expanded consciousness, you'll uncover enduring happiness, inner peace, personal redemption, and higher purpose. Embody love and

compassion in action—it's the simplest yet most transformative path."

**4. Set a Personal Blueprint / Control Prejudices to Avoid Discrimination, be Humble and above all Never Bully Anyone:**

"Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself."

**5. Confront Vices, Overcome Addictions / Champion Integrity:**

"Vice, addiction, and corruption permeate our world, their presence undeniable. Yet, your response to these challenges defines your character. You alone shape your destiny through the choices you make in confronting these realities. Resist the allure of destructive habits, break free from the chains of addiction, and stand firm against the tide of corruption. Your journey is about persistent effort and progress, not perfection. Strive to be the best version of yourself—one decision, one day at a time. In a world rife with temptation, let your integrity be your compass and your strength."

**6. Do your own Personal Reality Check / Embrace Self-Belief, Transcend Criticism, and Connect with Greater Purpose:**

"Conduct regular self-assessments to stay grounded, but never lose faith in your inherent worth and potential. While external validation can be fleeting, true confidence comes from within. Cultivate resilience against critics, recognizing that their opinions are often reflections of their own limitations, not yours. Happiness, though rarely our conscious aim, emerges as the universal human pursuit. Yet, lasting fulfillment transcends mere



personal pleasure. It arises from a profound sense of purpose and the recognition that we are part of something greater than ourselves.

Strive for the 'full house' of well-being: mental clarity, emotional richness, physical vitality, and spiritual connection. This holistic approach—grounded in self-belief yet reaching beyond the self—opens the door to profound fulfillment and enduring happiness. Remember, your journey is unique. Trust in your path, learn from setbacks, celebrate progress, and always keep your gaze lifted toward the greater tapestry of existence in which you play a vital part.”

- 7. Align Your Dreams with Your Life's True Purpose:** “Embrace a vision of success that places family at its core, nurtures friendships, uplifts your community, and ultimately extends to serving others. In this harmonious balance, you'll discover your authentic life purpose and watch your destiny unfold. Your primary mission is to love and nurture your children and family unconditionally. This foundational commitment becomes the bedrock upon which all other life goals are built. As you pursue your passions and search for personal fulfillment, let your family's well-being be the guiding star that illuminates your path. True happiness emerges when your individual aspirations align seamlessly with your role as a nurturer, protector, and pillar of your family and community. In this delicate dance of giving and self-realization, you'll find that your destiny isn't just about personal achievement, but about the lives you touch and the legacy you create. Remember, your journey isn't a choice between self-fulfillment and family dedication—it's about finding

innovative ways to intertwine both, creating a rich tapestry of purpose, love, and meaningful impact."

**8. Embrace Healthy Sexuality / Pleasure with Responsibility:**

"Celebrate and explore your sexuality fully, but always within the bounds of mutual respect and consent. Prioritize emotional and physical well-being—both yours and your partners'—in every intimate encounter. Sexual expression is a natural, vital part of the human experience. Embrace it without shame, but never at the expense of others' dignity or safety. Strive for a balanced perspective where sex is neither suppressed nor elevated to an all-consuming focus. Cultivate intimate connections that enrich your life and relationships. Let your sexual journey be one of joyful discovery, deep connection, and personal growth. Remember, true fulfilment comes not just from physical pleasure, but from experiences that honour your values and respect all involved. Approach sexuality with enthusiasm, openness, and responsibility. Enjoy freely, but always with awareness of potential consequences. In this mindful approach to intimacy, you'll find a path to both pleasure and personal integrity."

**9. Cultivate Excellence and Self-Awareness and become your Personal Best Before Charting Your Destiny / Embark on your Journey Of Self-Discovery And Growth:**

- "Nurture Emotional Intelligence": Let it guide your thoughts and actions, fostering deeper connections with yourself and others.
- Transcend Mediocrity: Strive for excellence in areas that truly matter to you and the world around you.

- Move Beyond Ego: Embrace a perspective that includes others and recognizes something greater than ourselves.
- Establish a Moral Blueprint: Craft a personal code based on your highest ethical standards and aspirations.
- Navigate Vices Wisely: Confront harmful habits and addictions, choosing paths that lead to growth and well-being.
- Embrace Self-Belief: Conduct regular self-assessments, but always maintain faith in your potential and worth.
- Pursue Your Passions: Chase your dreams with courage and determination, allowing your authentic self to flourish.
- Celebrate Healthy Sexuality: Embrace intimacy and pleasure responsibly, respecting yourself and others.

Once you've cultivated these aspects of your character and worldview, you'll be better equipped to undertake your 'Destiny and A.I. Assessment.' This final step will help you clarify your true desires and the actions needed to fulfil your unique potential.”

**10. Your Reason for Being is Your ‘Life Purpose’ and Your Destiny will be ‘What You Do’ With The Rest Of Your Life To Achieve It. Align Your Life Purpose with Your Destiny / Find Your Path to Self-Actualization:** "Your life purpose is your fundamental reason for being, while your destiny is the path you choose to fulfil that purpose. To prepare for this transformative journey-

- Reflect on the Nine Secrets, and these nine Recommendations: These insights have equipped your psyche, soul, mind, and spirit for the challenges ahead.

- Understand Your Psyche: Recognize the interplay between your rational, passionate, and desiring aspects, influenced by your unconscious.
- Embrace Personal Growth: By cultivating excellence in thought and action, you've laid the groundwork for meaningful change.
- Harness Your Subconscious: Tap into your deepest motivations and desires to drive your journey forward.
- Anticipate Change: Prepare for the inevitable challenges that come with pursuing your true calling.
- Align Actions with Purpose: Let your newly chosen destiny guide your decisions and behaviours.
- Cultivate Resilience: Develop the strength to persist in the face of obstacles and setbacks.
- Remain Open to Evolution: Your understanding of your purpose may deepen or shift as you progress.
- Integrate Mind and Spirit: Ensure your rational goals align with your deepest values and aspirations.

By consciously preparing yourself in these ways, you've positioned yourself to unleash your full potential. Your self-determined ultimate desire in life can now serve as a powerful compass, guiding you towards a destiny that resonates with your truest self.”

# Destiny Secrets

## The Path to Your True Destiny

### 'The Path' to Self-Actualization:

### Discovering Your 'What'

*“The journey towards self-actualization is a complex interplay of cognitive, emotional, and behavioural processes. By integrating these elements—from emotional intelligence to ethical living, from self-reflection to the pursuit of passion—individuals create a synergistic framework for personal growth. This holistic approach not only fosters individual well-being but also contributes to collective human flourishing. As we navigate the intricate landscape of human potential, we find that true fulfilment lies not in the achievement of isolated goals, but in the harmonious alignment of our deepest values, broadest perspectives, and most authentic expressions of self. In this alignment, we discover not just a path to personal satisfaction, but a means of contributing meaningfully to the broader tapestry of human experience.”*

**Discovering Your 'What':** Having established your personal moral compass, you're now prepared to explore your true destiny. While the following insights may seem familiar, they offer just guidance on the 'how' not discovering the 'what' in your path. Remember, these principles support your journey, but the 'what'—your unique purpose—is for you to discover.

- Inner Leadership: Your potential for success resides within you.
- Long-Term Vision: Invest in endeavours that will matter in 50 years.
- Self-Motivation: Clarity and joy fuel dedication.
- Determination: The line between possible and impossible is drawn by your resolve.
- Passion in Work: Love your profession to transcend the notion of 'work'.
- Focus: Set your own expectations, independent of others.
- Ethical Resilience: Do what's right, even when challenging.
- Mutual Respect: Give to receive.
- Altruism: Strive to positively impact others' lives.
- Concentration: Devote yourself intensely to your purpose.
- Excellence: Strive for mastery despite obstacles.
- Goal Orientation: Envision your destination and path clearly.
- Self-Actualization: Reach for your highest potential.
- Integrity: Align daily choices with core values.
- Exemplary Living: Embody your principles consistently.
- Perseverance: Success often comes to those who endure.
- Active Listening: Balance speaking with attentive hearing.
- Life Purpose: Prioritize meaning over mere livelihood.

- Emotional Intelligence: Practice thoughtful responses to strong emotions.
- Expansive Thinking: Envision grand possibilities.
- Collaborative Spirit: Recognize the role of others in your success.
- Universal Kindness: Treat all with consistent grace and respect.
- Authentic Communication: Let sincerity guide your interactions.
- Positive Mindset: Cultivate and spread optimism.
- Authenticity: Let your actions reflect your true self.
- Continuous Growth: Regularly hone your skills and talents.
- Lifelong Learning: Combat stagnation through acquiring new abilities.
- Present-Moment Awareness: Value each moment of your journey.

Nurturing Emotional Intelligence and Fulfilling Self-Discovery is an ambitious project. These ‘28 *principles*’ serve as a compass for navigating life's complexities around the task of discovering your path. They remind us that personal growth and success are multifaceted, requiring a balance of internal development and external action. As you internalize these insights, remember that they are tools to support your unique journey—not rigid rules. The true art lies in adapting this universal wisdom to your specific path, always keeping sight of your core values and aspirations. In doing so, you not only enrich your own life but also contribute positively to the world around you.

Selecting the top ten pointers from the comprehensive list is subjective, as different individuals may prioritize different aspects based on their personal values and goals.

## Path to Self-Actualization

### Recommendations:

I provide a selection of 10 points of guidance (from internal motivation and self-awareness to long-term thinking and personal growth) that I believe are particularly crucial for seeking a path to destiny, aligned with the earlier analysis:

1. **Emotional Intelligence:** Practice thoughtful responses to strong emotions.
  - This directly relates to "Nurture Emotional Intelligence" from the prescribed items.
2. **Excellence:** Strive for mastery despite obstacles.
  - This aligns with "Transcend Mediocrity" by encouraging pursuit of excellence.
3. **Universal Kindness:** Treat all with consistent grace and respect.
  - This connects to "Move Beyond Ego" by focusing on others and a broader perspective.
4. **Integrity:** Align daily choices with core values.
  - This closely matches "Establish a Moral Blueprint" by emphasizing ethical behaviour.
5. **Self-Actualization:** Reach for your highest potential.
  - This relates to "Navigate Vices Wisely" and "Embrace Self-Belief" by focusing on personal growth.
6. **Authenticity:** Let your actions reflect your true self.
  - This aligns with "Embrace Self-Belief" and "Pursue Your Passions" by encouraging genuine self-expression.
7. **Passion in Work:** Love your profession to transcend the notion of 'work'.
  - This directly connects to "Pursue Your Passions" from the prescribed items.
8. **Mutual Respect:** Give to receive.



- This relates to "Celebrate Healthy Sexuality" by emphasizing respect in relationships.
9. **Ethical Resilience:** Do what's right, even when challenging.
- This supports "Establish a Moral Blueprint" and "Navigate Vices Wisely" by emphasizing ethical behaviour in difficult situations.
10. **Continuous Growth:** Regularly hone your skills and talents.
- This underpins several prescribed items, particularly "Transcend Mediocrity" and "Embrace Self-Belief" by encouraging ongoing personal development.

# Path to Self-Actualization

## The Path:

### The Final Path to Self-Actualization involves:

- **Cultivating Emotional Intelligence:** Develop awareness and mastery of your emotions and those of others.
- **Transcending Mediocrity:** Strive for excellence in areas that align with your values and contribute meaningfully to the world.
- **Moving Beyond Ego:** Expand your perspective to embrace interconnectedness and a sense of something greater than self.
- **Establishing a Personal Blueprint:** Craft a moral and ethical framework that guides your decisions and actions.
- **Navigating Vices Wisely:** Confront and overcome harmful habits, fostering growth and well-being.
- **Engaging in Regular Self-Reflection:** Conduct honest self-assessments while maintaining unwavering self-belief.
- **Pursuing Your Passions:** Chase your dreams with courage, allowing your authentic self to flourish.
- **Embracing Healthy Sexuality:** Celebrate intimacy and pleasure responsibly, respecting yourself and others.

