

Part Four

The Secret

"LOVE – SELF DISCOVERY – INNER CALLING"



"Knowing yourself is the beginning of all wisdom."

— Aristotle

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Fix Relationships & Personality Disorders

IN SECTION 12 WE FOCUSED ON LUST, JEALOUSY, GREED, AND PRIDE and other Drivers of Addiction and Personality Disorders. Most if not all Personality Disorders derive from the individual falling into the highest level of his or her Personality Dysfunctionality representing total Disintegration, fuelled usually by Stress. Relationship Problems are often the cause or effect of the disintegration, and sometimes it is just a matter of fixing the cause of the problem to fix the mind. If you are stressed out about money, get rich. If you are in a bad relationship, change it or exit it.

Rational emotive behaviour therapy (REBT) is a type of therapy introduced by Albert Ellis in the 1950s. It's an approach that helps you identify irrational beliefs and negative thought patterns that may lead to emotional or behavioural issues. Its therapy can nip-in-the-bud your tendencies to degenerate into the worst negative sides of your personality.

Once you've identified the prevalent patterns, a therapist will help you develop strategies to replace them with more rational thought patterns.

Rational Emotive Behaviour Therapy

REBT is an action-oriented approach to managing cognitive, emotional, and behavioural disturbances. According to REBT, it is largely our thinking about events that leads to emotional and behavioural upset. With an emphasis on the present, individuals are taught how to examine and challenge their unhelpful thinking which creates unhealthy emotions and self-defeating/self-sabotaging behaviours – usually prevalent in a Personality Type's highest level of Disintegration.

REBT is a practical approach to assist individuals in coping with and overcoming adversity as well as achieving goals. REBT places a good deal of its focus on the present. REBT addresses attitudes, unhealthy emotions (e.g., unhealthy anger, depression, anxiety, guilt, etc.) and maladaptive behaviours (e.g., procrastination, addictive behaviours, aggression, unhealthy eating, sleep disturbance, etc.) that can negatively impact life satisfaction. REBT practitioners work closely with individuals, seeking to help identify their individual set of beliefs (attitudes, expectations and

personal rules) that frequently lead to emotional distress.

REBT then provides a variety of methods to help people reformulate their dysfunctional beliefs into more sensible, realistic and helpful ones by employing the powerful REBT technique called "disputing." Ultimately, REBT helps individuals to develop a philosophy and approach to living that can increase their effectiveness and satisfaction at work, in living successfully with others, in parenting and educational settings, in making our community and environment healthier, and in enhancing their own emotional health and personal welfare.

REBT can be particularly helpful for people living with a variety of issues, including:

- depression
- anxiety
- addictive behaviours
- phobias
- overwhelming feelings of anger, guilt, or rage
- procrastination
- disordered eating habits
- aggression
- sleep problems

REBT proposes four core irrational beliefs;

1. Demands: The tendency to demand success, fair treatment, and respect (e.g., I must be treated fairly).
2. Awfulizing: The tendency to consider adverse events as awful or terrible (e.g., It's awful when I am disrespected).
3. Low Frustration Tolerance (LFT): The belief that one could not stand or tolerate adversity (e.g., I cannot stand being treated unfairly).
4. Depreciation: The belief that one event reflects the person as a whole (e.g., When I fail it shows that I am a complete failure).

"I absolutely MUST, under practically all conditions and at all times, perform well (or outstandingly well) and win the approval (or complete love) of significant others. If I fail in these important—and sacred—respects, that is awful and I am a bad, incompetent, unworthy person, who will probably always fail and deserves to suffer."

"Other people with whom I relate or associate, absolutely MUST, under practically all conditions and at all times, treat me nicely, considerately and fairly. Otherwise, it is terrible, and they are rotten, bad, unworthy people who will always treat me badly and do not deserve a good life and should be severely punished for acting so abominably to me."

"The conditions under which I live absolutely MUST, at practically all times, be favourable, safe, hassle-free, and quickly and easily enjoyable, and if they are not that way it's awful and horrible and I can't bear it. I can't ever enjoy myself at all. My life is impossible and hardly worth living."

REBT is grounded in the idea that people generally want to do well in life- but don't do themselves any favours in the process. For example, you probably want to achieve your goals and find happiness. But sometimes, irrational thoughts and feelings get in the way. These beliefs can influence how you perceive circumstances and events — usually not for the better.

Imagine you've texted someone you've been dating for a month. You see they've read the message, but several hours pass with no reply. By the next day, they still haven't replied. You might start to think that they're ignoring you because they don't want to see you.

You might also tell yourself that you did something wrong when you last saw them, you may then tell yourself that relationships never work out and that you will be alone for the rest of your life.

Here's how this example illustrates the core principles — called the ABCs — of REBT:

- A refers to the (a)ctivating event or situation that triggers a negative reaction or response. In this example, the A is the lack of reply.
- B refers to the (b)eliefs or irrational thoughts you might have about an event or situation. The B in the example is the belief that they don't want to see you anymore or that you've done something wrong and that you will be alone for the rest of your life.
- C refers to the (c)onsequences, often the distressing emotions, that result from the irrational thoughts or beliefs. In this example, that might include feelings of worthlessness or not being good enough.

In this scenario, REBT would focus on helping you to reframe how you think about why the person didn't respond. Maybe they were busy or simply

Beat Depression

Finding a lover is a good start to making a new start (see Section 25), but it's not the panacea to a long and happy life. All too often in real life 'lust and sex and love' (Section 10) can get intertwined, confused, misleading and misunderstood. Having said that, the proposition in this Section that finding a Lover is a Secret to fighting Depression, is a truth.

One of the main signs of my own depression was engaging compulsively in my habitual escapist activity of socialising, banter and alcohol abuse (Section 12). This also often led to casual relationships with ladies. Clinical depression manifests itself in many ways, but many sufferers will experience a general feeling of low spirits, restlessness and irritability. They often see no point in the future, feel numb and disconnected from other people and gain no pleasure from things they usually enjoy, feeling drained and intimidated by even small tasks. That described me over many years, particularly after sessions of heavy drinking. But sex can invariably be an adrenalin shot to combat this. I've used it as an antidote to my depression for years and with multiple partners to good short-term effect. After all who feels lethargic after 'The Chase' followed by the 'Sharing of Passion' with a new exciting and vibrant partner.

Depression is usually classed as a mental illness, but I never liked the terminology. If you were suffering from a bereavement or a divorce you'd admit to being depressed, but it's a state of mind due to circumstances, not a mental illness. My doctor prescribed getting to the root cause of the depression and alleviating it or mitigating it, not burying one's head in the sand and taking anti-depressants.

Depression can be a cause of losing interest in sex, particularly with a long-term familiar partner, and can encourage the temptation to have a fling. But avoiding all forms of intimacy on a protracted basis will only exacerbate the symptoms. That is why finding a lover is such an important part of the process of beating depression on the way to finding new-found happiness. Having a long-term lover is the better option, whether it's your marital partner or otherwise, but don't snub the opportunity to enjoy any consensual relationship based on attraction and mutual respect.

The long-term solution is of course to have a long-term relationship which includes the essential ingredients of- Passion, Intimacy and Commitment- assuming you don't already have one. You will know when you have all

three. The lack of Commitment is one reason why many affairs never endure the test of time. And the lack of Passion in a marriage is one sure way to ensure a marriage falters. Different types of Intimacy come in all relationships with time and sometimes can be the cause for the loss of Passion or Commitment to maintain standards. After all who would break wind in bed with a lover, or who would tell a lover all one's faults.

The way ahead in choosing partners is far more complex than scoring with a lover. As the saying goes- if you marry your lover, you create a new vacancy. Remember you can have sex without love, but you can't have love without sex with a partner over a protracted period of time. If you don't have a good sex life you will suffer from depression and unhappiness. If you have options to consider in seeking your next partner why not score them and rank them? ["The Girl for Me", UK 2016]. I have to say it didn't work for me. If you love someone- You will Know it!

In summary- whatever situation you find yourself in- 'Find a Lover', if you don't have one. And don't put up with a sexless relationship. Marital problems can stem from many causes. But the fact is obvious that unsatisfactory sexual relationships is one, and probably the biggest. Wives, or husbands, who find all sorts of excuses to ration marital love (sex) generally end up unloved, unadmired, unwelcome and unmarried.

Above all- find the right Girl (or Boy) to share your life. Homo Sapiens need partners to love and function well.

Psychological analysis concludes that to be happy, active, and feel joy, you have to be in love with life. Having a sensual lover is one very important and gratifying ingredient. But remember the lover of your life may not always be the love of your life.

**"THE GIRL FOR ME"
(LONDON 2016)**



Met No 1 in 1997 in Singapore, married 2002. Loved me very much, not domesticated, and had gambling and shopping addiction- but cared for my daughter and was love of my life. Extended periods working away, and my drinking took their toll. No 1 was born 1975, so is 42 years old. Unfortunately, she has been living 7 years now with a young Italian partner, and a reconciliation might be difficult, but not impossible to achieve. Still love her. A good lady and will always be No1. But has too much Baggage. But I don't??



Met No 2 in Nigeria in 2006. She was assistant Manager at the bar-restaurant that I frequented. She became one of several relationships, but one that lasted the test of time. We have stayed in touch, and she still awaits me to become her life partner. She is very nice, and humble, and religious, and I feel guilty for keeping her waiting 10 years. She is a good potential partner, but being Nigerian makes relocation difficult, and she is "too nice" and too religious for me. No 2 is 42. Her brother is a Pastor and worries about her.



Met No 3 in Peru, when she was the company secretary. After the break-up of my marriage to Carolina I used to meet No 3 every time I was in Peru on business. We had an intense relationship and are life-long friends. She always regretted that we were not life partners. She left her husband in 1986. She and I remain very close, but she is committed to her new relationship. Nevertheless, she has said she really doesn't know what she'd do if I went to live in Peru, but likely we would end up together. No 3 works for a legal printing practice and is 59.



I met No 4 in Peru in 1984, and she was a shy pretty 16 years old local girl who I used to date, chaperoned! Re-met her via Facebook in 2016 in Peru and she has children and separated. We went over old time and got together in Peru and Spain. She wants me to be her partner living in Spain or Peru. She is good kind and loving but jealous of my past wives. She has put on weight after the break-up of her marriage- but so have I. She's 49.



I met No 5 in Peru in 1984 and she was my girlfriend for a year before I married Carolina. She is from a hard-working family, and she ran her own restaurant. She was devastated when we broke up, and we met again over Facebook. She lives in California but is married and has a grown-up family. Our closeness is still palpable and maybe we should give it a second try. She is very nice lady, but I suspect 55ish. I suspect all this was too long ago.



I met No 6 in Bedford in 2010. She is Lithuanian single mom with a boy then 15. She is in her 30s, very sexy. She and her son came to Spain with me for vacation in 2011. When I left Bedford, I lost contact and she met a new man. She is very quiet, and nice, but rightly dedicated to her son, and looking for more of a provider than I can be. She also has new partner, so her life maybe too complicated. I was to go visit her in Bedford 3 months ago but didn't go. I don't want to take on another stepson.



No 7 was a work colleague when I worked for the Government who was also a partner for a while when I was a single father. She since married and lived in Chicago but is now divorced. She. Is smart, hot and available and has two properties in UK!



I met No 8 in Spain in a restaurant. She is a 52 years-old hairdresser, very domesticated, very mothering, and hard working. Her dilemma is lack of work and a 25 years-old son. She has a great sense of humour, but more of a mother type person than long term partner. But no doubt she would live with me in Spain.



I met No 9 in Kuala Lumpur in 1999. She was a waitress in a Mexican restaurant. We remained in contact and I used to visit her in KL when I lived in Hong Kong. She has had a hard life, brought up in an orphanage, mother in mental institution, aunty rejected her because of her lack of religious beliefs, raped by 2 boys when 16, etc.... Because of all this her character is harsh, & difficult, but I was attracted to her and wanted her to stay with me in Spain. However, I helped her with money, and cynics say that was her motivation She is in her 30s. She tried to get me to stop drinking.



I met No 10 in London in 2013 and went to visit her in Brazil. She subsequently came to stay with me in Spain, but we fell out over my drinking. She is a University Lecturer and 50. She has recently been in touch on Facebook. We talked about living in Brazil, but her politics and obsession with it, rather grated on me. Strong woman, independent.

I do not recommend you produce a Ranking Spreadsheet like this when it comes to choosing a partner, it is silly, futile, puerile and wrong. (Although I have numbered them, I haven't disclosed their Rankings!). If they ranked me in their personal listings no doubt, I'd have come close to bottom. Matters of the heart are just that and ladies' attributes are not empirical data verifiable by observation nor experience. Rather they are feelings that are 'felt' and cannot be analysed on paper. I produced the table above to discuss with my wise and loving sister Tanya in the UK when I was staying with her. Her response was predictable:

"If it is true that No 1 is the love of your life- mend it. Otherwise meet up with her, show her you are sober and admit your faults. But don't split up her new relationship. Wish her well and become friends. No 2 is a non-starter, she's too religious for you, unless God or Life deals you a placement in Nigeria. Don't go to a dangerous place chasing pipedreams. Don't chase Nigeria but if it presents itself to you, well maybe go.