# “The Holy Grail”

## Your Path to Destiny

	Secret	Instruction	Recommendation	Path
1	<b>Embrace Emotional Intelligence in this Age of AI:</b>	"Decode and disarm negative self-talk, then draw a clear boundary. Cultivate your Emotional Intelligence. Embrace your unique journey where comparisons become irrelevant. Confront harmful addictions head-on and sidestep unnecessary distractions. Your path is yours alone—walk it with purpose and authenticity."	<b>Emotional Intelligence:</b> Practice thoughtful responses to strong emotions. Enhance self-awareness and improve interpersonal relationships.	<b>Cultivating Emotional Intelligence:</b> Develop awareness and mastery of your emotions and those of others.
2	<b>Reject Mediocrity:</b>	"Transcend mediocrity. Set audacious goals that stretch your perceived limits. Forget outperforming others—focus on surpassing your own best self. Embrace transformative change to achieve personal excellence in what truly matters. Never settle for average; relentlessly pursue your unique version of greatness."	<b>Excellence:</b> Strive for mastery despite obstacles. Push yourself to reach your full potential in areas that matter.	<b>Transcending Mediocrity:</b> Strive for excellence in areas that align with your values and contribute meaningfully to the world.
3	<b>Transcend Ego and Cultivate Deep Love:</b>	"Elevate beyond ego-driven existence. Discover your authentic core and nurture genuine self-love, while shedding self-absorption. Reach out to values greater than yourself, forging connections that resonate with your deepest truths. Embody love and compassion in action."	<b>Universal Kindness:</b> Treat all with consistent grace and respect. Foster a compassionate worldview and positive interactions with others	<b>Moving Beyond Ego:</b> Expand your perspective to embrace interconnectedness and a sense of something greater than self.
4	<b>Set a Personal Moral Blueprint but Never Bully Anyone:</b>	"Set a definitive Personal Moral Blueprint but don't become loud, domineering and aggressive person. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself."	<b>Integrity:</b> Align daily choices with core values. Builds a strong moral foundation for decision-making and behaviour.	<b>Establishing a Personal Blueprint:</b> Craft a moral & ethical framework that guides your decisions and actions.
5	<b>Confront Vices and Champion Integrity and Growth:</b>	"Resist the allure of destructive habits, break free from the chains of addiction, and stand firm against the tide of corruption. Your journey is about persistent effort and progress, not perfection. Let your integrity be your compass and your strength."	<b>Self-Actualization:</b> Reach for your highest potential. Aim for continuous personal growth and fulfilment.	<b>Navigating Vices Wisely:</b> Confront and overcome harmful habits, fostering growth and well-being.

	<b>Secret</b>	<b>Instruction</b>	<b>Recommendation</b>	<b>Path</b>
6	<b>Do your own Personal Reality Check and Connect with Greater Purpose:</b>	“Conduct regular self-assessments to stay grounded, but never lose faith in your inherent worth and potential. Happiness arises from a profound sense of purpose and the recognition that we are part of something greater than ourselves.”	<b>Authenticity:</b> Let your actions reflect your true self. Ensure genuine self-expression and alignment with your inner values.	<b>Engaging in Regular Self-Reflection:</b> Conduct honest self-assessments & maintain unwavering self-belief.
7	<b>Align Your Dreams with Your Life's True Purpose (in both your career and private life):</b>	“As you pursue your passions and search for personal fulfilment, let your family's well-being be the guiding star that illuminates your path. True happiness emerges when your individual aspirations align seamlessly with your role as a nurturer, protector, and pillar of your family and community. Your destiny isn't just about personal achievement, but about the lives you touch and the legacy you create.”	<b>Passion in Work:</b> Love your profession to transcend the notion of 'work'. Transform your career into a source of joy and purpose, seek your Ikigai ‘sweet spot’.	<b>Pursuing Your Passions:</b> Chase your dreams with courage, allowing your authentic self to flourish.
8	<b>Embrace Healthy Sexuality and Seek Pleasure with Responsibility:</b>	“Celebrate and explore your sexuality fully, but always within the bounds of mutual respect and consent. Strive for a balanced perspective where sex is neither suppressed nor elevated to an all-consuming focus. Approach sexuality with enthusiasm, openness, and responsibility. Enjoy freely, but always with awareness of potential consequences.”	<b>Mutual Respect:</b> Give to receive. Cultivate healthy, balanced relationships in all areas of your life.	<b>Embracing Healthy Sexuality:</b> Celebrate intimacy and pleasure responsibly, respecting yourself and others.
9	<b>Cultivate Excellence and Self-Awareness and become your Personal Best:</b>	“Cultivate the aspects of your character and worldview (in line with the Instructions in 1-8 above): <ul style="list-style-type: none"> <li>• Nurture Emotional Intelligence</li> <li>• Transcend Mediocrity</li> <li>• Move Beyond Ego</li> <li>• Establish a Moral Blueprint</li> <li>• Navigate Vices Wisely</li> <li>• Embrace Self-Belief</li> <li>• Pursue Your Passions</li> <li>• Celebrate Healthy Sexuality”</li> </ul>	<b>Ethical Resilience:</b> Do what's right, even when challenging. Fortify your moral character and decision-making in difficult situations.	<b>Self-Actualization:</b> Follow Recommendations 1-8 above.
10	<b>Align Your Life Purpose with Your Destiny to Find Your Path to Self-Actualization:</b>	“Your life purpose is your fundamental reason for being, while your destiny is the path you choose to fulfil that purpose.”	<b>Continuous Growth:</b> Regularly hone your skills and talents, and achieve ongoing personal development and adaptation to life's challenges.	<b>Become your True Destiny:</b> Complete the online Destiny-Gram AI-assisted Personal Profiling and Life Assessment Test

## **“AI Assessment and Destiny-Gram”**

The power of Destiny-Gram lies in its sophisticated AI algorithms that analyse Multiple Choice Question (MCQ) and Points of View (POV) responses with remarkable precision and depth. When you complete the questionnaires, the AI doesn't simply tally your answers; it employs advanced machine learning techniques to identify complex patterns and correlations within your responses. For instance, it might recognize that a particular combination of answers to questions about risk-taking, creativity, and social interaction strongly correlates with entrepreneurial tendencies. The AI then compares your response patterns against vast datasets of personality profiles, career trajectories, and life outcomes. This allows it to generate nuanced insights about your personality traits, potential career paths, and areas for personal growth. Moreover, the AI uses natural language processing to analyse the language and sentiment in your written responses, adding another layer of depth to your profile. As you continue to interact with the platform, the AI refines its understanding of you, continuously updating its insights and recommendations. This dynamic, data-driven approach enables Destiny-Gram to offer personalized, actionable guidance that evolves as you do, providing a level of individualized analysis that would be impossible through traditional methods alone.

It is important to note that Destiny-Gram prioritizes your privacy and data security above all else. Your profile data is encrypted, anonymized, and stored securely. It will never sell your information to third parties. You have full control over your data, deciding what to share and with whom, ensuring that your personal journey remains truly your own.

At the end of the day, however, it is important to recognise that AI is also just a tool. Destiny is not preordained, or prescribed, but realized through the actualization of inner purpose through mindful outward action. It arises from conscious choice more than chance circumstance. Our fate is shaped by the intentions that motivate our decisions, and the follow-through on those choices.

---

*“Your True Destiny is What you really should be Doing,  
while the Rest of your Life passes you By.”*

*– Author’s take on John Lennon Quote*

---

What are the AI tools used to help? AI software Large Language Models (LLM)/ Programmes that understand written human language based on Natural Language Processing (NLP) capabilities – are now commonly known as AI-chatbots. An AI chatbot can detect the intent of any query that a user types in and deliver responses with significant insight. Answers to prompts by the author, are given below by way of generic example:



<p>chat.openai.com</p> <p>Discovering Your Destiny.</p>	<p>chat.openai.com</p> <p>Think Big in Life.</p>
<p><b>The Concept of Destiny</b> is too often considered to be predetermined or predestined, but it is ultimately up to the individual to discover and fulfil. It will involve:</p> <p><u>Self-Reflection</u>: Spending time reflecting on your values, interests, passions, and goals. What are you naturally good at, what activities do you enjoy, and what gives you a sense of purpose and fulfilment?</p> <p><u>Exploring Options</u>: Researching different career paths, hobbies, and community opportunities that align with the interests and values.</p> <p><u>Taking Action</u>: Take courses, train, network, volunteer, etc.</p> <p><u>Trusting your Gut</u>: Your inner voice and intuition is usually right.</p> <p>Discovering your destiny takes time, effort, self-exploration, willingness to take risks and try new things, and a commitment to personal growth and development.</p> <p><u>Finding Life Purpose</u>: Life purpose refers to the overarching reason for one's existence. It is the underlying mission or goal that guides a person's decisions and actions throughout life. A life purpose provides a sense of direction and meaning, tied to values, passions, talents, and experiences. At</p>	<p><b>Thinking Big in Life</b> is important because it takes a person beyond themselves, often to the benefit of others. Thinking Big allows us to set ambitious goals and achieve greater things than we might have otherwise thought possible. We are not bound by the past, or limited by current circumstances, we are inspired to envision a future that is grander, more exciting, and more fulfilling than what we currently have. It involves-</p> <p><u>Breaking Out of Comfort Zones</u>: Setting new heights and challenges beyond our dreams. This is an especially important element of personal and professional growth for people to take on new challenges, develop new skills, and become more confident and resilient. More importantly, thinking big can also inspire others and make a positive impact on the world.</p> <p><u>Being Bigger than Yourself</u>: Big thinkers and doers become role models, inspiring others to follow. Pursuing goals that are meaningful and impact on others may include charity, launching a business, working on a deeply held common cause, or just achieving great things through dreaming big and working hard.</p>

its best it will involve making a positive impact on others or the world, pursuing personal growth and development, or fulfilling a spiritual or philosophical quest – guiding a person towards a more meaningful and purposeful existence. A life of purpose should focus on others as well as oneself.

Discovering the Important Things in Life: These depend on individual values, beliefs, and priorities. They often include – family and relationships, health, financial security, career and work, personal growth and development, spirituality or religion, community and social connections, leisure and recreation, personal values and beliefs, contribution to society – and are focused on getting to the core of what’s personally most important and motivating.

Becoming Your Personal Best:

Requires self-reflection, goal setting, and consistent effort to achieve big results. The steps include: Defining your vision of personal success both personally and professionally; Developing a growth mindset; Focussing and leveraging on your strengths; Taking care of yourself body and mind; Manage time effectively; Build strong relationships; And celebrate your successes – using it as motivation to keep moving forward; Stay committed not only to your goals but to your vision of personal success. By staying focused, persevering through setbacks and challenges, and never giving up on your aspirations – You are most likely to succeed and achieve big things in life. The secret is to think big and think of others also in the process.

As AI algorithms are used to analyse data from social media, online purchases, and other personal data sources to identify patterns or trends in a person’s behaviour and desires, equally, Artificial Intelligence can be used to analyse large amounts of data about a person’s behaviour, interests, and choices, and provide insights or predictions about future outcomes.

Even then, AI cannot provide a deterministic view of the world, accounting for all the complexities and unpredictability of human behaviour. Ultimately, a person’s destiny is shaped by a combination of factors, including personal choices, external circumstances, and



chance events, and cannot be fully predicted or controlled by AI or any technology, not even when fully counselled by licensed therapists or coaches.

Greg Malpass' books '*Out of Darkness Cometh Light*' and '*Your Real Destiny*' delve into the philosophies and theories in the process of Self-Assessment and Discovering True Destiny, but in this analogue analysis there remained the real enigma - 'What to Do?' - The 'What' being the crux, not the 'How'. To an attempt to move the analysis from analogue to digital his third book '*The Road to Your Destiny*' became the 'Process Manual' for designing an online programme, integrating AI-Algorithms and comprehensive Personal Data, for bespoke personal profiling and analysis.

## **Harnessing AI for Personalized Life Assessment**

In an era where technology now increasingly intersects with personal development, Destiny-Gram has emerged as a groundbreaking online platform that leverages artificial intelligence to provide comprehensive life assessments. This innovative tool goes beyond traditional personality tests, offering a nuanced analysis of an individual's character, skills, desires, and potential.

At its core, Destiny-Gram utilizes advanced AI algorithms and data analytics to process a wide range of inputs, including:

1. Responses to tailored questionnaires
2. Social Network Professional profiles (e.g., LinkedIn – with consent)
3. Demographic data
4. Personal statements on values and aspirations

The platform's strength lies in its ability to synthesize this diverse data into actionable insights, producing personal profiles and destiny plans, helping users make informed decisions about their personal and professional lives in subsequent AI-chatbot discussions.

---

*“Personality AI takes multiple types of inputs - text samples, demographic data, real life observations, questionnaire responses - and outputs personality insights.”*

*- The Founder, Destiny-Gram*

---

The Stages in User Profiling and Selection Criteria for Destiny Choices Using Bespoke MCQ/POV Questionnaires, AI-Analysis and API links where approved (– e.g. LinkedIn) are:

1. To Undertake a Questionnaire based Personality Test

STAGE I - Identify the User’s Personality Type

STAGE II – Provide Analysis of the Personality Traits

2. To Undertake a Questionnaire based Character Analysis

STAGE I - Identifying What’s Sacred to the User

STAGE II - Identifying the User’s Higher Purpose

STAGE III – Prioritizing the User’s Universal Life Missions

STAGE IV – Listing & Deciding the User’s key Personality Recommendations

STAGE V – Developing the User’s Personality Dashboard

3. To Identify Questionnaire based derived Skills, Goals & Desires

STAGE I -Listing the User’s Gifts, Abilities & Skills

STAGE II - Listing the User’s Needs, Goals & Desires

STAGE III – Developing the User’s Reality Dashboard

STAGE IV - Developing a List of the User’s most Valuable Ideas

#### 4. To Develop the AI/Algorithmic-based User's Profiles and Destiny Choices

STAGE I - Building the User's 'Destiny Pyramid'

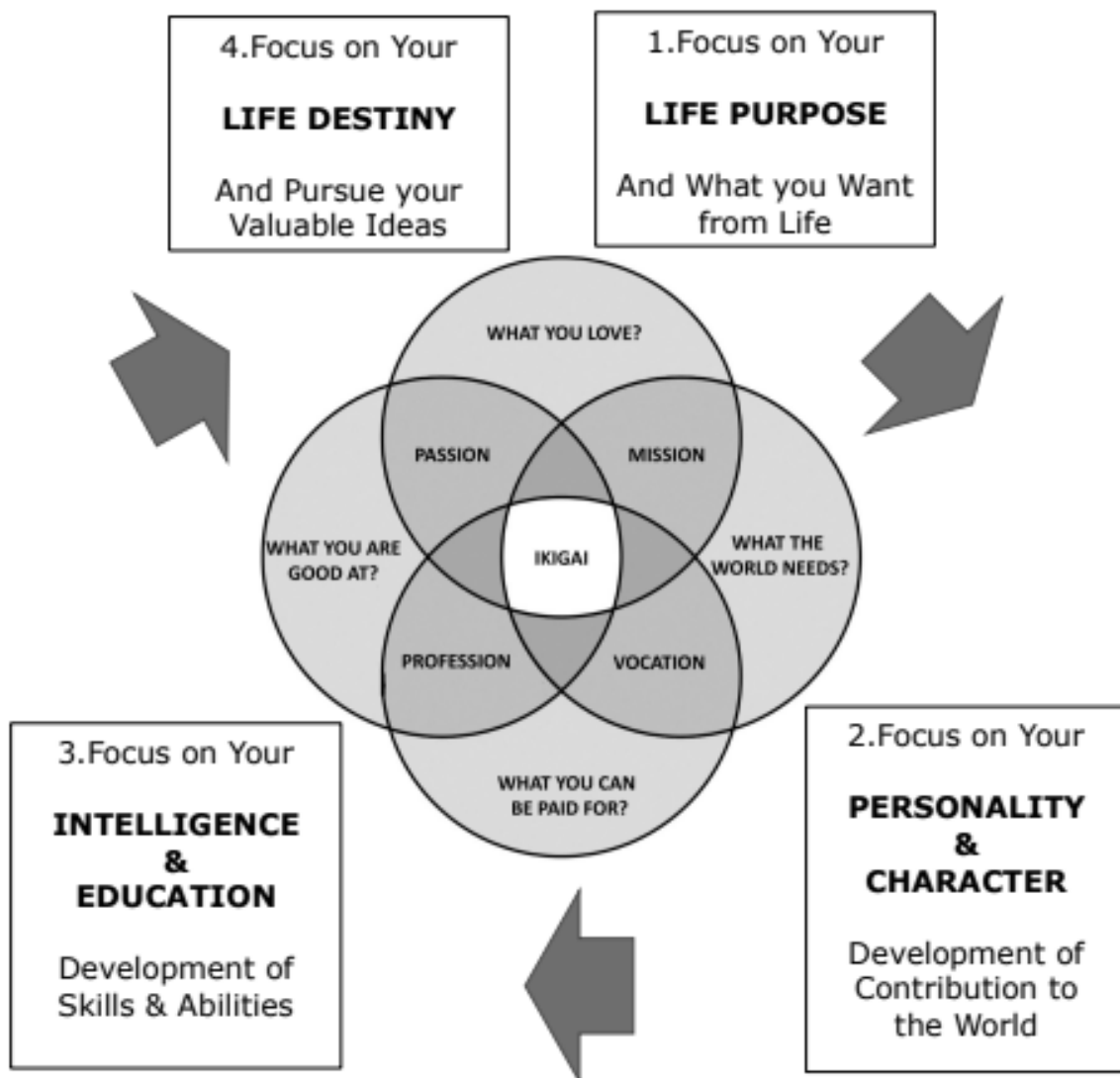
STAGE II – Developing a Destiny Choice Criteria

STAGE III – Confirming a Destiny Choice

STAGE IV – Advising an Action Plan

Four Steps encapsulate the sequence from Identifying Life Purpose and Developing Personality and Character Traits to Assessing Ability and Pursuing the most Valuable Ideas.

#### The Four Steps of Focus:



## Key Features:

1. **Personality Profiling:** Building on established models like the Enneagram, Destiny-Gram offers a more individualized analysis of personality traits.
2. **Character Analysis:** Delves into users' core values, higher purpose, and life missions.
3. **Skills and Desires Assessment:** Identifies latent abilities, goals, and passions.
4. **AI-Driven Recommendations:** Provides personalized suggestions for personal growth and career development.
5. **Destiny Pyramid:** A visual representation of the user's potential life path, based on the amalgamation of all analysed factors.

**What Sets Destiny-Gram Apart:** Unlike generic personality tests or career assessment tools, Destiny-Gram focuses on the individual's unique combination of traits, experiences, and aspirations. It's not designed to serve the interests of employers or external parties but to provide users with a deeper understanding of themselves and their potential life trajectories.

The platform employs state-of-the-art encryption to ensure user privacy and data security, addressing common concerns about sharing personal information online.

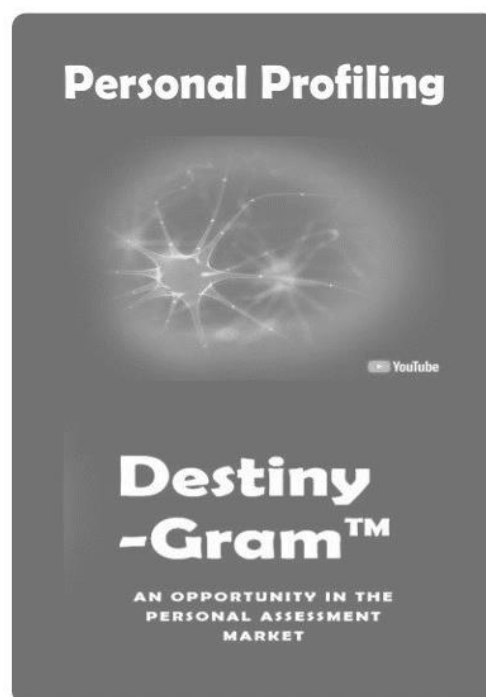
**Practical Applications:** Users can leverage Destiny-Gram's insights for various purposes:

- Career exploration and decision-making
- Personal relationship management
- Setting and achieving life goals

- Identifying areas for personal growth and development

While Destiny-Gram offers powerful insights, it's important to note that it's a tool for self-reflection and discovery, not a deterministic predictor of one's future. The platform encourages users to view its recommendations as starting points for further exploration and personal growth, rather than fixed outcomes.

**Conclusion:** As we navigate an increasingly complex world, tools like Destiny-Gram offer a data-driven approach to self-discovery and life planning. By harnessing the power of AI and comprehensive personal data analysis, Destiny-Gram provides users with a unique opportunity to gain deeper insights into their true selves and potential paths forward. It represents a significant step in the evolution of personal development tools, blending technology with the timeless quest for self-understanding and purposeful living.



---

**“Get Profiled”  
YouTube Presentation**

*“Hi there! - I'm Greg Malpass, a retired businessman turned internet entrepreneur, and an advocate for the positive futuristic role AI can play in personal growth. Please permit me to introduce you to Destiny-Gram, a new platform I have created and am now launching across the United States to help students like you navigate life's journey and answer your biggest questions by harnessing the positive power of AI.*

*Well, despite the video's dramatic intro, I know it's hardly World-breaking News. But forgive me, as the Founder, I'm passionate about its potential, and see Destiny-Gram's pioneering platform as ground-breaking, and who knows might prove the culmination of my own life-journey! Nobody knows his or her own destiny, it's work in progress.*

*Let's face it! - Figuring out who we are and where we're headed can be tough for all of us, at whatever stage in life we are, but especially when you are young. That's where Destiny-Gram comes in. We use advanced AI to give people insights about themselves that they might not have discovered on their own. Here's how it could work for you, there are several distinct stages in the process.*

*FIRSTLY, take our online questionnaires which capture your personality and character traits, skills and life goals as well as education, experience and qualifications. The personality element is based on the Enneagram, a psychological model that's great at capturing the nuances of different personality types. Don't worry, your answers are confidential and secure.*

*SECONDLY, our AI algorithms then analyse your responses and create an instantaneous detailed "Personal Profile." This isn't just a list of generic personality traits like some online tests give; it's a deep dive into your psyche, your personality, character, strengths and weaknesses, your abilities and skills- developed or undeveloped, your emotional intelligence, your subconscious, and what really drives you.*

*THIRDLY, and here's the cool part: you then get the benefit of more or less unlimited free interaction in the future with an AI-*

*chatbot that really understands you, the real you, your true potential, and all your nuances. It's like having a personal confidant and mentor all the time, who you can trust and knows you inside out. As AI evolves, AI-chatbot offerings will become even smarter, acting like a personal assistant who will not only communicate and answer mundane telephone calls or e-mails for you, but knowingly act as if it was you.*

*Do you find that a frightening or an encouraging concept? I suppose it depends on your point of view. Most people prefer to talk with the person themselves, while they can distinguish the difference. Far more importantly, and the focus of Destiny-Gram, is what AI can guide you on, that's most important to you, like tough life decisions, rather than acting upon them for you.*

*LASTLY, but never finally either - as you grow and change (and you will) you will be able to update your profile as you go through life. Your AI companion will evolve with you, helping you track your personal growth.*

*What makes us different? – Well, our Unique Differentiator or USP is Destiny-Gram's ability to help with the formation and integration of in-depth user profiles, personally and privately, with AI chatbots right now, creating a symbiotic relationship between human input and machine intelligence that is not on offer from any competitor in the current conversational AI, NLP and social media space. This synergy enables hyper-personalized guidance, far surpassing generic advice, and empowers users to make informed decisions aligned with their unique traits and goals.*

*Most social media sites offer visual communication, or one-size-fits-all advice, or just likes and comments. We are using AI to understand you as an individual, probably better than your friends do. This isn't generic life advice off the internet; it's guidance tailored specifically to you, based on your real-life inputs and AI-driven psychological insights.*

*Now, let's talk future! - As we scale, Destiny-Gram will expand into a comprehensive ecosystem for personal growth, career navigation, and networking. Imagine a world where your online profile isn't just your job history and vacation pics. With Destiny-Gram, it becomes a living document of who you are – your dreams, your strengths, even the parts of yourself you're still*

*figuring out. You decide what and with whom you share your knowledge, thoughts and information, using available API's, but it could revolutionize how you network on social media, date, find career opportunities, and innovate – all with control and integrity.*

*Picture this! - You're job hunting. Instead of just blasting out resumés, with hundreds, or even thousands of others on LinkedIn, you connect only with companies and people who align with your core values, passions and specific work style preferences. Or you're looking to date. Beyond shared hobbies, you find someone who gets your quirks and ambitions or struggles. This isn't sci-fi or anything necessarily new; algorithms have been around a long time. But the role of proactive personal AI-interaction and mentoring is new and becoming an ever more powerful tool. It's where personal tech is heading, and we're leading the way in helping you set up and benefit significantly from a personalized AI-integration process.*

*We take your privacy very seriously! - Your data is encrypted, anonymized, and never shared or sold. You control it. We're not here to exploit your info; Destiny-Gram stands as a beacon of personalized empowerment. We're not just building a platform; we're crafting individual roadmaps for success, one profile at a time.*