No 8- I think you have ranked her towards the top because it would be the easiest to go for. But it would likely put you back in the 'old way'. No 3 is in a new relationship so leave well alone. No 6 and No 9 are too young! No 10 is intelligent and political. What's not to like? Maybe you need to be with someone you can respect as an equal- even if you don't agree with her politics. No 4 and No 1 seem most special to you. Anyone Scoring low and ranking towards the bottom of your Ranking Table can be crossed off!

Don't chase the Lady! What God has in store maybe one of these or maybe someone entirely new. All you have to do is be open and honest with yourself."
– Dr Tanya Malpass

For over two years before completing the writing of this Book in 2021, I have been living in Spain with Number 4. She left her two grown children and two young granddaughters to come live with me. That should say enough in itself. She cares for me, loves me, dotes on me, and we go everywhere and do everything together. Everyone loves Mari Carmen, and so should I unconditionally. I do, but I miss my wife and her personality. Mari Carmen is an Enneagram Type One and Demi a Type Nine. Maybe we should all consider which Enneagram Type best suits our own before signing up to a long-term relationship/commitment. ["Love on the Rocks", Neil Diamond]; ["Yet another near Love on the Rocks", Spain 2021].

**"LOVE ON THE ROCKS"
(NEIL DIAMOND)**



<https://www.youtube.com/watch?v=UbvXP08FIMs>

*"Love on the rocks ain't no surprise
Pour me a drink,
And I'll tell you some lies
Got nothing to lose,
So you just sing the blues, all the time."*



**"YET ANOTHER NEAR LOVE ON THE ROCKS"
(SPAIN 2021)**

"What relationship doesn't have its ups and downs. It is my belief that children and family usually create the bonding glue to repair any potential break-up. How do you face the challenge of taking on step-children and even more difficult challenge of a new partner's ex-partner? Often with difficulty.

Having not seen my beloved daughter for two years since her wedding, due to the Covid 19 restrictions on travel, I stressed to my partner how important it was for me that her visit to Spain with my son-in-law should be happy and trouble free. It was, including rental of a penthouse (by them), beach trips, tourist trips, golfing, BBQ's, meals out, etc. Apart from my drinking too much one night I was sure it was smiles all around. But my ex-wife from Peru was in-town and as she is the mother of our daughter, I invited her to our evening of entertainment. When her dogs fouled the carpets in my and my

partner's flat, while we were at a live music-paella evening at my local bar- World War 3 was bound to happen. Threats of death were exchanged, in the apartment, as I continued my drinking in a karaoke bar- coward. By trying to appease the impending war- for the sake of the rest of the holiday's peace- was viewed as taking sides and not confronting the matter as a dedicated partner. Surprisingly I found further solace in more bars- focusing on further banter.

Despite the evidence, once again the state of affairs was put down to me and my drinking habits, and my partner declared that I needed psychiatric analysis to deal with my life problems and drinking. The threat of leaving me was quick to precipitate in the wake of the blissful visit, which ended in my daughter's dismay at the continued stressful state of my affairs.

Sent from my iPhone 9th September 2021

Quote: It's good to be with a dedicated, caring partner, especially if they're often right, but never someone who thinks they're always right, and would never dream of apologizing when they're wrong, (because they're always right, in everything). Nor someone who can be violent when they feel they're being wronged. Peace, kindness and tranquility always wins.

I don't need to see a psychiatrist. With reference to my alcohol abuse: it silences my pain and makes me happy momentarily. My pain relates to 1) how my first wife treated me; 2) how I treated my second wife; and 3) my economic demise that prevents me from remaining the provider of the family. I've moved on from the first; I need to be forgiven by the second; and I have to get up off my ass to rectify and find a solution to the third. But any partner who tolerates me will always come in second place to my daughters and my hope of achieving all of the above, especially leaving a substantial financial legacy.

So in conclusion: 1) I will not see a psychiatrist; 2) I will not change for anyone other than to seriously reduce my alcohol consumption 3) my daughters will always be my priority..... I have lived happily and close to you for 3 years; and not having to live thousands of miles away like in my other relationships/marriages. If you decide to leave me now- that is your will and choice..... I understand you. This 'mini-crisis' is because my daughter and daughter-in-law didn't have the best of vacations – and my reaction afterwards. I had asked for harmony in all cases and it was not respected. I accept my mistakes (always drinking too much); and Carolina, as always, is responsible for her own bad behavior, and she must know it. But you must also accept your own mistakes. But you never do and never will. If you decide to

leave with your righteous feelings, I wish you the best. I do not wish to talk any further on the subject. Lots of love. Un-Quote

Broken relationships- heavy drinking- dysfunctional lifestyles. It's the stuff of books."

Funny my sister should have mentioned, in the earlier analysis, that I should never chase the lady. We always want the one we can't have- it's all about the chase for guys. Then when we do have a good lady, some of us don't properly appreciate her. Soon after returning to Spain, prior to the above relationship, I met another special Spanish lady called 'Esperanza'. Now that means 'Hope' in English, which seems to be a common theme throughout this Book. We all need Hope, but if this one ever turns into an affair- 'there could be trouble ahead'. Good luck in your love life and the choices you make, whatever your Destiny your chosen partner(s) and of course your children will feature most highly- if they don't something is wrong! You can't live your children's lives for them once they are adults, but a Life without a 'Lady' is no life at all (assuming you are a guy). Treat her(him) well, life is just two days. ["Lady", Kenny Rogers].

**"LADY "
(KENNY ROGERS)**



<https://www.youtube.com/watch?v=Rz7qfg1kEVE>

*"You have come
Into my life
And made me whole
Forever"*

The Truth about Taking Lovers

My relationship with 'Esperanza' quickly became an 'Emotional Affair'. Through investing emotional energy and time with one another outside a committed partner relationship, the former platonic friendship can begin to form a strong emotional bond which hurts the intimacy of any committed full-time partnership you may have. While there are those who believe that an emotional affair is harmless, most relationship experts view an emotional affair as cheating without having a sexual relationship. Indeed, Emotional Affairs are often gateway affairs leading to full-blown sexual infidelity.

These are demonstrable facts that personal emotions and sexual attraction are inextricably entangled. If Emotional Affairs turn into sexual relationships, they invariably become transient and short lived, unless they result in the break-up of the long-term relationship. Nevertheless, they can cause irreparable damage. So, being flippant about having affairs and 'finding lovers' is a double-edged sword. It can relieve Depression, make one feel better about oneself, wanted and happy- while it lasts. Thereafter upon reflection it can lead to deeper depression. Therein lies the mystery and complexity of many a dilemma. But how I wish I had made my move on two lady work colleagues at the Foreign Office with whom I enjoyed emotional attachment, intellectual wit, and I think intense shared desire, while in Saudi, UAE, USA and India. They know who they are- let's call them Amanda and Helena. A 'brand new day'- Sting appears to really respect Stevie Wonder. ["Brand New Day, Sting]

"BRAND NEW DAY" (STING)



https://www.youtube.com/watch?v=pu9R4egeg_I

*"Love is pain I hear you say
Love is a cruel and bitter way of
Paying you back for all the faith you ever had in your brain
How could it be that what you need the most"*

A real genuine man will defend his role in a committed relationship with true character. I cite as an example Mick Roberston a neighbour and friend in my local Spanish community. Never attack your own aspirations with corruption and unfaithfulness. We live in a world which often these days

belittles, if not scorns at, life-long dedicated relationships in favour of getting 'real', getting 'experienced', and getting 'laid' where you can. Make no mistake about it- Committing adultery is not a virtue. Adultery means and can be categorized as: betrayal, double-crossing, selling-out, treachery, deceit, deception, and inevitably involves compulsive lying. 'What a tangled web we weave when the intent is to deceive.' If you have the character to avoid these traits you can keep calm and be proud of your honesty"

"If you sow seeds of dishonour, unfaithfulness, dishonesty today you will reap the same tomorrow." - Anurag Prakash Ray

Recently, in Spain, I met an 'old-timer' in a bar in his wheelchair. He boasted to me "I've been with my lady wife 61 years, and 57 married." "Divorced but still together the last 4 years?", I joked. His look was enough. "Ok then what happened for the first 4 years?" I asked redeeming myself. "We were courting." He replied adamantly. Had he always been faithful- I mused to myself scratching my chin and nodding with approval.

Toba Beta once said, "Infidelity is an opium of unfaithfulness.". Because that's what unfaithfulness is, isn't it? A drug? A cancer that's always there in the back of your mind, eating away at the foundations of your long-term relationship.

So why, in this Section, the U-Turn in my take on unfaithfulness, sex and morality? No more than a realisation of the folly and lack of good sense it represents; and a recognition of the losses it caused in my own life, and my regrets associated with playing Russian Roulette in the serious matter of love and the importance of faithfulness. In Spain many affairs and casual sexual relationships and encounters had continued, but none erased the damage to my soul, that my infidelity to my second wife had caused. ["Sorry Seems to be the Hardest Word", Elton John]. One erection more cannot erase the years of self-inflicted emotional harm, living in the fast lane creates. Yes, having a Lover can make you feel good, but my advice is that you should not pin your Future Happiness on it, nor make it your Destiny to be remembered by. A young 112-year-old Bob Weighton celebrated his birthdays in England in March 2020 and celebrates being the oldest man in the world. His take on life, in the midst of a Global Pandemic, "Even in adversity, family and friends are everything, all that one needs- and always believe that things will turn out OK in the end."

My excuse was that I'd had a bad first marriage. I married a young 19-year-old 'Beautiful Trophy' from Latin America who never loved me. She was serially unfaithful to me, unloving, controlling, occasionally violent, unreasonable and demanding- to name a few attributes. But being a victim is never the answer, and she was the mother of my daughter whom she loved, so that is the most endearing quality which I hanged onto. When I married my second wife under very different circumstances, she did indeed love me, and made every sacrifice in dedicating herself to me. And I was unfaithful, and on so many occasions I couldn't attempt to log them, assuming that would be in anyway worthwhile.

Why would anyone repeat behaviour that has hurt himself or herself so profoundly? Almost no one consciously sets out to become unfaithful or emotionally abusive. Is it a way to turn the tables and protect oneself from hurt, and finally have a sense of power or control in an intimate relationship?

I carried a lot of anger about what had happened to me in my first marriage- Not an excuse – a Cop-Out. The world is not a fair place. Our defence systems, once initially traumatized, can become over-reactive. As already recorded in Section 10, after the breakup of my first marriage I must have slept with 600+ women around the world over the years. I was in a constant state of "fight – or – flight". An automatic-defence-systems was driving me to have multiple meaningless relationships, although I always treated every lady with total respect irrespective of her circumstances. In many ways this is what attracted many ladies to me. But by continuing this lifestyle after marrying my second wife, I had become the abuser, I was abusing my wife's love for me. While I played the dominant role in this new relationship, she was suffering just like I had in my previous marriage. And maybe I even believed that by doing what I was doing would be alright, because I did love her despite my indiscretions. Instead of healing myself I was making a rod for my own back. Not to dwell on the matter further, I enclose extracts below from my wife's private Diary obsessive love notes about me in early 2002, before our marriage in July, when she was in the UK caring for my daughter while I travelled the world on business. ["Shame on Me", Global 2002]. Unfortunately, after our marriage my extra marital affairs continued, to my shame.



**"SHAME ON ME"
(GLOBAL- 2002)**

"What kind of fool was I...