*Whether you're moving onto university and choosing a major, hunting for that first job, thinking about setting up a business, taking time out to travel, or just trying to understand yourself better - AI's a tireless listener and we've got your back!*

*Plus, we'll be setting up a community of our founding first 100,000 signed-up students in the US, and you'll have the option, if you wish, to connect in the future with this community of like-minded students, learning from each other's journeys as you navigate yours. We're not just selling an internet tool; we're offering personalized empowerment and a future community.*

*One last thing! - Self-discovery can get intense. AI is a powerful tool, but it doesn't replace human connection, emotional intelligence or lived experience. Warren Buffet once said, "AI can change everything in the world except how men think and behave". But at Destiny-Gram, we believe AI can be a powerful tool to help you understand your own thoughts and behaviours*



*better. It can offer not just personalized guidance but empathetic support during challenging times.*

*But we also provide links to mental health resources to help with the evolving nature of your personal growth because AI is not the panacea to mental health and happiness. The future integration of AI with everyday devices will for example offer an enhanced life for many yet more anxiety for others . At Destiny-Gram your well-being comes first. We ensure for example that only you have access to, and control over your data, and choose what and with whom you share information. We always encourage you to use the AI-insights you receive to have richer conversations with friends, mentors, and counsellors. We seek to address your natural concerns about privacy, cost and mental health issues, while tapping into your aspirations of self-discovery, career success, and meaningful relationships.*

*Your future is waiting, so why delay? Let's unlock your potential, one insight at a time. See you on the platform!"*

*- Greg Malpass, Destiny-Gram*

---



# “AI-Chatbot Mentoring”

## The Future of Digital Mentoring and AI-Powered Personal Development

In the rapidly evolving landscape of artificial intelligence and personal development, Destiny-Gram is pioneering the new paradigm: ‘AI-chatbot mentoring based on comprehensive Personal Profiles’. This innovative approach promises to revolutionize how individuals seek guidance, make decisions, and pursue personal and professional growth.

**The Concept:** Users create detailed personal profiles encompassing their personality traits, skills, experiences, goals, and aspirations. These profiles serve as the foundation for AI-driven mentoring sessions, enabling chatbots to provide highly personalized advice and support.

### Key Benefits:

1. **Tailored Guidance:** AI mentors analyse user profiles to offer advice precisely calibrated to individual circumstances, personality types, and goals.
2. **Continuous Availability:** Unlike human mentors, AI chatbots are accessible 24/7, providing support whenever needed.
3. **Data-Driven Insights:** By processing vast amounts of data, AI mentors can identify patterns and offer evidence-based recommendations.
4. **Objective Perspective:** AI mentors provide unbiased advice, free from human prejudices or personal agendas.
5. **Multifaceted Support:** From career coaching to personal development, AI mentors can assist across various life domains.

## **Applications:**

### Career Development:

- Personalized career path recommendations
- Skill gap analysis and learning suggestions
- Interview preparation and job search strategies

### Personal Growth:

- Goal setting and progress tracking
- Emotional intelligence development
- Stress management and work-life balance advice

### Business and Entrepreneurship:

- Business plan evaluation
- Market trend analysis
- Networking and partnership recommendations

### Relationship Guidance:

- Communication style improvement
- Conflict resolution strategies
- Compatibility assessments for personal and professional relationships

### Financial Planning:

- Personalized investment strategies
- Budgeting advice based on individual goals and risk tolerance
- Retirement planning tailored to personal circumstances

**Ethical Considerations and Privacy:** While the potential benefits are significant, implementing such a system requires careful consideration of ethical and privacy concerns:

1. **Data Security:** Robust encryption and cybersecurity measures are essential to protect sensitive personal information.
2. **Transparency:** Clear communication about how AI uses personal data is crucial for building trust.

3. User Control: Individuals should have full control over their data, including the ability to modify or delete their profiles.
4. Ethical AI Design: Ensuring AI mentors are designed with strong ethical guidelines to prevent misuse or manipulation.

**The Future of AI Mentoring:** As AI technology continues to advance, we can anticipate even more sophisticated mentoring capabilities:

1. Integration with Wearable Technology: Real-time physiological data could inform AI mentors about stress levels, sleep patterns, and overall well-being, allowing for more timely and relevant advice.
2. Augmented Reality Interfaces: AI mentors could provide guidance through AR interfaces, offering immersive learning experiences and real-time feedback in various situations.
3. Predictive Analytics: Advanced algorithms could forecast potential challenges and opportunities in a user's life, enabling proactive guidance and preparation.
4. Collaborative AI Networks: Multiple AI mentors could collaborate, each specializing in different areas, to provide comprehensive support across all aspects of a user's life.

**Conclusion:** AI-powered mentoring based on comprehensive personal profiles represents a significant leap forward in personalized guidance and support. While challenges remain, particularly in the realms of privacy and ethics, the potential benefits are immense. As this technology matures, it has the power to democratize access to high-quality mentoring, enabling individuals from all walks of life to receive personalized guidance for personal and professional development. The future of mentoring is digital, personalized, and powered by AI, promising a new era of individual growth and empowerment.

# Destiny Secrets

## Path to Your True Destiny - Conclusion

**Discover your 'True Destiny' by Analysing your Personality, Character, Higher Purpose, Needs and Desires, Skills and Abilities, and Goals– Undertake the on-line Destiny-Gram 'Life Assessment Solutions Test' to help you in the process.**

*“Undertake the On-line Destiny-Gram Life Assessment Test. It is designed to help you understand your Personality Traits, latent Abilities and Desires, and make important Life Decisions to move forward with your Personal Development and Happiness in mind. It will help you map your Destiny. The rest will then be up to you”*

## **“The Final Analysis – Call to Action”**

### **The Essence of Personal Destiny**

In our exploration of personal destiny, we've primarily focused on the 'why' rather than the 'how' of transformation. While the practical steps for change vary based on individual circumstances, there's a universal truth: the method by which we pursue our goals shapes our legacy as much as the achievements themselves. The essence of personal destiny lies in: Virtue, Legacy, and Purpose.

**The Foundations of ‘Legacy’:** Legacy is a composite of life experiences, beliefs, values, and traditions passed down. The most effective way to build a lasting legacy is through exemplary living—embodying the destiny you've chosen. This approach teaches invaluable lessons:

- Commitment to principles, even in adversity, demonstrates the strength of conviction.
- Pursuing dreams and passions illustrates the power of perseverance.
- Displaying kindness and compassion, even when undeserved, reveals true character.

While serving immediate circles of family and community is laudable, history's most impactful legacies often belong to those who dedicated themselves to serving humanity at large. This broader perspective is worth consideration, with love as the guiding principle transcending all endeavours.

**The Role of ‘Virtue’ in Shaping Destiny:** Throughout history, philosophers and cultures have defined sets of virtues they deemed essential for a well-lived life. While these lists vary, they often converge on fundamental principles. Aristotle propose nine important

virtues: Wisdom; Prudence; Justice; Fortitude; Courage; Liberality; Magnificence; Magnanimity; Temperance. In contrast, philosopher Walter Kaufmann proposed a shortlist of 'Cardinal Virtues' as Fortitude, Prudence, Temperance, and Justice which he considered – most makes a person good, happy, and flourishing.

In terms of Freemasonry, there are the same four cardinal virtues that every Mason attempts to perfect in his walk-through life - Fortitude, Prudence, Temperance, and Justice. After examining all the available various perspectives, including those from ancient Nordic traditions, Greek philosophy, Buddhism, and Freemasonry, we can distil these four cardinal virtues that form a solid foundation for personal development and societal contribution:

- **Prudence:** The wisdom to discern appropriate actions, considering potential consequences.
- **Justice:** Fairness and righteousness in dealing with others.
- **Fortitude:** The strength to confront fears and endure challenges.
- **Temperance:** Self-control and moderation in appetites and emotions.

These virtues are not merely abstract concepts but practical guides for decision-making and behaviour. They help us navigate the complexities of life, ensuring our actions contribute positively to our personal growth and the well-being of others.

The Ten Secrets which form the key messages of this book are embodied in the pursuit of these virtues: *Prudence* is the intellectual virtue, the wisdom that guides us in practical decision-making, embracing 'Secret No1: Emotional Intelligence'. *Justice* governs our human relationships and social interactions, ensuring we 'Secret No3: Go Beyond Our Ego' considering others always. *Fortitude* represents our commitment and inner strength to 'Secret No7: Align Our Dreams



with Life Purpose’ and ‘Secret No2: Reject Mediocrity in the Search For Excellence’, where it matters on our chosen path; and ‘Secret No6: Conduct appropriate Reality Checks in the search for Greater Purpose than our own. Finally, *Temperance* is the means by which we will attempt to regulate or moderate our appetites and emotions and ‘Secret No5: Confront Vices and Champion Integrity’.

---

*“Your Reason for Being Is Your Life Purpose and Your Destiny Will be What You Choose to Do with the Rest of Your Life to Achieve It.*

*Make sure you Invest It in something Bigger than Yourself, that Matters to you and Matters for Eternity.”*

*- The Author*

---

## **Interplay of Personality, Character, and Spirituality**

In the pursuit of destiny, it's crucial to understand the interplay between personality, character, and spirituality:

- Personality (*“The Wrapping”*): The inherent traits that attract or repel others, shaped by nature and early nurture.
- Character (*“The Chocolate Coating”*): The moral and ethical framework built through conscious choices and experiences.
- Spirituality (*“The Soft Centre”*): The sense of connection to something greater than oneself, providing purpose and meaning.

While personality may be largely fixed, character is malleable and can be developed through conscious effort. Spirituality offers a broader context for our actions and aspirations. A person of character puts principles above personal self and personality; and feeling that there is something greater than oneself is the essence of spirituality. There

are certain character traits that most people value, irrespective of personality type such as kindness, honesty, empathy, resilience, and a positive attitude.

Perfection is an unattainable, unrealistic goal, and there are no vestal virgins awaiting the righteous in heaven, but continuous improvement is always attainable. For those seeking deeper insights into the Enneagram study of the nine personality types and levels of development, please read the Appendix (*cf.* “*THE ENNEAGRAM - A Cornerstone of Personal Profiling*”).

## **Conclusion: The Path Forward**

As we reach the end of this transformative journey, it's clear that your destiny is not a distant, unreachable star, but a path you can forge with intention, self-awareness, and the right tools. "Your Impossible Mission Accomplished" has equipped you with the knowledge, strategies, and insights to embark on this profound journey of self-discovery and personal growth.

Remember, your true destiny lies at the intersection of your authentic self, your deepest passions, and your unique abilities. It's about aligning your actions with your values, embracing your strengths, and continually striving for personal excellence. The integration of emotional intelligence with cutting-edge AI technology offers unprecedented opportunities for self-understanding and guided personal development.

But knowledge without action is merely potential unrealized. Your journey doesn't end with the closing of this book—it begins anew with renewed purpose and clarity.

## “Call to Action”

1. **Reflect and Assess:** Take time to thoroughly review the insights you've gained. What resonated most deeply with you? Which areas of your life are calling for transformation?
2. **Create Your Personal Blueprint:** Using the frameworks provided, craft your own personalized blueprint for growth. Set clear, achievable goals that align with your newfound understanding of your true self.
3. **Engage with Destiny-Gram:** Visit [www.destiny-gram.com](http://www.destiny-gram.com) and complete your comprehensive personal profile. Leverage the AI-assisted tools (AI-chatbots) to gain deeper insights into your personality, skills, and potential paths forward.
4. **Commit to Continuous Growth:** Choose one area of personal development to focus on immediately. Whether it's cultivating emotional intelligence, confronting a limiting belief, or pursuing a long-held dream, take concrete steps towards this goal within the next week.
5. **Connect and Share:** Sign up quickly and Join the Destiny-Gram founders community. Share your journey, learn from others, and contribute to the collective growth of like-minded individuals striving for self-actualization.
6. **Embrace AI-Assisted Mentoring:** Engage regularly with the AI chatbot, independently attaching your Personal Profile to private chats, or via the APIs on Destiny-Gram. Use it as a tool for reflection, brainstorming, and gaining new perspectives on your challenges and aspirations.
7. **Review and Adjust:** Schedule monthly check-ins with yourself to review your progress, celebrate your wins, and adjust your

course as needed. Remember, personal growth is an ongoing journey, not a destination.

8. **Pay It Forward:** As you grow and transform, look for opportunities to mentor or support others in their journey. Share the insights and tools you've gained to create a ripple effect of positive change.