- *"Jan 15- Greg called me, said he was in Mexico today, I miss him*
- *Jan 21- I sometimes feel bad. Many times, he lets me down. I tell myself he loves me, but I lie to myself to keep myself happy. I don't need much, only some love and care, that's all I need. I am with him because of love, if not I wouldn't be here.*
- *Jan 23- I had nightmare. I called Greg. He was sleepy, he was in Miami. Life is not easy, I better say nothing to him, he won't understand.*
- *Jan 25- I wish he cared more about me like he used to. He never seems to want to do things that I want to. He spends more time with his friends when he's back in the UK. While he is away, I never go out, I wait until he comes home.*
- *Jan 26- Life is not easy...Why do I love him so much?*
- *Jan 27- Are you OK? I'm OK, a bit lonely, how was your weekend? I miss you Greg. X*
- *Jan 28- Love is everything. I never look at anyone else, or give anyone a chance, because I always love him.*
- *Jan 31- It's killing me. His so-called friend Steve told me things I don't believe. He would never do that to me, because he said he loves me, and I've been waiting for him for a very long time. Steve said he had sex with Isabel, Amanda, Frances, Rosa, Darling, Ljbica, RongTong, Rachael, Chellie, Chrizelle, Dora, Esther and Giovanna. What the fuck. Is it true?*
- *Feb 2- Greg is Home. I am happy x*
- *Feb 10- Jen is my best friend- she told me not to worry too much, leave it and put it in the past if I'm going to marry, start again, and be happy.*
- *Feb 14- Went for nice Valentine meal but no flowers*

- Feb 24- I know he lied. He went to Pattaya in Thailand from UK just for a weekend without telling me. Oh my God.
- Feb 26- Steve told me I am just one of Greg's girls. I hate this guy. I prefer to wait for Greg to confess to me. I hope none of it is true. Even Dora talks to me like she's one of his ladies.
- Mar 7- Got a weird telephone call from a Thai girl. Calling from Thailand, asking for him?
- Mar 22- My love is 45 today. I'm still trying to understand him. I know he had a bad abusive marriage before, but he has to understand I am different.
- Mar 24- I feel something is being hidden from me but I think Greg will never hurt me because he loves me.
- Mar 31- Another bad day. Nothing worse than to find out your boyfriend invited women home while you were away abroad and didn't tell you. He kept that a secret, until I found out by accident. I feel by cheating on me he has let me down.
- Apr 1- I am walking in the darkness, who can I trust?
- Apr 2- I wish he loved me, I wish he could be faithful to me, we were to be together forever, he told me, he said he was mine. We had a happy life, we wanted to build a dream together. Did he want that, it's confusing?
- Apr 3- I still love him and will always love him. I know I love him more than he loves me because I could die for him, and I will probably die of a broken heart.
- Apr 4- I can sense so many things, but I won't say so. I take no notice of jealous girls, but I saw some Thai handwriting – and I don't know how I can trust him. Can he never be honest with me. He is breaking my heart if he keeps doing this to me. Life feels shit.
- Apr 7- He went to Thailand without me. He would never do that to me, would he?
- Apr 9- Maybe he just wants to know how much I love him. I worry about my daughter Cindy. I hope he will take care of her if I'm ****.
- Apr 11- Greg gone to San Diego with Jamie
- Apr 14- Helle's opinion was that she wouldn't live with a person like Greg.
- Apr 20- Greg and Jamie are back. Woo! Woo! They're back.
- Apr 21- I asked Greg whether he has taken girls to night clubs when he was in Miami, Cuba, Dominican Republic, Mexico.....etc. He never takes me when he's home.
- Apr 24- Whatever happens, I feel life not fair. I loved him so much and forever, even though he doesn't show love for me. I know he's been with others while I was waiting for him and he was telling me he loves me.
- Apr 25- I don't think I can live with this pain too long. I will let him go to whomever he really wants. I will be understanding. I

- will accept it. I can let him go and make him happy, because I love him enough.*
- *Apr 26- He is the only one I have ever loved. I will let him go now if that makes him happy. I want to be good. Maybe in a previous life I probably did bad things, and now I am receiving the consequences.*
 - *Apr 27- I'll try and live as normally as possible. I want him to know I'll always love him. Always. I wish him the best. I know it hurts me so much, and I know he has told me lies, but it will hurt me more if I get angry with him. I don't like anger, and he might hate me for that.*
 - *Apr 28- The first time I met Isabel I could feel something, now I know he had sex with her. She told me her secret. How did she sleep with Greg while she was with John? I don't understand. I've been crying now for a month. I need to let go. If I loved someone I would never be with somebody else, especially the husband or boyfriend of a friend.*
 - *Apr 29- I've been here 11 months now. He has changed. Greg in London today*
 - *May 1- I wish him the best. I don't want anything from him- no money nothing. Love has nothing to do with money. I'm sad.*
 - *May 2- When I look back so many people came into my life but I never trusted anyone except him. I thought he was the right person. I know no one is perfect and I'm not looking for a perfect man. His problem with drink I can deal with. I can deal with him being away from home abroad to work, as long as he loves me. But if he has lots of girls, I can't deal with it. I had enough. Maybe he got used to living with his ex-wife. She took men and now he takes women. Who took the most? Who wins?*
 - *May 5- I forgive him, I will never hate him. I will always respect him. I would do anything to make him happy. I would let him go if that's his wish and it would make him happy. Even if we are not together, I will never stop loving him. I will always love him. We went to Wales together today.*
 - *May 7- He asked me to marry him. How can I get married with the person who doesn't love me? How can I get married to the man who thinks I want his money? How can I get married to the person who is not prepared to have me as a wife and behave as a husband? Greg left for Madrid today and will be in Caribbean for 2 weeks.*
 - *May 9- Demi decides that what she really wants is: a good family, love and respect, my own business, to keep fit, travel and have a good life with Greg. I still love him and forgive him.*
 - *May 10- What will be will be. I will do the best today, because you never know tomorrow.*
 - *May 11- Demi is thinking- God will be with me.*

happiness it gives you almost momentarily may turn into a life of regret and depression. Maybe it's better to stick with the one wife or husband ["The Four Points of Marriage", UK 2013].

So Secret Number One is – Whatever you've done before, go home and make love with the lady or man of your life, or whomever you know to be your true love. Otherwise, you play with fire at your peril. Never gamble with more than you are prepared to lose. Only a fool does that. Collect lovers at your peril. A sexy lover for 'show' and loving lover for 'glow'. What kind of fool was I? Elusions of that grand prize were slowly wearing thin.

"A married man may be able to get away with having a lover, but no man can have two fiancées at the same time."

**"I WAS ONLY JOKING"
(ROD STEWART)**



<https://www.youtube.com/watch?v=MXu4h9vXy7s>

*"Never found a compromise
Collected lovers like butterflies
Illusions of that grand first prize
are slowly wearing thin"*

Secret Number One

Appreciate all you have- your loved ones. Your parents, your partner, your children and your friends and community- and your lover. You never know when they may be taken from you. And you won't believe how fast the children grow into adults. (My young daughter's Note to 'Whom it Might Concern' entitled "The Story of My Life", UK 2002). If you are fortunate to have a caring loving partner, cherish her or him. The best relationships, however long they last, are always based on respect and love.



**"THE STORY OF MY LIFE"
(UK, 2002)**

The story of my life
I came into the world on the 10th November
1987, in the town in the Royal Free
hospital, London, Hamstead.
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 Mr Gregory James Malpass.
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 of things and has
experienced so much more than
me which is why I respect him
so much, he is also one of the most
intelligent people I know. So much
passion in what he does and always
wants to do it right.

Lessons Learned



SECTION 13- LESSONS LEARNED "Secret Number One- Find a Lover"

1. KEY MESSAGE: In short, it is "someone" or "something" that puts us "in love with life" and sets us apart from the sad destiny of boredom. And what causes boredom? Boredom is a product of being afraid to live. It's easy to assess how some live. They take their blood pressure, they have doctor consultations, they take all manner of multi-coloured prescriptions, worrying with disappointment at each new wrinkle in the mirror's reflection, shielding themselves from excessive cold, heat, humidity, sun and rain.
2. Psychological analysis concludes that to be happy, active, and feel joy, you have to be in love with life. Having a sensual lover is one very important and gratifying ingredient. But remember the lover of your life may not always be the love of your life
3. Boredom and lethargy postpone the opportunity to enjoy life today, in the vain hope and fragile argument that perhaps we can do something about it all tomorrow. It is easy to get stuck in a rut. It is a compelling argument which tells all of us who feel down in life to FIND A LOVER if we don't have one, be a lover, and the protagonist in Life.
4. It is often found in scientific research, that literature, music, politics, sports, and most vocational activities, require the need to transcend spiritually to feel friendship, good feelings, and experience the obsession of seeking pleasure in a hobby.
5. Whatever situation you find yourself in- 'Find a Lover', if you don't have one. And don't put up with a sexless relationship. An unsatisfactory sexual relationship is probably the biggest cause of Marital failure. Wives, or husbands, who find all sorts of excuses to ration marital love (sex) generally end up unloved, unadmired, unwelcome and unmarried.

MISSION STATEMENT: I will strive to never harm other people, either

my own partner or others, by my own sexual behaviour. It is not wise either to put a disproportionate emphasis on the value of sex itself. It's no joke. When it's right it's wonderful. When it's wrong it can be fun but it can be regrettable. As Rod Stewart sang, 'Elusions of that Grand First Prize are slowly wearing thin.' ["I was only Joking", Rod Stewart]. So if I ever again 'Take a Lover' while in a committed relationship- I must be mindful and aware the happiness it gives me may be momentarily and may turn into a life of continued regret and depression.

Understanding Your Personality & Nature

A LOT OF US START IN THE 'JUDGING GAME' AND LABELLING ourselves and others, often at first sight. 'Labelling Theory' is the theory of how your identity and behave towards others, influenced by terms (labels) you use to describe or classify yourself, and others. They are tags that you attach to yourself and others to describe the person(s) you think you, or they, are. You won't be surprised that understanding your Personality and Nature goes deeper than that.

What's your own 'tag' on yourself, what's the 'Catch Phrase' on your tee shirt. Are you a successful career woman, a super mom, a loser, an ugly person, a sex bomb, a "fatty", a good-for-nothing? We put ourselves in boxes trying to define who we are. We do it to others, and we do it to ourselves. Whether positive or negative, what we whisper to ourselves every day has a great influence on our self-concept and dictates the direction of our thoughts and actions. More so than the labels attached to us by society. We are what we think we are. So, the starting point is to quietly give yourself a pat on the back, without too much fuss. You are an Achiever, Beautiful, Generous, Giving, Compassionate, Friendly, Capable, Intelligent, Smart, etc.

An 'Effect is always the Result of a Prime Cause'. The Effect of Positive Labelling via 'Praise and Encouragement' can be all that is needed to bring out the best in oneself or others. If you think you are hard-working, inspiring, promising, etc., you will be encouraged to achieve more since these positive words make you feel good about yourself. If you believe in yourself, you unconsciously take more risks which leads to self-development and growth.

Self-encouragement can help you overcome life's challenges and minimize the stress you feel when faced with the problems we encounter on a daily basis. You are more capable. You live up to the labels you attach to yourself. If you think you're a winner, even if you're not, you will act and think like a winner – until you eventually become one. And people who like themselves are generally kinder and have a positive outlook. Those who think of themselves kindly are happier.

On the other hand of course the Impact of Negative Labels (Self-Criticism and Degradation) is just the opposite. It is self-prophetic. If you believe you're useless, your actions and thoughts will be that of a useless person. You often feel frustrated and unhappy, and often you're unaware that such feelings are the 'Effect' and your thoughts were the 'Cause'. It can cause physical symptoms such as migraines, nausea, anxiety attacks, and stomach aches. I can remember only too vividly my own reaction to coming to Spain after my own marriage breakdown and financial demise. My deflated self-image and money worries without doing anything about them were the major contributors to my Depression and Anxiety attacks.

Avoid Negative Labels. Being aware when you're undermining yourself is a positive step in the right direction. The labels we attach to ourselves can be a powerful motivators or detractors. Where the label came from, whether from society or a self-judgement, doesn't matter. If you adopt, reinforce, and feed the label in your mind - you give it power over you.

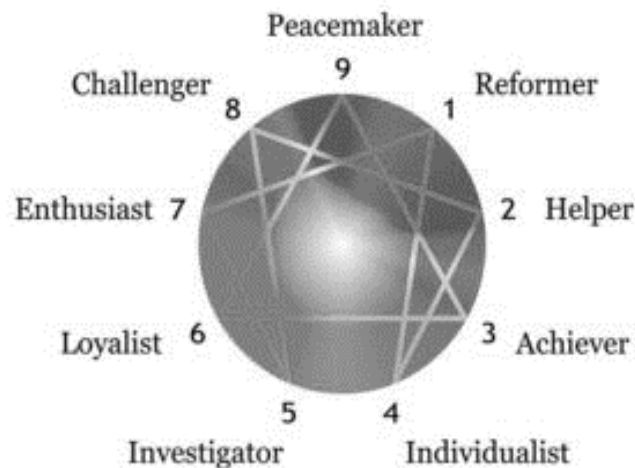
Once you've done that you are ready to start analysing yourself, your Personality and your Character a lot closer.

I am most grateful for permission from the 'ENNEAGRAM INSTITUTE' to reprint material in this part of the Book from 'The Practical Guide to Personality Types- Understanding the Enneagram ["The Enneagram"] ', by Don Richard Riso, Copyright ©1991, and extracts from 'The Enneagram Institute'® official website 2018. They have proved invaluable in terms of demonstrating how self-awareness of one's personality can be used as a tool for self-development in the process of change.

The Enneagram Institute®, formed in 1997 by the late Don Richard Riso and by Russ Hudson, was formed to further research and development of the Enneagram, one of the most powerful and insightful tools for understanding ourselves and others. At its core, the Enneagram helps us to see ourselves at a deeper, more objective level and can be of invaluable assistance on our path to self-knowledge. The Enneagram Institute® is currently engaged in presenting and sponsoring workshops and trainings devoted to the many unique aspects of the Enneagram and their relationships to human nature which the reader is encouraged to investigate. It is recommended, at a minimum, that the reader undertakes the *RHETI personality test* on-line at the Enneagram Institute prior to reading this Part of the book, at [https://tests.enneagraminstitute.com/](https://tests enneagraminstitute.com/) . The version has been independently scientifically validated, and rather

than just indicating basic personality type, the RHETI produces a full personality profile across all nine types and provides readers with a unique portrait, indicating the relative strengths and weaknesses of the reader's overall basic *personality type*, including his or her *wing type*, within the nine types, defined as:

"THE ENNEAGRAM"



Source: *Enneagram*

The Enneagram analysis helps with the development of a comprehensive guide to psychological and spiritual growth for the nine personality types, and if the reader continues without identifying his or her personality type and wing type and understanding how it can be managed to positive effect, a lot will be lost in the further readings in this book about development of self-understanding and suggestions for personal growth and search for 'inner-calling'.

People are tempted to choose the type they would like to be rather than the one they actually are, so it's very important not to just scan the website and skip the test so as not to misidentify types. The process also identifies the Wing Type, which is always an adjacent type to the basic personality identified and can either complement or conflict with basic types. The cultural and philosophical debate about whether human culture, behaviour, and personality are caused primarily by nature or nurture is also addressed. Strong elements of influence/nurture include

childhood experience, positive and negative aspects of our parents, and any unresolved issues, our habitual desires and fears and conflicts. Given that the path to inner-calling and change is likely to require us to make life changing decisions, it is important that we are conscious of how our personalities help or hinder us to do so and react to new situations and challenges.

The on-line test takes about forty minutes to complete, and currently costs about US\$12. It can quickly set a completely new perspective on oneself, through honest self-identification via honest responses to questions related to our *healthy*, *average* and *unhealthy* traits. Examples of analysis for myself, a type two 'Helper Type' with a 'Wing Three' are:

Healthy-

- At my best, I love others unconditionally, and do not concern myself with how people repay what I do for them.
- People would say that I am altruistic and that I really care about the welfare of others.
- Some people may think of me as a saint, but I know my imperfections and don't think of myself that way.

Average-

- Love is the greatest value in life, without love what would life be.
- I enjoy having my family and friends around me. And I like it when they come to me for guidance and advice.

Un-healthy-

- I am too good for my own good and should think more of myself (and look after myself) instead of caring so much about everybody else at the expense of my closest loved one
- If unappreciated I become resentful, become coercive and domineering.

In depth analysis and a process of self-feedback allows one to conclude some 'Home Truths' about oneself that lead to focus on the individual's 'Saving Grace' and build upon this to discover an 'Inner-Calling'. In essence the saving grace becomes the gate to the identification of the inner-calling itself and the selection of that hitherto subconscious inner-calling will likely become your destiny (see Section 15).

My own analysis output (Type Two) linking messages and recommendations from this book and the Enneagram¹ identified my own 'saving grace' as still having enough genuine empathy for others to prevent myself from deteriorating into outright manipulation or coercive behaviour in my dealings with people. I needed to consider how I might work on that. The feed-back can be so enlightening and to the point that it is shocking in its sincerity. Another self-recommendation which precipitated from my analysis was 'the need for me to not seek new friendships and loves in life at the expense of my service to those existing family members whose futures still substantially depend on me'. This I concluded as a need not to spread my love too thin. Primary commitments (to spouse and children) must always be honoured first before time is dedicated to cultivating new relationships. That rule applies to us all, whatever our stage in life. Despite my own love for my wife, I recognized that I had often put others before her and before myself and I'd expected her to do likewise, despite her having a different personality Type to my own. Neglect of a wife or husband or taking a partner for granted is a crime against oneself and one's interest as well as obviously that of a partner. ["Don't let me down"- Beatles]. John Lennon was a legend.

**"DON'T LET ME DOWN"
(THE BEATLES)**

https://www.youtube.com/watch?v=NCtzkaL2t_Y

*"Don't let me down
I'm in love for the first time
Don't you know it's gonna last?
It's a love that lasts forever
It's a love that has no past."*

In Part Seven I introduce the 'Final Analysis' which is used to take the analysis of your own Personality Type a stage further than just recommendations. The key universal *messages* in this book ("Key Lessons Learned") documented at the end of each Section, and your own Personality Type *recommendations* for improvement given in the output from your on-line Personality Test ("Enneagram¹")- can be challenged against your selected "Sacred Cows". In making this cross-reference a defined bias will occur in favour of one or two of your Sacred Cows. This becomes invaluable, together with your identified "saving grace", for helping you identify the focus for your future "inner-calling". There is no substitute for your gut feel and general self-reflection, but this analysis does provide a process for filtering down the drivers in your personal

psyche- *soul, mind, and spirit*- to decipher with more clarity the focus that general reflexion might not provide.

The analysis also allows you to home in on the very best attributes of your personality and work, in parallel with your goal associated with your primary Sacred Cow, to maximise the positive in everything you do, day in and day out in future. Positive affirmation is a good motivator. The practical Enneagram¹ Guide full recommendations will be given to you once you complete the on-line Personality Test. Summaries are given below, in the Type-by-Type Personality descriptions. As an example, the Practical Guide for my own Personality ("Type Two") includes a statement of certain so-called finer qualities, allowing me to reflect on them, and build upon them. Indeed, it gives me some comfort to know my personality has an altruistic side, and that that is a quality which is well worth nurturing:

"To love others selflessly is an extraordinary achievement- one of human 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, The Practical Guide to Personality Types, Understanding the Enneagram.

So, Two's are categorized as being empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing. At their Best: unselfish and altruistic, they have unconditional love for others. BUT it is easy to be self-satisfying and perhaps more important to examine the other side of our characters. We "Two's" can also be sentimental, flattering, and people-pleasing. While being well-meaning and driven to be close to others, the temptation is to slip into doing things for others in order to be needed. We typically have problems with possessiveness and with acknowledging our own needs.

While at London Business School in 1986 I took a competitor Psychological/Personality Test as part of my Career Counselling on an MBA course. The Test was designed by the renowned US company the Myers Briggs Foundation. Although undertaken over 30 years ago the results were similar. I was identified to be a 'Champion' with a contagious and passionate enthusiasm for new ideas; a curious and clever "Inventor" motivated to find new solutions to intellectually challenging problems; and

a “Teacher” driven to implement a vision of what is best for humanity acting as a catalyst for human growth by seeing potential in others. I am intuitive and inventive rather than rational and traditional.

“The intuitive mind is a sacred gift; the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.”- Albert Einstein

The purpose of doing these Tests is not to seek reassurance about our virtues. My MBA career councillor triggered his rudimentary 1980’s algorithms to come up with some suggested career paths which suited my personality. I thought: CEO, Captain of Industry, Millionaire Entrepreneur? No, the computer Print-Out read: Truck Driver, Wine Taster, Flower Power Hippy Leader! Maybe that was my desire for working independently coming out, or at least that’s how I defended it. I never wanted to be a train driver as a kid, but I did fantasise about being both an airline pilot, a professional golfer and a car rally driver- all their own bosses and very much masters of their own destiny. Perhaps there are lessons there to be learned in terms of how to become ‘The Master of Your Own Destiny’ (discussed later in the Book as ‘Home Truths’, see Section 15):

- Decide What you Want in Life, And Go After It. ...
- Focus on What you Can Control, Not What you Can't. ...
- Quit Playing Victim. ...
- Put Yourself First, but Don't Neglect Others. ...
- Face your Fears. ...
- Embrace Failure. ...
- Learn to Trust Yourself. ...
- Take Action.

It is important to understand how the Enneagram Analysis can help you self-analyse intimately, and help you understand who you really are in terms of Personality.

This is Me

My problem was that I always recognised the healthy and spiritual side of myself. I consider myself the classic healthy Type Two ‘helper and loyalist’- the empathetic, compassionate, generous and full of feeling for others. The self-gratification goes on- I can be engaging, appealing, endearing, lovable, friendly, playful and ingratiating. I am intensely loyal to family and friends. And so on.

The ‘rant’ continues: I always made friends with all ‘levels of society or the

company hierarchy' from chauffeurs and labourers to chief executives, and from head barmen to members of royal families in numerous countries; I brought flowers home to my mom every week; I always shared my lunch at school and scout outings; I doted on both my Grandmas; I took my aging Grandad out every Friday; I got my Nan out of a Home back to her own home; I took my friend Paul to the pub every Sunday after his stroke; I gifted cars to my girlfriend Frances and my mom; I put a new engine in my sis's car after she bought a pup; I let people use my flats and houses when I was away; I paid for my in-law's eye operations and the family's housing costs; I anonymously paid for a flight for my sister-in-law to visit her ill father in Peru; I gave an unknown waitress \$20 a day for a year to help her provide for her kids; I sent substantial sums of money to past acquaintances in Nigeria, Peru, Malaysia, etc; I lent money to numerous family members and friends often without repayment; I cared for my mother and my nan and my dad for years before they died – it's almost nauseating to try and list the good deeds. They should be made daily, and without note. That's the point. But never put yourself down for being good (rather than just trying to be seen as being good).

"The words I am, which you consistently use to define who you are and what you are capable of, are holy expressions for the name of God—the highest aspect of yourself. Discontinue using pejorative labels to cast aspersions on your holy self. Always make your very first consideration as the honouring of your Divine spirit."

- Dr Wayne Dyer

The problem is that being loving, thoughtful, un-selfish and altruistic without expecting reward can be at best misconstrued, and at worst manipulative and ultimately self-serving. Even if that is just an expectation that eventually old favours must be repaid. I am aware that I can sometimes feel victimised, and become self-destructive, usually fuelled by alcohol abuse.

"If you're helping someone and expecting something in return, you're doing business not kindness" - Anonymous

Few people can accept, let alone analyse, the unhealthy side of their personalities. In my case exaggeration of my own problems acting as the victim, leads to irrational behaviour. Dealing with anxieties, especially financial or relationship problems, has always resulted in turning to alcohol in my case. I then give people mixed signals, and ambiguous signs of my

real attitudes, often blaming others for my demise or mindset.

In selection of partners some say I demonstrate masochistic tendencies, sometimes selecting those who can be domineering, insensitive, vindictive, sadistic and violent. My first wife Carolina, and years later my Malaysian girlfriend Joanne, ticked some of these boxes, where my own personality was lacking to stand up against strong 'Type Three's'. Attraction to certain ladies may have been down to the proverbial "opposites attract". Rather than appreciation of my charitable and well-meaning side, they would manipulate that and then focus on my faults, sometimes in a devastating way.

Joanne was schizophrenic, a maverick and suicidal, when I brought her to Spain from Kuala Lumpur where I had met her years prior. She had her impeccable way of putting her finger on my weaknesses, not least my alcohol dependence and need to be seen to be good. She doesn't take prisoners. But I did give her considerable help in securing a job on the Royal Caribbean Cruise Line in Los Angeles. ["My Joanne", Kuala Lumpur 2015]. Compare this with the 'Real Me' Enneagram Type Two Description, an amazing accurate mirror-image ["Real Me", Enneagram Type Two Description]. It will be useful for you to share your own Enneagram Analysis with a close friend, to benefit most from the review.

Before deciding to properly analyse my inner-self, I had been happy to settle for a description shared with me by a friend in Spain- 'a loveable alcoholic, with a generous nature and courageous duty to do whatever I could to love and care for others'.

Through positive self-re-assessment, I learned to work creatively with my anxiety and tensions, without turning to excessive alcohol consumption and escapism, and reliance on escapism wit and banter as a defence and prop. The stark realities were my lost relationships and deteriorating financial and physical health, and what needed to be done about them.

"You cannot have a better past, so abandon that idea right now. You did what you knew how to do, given the circumstances of your life. Instead of indulging in regrets, let your thoughts remain on love, and let your actions stem from that love." – Dr Wayne Dyer



**"MY JOANNE"
(KUALA LUMPUR/ SPAIN 2015)**

"You assumed that I've said everything I wanted to say to you. No there is lots I want to say but can't say it to an alcoholic. When you don't drink you become someone who's reasonable, self aware, listen to others, but right now all I see is still the same man who likes the company of alcohol more than anything in this world. What I'm saying is probably harsh for you, but you know it's true, and you have a hard time accepting that.

By not talking about you and your drinking problem but talking about me and my future doesn't make you all noble and selfless. It only makes you even more ignorant and selfish. You want the world to know that you help someone. That doesn't count as being sincere to me because you only cause embarrassment to the person you help. If it was me helping you I would not say a word to other people because it will embarrass you. But of course you wont care as long as you get to do what you want and how you want it. It's one of the reasons I don't want to go back to Spain. Yes I know you will say fuck what people think. Well fuck you for saying that. You wont care because it's not you who's embarrassed, as long as you make yourself look good by showing how generous you are.

You always want to be seen as the saviour. How selfish is that. You have told me how many people you have helped in the past, and there seem so many, but you don't see that it's because you are so busy trying to look good in people's eyes. As I said you will never be able to overcome your drinking problem if you don't get to the root of it.

All this I'm saying because I care about you. Yes you helped me a lot, but people will think that I came to Spain for your money. It is hard having two people in the same family with mental illness (my mom and brother) and soon me too. I will end up being like my mom.

I've said all I need to say except how I feel about you. I know I haven't thanked you for all the nice things that you did for me because I wanted to wait for the right moment. Thank you for bringing me to

Spain, England, etc. I'd never been outside Malaysia, and if it wasn't for you I would have never seen these places. Thank you. You also helped me with payments for my mom's care. Thank you. Somehow I felt comfortable talking to you when I got back to KL. I don't tell people about my life. I keep everything to myself. Thank you for being my friend. I'm sorry for all the harsh things I said. I care about you.