Your impossible mission is not just possible—it's within your grasp. The future you envision, the impact you wish to make, the life you dream of living—all of these are attainable through conscious choice, persistent effort, and the strategic use of the tools and knowledge you now possess.

The time for hesitation is over. Your destiny awaits. Take that first bold step today and let the journey to your true self begin. Remember, every great achievement in history started with a single, courageous action. Make yours now.

Your impossible mission starts here. It starts now. It starts with you.

## **Crafting Your Destiny**

As you chart your course towards your chosen destiny, consider these key closing points:

1. Strive to embody noble virtues in your daily actions.
2. Recognize that your methods in pursuing goals are as important as the goals themselves.
3. Aim to contribute to something larger than yourself, extending your impact beyond personal circles.
4. Understand that while personality may be inherent, character can be cultivated.

5. Seek a balance between personal ambition and broader societal contribution.

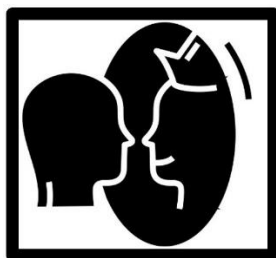
Remember, the ultimate measure of a life well-lived is not just in personal achievements, but in the positive impact left on others and the world at large. By aligning your actions with timeless virtues and focusing on meaningful contributions, you can craft a destiny that is both personally fulfilling and universally significant. And if you are going to leave a positive impact on others, think big!

---

*“You are what you think. So just think big, believe big, act big, work big, give big, forgive big, laugh big, love big and live big.”*

*- Andrew Carnegie*

---



## Path to Your True Destiny – Final Reflection Page

### Chapter 6: THE ROAD TO YOUR CHOSEN DESTINY

#### "Charting Your Course to Self-Actualization"

This Summary Reflection Page encouraging you to synthesize all the insights gained, creating “A Personalized Roadmap for The Journey towards Self-Actualization and Living Out Your True Destiny”.

#### 1. Personal Inventory:

My key personality traits:	
Core values I want to embody:	
Skills and talents I possess:	
Areas for personal growth:	

#### 2. Vision and Purpose:

My refined life purpose statement:	
Long-term goals (5-10 years):	
Short-term objectives (1 year):	
How my purpose aligns with my enneagram type:	

### 3. Action Plan:

Immediate steps I will take (next 30 days):	
Habits I want to develop:	
Habits I need to break:	
Resources I need to acquire (skills, knowledge, tools):	

### 4. Relationships and Community:

How I plan to nurture important relationships:	
Communities or groups I want to engage with:	
Ways I can contribute to society:	
Boundaries I need to establish or maintain:	

### 5. Personal Growth Commitments:

Books I plan to read:	
Courses or training I will pursue:	
Mentors or role models I will seek out:	
How I plan to use AI tools like Destiny-Gram for ongoing growth:	

## 6. Overcoming Obstacles:

Potential challenges I anticipate:	
Strategies to overcome these challenges:	
Support systems I can rely on:	
How I plan to stay motivated during difficult times:	

## 7. Balancing Life Aspects:

Career/Professional life:	
Personal/Family life:	
Health and Wellness:	
Spiritual/Philosophical growth:	
Financial goals and plans:	

## 8. Reflection and Adjustment:

How often I plan to review and adjust my goals:	
Metrics I'll use to measure my progress:	
Ways I'll celebrate my achievements:	
How I'll learn from setbacks:	



### 9. Legacy and Impact:

The mark I want to leave on the world:	
How I want to be remembered:	
Projects or causes I'm passionate about:	
Steps to start building my legacy now:	

### 10. Commitment to Authenticity:

Ways I can be truer to myself:	
Areas where I need to be more vulnerable:	
How I plan to maintain integrity in my personal manifesto or creed: my choices:	

## “Epilogue”

The journey to self-actualization and discovering one's true destiny is a multifaceted process that requires deep introspection, courageous action, and continuous growth. As we've explored through the chapters of "Your Impossible Mission Accomplished," this journey begins with illuminating the dark corners of our lives and moves through authoring our own story, identifying our real destiny, making conscious life choices, and integrating all aspects of our being, including our sexuality.

Central to this journey are the key "secrets" revealed throughout the book. Embracing emotional intelligence forms the foundation, allowing us to navigate our inner landscape and interpersonal relationships with greater awareness and skill. This heightened self-awareness enables us to reject mediocrity, pushing us to strive for excellence in areas that truly matter to us and align with our values.

As we progress, we learn to transcend our ego, moving beyond self-centeredness to connect with something greater than ourselves. This expanded perspective helps us craft a moral personal blueprint - a guiding document that reflects our highest ethical standards and aspirations. With this blueprint in hand, we're better equipped to confront our vices and champion integrity, making choices that align with our true selves rather than succumbing to destructive habits or societal pressures.

The journey culminates in aligning our dreams with our life's true purpose. This alignment isn't just about career or personal achievements, but about creating a life that resonates with our deepest values and contributes positively to the world around us. Part of this alignment involves embracing healthy sexuality, recognizing

the integral role of intimacy and relationships in our overall well-being and life satisfaction.

Throughout this process, the reflection exercises provided after each chapter serve as practical tools for applying these insights to our own lives. They encourage us to examine our current reality, envision our desired future, and create actionable plans to bridge the gap between the two. Whether it's identifying areas of our life that need more light, crafting a personal mission statement, setting boundaries in relationships, or committing to personal growth activities, these exercises help transform abstract concepts into concrete steps toward self-actualization.

The anonymous case studies illustrate how individuals from various walks of life have applied these principles to overcome challenges, realign their lives with their true purpose, and achieve personal transformation. They serve as inspiring examples of the power of self-reflection, courage, and consistent action in the pursuit of one's destiny.

Ultimately, *"Your Impossible Mission Accomplished"* and its accompanying AI-assisted Platform *"Destiny-Gram"* offer a comprehensive framework for those seeking to live more authentically and purposefully. By integrating emotional intelligence, ethical living, personal growth, and holistic well-being, the readers and website users are equipped to not only discover their true destiny but to actively create and live it. The journey may be challenging, but armed with these insights and tools, the "impossible mission" of living one's best life becomes not only "possible" but deeply fulfilling.

# Bibliography

## Books:

- "Man's Search for Meaning" by Viktor E. Frankl*
- "The 7 Habits of Highly Effective People" by Stephen Covey*
- "Daring Greatly" by Brené Brown*
- "Atomic Habits" by James Clear*
- "The Power of Purpose" by Richard J. Leider*
- "Emotional Intelligence" by Daniel Goleman*
- "The Alchemist" by Paulo Coelho*
- "Finding Your Own North Star" by Martha Beck*
- "The Artist's Way" by Julia Cameron*
- "Mindset: The New Psychology of Success" by Carol S. Dweck*
- "The Happiness of Pursuit" by Chris Guillebeau*
- "Designing Your Life" by Bill Burnett and Dave Evans*
- "The Gifts of Imperfection" by Brené Brown*
- "Flow: The Psychology of Optimal Experience" by Mihaly Csikszentmihalyi*
- "The Road Less Traveled" by M. Scott Peck*
- "Authentic Happiness" by Martin Seligman*
- "Awaken the Giant Within" by Tony Robbins*
- "The Wisdom of the Enneagram" by Don Richard Riso and Russ Hudson*
- "The Purpose Driven Life" by Rick Warren*
- "Grit: The Power of Passion and Perseverance" by Angela Duckworth*

## Websites:

- "PositivePsychology.com" - Positive psychology and personal development*
- "Mindtools.com" - Career and personal development tools*
- "Psychology Today.com" - Articles on various psychological topics*
- "Greater Good Magazine" (greatergood.berkeley.edu) - Science-based insights for a meaningful life*
- "TED.com" - Inspirational talks on various topics including personal growth*
- "Brainpickings.org" - Insightful articles on creativity, philosophy, and self-improvement*
- "Tiny Buddha" (tinybuddha.com) - Simple wisdom for complex lives*
- "The Gottman Institute" (gottman.com) - Research-based approach to relationships*
- "Happify.com" - Science-based activities and games to improve emotional well-being*
- "Enneagram Institute" (enneagraminstitute.com) - Comprehensive resource on the Enneagram*

# *A*PPENDIX: THE ENNEAGRAM

## **A Cornerstone of Personal Profiling**

As you delve deeper into the process of self-discovery and your personal development, it's crucial to understand the foundational tools on personality assessment that were used to inform your approach. The Enneagram stands out as a powerful system for comprehending human personality and behaviour, serving as a cornerstone in our comprehensive profiling analysis.

The Enneagram's significance lies in its ability to provide a nuanced understanding of individual motivations, fears, and patterns of behaviour. By incorporating this system into our AI-assisted personal profiling platform, Destiny-Gram, we create a more holistic and accurate picture of each user's unique personality landscape.

This section is written with the intent to inform on how the Enneagram's nine personality types correlate with specific character traits, core abilities, and life passions. Understanding these connections is vital for several reasons:

1. It provides a framework for deeper self-awareness, helping you recognize your inherent strengths and potential growth areas.
2. It offers insights into how different personality types approach life challenges and opportunities, informing more tailored personal development strategies.
3. It enhances the AI's ability to generate more accurate and more personalized recommendations by considering the nuances of your personality type first.
4. It helps in identifying potential career paths, relationship dynamics, and life goals that align with your core personality traits.

The integration of the Enneagram with our AI-driven analysis creates a synergy that elevates the entire profiling process, bringing you closer to uncovering your true destiny. There are many books and websites which examine each Enneagram type and its relevance, it is not my intent to detail them here. Keep in mind however that this information is utilized in the AI-analysis of your Destiny-Gram profile.

For those seeking deeper insights into specific personality type development, I recommend resources like Don Richard Riso's (*"Understanding the Enneagram"*) which provides valuable guidance

The two most recognised systems of personality assessment (*'Myers Briggs and The Enneagram'*) are used for a betterment of self-understanding. While the former is used often more prevalently in career assessments and job psychometrics, the latter delves deeper into the real person, holistically.

The Enneagram is a modern synthesis of several ancient beliefs. Its roots are in antiquity and can be traced back at least as far as the works of Pythagoras. And Plotinus, in the *Enneads*, speaks of nine divine qualities that manifest in human nature. In more recent developments in the 20th and 21st century, Oscar Ichazo, the Bolivian-born founder of the Chilian Arica School established in 1968 also taught the 'Enneagram'. During the 1960s Ichazo's Enneagram of Personality and related theories formed part of a larger body of teaching that he termed 'Proto analysis'.

The Enneagram can tell you which exact childhood wounds and experiences led you to develop certain coping mechanisms. The Enneagram can also tell you what your basic desire and fears are. It can reveal what you're running away from as well as what you're running towards. The Enneagram can tell you what's most important to you, guiding your likely motivations when it comes to personal development and seeking new purpose. That is why it was adopted by

Greg Malpass for the purpose of helping in the search for destiny on his AI-assisted Personal Profiling Platform- Destiny-Gram.

Enneagram Types focus of importance (or rather 'Motive Prioritization') can be summarized, in one-liners, as:

- Enneagram 'Ones' seek righteousness and integrity.
- Enneagram 'Twos' seek love and belonging.
- Enneagram 'Threes' seek achievement and success.
- Enneagram 'Fours' seek individuality and personal freedom.
- Enneagram 'Fives' seek competence and specialization.
- Enneagram 'Sixes' seek security and certainty.
- Enneagram 'Sevens' seek happiness and possibility.
- Enneagram 'Eights' seek control and autonomy.
- Enneagram 'Nines' seek peace and inner harmony.

Different personalities tend to nurture specific traits, whether favourable or unfavourable, depending on their level of development. Whether you're a natural reformer, leader, helper, motivator, artist, thinker, peacemaker, loyalist, or generalist, ultimately it falls upon each individual to define their personal values and aspirations and strive to align their personality with their goals. It's crucial to recognize that personal growth and self-improvement are ongoing processes.

Regardless of your role in life—be it layperson, professional, athlete, student, homemaker, psychologist, or your spiritual beliefs—as a lifelong learner, it's essential that your chosen mission, purpose, and destiny resonate deeply with your authentic self. Remember, greatness is not inherited but cultivated through purposeful effort and dedication. The definition of greatness varies among individuals, but it often involves facing challenges with determination and perseverance.

## The Destiny Wheel

Typical Enneagram Personality Types can have 'stereotype' character traits, abilities, and desires/passions – but they are not definitive or deterministic.