You had a beautiful wife who loved you for who you are but you still chatted up young girls, even when I was with you, you did that. You let your friends and family think it was your partners' fault that all this is happening. In reality you lie to everyone. It was you all along that was selfish and inconsiderate. Imagine what you put us through putting up with you. Yes I know you are over generous and you've helped lots of people but were you always really sincere or did you want recognition for what you did. How much can a woman sacrifice for her man? I remember you promised me a lot of things- that you would make sure I will get the job on the cruises so I can look after my mom. You said if anything happened to me you will take care of my mom. Yes you did send me more money but all this is temporary and the only way to make the solution permanent is if I get on a cruise. I've had a hard life growing up, nothing you would understand. I've been on the streets and it will happen again if I stay living in KL.

I wish you luck and hope you stop drinking and find a nice woman who will love you and who you will love deeply and not hurt her like how you did me. Joanne."

"THE REAL ME" (ENNEAGRAM TYPE TWO DESCRIPTION)

A 'Type Two' is everyone's dream friend. They exist to give, and they place a high value on their relationships. They are helpful to a fault, and will readily volunteer their services if you need it. Nothing is too bothersome for Two. Your needs come first – that's how selfless they can be. They'll do your reports for you. They'll babysit your kids, and even stay and take care of you when you're sick. It's in their nature to give and put the needs of other people above their own.

Is Two, the Mother Teresa type? Are they saints? Do they give for the sake of giving, and ask for nothing in return? Unfortunately... No!

Don't misunderstand. Twos are usually genuinely happy when they serve others. They totally believe in their selflessness and their whole self-image revolves around it. They thrive as nurses, caregivers, doctors, homemakers, and in any profession that helps someone. They spend a lot of their time and efforts in their relationships with people,

they sacrifice their own needs and desires for others... but they expect to be appreciated in return. Two's loving has an ulterior motive. They need to be needed to feel worthy. Their sense of worth is based on how helpful they are to someone.

In the act of helping others, they feel good about themselves. They feel important when somebody needs them. Selflessness makes Two feel virtuous. These are the issues that gets satisfied by the acts of helping and giving. It's unacceptable when these needs are not being met.

In the best light, Twos are popular, expressive, friendly, welcoming, and quick to lend a helping hand. They believe they know what's best for others, and they take pride in being able to jump in and assist people in some way.

Twos find it hard to say no, to anyone. They can't risk being unworthy of love. They will adapt and change what they need to, to earn approval. They have no concept of personal boundaries. They are so wrapped up in other people that they can't tune in to their own feelings.

It's not unnatural to see Two going through an emotional outburst to get some relief. It's hard to repress your own needs to avoid looking needy, and maintain a capable and helpful image. This repression can lead to burnout, resentment, and emotional exhaustion. You can't give others water if your own well is dry.

On the darker side, Twos have a tendency to develop a sense of entitlement. Since they've given so much to others, they demand gratitude. If this need is not satisfied, they can be demanding and intrusive, even manipulative. Like the psychos that you see in movies. They feel justified in their actions since they have earned the right. After all, haven't they done so much already?

Once they realize that they will never get the love and appreciation they deserve, even after all their efforts, that's when Two can come undone. They can become irrational, hysterical, and physically abusive.

Oh dear, something to work on here, and her comments are remarkably poignant when examining the weaknesses in my Personality profile (although I did get her a job on the Royal Caribbean Cruise Line). You need to be just as self-critical in your analysis. My saving grace perhaps is re-confirmed by a Myers Briggs Summary of the Key positive Skills Set of my Personality Type.

*"You are an agile and expressive communicator, using your wit, humour, and mastery of language to create engaging stories."
-Myers Briggs Foundation*

Further in-depth analysis offered by the Enneagram Tests, not covered in this book, highlight further disclosure of one's traits, such as one's 'Wing Personality Type' which broadens the opportunity for personality manipulation. Being a 'Wing Three Type' helps me, for example, draw on my latent personality traits of a more 'extrovert host' to become inclusive with others and achieve change, while mitigating my unhealthy Type Two characteristics. Type Threes 'Wing' are more self-assured than my true self and they inflate self-importance. But these traits can be counter-tempered by Type Two dominant strengths to act in a positive way to help others. This is an example of taking control of personality insecurities to good effect. All the above serves as an example of how you can use the Personality Analysis to your own situation with positive effect.

Personality Test

Understanding our Personality Types and 'Personality Management' is crucial to preparing for the next stages of the journey to self-discovery- 'Learning the Essence of Spiritual Awareness' and 'Going Beyond the Ego'. These aren't just throw-away catch phrases or clichés to appease would-be cynics. Before you move onto these next stages you need to correctly identify your Personality Type and start to analyse it as I have my own above.

Often individuals misidentify themselves, considering their personalities to be the Type to which they aspire, rather than the Type they truly are. Therefore, it is strongly recommended that you undertake the Enneagram¹ Personality Analysis for yourself, prior to reading on ["The Enneagram On-Line Personality Test"]. It's a fun exercise so please do take time out here to complete the on-line questionnaire and correctly identify, analyse and understand the Enneagram¹ of your personality. As a side, the website also dedicates a section to learn more about compatibility issues of your personality type with other types that may help with your interactions with your partners, or partners-to-be:



"THE ENNEAGRAM ON-LINE PERSONALITY TEST"
<https://tests.enneagraminstitute.com/>



"THE ENNEAGRAM – OFFICIAL WEBSITE"

<https://tests.enneagraminstitute.com/>

Further in-depth readings of your personality can be found in related publications at:

<https://www.enneagraminstitute.com/store/>

"BASIC PERSONALITY TYPES"

"At the end of the day it's our personality which defines who we are as a person. Apart from our abilities and training, it is what helps us or hinders us in just about everything we do in our work and social relationships or helps us to accomplish the things we aspire to do and become. The characteristics of the nine Enneagram¹ Personality Types are summarized below. ["Characteristics of the Nine Enneagram¹ Personality Types"]. The Table characterises each Type by Role, Ego Fixation, Basic Fears and Desires, Vices and Virtues, and Passion."

"CHARACTERISTICS OF 9 ENNEAGRAM1 PERSONALITY TYPES"

Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue
1	Reformer, Perfectionist	Resentment	Perfection	Corruptness, imbalance, being bad	Goodness, integrity, balance	Hypocrisy, hypercriticism	Anger	Serenity
2	Helper, Giver	Flattery (Ingratiation)	Freedom, Will	Being unloved	To feel love	Deny own needs, manipulation	Pride	Humility
3	Achiever, Performer	Vanity	Hope, Law	Worthlessness	To feel valuable	Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity
4	Individualist, Romantic	Melancholy (Fantasizing)	Origin	Having no identity or significance	To be uniquely themselves	To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)
5	Investigator, Observer	Stinginess (Retention)	Omniscience, transparency	Helplessness, incapability, incompetence	Mastery, understanding	Replacing direct experience with concepts	Avarice	Non-Attachment
6	Loyalist, Loyal Skeptic	Cowardice (Worrying)	Faith	Being without support or guidance	To have support and guidance	Indecision, doubt, seeking reassurance	Fear	Courage
7	Enthusiast, Epicure	Planning (Anticipation)	Wisdom, Plan	Being trapped in pain and deprivation	To be satisfied and content	Thinking fulfillment is somewhere else	Gluttony	Sobriety
8	Challenger, Protector	Vengeance (Objectification)	Truth	Being harmed, controlled, violated	Self-protection	Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence
9	Peacemaker, Mediator	Indolence (Daydreaming)	Love	Loss, fragmentation, separation	Wholeness, peace of mind	Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action

Source: Enneagram

Once you've completed the On-Line Test the expanded Enneagram¹ profiles are reviewed and lead to personal growth recommendations explored once the reader has established his or her 'Basic and Wing' personalities. There is no point in attempting self-analysis without undertaking the Test.

The extracts below are from the book, 'Understanding the Enneagram by Don Richard Riso, Copyright ©1991', and include extracts from 'The Enneagram Institute'® official website 2018, summarising a brief description of each type, a list of peer examples, and development recommendations which can be adopted, with further in-depth analysis, once identification of your personality Basic Type and Wing has been established. These are only extracts and a full analysis is required to derive benefit and interactive recommendation.

Further Analysis and Recommendations about how to use the results from the Enneagram¹ Test to achieve further personal in-sight are given in Section 16

Personality Types

1 THE REFORMER- The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and Perfectionistic

Ones

THE REFORMER
***The Rational, Idealistic Type: Principled,
Purposeful, Self-Controlled, Perfectionistic
and Intolerant Person***



In brief- Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble. Can be morally heroic.

Examples- Confucius, Plato, Joan of Arc, Sir Thomas More, Mahatma Gandhi, Pope John Paul II, Nelson Mandela, Margaret Thatcher, Prince Charles, Kate Middleton, Duchess of Cambridge, Jimmy Carter, Michelle Obama, Al Gore, Hilary Clinton, Rudy Giuliani, Justice Sandra Day O'Connor, Osama bin Laden, George Bernard Shaw, George Harrison, Celine Dion, Katherine Hepburn, Julie Andrews, Vanessa Redgrave, Jane Fonda, Meryl Streep, Harrison Ford.

Recommendations- Learn to relax. Take some time for yourself, without feeling that everything is up to you or that what you do not accomplish will result in chaos and disaster. Mercifully, the salvation of the world does not depend on you alone, even though you may sometimes feel it does.

You have a lot to teach others and are probably a good teacher, but do not expect others to change immediately. What is obvious to you may not be as obvious to them, especially if they are not used to being as self-disciplined and objective about themselves as you are about yourself. Many people may also want to do what is right and may agree with you in principle but for various reasons simply cannot change right away. The fact that others do not change immediately according to your prescriptions does not mean that they will not change sometime in the future. Your words and above all, your example may do more good than you realize, although they may take longer than you expect.

So have patience.

It is easy for you to work yourself up into a lather about the wrongdoings of others. And it may sometimes be true that they are wrong. But what is it to you? Your irritation with them will do nothing to help them see another way of being. Similarly, beware of your constant irritation with your own "shortcomings." Does your own harsh self-criticism really help you to improve? Or does it simply make you tense, nervous, and self-doubting? Learn to recognize the attacks of your superego and how they undermine rather than help you.

It is important for you to get in touch with your feelings, particularly your unconscious impulses. You may find that you are uneasy with your emotions and your sexual and aggressive impulses—in short, with the messy human things that make us human. It might be beneficial to keep a journal or to get into some kind of group therapy or other group work both to develop your emotions and to see that others will not condemn you for having human needs and limitations.

Your Achilles' heel is your self-righteous anger. You get angry easily and are offended by what seems to you to be the perverse refusal of others to do the right thing—as you have defined it. Try to step back and see that your anger alienates people so that they cannot hear many of the good things you have to say. Further, your own repressed anger may well be giving you high blood pressure and is a harbinger of worse things to come.

2 THE HELPER- The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, Possessive and Manipulative

Twos

THE HELPER
The Caring, Interpersonal Type:
Demonstrative, Generous, Helpful,
Possessive and Manipulative Person



In brief- Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic, they have unconditional love for others.

Examples- Pope John XXIII, Bishop Desmond Tutu, Eleanor Roosevelt, Nancy Reagan, Monica Lewinsky, Luciano Pavarotti, John Denver, Lionel Richie, Stevie Wonder, Barry Manilow, Dolly Parton, Josh Groban, Priscilla Presley, Elizabeth Taylor, Richard Thomas "John Boy Walton" "Melanie Hamilton Wilkes" (Gone with the Wind).

Recommendations- First and foremost, remember that if you are not addressing your own needs, it is highly unlikely that you will be able to meet anyone else's needs without problems, underlying resentments, and continual frustration. Further, you will be less able to respond to people in a balanced way if you have not gotten adequate rest and taken care of yourself properly. It is not selfish to make sure that you are okay before attending to others' needs—it is simply common sense.

Try to become more conscious of your own motives when you decide to help someone. While doing good things for people is certainly an admirable trait, when you do so because you expect the other person to appreciate you or do something nice for you in return, you are setting yourself up for disappointments. Your type has a real danger of falling into unconscious co-dependent patterns with loved ones, and they almost never bring you what you really want.

While there are many things you might want to do for people, it is often better to ask them what they really need first. You are gifted at

accurately intuiting others' feelings and needs, but that does not necessarily mean that they want those needs remedied by you in the way you have in mind. Communicate your intentions and be willing to accept a "no thank you." Someone deciding that they do not want your particular offer of help does not mean that they dislike you or are rejecting you.

Resist the temptation to call attention to yourself and your good works. After you have done something for others, do not remind them about it. Let it be: either they will remember your kindness themselves and thank you in their own way or they will not. Your calling attention to what you have done for them only puts people on the spot and makes them feel uneasy. It will not satisfy anyone or improve your relationships.