While celebrity personas are curated, certain public figures seem to exemplify some of the core qualities associated with each Enneagram personality type based on these mapped character traits, abilities, and desires/passions. Their careers, advocacy, and personal lives provide visible examples that align with the stated attributes and life strategies. The following is given purely as an example of the potential relevance of the Enneagram in personality analysis.

### **Personality Types**

1. Reformer
2. Helper
3. Achiever
4. Individualist
5. Investigator
6. Loyalist
7. Enthusiast
8. Challenger
9. Peacemaker

Explanation:

1. Reformer: The principled, ethical, and perfectionistic type.
2. Helper: The caring, generous, and people-pleasing type.
3. Achiever: The success-oriented, efficient, and image-conscious type.
4. Individualist: The romantic, introspective, and self-absorbed type.



5. Investigator: The perceptive, innovative, and detached type.
6. Loyalist: The committed, security-oriented, and defensive type.
7. Enthusiast: The spontaneous, multi-talented, and scattered type.
8. Challenger: The powerful, confrontational, and domineering type.
9. Peacemaker: The accommodating, reassuring, and conflict-avoidant type.

The Enneagram is a widely used personality typology system that describes nine distinct personality types, each with its unique motivations, fears, and patterns of thinking, feeling, and behaving.

**Typical Character Traits** (in no particular order)

1. Integrity
2. Empathy
3. Resilience
4. Curiosity
5. Humility
6. Accountability
7. Compassion
8. Adaptability
9. Authenticity

**Explanation:**

These traits encompass various aspects of an individual's personality, values, and behaviour. They cover qualities such as ethical conduct, emotional intelligence, mental toughness, intellectual curiosity, self-awareness, responsibility, kindness, flexibility, and genuineness. While these are broad categories, they can serve as a framework for evaluating and understanding an individual's character from multiple perspectives.

### **Likely Core Skills** (in no particular order)

1. Technical
2. Analytical
3. Creative
4. Communication
5. Leadership
6. Strategic
7. Organizational
8. Interpersonal
9. Adaptability

#### Explanation:

1. Technical: Skills related to specific domains, technologies, or tools.
2. Analytical: Skills involving logical reasoning, problem-solving, and data analysis.
3. Creative: Skills involving innovation, idea generation, and out-of-the-box thinking.
4. Communication: Skills related to effective verbal, written, and presentation abilities.
5. Leadership: Skills involving motivating, guiding, and influencing others.
6. Strategic: Skills related to long-term planning, decision-making, and goal setting.
7. Organizational: Skills involving time management, multitasking, and attention to detail.
8. Interpersonal: Skills related to building relationships, collaboration, and emotional intelligence.
9. Adaptability: Skills involving flexibility, learning agility, and the ability to thrive in change.

These headings cover a broad range of skills that are valuable across various industries and roles. They encompass technical expertise, cognitive abilities, creative thinking, communication proficiency, people management, strategic thinking, organizational prowess, social intelligence, and the capacity to adapt to evolving circumstances.

**Related Goals** (in no particular order)

1. Family
2. Career
3. Creativity
4. Adventure
5. Spirituality
6. Community
7. Knowledge
8. Activism
9. Wellness

Explanation:

1. Family: Focusing on nurturing relationships with loved ones and building a strong family unit.
2. Career: Pursuing professional growth, achievement, and fulfilment through work.
3. Creativity: Expressing oneself through artistic or innovative endeavours.
4. Adventure: Seeking excitement, exploration, and new experiences.
5. Spirituality: Exploring personal beliefs, values, and finding meaning in life.
6. Community: Contributing to society and making a positive impact on others.

7. Knowledge: Continuously learning, expanding one's understanding, and pursuing intellectual growth.
8. Activism: Advocating for social, political, or environmental causes.
9. Wellness: Prioritizing physical, mental, and emotional well-being.

These headings represent various domains that individuals may find deeply meaningful and motivating. They cover personal relationships, professional aspirations, self-expression, personal growth, purpose-driven living, societal contribution, intellectual curiosity, championing beliefs, and holistic health. These areas often serve as sources of passion, fulfilment, and goal setting for people throughout different stages of life.

### **Character , Core Skills, Life Goals** (arranged by Enneagram Type)

- 1) Reformer- Integrity, Technical, Family
- 2) Helper- Empathy, Communication, Spirituality
- 3) Achiever- Accountability, Achiever, Career
- 4) Individualist- Curiosity, Creative, Adventure
- 5) Investigator- Resilience, Analytical, Knowledge
- 6) Loyalist- Compassion, Loyalist, Community
- 7) Enthusiast- Adaptability, Enthusiast, Creativity
- 8) Challenger- Humility, Challenger, Activism
- 9) Peacemaker- Authenticity, Peacemaker, Wellness

This ordering is not definitive, but it attempts to group related traits, skills, and goals together in a way that creates a coherent flow around the 'Enneagram Destiny Wheel'. The numerical assignments are based on potential alignments with the Enneagram types.

## **Destiny Strategies/Life Paths (Traits/Abilities/ Desires/Role Model):**

Based on key character traits, abilities, and desires mapped by Enneagram personality type, here are some general comments and key considerations for each type. The comments also highlight some potential pitfalls, focus areas and key decisions each type may need to consider as they navigate their preferred life path in terms of both career and personal arenas. Self-awareness is key to making conscious choices.

1. Integrity, Technical, Family: Pursue a technical career that aligns with your strong ethics (e.g. engineer, scientist, accountant). Prioritize family values and responsibilities. Don't compromise your principles for career gain. Find an ethical organization that values your skills. Make time for family amid work demands. Type Role Model - Denzel Washington (Principled perfectionist, acclaimed actor, devoted family man)
2. Empathy, Communication, Spirituality: Consider a caring profession (e.g. counsellor, social worker, clergy). Develop emotional intelligence. Explore spiritual practices. Leverage your listening skills in counselling/coaching roles. Practice mindfulness to reduce burnout. Share your spiritual discoveries. Type Role Model - Oprah Winfrey (Empathetic communicator, spiritual seeker)
3. Accountability, Achiever, Career: Find a results-driven career you can excel in (e.g. business, law, athletics). Maintain high standards. Keep advancing professionally. Be mindful of workaholism - success requires balance. Build a family/social support system. Mentor others as you advance. Type Role Model - Elon Musk (Driven entrepreneur, achievement-oriented career)

4. Curiosity, Creative, Adventure: Unleash your creativity in artistic/innovative fields. Seek work that allows travel/exploration. Embrace an unconventional lifestyle. Resist getting bored or restless - continually explore new outlets. Save money for travel/experiences. Don't sideline relationships. Type Role Model - Prince (Authentic visionary, prolific musician songwriter and performer, creative self-expressionist)
5. Resilience, Analytical, Knowledge: Build expertise in an analytical domain (e.g. research, data science, academia). Cultivate grit to overcome challenges. Continuously learn. Have patience - expertise takes time. Build practical skills beyond theory. Apply knowledge to help others. Type Role Model - Albert Einstein (Brilliant tenacious theorist driven by a quest for knowledge and innovative ideas).
6. Compassion, Loyalist, Community: Set boundaries - Serve others through social impact work or public service. Be a committed team player. Strengthen your local community. you can't pour from an empty cup. Join organizations aligned with your values. Rally others to causes. Type Role Model - Dolly Parton (Generous philanthropist, loyal to roots, supports communities)
7. Adaptability, Enthusiast, Creativity: Embrace variety, pursue an entrepreneurial or multifaceted career. Channel energy into passion projects. Remain open to change. Finish what you start before moving to new projects. Develop financial discipline. Embrace routines amid spontaneity. Type Role Model - Will Smith (Versatile entertainer, upbeat personality, creatively pursues passions)

8. Humility, Challenger, Activism: Fight for what you believe in through activism or advocacy roles. Question authority. Stay grounded through spiritual practices. Check your ego - fight the cause, not individuals. Build strategic allies and resources. Practice self-care amid struggles. Type Role Model - Jane Fonda (Outspoken activist, confronts norms, spiritually grounded)
9. Authenticity, Peacemaker, Wellness: Prioritize work that aligns with your values. Resolve conflicts diplomatically. Focus on holistic health and work-life balance. Don't people-please at your own expense. Voice your needs clearly. Lean into discomfort to grow. Inspire through your example. Type Role Model - Jacqueline Woodson (Authentic storyteller, promotes reconciliation, well-being focus)

The Enneagram Type study is not a 'one-size-fits-all' but the analysis can give individuals pointers in terms of their key traits, healthy motivations, basic fears and desires, characteristic temptations, virtues, saving grace, and levels of development and areas for personal growth.

As discussed in the last Chapter of the book, the Destiny-Gram online test takes the analysis to the next level delving into:

**Character Analysis:** core values, sacred cows, higher purpose, and universal life missions;

**Skills and Desires Assessment:** Identifying latent abilities, goals, and passions;

**AI-Driven Recommendations:** Providing personalized suggestions for personal growth and career development.

Unlike generic personality tests (such as the Enneagram test) or career assessment tools, Destiny-Gram focuses on the individual's unique

combination of traits, experiences, and aspirations. And mindful of the common concerns about sharing personal information online, the platform employs state-of-the-art encryption to ensure user privacy and data security.



9



**Authenticity, Peacemaker, Wellness:** Prioritize work that aligns with your values. Resolve conflicts diplomatically. Focus on holistic health and work-life balance. Don't people-please at your own expense. Voice your needs clearly. Lean into discomfort to grow. Inspire through your example. Type Role Model - Jacqueline Woodson (Authentic storyteller, promotes reconciliation, well-being focus)

8



**Humility, Challenger, Activism:** Fight for what you believe in through activism or advocacy roles. Question authority. Stay grounded through spiritual practices. Check your ego - fight the cause, not individuals. Build strategic allies and resources. Practice self-care amid struggles. Type Role Model - Jane Fonda (Outspoken activist, confronts norms, spiritually grounded)

7



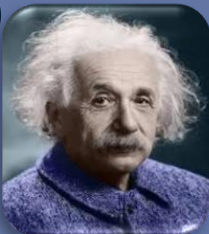
**Adaptability, Enthusiast, Creativity:** Embrace variety, pursue an entrepreneurial or multifaceted career. Channel energy into passion projects. Remain open to change. Finish what you start before moving to new projects. Develop financial discipline. Embrace routines amid spontaneity. Type Role Model - Will Smith (Versatile entertainer, upbeat personality, creatively pursues passions)

6



**Compassion, Loyalist, Community:** Set boundaries - Serve others through social impact work or public service. Be a committed team player. Strengthen your local community. you can't pour from an empty cup. Join organizations aligned with your values. Rally others to causes. Type Role Model - Dolly Parton (Generous philanthropist, loyal to roots, supports communities)

5



**Resilience, Analytical, Knowledge:** Build expertise in an analytical domain (e.g. research, data science, academia). Cultivate grit to overcome challenges. Continuously learn. Have patience - expertise takes time. Build practical skills beyond theory. Apply knowledge to help others. Type Role Model - Albert Einstein (Brilliant tenacious theorist driven by a quest for knowledge and innovative ideas).