Learn to recognize the affection and good wishes of others, even when these are not in terms that you are familiar with. Although others may not express their feelings in a way that you want, they may be letting you know in other ways how much they care about you. If you can recognize what others are giving you, you will rest more easily in the knowledge that you really are loved. Love is always available but only to the degree that we are present and therefore receptive to it.

"SLEEPING AT LAST- TYPE TWO"

<https://www.youtube.com/watch?v=PrDzd4ufypE>

3 THE ACHIEVER/MOTIVATOR- The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious, Self-assured, Narcissistic and Hostile

Threes



THE ACHIEVER
The Success-Oriented, Pragmatic Type:
Adaptive, Excelling, Ambitious, and
Image-Conscious, Self-assured,
Narcissistic and Hostile Psychopathic
Person

In brief- Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised but can also be overly concerned with their image and what others think of them. They typically have problems with workaholicism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be—role models who inspire others.

Examples: Augustus Caesar, Emperor Constantine, Bill Clinton, Tony Blair, Prince William, Condoleeza Rice, Arnold Schwarzenegger, Carl Lewis, Muhammed Ali, John Edwards, Andy Warhol, Oprah Winfrey, Michael Jordan, O.J. Simpson, Tiger Woods, Lance Armstrong, Elvis Presley, Paul McCartney, Madonna, Sting, Whitney Houston, Jon Bon Jovi, Lady Gaga, Brooke Shields, Cindy Crawford, Tom Cruise, Barbra Streisand, Richard Gere, Will Smith, Demi Moore, Kevin Spacey, Anne Hathaway.

Recommendations- For your development it is essential to be truthful. Be honest with yourself and others about your genuine feelings and needs. Likewise, resist the temptation to impress others or inflate your importance. You will impress people more deeply by being authentic than by bragging about your successes or exaggerating your accomplishments.

Develop charity and cooperation in your relationships. You can do this by taking time to pause in a busy day to really connect with someone you care about. Nothing spectacular is required—simply a few moments of quiet appreciation. When you do so, you will become a more loving person, a more faithful friend—and a much more desirable individual. You will feel better about yourself.

Take breaks. You can drive yourself and others to exhaustion with your relentless pursuit of your goals. Ambition and self-development are good qualities but temper them with rest periods in which you reconnect more deeply with yourself. Sometimes taking three to five deep breaths is enough to recharge your battery and improve your outlook.

Develop your social awareness. Many Threes have grown tremendously by getting involved in projects that had nothing to do with their own personal advancement. Working cooperatively with others toward goals that transcend personal interest is a powerful way of finding your true value and identity.

In their desire to be accepted by others, some average Threes adapt so much to the expectations of others that they lose touch with what they are really feeling about the situation. Develop yourself by resisting doing what is acceptable just to be accepted. It is imperative that you invest time in discovering your own core values.

4 THE INDIVIDUALIST/ ARTIST- The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental. Creative, Intuitive and Depressive

Fours

THE INDIVIDUALIST
The Sensitive, Withdrawn Type:
Expressive, Artistic, Dramatic, Self-
Absorbed, and Temperamental. Creative,
Intuitive and Depressive Person



In Brief- Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.

Examples- Rumi, Frédéric Chopin, Tchaikovsky, Jackie Kennedy Onassis, Edgar Allen Poe, Hank Williams, Billie Holiday, Judy Garland, Maria Callas, Miles Davis, Keith Jarrett, Joni Mitchell, Bob Dylan, Paul Simon, Leonard Cohen, Yusuf Islam (Cat Stevens), Ferron, Cher, Prince, Sarah McLachlan, Amy Winehouse, Ingmar Bergman, Marlon Brando, Jeremy Irons, Angelina Jolie, Kate Winslet, Nicolas Cage, Johnny Depp.

Recommendations- Do not pay so much attention to your feelings; they are not a true source of support for you, as you probably already know. Remember this advice: "From our present perspective, we can also see that one of the most important mistakes Fours make is to equate themselves with their feelings. The fallacy is that to understand themselves they must understand their feelings, particularly their negative ones, before acting. Fours do not see that the self is not the same as its feelings or that the presence of negative feelings does not preclude the presence of good in themselves". Always remember that your feelings are telling you something about yourself as you are at this particular moment, not necessarily more than that.

Avoid putting off things until you are "in the right mood." Commit yourself to productive, meaningful work that will contribute to your good and that of others, no matter how small the contribution may be. Working consistently in the real world will create a context in which

you can discover yourself and your talents. (Actually, you are happiest when you are working—that is, activating your potentials and realizing yourself. You will not "find yourself" in a vacuum or while waiting for inspiration to strike, so connect—and stay connected—with the real world.

Self-esteem and self-confidence will develop only from having positive experiences, whether or not you believe that you are ready to have them. Therefore, put yourself in the way of good. You may never feel that you are ready to take on a challenge of some sort, that you always need more time. (Fours typically never feel that they are sufficiently "together," but they must nevertheless have the courage to stop putting off their lives.) Even if you start small, commit yourself to doing something that will bring out the best in you.

A wholesome self-discipline takes many forms, from sleeping regular hours to working regularly to exercising regularly, and has a cumulative, strengthening effect. Since it comes from yourself, a healthy self-discipline is not contrary to your freedom or individuality. On the other hand, sensuality, excessive sexual experiences, alcohol, drugs, sleep, or fantasizing have a debilitating effect on you, as you already know. Therefore, practice healthy self-discipline and stay with it.

Avoid lengthy conversations in your imagination, particularly if they are negative, resentful, or even excessively romantic. These conversations are essentially unreal and at best only rehearsals for action—although, as you know, you almost never say or do what you imagine you will. Instead of spending time imagining your life and relationships, begin to live them.

5 THE INVESTIGATOR/ THINKER- The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated, Analytical and Eccentric

Fives

THE INVESTIGATOR
*The Intense, Cerebral Type:
Perceptive, Innovative, Secretive,
and Isolated, Analytical, Eccentric
and Paranoid Person*



In brief- Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

Examples- Siddhartha Gautama Buddha, Albert Einstein, Oliver Sacks, Stephen Hawking, Vincent van Gogh, Emily Dickinson, Friedrich Nietzsche, Agatha Christie, James Joyce, Jean-Paul Sartre, Bill Gates, David Byrne, Peter Gabriel, Laurie Anderson, Trent Reznor, Alfred Hitchcock, Marlene Dietrich, Jodie Foster, Annie Liebovitz, Bobby Fischer.

Recommendations- Learn to notice when you're thinking and speculating takes you out of the immediacy of your experience. Your mental capacities can be an extraordinary gift, but only can also be a trap when you use them to retreat from contact with yourself and others. Stay connected with your physicality.

You tend to be extremely intense and so high-strung that you find it difficult to relax and unwind. Make an effort to learn to calm down in a healthy way, without drugs or alcohol. Exercising or using biofeedback techniques will help channel some of your tremendous nervous energy. Meditation, jogging, yoga, and dancing are especially helpful for your type.

You see many possibilities but often do not know how to choose among them or judge which is more or less important. When you are caught in your fixation, a sense of perspective can be missing, and with it the ability to make accurate assessments. At such time, it can be helpful to get the advice of someone whose judgment you trust while you are

gaining perspective on your situation. Doing this can also help you trust someone else, a difficulty for your type.

Notice when you are getting intensely involved in projects that do not necessarily support your self-esteem, confidence, or life situation. It is possible to follow many different fascinating subjects, games, and pastimes, but they can become huge distractions from what you know you really need to do. Decisive action will bring more confidence than learning more facts or acquiring more unrelated skills.

Fives tend to find it difficult to trust people, to open up to them emotionally, or to make themselves accessible in various ways. Their awareness of potential problems in relationships may tend to create a self-fulfilling prophecy. It is important to remember that having conflicts with others is not unusual and that the healthy thing is to work them out rather than reject attachments with people by withdrawing into isolation. Having one or two intimate friends whom you trust enough to have conflicts with will enrich your life greatly.

6 THE LOYALIST- The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious. Likeable, Dutiful and Masochistic.

Sixes

THE LOYALIST
The Committed, Security-Oriented Type:
Engaging, Responsible, Anxious, and
Suspicious. Likeable, Loyal, Dutiful and
Masochistic Person



In brief- The committed, security-oriented type. Sixes are reliable, hard-working, responsible, and trustworthy. Excellent "troubleshooters," they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. At their Best: internally stable and self-reliant, courageously championing themselves and others.

Examples- Johannes Brahms, Mark Twain, Sigmund Freud, J. Edgar Hoover, Richard Nixon, Robert F. Kennedy, Malcolm X, George H.W. Bush, Diana, Princess of Wales, Prince Harry, Mike Tyson, Bruce Springsteen, U2's Bono, Oliver Stone, Michael Moore, Marilyn Monroe, Robert De Niro, Dustin Hoffman, Woody Allen, Diane Keaton, Mel Gibson, Sally Field, Tom Hanks, Meg Ryan, Julia Roberts, Andy Rooney, Katie Couric, Newt Gingrich, Rush Limbaugh, Chris Rock, Lewis Black, Larry David.

Recommendations- Remember that there is nothing unusual about being anxious since everyone is anxious and much more often than you might think. Learn to be more present to your anxiety, to explore it, and to come to terms with it. Work creatively with your tensions without turning to excessive amounts of alcohol (or other drugs) to allay them. In fact, if you are present and breathing fully, anxiety can be energizing, a kind of tonic that can help make you more productive and aware of what you are doing.

You tend to get edgy and testy when you are upset or angry and can even turn on others and blame them for things you have done or brought on yourself. Be aware of your pessimism: it causes you dark moods and negative thought patterns that you tend to project on reality. When you succumb to this self-doubt, you can become your own worst enemy and may harm yourself more than anyone else does.

Sixes tend to overreact when they are under stress and feeling anxious. Learn to identify what makes you overreact. Also realize that almost none of the things you have feared so much has actually come true. Even if things are as bad as you think, your fearful thoughts weaken you and your ability to change things for the better. You cannot always manage external events, but you can manage your own thoughts.

Work on becoming more trusting. There are doubtless several people in your life you can turn to who care about you and who are trustworthy. If not, go out of your way to find someone trustworthy, and allow yourself to get close to that person. This will mean risking rejection and stirring up some of your deepest fears, but the risk is worth taking. You have a gift for getting people to like you, but you are unsure of yourself and may be afraid of making a commitment to them. Therefore, come down clearly on one side or the other of the fence in your relationships. Let people know how you feel about them.

Others probably think better of you than you realize, and few people are really out to get you. In fact, your fears tell you more about your attitudes toward others than they indicate about others' attitudes toward you.

7 THE ENTHUSIAST/GENERALIST- The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractible, and Scattered. Accomplished, Impulsive and Manic.

Sevens

THE ENTHUSIAST
The Busy, Fun-Loving Generalist Type:
Spontaneous, Versatile, Distractible,
and Scattered. Extroverted,
Excessive, Impulsive and Manic
Person



In brief- Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

Examples- The 14th Dalai Lama, Galileo Galilei, W.A. Mozart, Thomas Jefferson, Benjamin Franklin, Amelia Earhart, Noel Coward, John F. Kennedy, Joe Biden, Sarah Palin, Silvio Berlusconi, Malcolm Forbes, Richard Branson, Chuck Berry, Elton John, Mick Jagger, Fergie, Miley Cyrus, Britney Spears, Katy Perry, Russell Brand, Sacha Baron Cohen, Federico Fellini, Steven Spielberg, Fred Astaire, Cary Grant, Bette Midler, Goldie Hawn, George Clooney, Brad Pitt, Robin Williams, Jim Carrey, Mike Meyers, Bruce Willis, Leonardo DiCaprio, Paris Hilton, Larry King, Howard Stern, Simon Cowell.

Recommendations- Recognize your impulsiveness and get in the habit of observing your impulses rather than giving in to them. This means letting most of your impulses pass and becoming a better judge of which ones are worth acting on. The more you can resist acting out your impulses, the more you will be able to focus on what is really good for you.

Learn to listen to other people. They are often interesting, and you may learn things that will open new doors for you. Also learn to appreciate silence and solitude: you do not have to distract yourself (and protect yourself from anxiety) with constant noise from the television or the stereo. By learning to live with less external stimulation, you will learn to trust yourself. You will be happier than

you expect because you will be satisfied with whatever you do, even if it is less than you have been doing.

You do not have to have everything this very moment. That tempting new acquisition will most likely still be available tomorrow (this is certainly true of food, alcohol, and other common gratifications—that ice cream cone, for instance). Most good opportunities will come back again—and you will be in a better position to discern which opportunities really are best for you.

Always choose quality over quantity, especially in your experiences. The ability to have experiences of quality can be learned only by giving your full attention to the experience you are having now. If you keep anticipating future experiences, you will keep missing the present one and undermine the possibility of ever being satisfied.

Make sure that what you want will really be good for you in the long run. As the saying goes, watch what you pray for since your prayers may be answered. In the same vein, think about the long-term consequences of what you want since you may get it only to find that it becomes another disappointment—or even a source of unhappiness.

8 THE CHALLENGER/LEADER- The Powerful, Dominating Type: Self-Confident, Decisive, Wilful, Forceful, Confrontational and Combative.