# DESTINY WHEEL



Destiny Wheel



**TAP INTO YOUR DESTINY**



**T** Character Trait  
**A** Core Ability  
**P** Passion/ Desire



# LIFE PATHS

## Character - Ability - Passion

1



**Integrity, Technical, Family**: Pursue a technical career that aligns with your strong ethics and attention to detail (e.g. engineer, scientist, accountant). Prioritize family values and responsibilities. Don't compromise your principles for career gain. Find an ethical organization that values your skills. Make time for family amid work demands. Type Role Model - Denzel Washington (Principled perfectionist, acclaimed actor, devoted family man)

2



**Empathy, Communication, Spirituality**: Consider a caring profession (e.g. counsellor, social worker, clergy). Develop emotional intelligence. Explore spiritual practices. Leverage your listening skills in counselling/coaching roles. Practice mindfulness to reduce burnout. Share your spiritual discoveries. Type Role Model - Oprah Winfrey (Empathetic communicator, spiritual seeker)

3



**Accountability, Achiever, Career**: Find a results-driven career you can excel in (e.g. business, law, athletics). Maintain high standards. Keep advancing professionally. Be mindful of workaholicism - success requires balance. Build a family/social support system. Mentor others as you advance. Type Role Model - Elon Musk (Driven entrepreneur, achievement-oriented career)

4



**Curiosity, Creative, Adventure**: Unleash your creativity in artistic/innovative fields. Seek work that allows travel/exploration. Embrace an unconventional lifestyle. Resist getting bored or restless - continually explore new outlets. Save money for travel/experiences. Don't sideline relationships. Type Role Model - Prince (Authentic visionary, prolific musician songwriter and performer, creative self-expressionist)

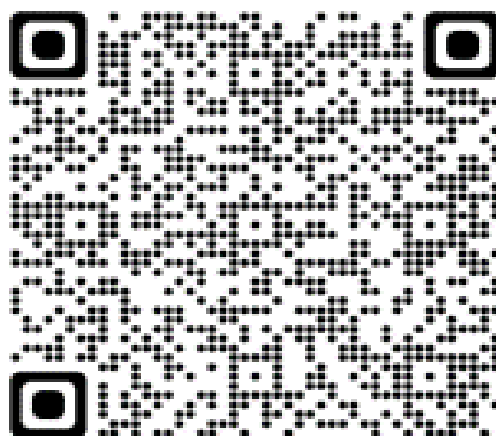
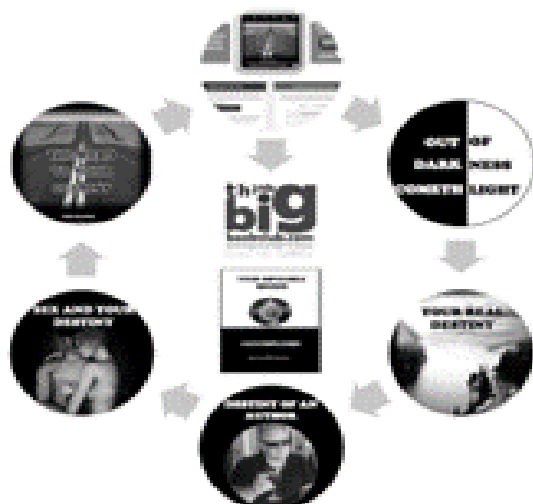
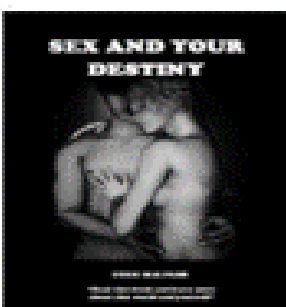
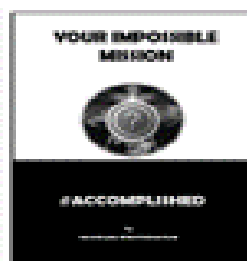
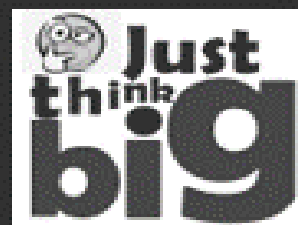




SUGGESTED READING



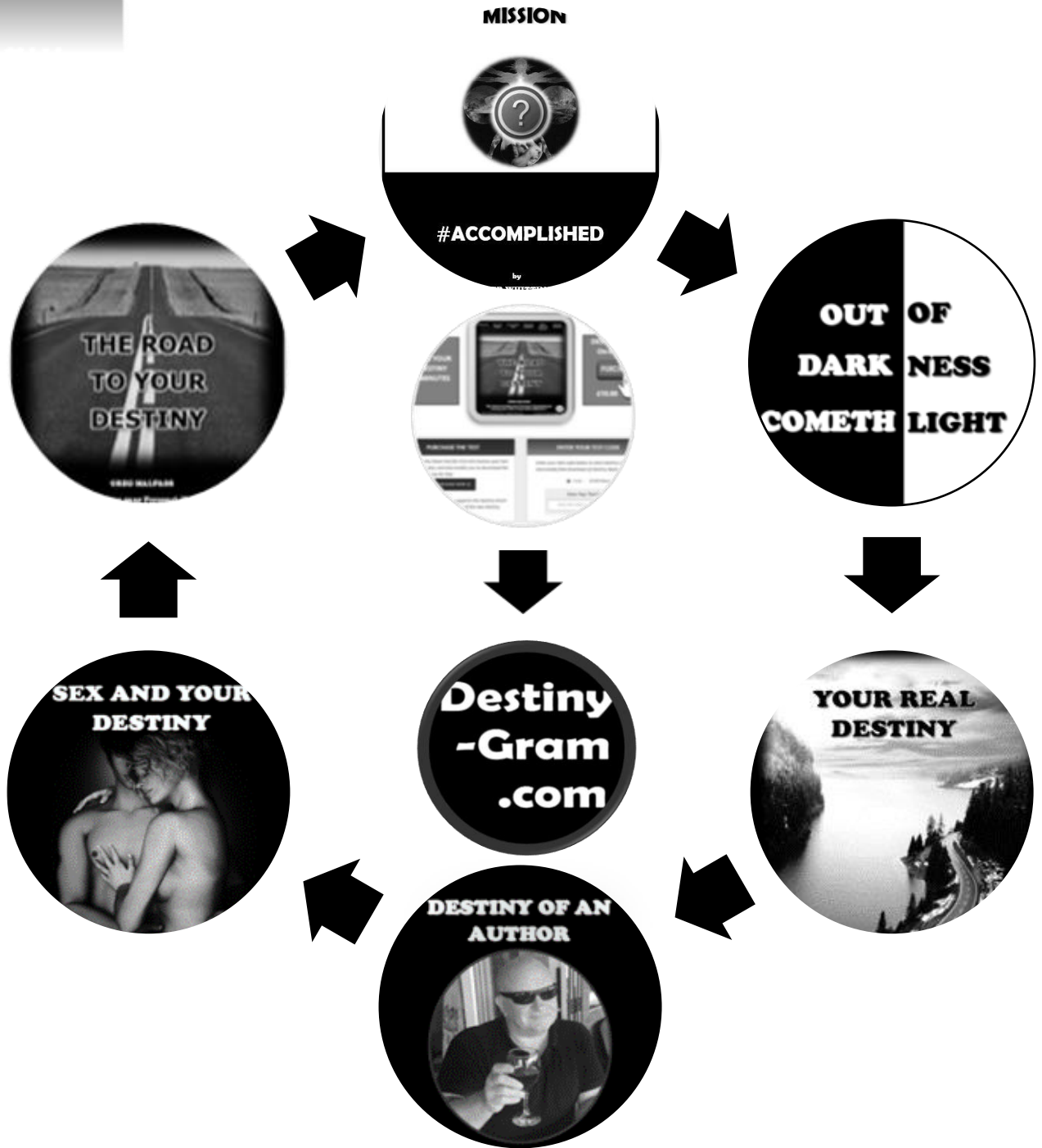
# THE THINK BIG BOOK CLUB



From Darkness to Destiny



# The Journey from Darkness to Destiny



[www.Destiny-Gram.com](http://www.Destiny-Gram.com)

# Book Summaries

**OUT OF DARKNESS COMETH LIGHT**

GREG MALPASS

"Reading this book may change the way you think about the world and yourself."

This book will help you "unlock" on Life's Destiny Road. Personal Destiny is the personal road requires critical thinking, awareness and understanding of the book's unique format for personality analysis and self-discovery.

Inner thinking philosophy for individuals and business leaders for both individuals and nations is essential for transformational change in the New World Order from 2011 and the United States to 2025 or thereabouts.

The Author writes his and writing in a unique way on the personal experience of global business, political and business operations, personal achievement, personal growth, self-awareness, and the personal "I".

But the stories of both the creative and the creative of human history and behavior seem to help answer the many of life's big questions about our world, our minds, who we're become, and where we should be going in individual and a global world.

ISBN: 978-1-9388-424-1-0

**YOUR REAL DESTINY**

GREG MALPASS

"The two most important days in your life are the day you are born and the day you find out why."

"The two most important days in your life are the day you are born and the day you find out why."

**From Enneagram to Inner-Calling**

This is the ultimate life-changing book using the simple personal framework of Personality and Inner-Calling. Discover the Author's techniques developed by the Author to help you discover your Real Destiny.

You will gain the tools you need to truly understand your own Personality, your thoughts as well as your feelings, and how to ultimately your thinking in life. This book will help you "change your life, make the right choices going forward, and most importantly live them."

"Your life cannot be repeated. It is now or never. Find out who you are, what your heart leads to, and move away from safe harbors to become your Real Destiny."

In Major Markets ISBN: 978-1-9388-424-1-0

**THE ROAD TO YOUR DESTINY**

GREG MALPASS

"By Understanding your Personal 'DestinyGram' Change your Life or Find Life Fulfillment."

**SEX AND YOUR DESTINY**

GREG MALPASS

"Read this book and learn more about the world and yourself."

**You and Your Destiny**

Everything People Don't Talk About

GREG MALPASS

"Destiny is not responsible for people falling in love." - Albert Einstein

ISBN: 978-1-9388-424-1-0

**DESTINY OF AN AUTHOR**

GREG MALPASS

"It is not in the stars to build our destiny, but to understand it."

**YOUR IMPOSSIBLE MISSION**

#ACCOMPLISHED

RUSTLER WHITTEFONT

**Your Only Path to Your Purpose of Destiny**

In Focus: THE KEYS, THE GOALS, AND THE METHODS

The Search for Meaningful Higher than Yourself, that Matters for you, and Matters for Humanity, Implying Artificial Intelligence Technology

ISBN: 978-1-9388-424-1-0

## BOOK SUMMARIES

Sponsor of Destiny-Gram





# THINK BIG BOOK REVIEWS



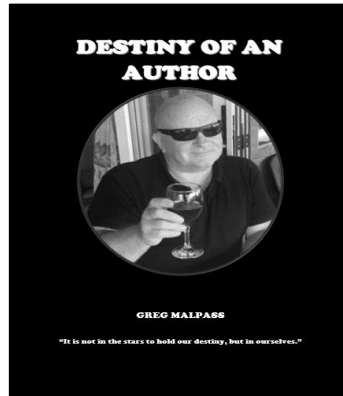
***'Out of Darkness Cometh Light'*** sets the scene for the 'Road to Personal Destiny' by entertaining, educating, and inspiring the readers to study themselves and the world around them a lot closer, and understand consciousness and the seeds of true happiness.

***'Your Real Destiny'*** takes the analysis deeper and more personal to the individual, going beyond Personality Analysis with Character and Values-based Profiling and introducing the concept of Self-Discovery by Self-Awareness of Personality Traits, Value-drivers, Skills Set and Desires culminating in a Personal Blueprint of Destiny Options based purely on Self-Assessment and Self-Selection criteria.

***'Destiny of an Author'*** is an autobiography but serves to provide a Real-Life Case Study of the application of the sister books' philosophies and processes in the generation of a New Life Blueprint for the individual, and Search for new Destiny.

***'Sex and Your Destiny'*** is a frank assessment of the importance and influence of the subject matter on all of our lives, and how it impinges on setting overall Life Destiny Options

# Out of Darkness Cometh Light



Greg Malpass

This Book will help you 'Reflect on Life, Discover Real Purpose and Become your true Destiny'. Profound betterment at the personal level requires radical soul-searching and employment of the book's unique blueprint for personality analysis and self-discovery.

'Inward-thinking' philosophies for individuals and 'outward-looking' ideas for both individuals and societies are explored for transformational change in a New World Order free from War and the Global 2020-22 COVID 19 Pandemic.

The Author bares his soul, writing in anecdotes, drawing on his personal experience of global business, political and business corruption, personal dysfunction, promiscuous sex, addictions, and the personal ego.

But his stories of both the positive and negative traits of human nature and behaviour seem to help answer so many of life's Big Questions about our world, our origins, who we've become, and where we should be going as individuals and a global society.