Eights

THE CHALLENGER
The Powerful, Dominating Leader
Type: Self-Confident, Decisive,
Wilful, Forceful, Confrontational,
Combative and Destructive Person



In brief- Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be ego-centric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

Examples- Richard Wagner, Franklin D. Roosevelt, Winston Churchill, Oskar Schindler, Fidel Castro, Martin Luther King, Jr., Lyndon Johnson, Mikhail Gorbachev, Indira Gandhi, Saddam Hussein, Senator John McCain, Donald Trump (although I would categorize him as amore of a 3), Pablo Picasso, Ernest Hemingway, Serena Williams, James Brown, Aretha Franklin, Keith Richards, Queen Latifah, Chrissie Hynde, John Wayne, Frank Sinatra, Humphrey Bogart, Lauren Bacall, Bette Davis, Mae West, Sean Connery, Paul Newman, Clint Eastwood, Tommy Lee Jones, Jack Nicholson, Russell Crowe, Barbara Walters,.

Recommendations- It goes against the grain, but act with self-restraint. You show true power when you forbear from asserting your will with others, even when you could. Your real power lies in your ability to inspire and uplift people. You are at your best when you take charge and help everyone through a crisis. Few will take advantage of you when you are caring, and you will do more to secure the loyalty and devotion of others by showing the greatness of your heart than you ever could by displays of raw power.

It is difficult for Eights, but learn to yield to others, at least occasionally. Often, little is really at stake, and you can allow others to have their way without fear of sacrificing your power, or your real needs. The desire to dominate everyone all the time is a sign that your ego is beginning to inflate—a danger signal that more serious conflicts

with others are inevitable.

Remember that the world is not against you. Many people in your life care about you and look up to you, but when you are in your fixation, you do not make this easy for them. Let in the affection that is available. Doing this will not make you weak but will confirm the strength and support in yourself and your life. Also remember that by believing that others are against you and reacting against them, you tend to alienate them and confirm your own fears. Take stock of the people who truly are on your side and let them know how important they are to you.

Eights typically want to be self-reliant and depend on no one. But ironically, they depend on many people. For example, you may think that you are not dependent on your employees because they depend on you for their jobs. You could dismiss them at any time and hire other workers. Everyone is expendable in your little kingdom—except you. But the fact is that you are dependent on others to do their jobs too, especially if your business concerns grow beyond what you can manage alone. But if you alienate everyone associated with you, you will eventually be forced to employ the most obsequious and untrustworthy operatives. When you do, you will have reason to question their loyalty and to fear losing your position. The fact is that whether in your business world or your domestic life, your self-sufficiency is largely an illusion.

Eights typically overvalue power. Having power, whether through wealth, position, or simple brute force, allows them to do whatever they want, to feel important, to be feared and obeyed.

9 THE PEACEMAKER- The Easy-going, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent. Passive and Neglectful.

Nines

THE PEACEMAKER
The Easy-going, Self-Effacing Type:
Receptive, Peaceful, Reassuring,
Agreeable, and Complacent. Passive
Neglectful and Repressed Person



In brief- Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. At their Best: indomitable and all-embracing, they are able to bring people together and heal conflicts.

Examples- Queen Elizabeth II, Princess Grace of Monaco, Claude Monet, Norman Rockwell, Abraham Lincoln, Dwight D. Eisenhower, Gerald Ford, Ronald Reagan, George W. Bush, John F. Kennedy, Jr., General Colin Powell, Walt Disney, Tony Bennett, Ringo Starr, Carlos Santana, James Taylor, Janet Jackson, Jack Johnson, George Lucas, Ron Howard, Gary Cooper, Jimmy Stewart, Audrey Hepburn, Sophia Loren, Kevin Costner, Jeff Bridges, Morgan Freeman, Whoopie Goldberg, Woody Harrelson, Geena Davis, Jason Segel, Lisa Kudrow, Toby McGuire.

Recommendations- It is worth examining your type's tendency to go along with others, doing what they want to keep the peace and be nice. Will constantly acquiescing to the wishes of others provide the kind of relationships that will really satisfy you? Remember, it is impossible to love others if you are not truly present to them. This means that you have to be yourself, that you (paradoxically) have to be independent so that you can really be there for others when they need you.

Exert yourself. Force yourself to pay attention to what is going on. Do not drift off or tune out people, or daydream. Work on focusing your attention to become an active participant in the world around you. Try to become more mentally and emotionally engaged.

Recognize that you also have aggressions, anxieties, and other feelings that you must deal with. Negative feelings and impulses are a part of you and they affect you emotionally and physically whether or not you acknowledge them. Furthermore, your negative emotions are often expressed inadvertently and get in the way of the peace and harmony you want in your relationships. It is best to get things out in the open first, at least by allowing yourself to become aware of your feelings.

Although this will be very painful for you, if your marriage has ended in divorce or if you are having problems with your children, you must honestly examine how you have contributed to these problems. Examining troubled relationships will be extremely difficult because the people involved have been close to your heart. The feelings you have for others endow you with much of your identity and self-esteem. But if you really love others, you can do no less than examine the role you have played in whatever conflicts that have arisen. In the last analysis, the choice is simple: you must sacrifice your peace of mind (in the short run) for the satisfaction of genuine relationships (in the long run.)

Exercise frequently to become more aware of your body and emotions. (Some Nines run around doing errands and think that they are getting enough exercise.) Regular exercise is a healthy form of self-discipline and will increase your awareness of your feelings and other sensations. Developing body-awareness will help teach you to concentrate and focus your attention in other areas of your life as well. Exercise is also a good way to get in touch with and express some aggressions.

Categorizing Leaders and Bosses

It's tempting to try and categorize previous bosses and lecturers of mine in terms of their roles, passions, vices and virtues. Why not, it's fun and not intended to be offensive. Bottom-up assessments are always more revealing than Top-down. Although however well you think you know someone, the chances are you are mistaken. Very often individuals don't understand themselves fully until they undertake the analysis. ["Categorize Your Boss, Spain 2020].

CATEGORIZE YOUR BOSS (SPAIN 2020)

Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue	
1	Reformer, Perfectionist	Gene McGovern owner of Lehrer McGovern Inc the Construction Management Company which pioneered change in the UK Construction Sector. Believed in his sell					Hypocrisy, hypercriticism	Anger	Serenity
2	Helper, Giver	Jack Welch CEO of GE "Manager of the Century" gave us an unexpected humble lecture at NYU giving us his most important advice to always stay 1 drink behind colleagues					Deny own needs, manipulation	Pride	Humility
3	Achiever, Performer	Brian Staples CEO whose Ego always included sleeping with his secretaries & topping the Expense Account table					Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity
4	Individualist, Romantic	Sheikh Khalid Al Qassim cousin of the Ruler of Sharjah sought no individualistic identity but managed a large portfolio of Middle East businesses without much fuss					To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)
5	Investigator, Observer	Andrew Wyllie CEO of Costain introduced new concepts but mastered none, but maintained transparency in all he did, but probably got overpaid for what he achieved.					Replacing direct experience with concepts	Avarice	Non-Attachment
6	Loyalist, Loyal Skeptic	Paul Sheffield was the unassuming CEO of Kier and earned his spurs but doubt his spreadsheet inabilities led to a short reign. He depicted both courage and fear.					Indecision, doubt, seeking reassurance	Fear	Courage
7	Enthusiast, Epicure	Adrian White Chair of Bewater planned to lead a major International Entrepreneurial firm. Never became a major force but was resourceful in punching ahead of its weight.					Thinking fulfillment is somewhere else	Gluttony	Sobriety
8	Challenger, Protector	Charles Hardeman CEO of IPCO and ex-CIA and Vietnam Marine lived in the fast lane and believed being No2 sucked, but ran away when he found his son was not his.					Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence
9	Peacemaker, Mediator	Lord Taylor quietly built up one of the best Construction companies in UK, always believed in teamwork & avoided conflict & self-gratification. Principled Man and Humble.					Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action

Analysis of Bosses and Leaders may not be so simple. What is sure is that the 'Personality' of a Leader is fundamental to his or her long-term success. There are different Types of Leaders in each of the Nine Enneagram Personality Types. Their effectiveness will depend on the circumstances in which they are required to 'Lead'.

True Leaders

- the leaders/challengers (self-confident, powerful bosses & mentors)
- the motivators/achievers (confident, success-oriented enthusiasts)
- the reformers (principled and orderly idealistic perfectionists)

Unsung Heroes

- *the helpers (caring, supportive, nurturing manipulators)*
- *the thinkers/investigators (perceptive, deep analytical thinkers & influencers)*
- *the artists/individualists (creative, intuitive but reserved innovators)*

The Mediocrities

- *the generalists/enthusiasts (comfortable, accomplished middle manager)*
- *the peacemaker (reassuring, easy going passivist)*
- *the loyalist (committed, dutiful, security oriented nice guy)*

My own preference is not to look up to a 'A Leader who leans towards Mediocrity' (Generalists, Peacemakers and Loyalists) because Mediocrity never leads to Greatness. If a Leader isn't Great, he or she is unlikely to bring out the 'Greatness' in ourselves. Having said that John F Kennedy, Benjamin Franklin and Thomas Jefferson were 'Generalists'. Abraham Lincoln (The 'Quiet Leader'), Dwight Eisenhower (The 'Situation Leader') and Ronald Reagan were 'Peacemakers'; and Richard Nixon and George W Bush were 'Loyalist Leaders'

'Unsung Heroes' (Helpers, Thinkers and Artists) often initiate the Change we all need and aspire to, but never take the kudos (although there is nothing wrong with that, other than they are less likely to be appointed as Leaders). Desmond Tutu and Pope John Paul were 'Helpers' who achieved senior office; Buddha, Einstein, Hawkins and Agatha Christie were great 'Thinkers' who led in their fields; and Artists like Chopin and Bob Dylan were great 'Individualists' who created great works.

The bottom line is that the best 'True Leaders' are 'The Challengers', 'The Motivators/Achievers' and 'The Reformers.' The latter two because they are enthusiastic, principled and encourage success. Examples of Motivators/Achievers are: Bill Clinton (The 'Charismatic Leader'), Tony Blair and Oprah Winfrey. Typical Reformers were Gandhi, Nelson Mandela, Al Gore and Margaret Thatcher. The former are invariably most successful but can tend to be too Self-Confident, Over-Powerful and are least likely to be followed, nor liked as Leaders in the long run. Exceptions include: Winston Churchill, Franklin Roosevelt, Martin Luther King and Fidel Castro.

Refer to Section 9 ('Inspiration from Leaders who made History'). I think

leadership will change over time, where 'Combativeness' wanes and 'Inclusiveness' increases.

MEIR KAY



"WHAT MAKES A GREAT LEADER" (MEIR KAY)

https://www.youtube.com/watch?v=4Z3EJrh7_5k

"What Makes A Great Leader? The Professor teaches another valuable lesson in uncovering your full potential. Within us we have all the qualities to step up and make a difference in our lives and in the lives of others. Instead of searching for a leader to follow, step up and lead!"

Home Truths

Whether we are all budding leaders or not, the healthiest characteristics of our personalities will become accessible to us as we work on our self-discovery and proactive personality management. The more aware we are and the more we avail ourselves of presence, the more Essence supports the healthy manifestations of our personalities. Supporting the healthy manifestations of our personalities is surely worthwhile. The Enneagram¹ can guide us to spiritual dimensions by helping us move beyond personality to discover our true essential nature. Then we may be able to go beyond Ego to reach out to something more, to experience the parts of ourselves that have nothing to do with the agendas of our personalities.

Personality, essence and spirituality are interwound in the psychology of the Enneagram¹ and can shock the reader into a new level of awareness. Self-knowledge of one's personality, warts and all, is however only the start in self-transformation towards that which lies beyond the ego on a spiritual journey. We must be willing to go beyond the ego to reach out to something more, to some value outside ourselves.

With the benefits of the Results of the Enneagram Personality Test further in-depth analysis will be undertaken in Sections 15-17 to help you 'Identify your particular Inner Calling and Destiny'. The process of self-feedback with the benefits of the Results of the Enneagram Personality allows one to conclude some 'Home Truths' from reviewing the stated Healthy, Average and Unhealthy Traits and, more importantly, being absolutely honest in producing a list of 'Self-Confessed' Home Truths. These will form part of the Input to the Analysis in Section 16 to derive your Inner-Calling.

Please, at this point, review the Healthy, Average and Unhealthy Traits listed in your Enneagram Test Results, and consider how they impinge on 'What you already Know about Yourself' and produce a listing of your Self-Confessed 'Home Truths'. By way of example, my own list of 'Home Truths', ["Home Truths", Spain 2019] based on my Type Two Personality Test Results, and what I know about myself were:



"HOME TRUTHS"
(SPAIN- 2019)

- *Stop chasing the Past, Stop Worrying, move Forward and Do Something now. Don't think you are Out of Time. You are Not. You are not a 'Tree'- Make your Dreams happen. Take Action.*
- *Stop being a Victim. Don't Blame Others for your past Knocks and Bad Breaks, they are History.*
- *Don't seek new Leaders to Follow, look at it as your Psychological Emancipation- Lead Yourself. Do it Your Way. You alone are responsible for delivering your Goals.*
- *Don't let others Control your Life, not even 9 to 5. Be Independent.*
- *Don't look for a Job, it's a last Resort. Do something that might create Jobs for Others. There is still time. Put your Dreams into Action. Take Responsibility for Making it Happen.*
- *Focus on doing something that will Build Income and Generate Wealth for your family, rather than just Focusing on Cost Cutting, that's short-*

sighted.