UK: £19.95 EUROPE: €24.95 USA: \$ 29.95



**'THE PROBLEM'**  
POWER, POLITICS & CORRUPTION



**'THE EGO'**  
LUST, GREED & ADDICTION

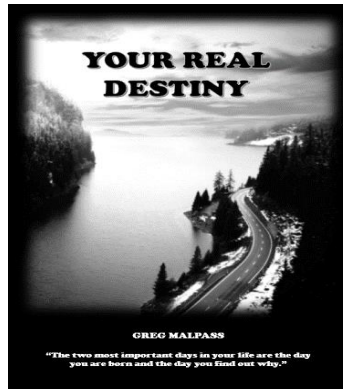


**'THE SECRET'**  
SELF-DISCOVERY & INNER-CALLING

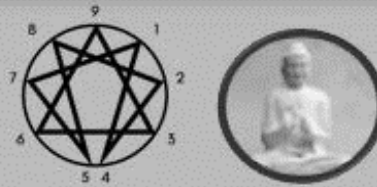


**'THE BLUEPRINT'**  
KNOWLEDGE, PASSION & PURPOSE

# Your Real Destiny



*"The two most important days in your life are the day you are born and the day you find out why."*



## ***From Enneagram to Inner-Calling***

*This is the ultimate Life Changing Book using the world-renowned Enneagram of Personality and New Ground-Breaking Self Analysis Techniques developed by the Author to help you discover your Real Destiny.*

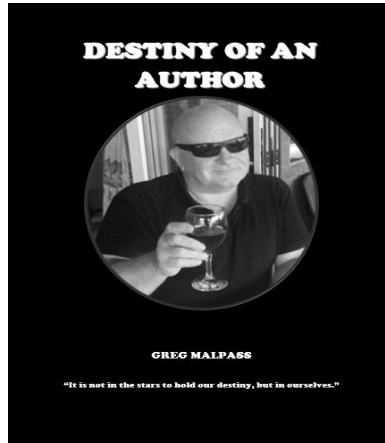
*You will gain the tools you need to truly understand your own Personality, your Needs as well as your Desires, and based on your own Principles and Character, discover Real Purpose and ultimately your Destiny in Life. This Book will help you - Change your Life, Make the Right Choices going forward, and most importantly Act Now.*

*"Your life cannot be repeated. It is now or never. Find out who you are, what your heart longs to achieve, and sail away from safe harbours to become your true Destiny."*



UK £ 9.95  
USA \$12.95  
EUROPE €10.95

# Destiny of an Author



Author of

**"OUT OF DARKNESS COMETH LIGHT"**

And

**"YOUR REAL DESTINY"**

---

**Greg Malpass** - has a BSc in Civil Engineering from the City University London and studied for an MBA at London Business School and New York University. His career spanned 40 years as an International Businessman, working with Multi-National Groups in Infrastructure Sectors and the UK Government's Department for International Trade. In 2020, during the Global COVID 19 Pandemic, he launched his new career as a Writer and Speaker on Personal Development. This is his life story about how he got there.

---

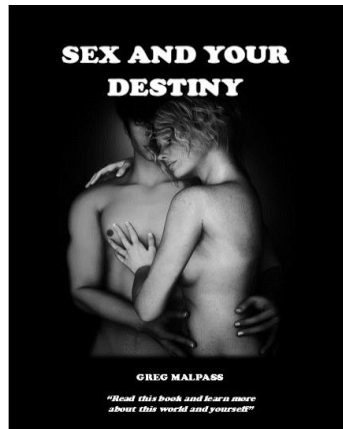
**"It is not in the stars to hold our destiny, but in ourselves."**

**- William Shakespeare**

UK £ 5.95  
USA \$7.95  
EUR €6.95



# Sex and Your Destiny



## Sex and Your Destiny Everything People Won't Talk About



*"Gravitation is not responsible for people falling in love."  
- Albert Einstein*



UK: £14.95 EUROPE: €17.95 USA: \$17.95



**Love and sex** - are among the most meaningful and ethically significant phenomena in our lives. For many of us, our longing for genuine love and satisfying sex overshadow our desires for education, a career, wealth generation, or arguably the search for real destiny in our lives. Yet love and sex - and our beliefs about both - seem to cause us at least as much suffering as joy, and at least as much regret as satisfaction.

Though private lives remain private, popular cultural, media and social networking references to 'love and sex' abound. Few of us spend time to consider what enduring effect our views and the decisions we make around love and sex have on our lives. In reality it's our personalities which play the leading role in what we think and do and analysis of personality traits and commonly held views and myths on love and sex can yield valuable insight.





# The Destiny-Gram Handbook and Website

## The Road to Your Destiny



*Destiny-Gram Handbook Free Download with Purchase of Destiny-Gram On-line test*

Free Download ↓

[www.Destiny-Gram.com](http://www.Destiny-Gram.com)

DISCOVER YOUR LIFE DESTINY IN 40 MINUTES



DESTINY-GRAM On-line test

PURCHASE

£10.00

### PURCHASE THE TEST

Purchase Destiny-Gram test for £10 and receive your test code to get started, and also enable you to download the Destiny Books below for free

PURCHASE NOW ↓

Your Destiny Test Purchase supports the Destiny-Gram on-line test, and Free Download of the two Destiny Books below

### ENTER YOUR TEST CODE

Enter your test code below to start Destiny-Gram Test and enable free download of Destiny Books below

TIME: 40-60 Minutes

Enter Your Test Code \*

000-000-000-0-000

Go On

### YOUR REAL DESTINY

Free Download to Start Today

Free Download to Start Today

LIKE 9.95

### YOUR IMPOSSIBLE MISSION



#ACCOMPLISHED

Your Free Book to Start Reading & Enjoy

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download to Start Today

Free Download ↓

Free Download ↓

# Destiny-Gram Personal Profiling

δ **PERSONAL PROFILE DASHBOARD**

## "MY DESTINY"

is to...

It is what I Love to Do, based on my Life Purpose and Passion for

It is my Destiny to pursue this by the following Action

**2 Key Universal Life Messages**

.....

.....

**2 Sacred Cows**

.....

.....

**2 Personality Recommendations**

.....

.....

**2 Home Truths**

.....

.....

**Links:**

δ **DESTINY-GRAM FULL PROFILE**  
Personality, Character, Skills, Goals & Desires

in **CAREER PROFILE**  
Education & Experience

@ f t **SOCIAL NETWORKING PROFILES**  
Views & Images

**Personality Type Characteristics**

• 1. Virtue

• 2. Holy Idea

• 3. Basic Desire

**LEVEL OF ABILITY**

MASTER/GURU

RECOGNISED AUTHORITY

APPLIED THEORY

PRACTICAL APPLICATION

PASSIONATE BUT LIMITED KNOWLEDGE

**Personality Traits (Healthy Levels Of Development)**

• 1. Level of Liberation

• 2. Level of Psychological Capacity

• 3. Level of Social Value & Contribution

**SKILLS SET**

δ **PERSONAL PROFILE LINKS:**
δ
in
@
f
t
TikTok

δ

**About Me**

**Personality Type**

**Profile Dashboard**

**Reality Matrix**

**Destiny Pyramid**

**LinkedIn Profile**

**My Contacts**

**Profile Search**

**Posts**

**Jobs**

**Market Place**

**Dating**

**Ideas**

232



# Destiny-Gram AI-Assisted Life Assessment

**LEVERAGING ARTIFICIAL INTELLIGENCE**

## 'LIFE ASSESSMENT SOLUTIONS'

Destiny-Gram.com

*"Destiny transcends time, shaping the present with purpose, and in its wake, leaves behind a lasting legacy."*

**THE AI WEBSITE**  
Destiny-Gram™  
'AI-LIFE ASSESSMENT SOLUTIONS BUSINESS'

**CREATE YOUR UNIQUE PERSONAL PROFILE**

With the integration of AI into Social Network Services, you can tap into advanced analysis, data-driven insights, and personalized recommendations that enhance your understanding of yourself and align your path with true calling. Embrace the synergy between human introspection and AI capabilities to set up a comprehensive 'Destiny-Gram Personal Profile' and unlock your fullest potential in Self-Awareness, Goal Setting, Career Planning, Decision Making, Personal Growth and Development, and Networking and Opportunities in both your Professional and Private Lives.

Sign up to [www.Destiny-Gram.com](http://www.Destiny-Gram.com) to generate your unique Personal Profile and benefit from the Platform's Personal Development and Networking Opportunities.

*"We hold a Monopoly on Unique Personal Profiles"*

©Destiny-Gram 2023

Destiny-Gram is the only Social Networking Site that holds Comprehensive Profiles & uses AI to Empower Personal and Professional Growth.

Harness the power of AI as your ally in unravelling your Destiny through in-depth Self-Assessment.

©Destiny-Gram 2023

**LEVERAGING ARTIFICIAL INTELLIGENCE**

## 'LIFE ASSESSMENT SOLUTIONS'

Destiny-Gram.com

**LEARN HOW TO USE YOUR PROFILE**

*"Discovering one's Personal Destiny is like solving a complex equation; you need the right variables, a dash of inspiration, and the ability to balance the unknowns... Or you could just flip a coin and hope for the best!"*

**Profile, Self-Assessment & Personal Development**

Who Am I? What Do I Want to Achieve? What is My Destiny? How Do I Make the Right Decisions?

**Networking, Ideas & Opportunities**

Jobs - Love - Ideas

How Do I Build and Use my Professional & Private Network?

How Do I attain Fulfillment, True Purpose & Happiness?

**Self-Awareness:** Reflecting upon personality, values, skills, desires, and aspirations fosters self-awareness, allows individuals to gain a deeper understanding of their strengths, weaknesses, and areas for growth.

**Goal Setting:** With a clear understanding of attributes and aspirations, individuals can set meaningful goals aligned with their values and passions.

**Career Planning:** By identifying their skills, competencies, and professional interests within the comprehensive profile, individuals can align their career choices accordingly. They can explore job opportunities, industries, or paths that resonate with their profile, far deeper than existing social network sites.

**Personal Growth And Development:** Individuals can leverage self-awareness to pursue learning opportunities, acquire new skills and develop themselves personally and professionally.

**Decision-Making Support:** Individuals can refer to their comprehensive profile to ensure alignment with their values, desires, passions, and long-term aspirations, serving as a guiding framework, helping individuals make decisions that are in line with their authentic selves.

**Networking And Connections:** The comprehensive profile can facilitate meaningful connections with like-minded individuals, mentors, potential employers or partners, or professionals in related fields. By showcasing their unique qualities and interests, individuals can attract connections that can support and guide them on their chosen career path and personal lives, including job-hunting and dating.

**Idea Creation:** Brainstorming and collaborating on new projects or ventures, in partnerships or groups. The profiles serve as a repository of knowledge and capabilities, fostering creativity and innovation by connecting individuals with complementary skills and shared passions.

**Personal Fulfillment:** By consciously shaping their lives based on their comprehensive profile, individuals have the potential to experience a greater sense of fulfillment and purpose. They can make choices that align with their true selves, leading to a more satisfying and meaningful life journey, discovering their real destiny.

©Destiny-Gram 2023

Your comprehensive profile will facilitate meaningful connections with like-minded individuals, mentors, and other professionals, including potential employers, and partners in job-hunting, and dating.

**MY PROFILE - SELF-ASSESSMENT - PERSONAL DEVELOPMENT**

ABOUT ME  
WHO AM I?  
WHAT DO I WANT?  
MY DESTINY

**MY PROFILE**

**NETWORKING IDEAL OPPORTUNITIES**

MY NETWORKING IDEAL OPPORTUNITIES  
MY NETWORKING IDEAL OPPORTUNITIES  
MY NETWORKING IDEAL OPPORTUNITIES

A comprehensive profile once formulated that encompasses various aspects of an individual's identity can help the user make informed decisions about their professional and personal lives, ultimately guiding them in setting their own path and defining their destiny.

©Destiny-Gram 2023





## **RUSS WHITTINGTON CO-AUTHOR**

*'Your Impossible Mission – Accomplished'* presents a comprehensive framework for rigorous self-assessment and serves as a foundation for exploring life's myriad options and unlocking one's true potential.

Inspired by the book's insights, *'Destiny-Gram'* has emerged as an innovative online AI-assisted personal profiling, life assessment and social networking platform, with holistic personal profiles that users can share securely with AI chatbots to enable more informed dialogues and personalized advice - helping individuals explore ideas and opportunities aligned with their distinct attributes.

*'Your Impossible Mission – Accomplished'* and its associate platform, *'Destiny-Gram'*, represent a paradigm shift in how we approach personal development, career growth, and social networking. This innovative ecosystem promises to unlock human potential in ways previously unimagined, paving the way for more meaningful personal and professional journeys in an AI-enhanced world."

# Your Only Path to True Purpose & Destiny

## THE KEYS, THE GOALS, AND THE METHODS

The Search for Something Bigger than Yourself, that Matters to you,  
and Matters for Eternity, employing Artificial Intelligence Techniques



**Blindness-Purposeless-Hobbies-Pleasure**

**Apathy-Uncertainty-Darkness**



**Vision-Mission-Values-Happiness**

**Honesty-Integrity-Light**

PSYCHOLOGY

UK £7.99

EUR €9.25

USA \$9.50

AUS \$14.00



**think  
big**  
bookclub.com