- *Be Positive but Practical. You won't get it all right, you'll make more mistakes along the way. If you fail to Prepare, be prepared to Fail, more than once.*
- *Never sell your ability short- to yourself. Place a High Value on Yourself, after all the Real People who know you best Do.*
- *Accept that you won't achieve your Goals without protracted periods of temperance/ abstinence from alcoholic drink.*
- *Develop your Golden Touch by all means, it always helps if it's genuine.*
- *Always Do unto Others as you would have Done unto Yourself. Don't shit on anyone on your route to success.*
- *Make it your Destiny to Help Others.*

Make sure you complete your Bucket List of Home Truths before you proceed to Section 15, and bear in mind when doing so, the Core Self-Care Tip for your Enneagram Personality Type. It puts the finger on your Key Problem and its Solution. ["Self-Care Tips/Quips"].

Self-Care Tips/ Quips for Your Enneagram Personality Type

- 1** Invite friends over to try a new recipe, go to a group fitness class, or journal.
- 2** Make time to fill your own tank (i.e. rest, workout, cook, or do yoga).
- 3** Try eating your meals without distractions.
- 4** Start writing a gratitude list every night.
- 5** Do some slow, dynamic exercise like vinyasa yoga.
- 6** Go for a walk or immerse yourself in your favorite hobby.
- 7** Listen to music that provokes emotion or embrace silence for 30 minutes a day
- 8** Get a massage, try myofascial release, or attend a restorative yoga class.
- 9** Start a new creative hobby or go on a small adventure.

Source: nomadswithapurpose.com

Lessons Learned



SECTION 14- LESSONS LEARNED "Understanding Your Personality & Nature"

- 1 *KEY MESSAGE: At the end of the day it's our personality which defines who we are as a person. Apart from our abilities and training, it is what helps us or hinders us in just about everything we do in our work and social relationships or helps us to accomplish the things we aspire to do and become. The characteristics of your own Personality Types will be given in the on-line Enneagram Personality Test which all readers should complete, ["Characteristics of the Nine Enneagram1 Personality Types"].*
- 2 *In depth analysis and a process of self-feedback allows one to conclude some 'Truths' about oneself that lead to focus on the individual's 'Saving Grace' and build upon this to discover an 'Inner-Calling'. In essence the saving grace becomes the gate to the identification of the inner-calling itself and the selection of that hitherto subconscious inner-calling will likely become your destiny.*
- 3 *Understanding our Personality Types and 'Personality Management' is crucial to preparing for the next stages of the journey to self-discovery- 'Learning the Essence of Spiritual Awareness' and 'Going Beyond the Ego'. Before you move onto these next stages you need to complete the on-line Enneagram Personality Test, correctly identify your Personality Type, and start to analyse it.*
- 4 *The Enneagram can guide us to spiritual dimensions by helping us move beyond personality to discover our true essential nature. Then we may be able to go beyond Ego to reach out to something more, to experience the parts of ourselves that have nothing to do with the agendas of our personalities.*
6. *Personality, essence and spirituality are interwound in the psychology of the Enneagram and can shock the reader into a new level of*

awareness. Self-knowledge of one's personality, warts and all, is however only the start in self-transformation towards that which lies beyond the ego on a spiritual journey. We must be willing to go beyond the ego to reach out to something more, to some value outside ourselves.

MISSION STATEMENT: I will- Become 'The Master of My Own Destiny':
Decide What I Want in Life, And Go After It. ...Focus on What I Can
Control, Not What I Can't. ...Quit Playing Victim. ...Put myself First,
but Don't Neglect Others. ...Face my Fears. ...Embrace
Failure. ...Learn to Trust myself. ...Take Action.

15.

Going Beyond the Ego

THOSE WHO SPEAK OF SPIRITUALITY OUTSIDE OF RELIGION obviously define themselves as spiritual but not religious. According to one recent poll, about 24% of the United States population identifies itself as spiritual but not religious.

Secular spirituality emphasizes humanistic ideas on moral character (qualities such as love, compassion, patience, tolerance, forgiveness, contentment, responsibility, harmony, and a concern for others). Contemporary spirituality theorists assert that spirituality develops inner peace and forms a foundation for happiness. For example, meditation and similar practices are suggested to help the practitioner cultivate her/his inner life and character

In reality Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. A form of self-transcendence, the overcoming of the limits of the individual self and its desires in spiritual contemplation and realization. The logic of self-transcendence is based on humility, and respect for the mystery we did not create. If nothing else, we should embrace self-transcendence enough to put our finger on our 'Personal Higher Purpose'. It will be an important ingredient for you finding the right Path Forward later in the Book.

Identify Your Higher Purpose

Self-Transcendence and spirituality are connected—one of the inherent qualities of self-transcendence is the expansion of one's consciousness beyond the self, to something higher. If you are not able to put your own needs and interests aside and see the big picture and how you fit into it, you are unlikely to experience Self-Transcendence. You will know it only when you experience it:

- *"A shift in focus from the self to others" – this shift from selfishness and egoism to consideration of the needs of others is a marker of self-transcendence and is the most salient and important feature.*

- *"A shift in values" – those who have achieved self-transcendence no longer find themselves driven by extrinsic motivation, or external rewards and demands, but by intrinsic motivation. The reward for an activity is the activity itself. The purpose of life is the journey not the destination.*
- *"An increase in moral concern" – self-transcendence brings with it a more intensive focus on doing what is right. Forget how you behaved in the past. You can't change the past.*
- *"Emotions of elevation" – these experiences of higher-order emotions can be triggered by all three of the characteristics described above; the emotions include awe, ecstasy, amazement, feeling uplifted, feeling elevated.*

There are a few things you can do to propel your development and trigger your awareness and experience of Self-Transcendence:

- *"Discover what puts you into that quiet and peaceful state"- just between being asleep and awake and harness it to become inspirational. Being our dreams.*
- *"Practice meditation"- and if you don't know how to, just practice mindful listening, mindful walking, mindful eating, being quietly more spiritual than you usually are.*
- *"Make time to get creative"- and allow it to lead to inspiration, seek new experiences, and value them.*
- *"Get closer to nature"- and allow yourself to be at one with nature, finding inspiration, healing, and perhaps a sense of wholeness through nature.*
- *"Engage in critical self-awareness"—make time to reflect and dive into your deepest, darkest parts. It's vital to acknowledge and address that which is worst in us as well as that which is best in us.*
- *"Practice excellence"- in whatever you do, wherever you go, whoever you're with in your day-to-day life.*

Of course, you have to decide what is that "something higher". Please don't be cynical about the concept. If you don't consider there to be something 'deeper' than yourself- then you are a rather shallow person- and sorry for the pun. It may be divine or spiritual in nature. Many achieve self-transcendence through their faith in God, while others may achieve it through recognition of some system of spirituality or idea of the soul. It

requires either faith or spirituality to find the meaning for you of the higher existence. It might just be your Mom. ["R J Hart Ltd", UK 1980]

The logic of Self-Transcendence is based on humility, and respect for the mystery we did not create. (Section 19- Great Principles Shared). Self-Transcendence is a positive personality trait that involves the expansion of personal boundaries, including, potentially, experiencing spiritual ideas such as considering oneself an integral part of the universe. My own Personality Type Two, the 'Helper' (Section 14) finds it easy to adopt 'Selfless' tendencies rather than 'Selfish' ones. And my Higher Purpose (almost by definition of my Personality Type) is- The Need to Help Others- particularly children (Section 28). For me it's a sustainable 'Universal Higher Purpose'. Your Universal Higher Purpose - whether you are: "The Reformer"; "The Helper"; "The Achiever"; "The Individualist"; "The Investigator"; "The Loyalist"; "The Enthusiast"; "The Challenger"; or "The Peacemaker" - will likely be different from mine. It will form an integral part of the Analysis; you will undertake later to derive your Inner-Calling and Destiny.

*"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:*

Our personalities are the major driver in defining who we really are, that is why the Enneagram Test results are so important in developing our self-understanding. "Helpers" learn to find the inner secret of happiness comes when attention is focused on something or someone besides themselves. While natural for Type Two Personalities, it may prove harder for you to embrace if you are another Personality Type. In light of the knowledge of your Personality traits, it's important to embrace Self-Transcendence and decide what you relate to that is greater than yourself. It will help with the identification of your "Inner-Calling".

It is important not to confuse finding an Inner Calling with "becoming rich and famous" (see Section 25 "Become a Billionaire"). Most of us crave for the latter. Becoming rich and famous might be a goal or a by-product of pursuing a life purpose but they cannot be defined as the real purpose in life themselves (see Section 25). There are many concepts or outcomes that do not correctly define true *purpose*. If you want to discover your true purpose in life, you must first empty your mind of all the false purposes you've been taught (including the idea that you may have no purpose at

It's all about 'Looking for a meaningful Purpose in Life', or as Abraham Twerski quotes "The Looking is the Finding."

<https://www.youtube.com/watch?v=NEfQ9qIkb5k>

*"Look for a Purpose in Life,
Somethings have function,
In order to get a good sense of self-worth
and pass it onto our children,
Look for Purpose,
Looking is the Finding." – Abraham Twerski*

Create Your Own Spiritual Horoscope

At this stage in the process, it might be enlightening to look at some hypothetical 'Spiritual Horoscopes' to see if any of these reflect the notes you might be making to yourself at this juncture. If not, I encourage you to create your own Horoscope as a precursor to completing the Personality and Destiny Matrices in Section 16. ["Spiritual Horoscopes"]. The Purpose is to kick-start the Process of Going Beyond Your Ego- firstly by having accepted that there are things greater than yourself, some of which you have no control over, and secondly to reflect on how you can improve what you already know might be wrong, over which you do have control.

The Following are given only as Examples of the depth of Personal Advice you should be guiding yourself to take.



"SPIRITUAL HOROSCOPES" (PICK & MIX)

- *Focus on the principled side of your personality without being too obsessed with routine and perfection. A person doesn't have to be perfect to be good. Maybe you should focus on being good to others*

first, not just to your wife, but your wider family, friends and colleagues. Retire, relax, get more spiritual rather than analytical. Don't bully and instead put effort into giving love to others, especially the dull or undisciplined and those you judged harshly. Give yourself the true satisfaction of becoming human, and charitable, not inhumanly perfect.

- *Focus on the caring side of your personality, put prejudices behind you, love your God and all created by her, while putting family first always instead of others. Abandon your career. Write a book about your life experiences, take better care of yourself and believe in yourself enough to promote globally any idea, however ambitious or off-the-wall, and make it happen. Never give up again. Enjoy life without getting drunk. Make wealth in a completely different way to how you attempted all your life.*
- *Focus on your self-assuredness without getting so defensive and hostile. Work on your spiritual capacities to develop into a better person. Accept that your external beauty was never going to last and concentrate on inner beauty. Make up for lost time with those you may have neglected. Settle down with a new partner, or head off for new pastures, the world is your home, not your town and your obsession with status and reputation. They are your prison. Get all your paperwork in order, maybe sell your property and invest carefully; think 'future'.*
- *Focus on your creativity and be intuitive, stop taking more interest in, or being subservient to others. Become a friend to yourself and fight off the depression from no longer having dependents around you to occupy all your efforts. Live the dream and move somewhere new and serene. Indulge in your creative skills and create art or poetry or whatever gives you spiritual awareness. Live simply but don't end up alone. Make more friends and find lovers, let your hair down, and live off the land. Fight for any monies duly owed to you.*
- *Focus on your perceptive and analytical skills and curb that eccentricity. Stop being quite so individualistic in your work and become more of a team player and conformist in order to get things done. Become more trusting, relaxed, and happier by using your heart rather than just your head. Take on a role which demands more responsibility and development of people management skills rather than chasing hares. A man who chases two rabbits catches neither. Maybe establish your own company.*
- *Focus on your likeable dutiful features but keep them in check. Stop your masochistic tendencies and blaming the world for your problems when things don't work out. Work creatively with your tensions without*

turning to excessive amounts of alcohol. Don't worship authority, go it alone. Speak up to those in authority. Clean up your act and set achievable goals for your business and private life. Make new starts in both departments.

- *Focus on what you are already accomplished at and reach your highest psychological and spiritual capacities for joy and happiness by feeling intense gratitude for all that you have. Why strive for more. Spend more time with your wife and family. Maybe renew vows or go on that world cruise. Otherwise find new love. Turn some of your paper wealth into cash and focus on spending well rather than just making money. Make sure the kids have all they need, then let go and change your mindset. Go from a manic impulsive lifestyle to one of new focus on consolidating what you have.*
- *Focus on using your self-confidence and leadership skills to better effect. Seek a higher purpose than your self-interest. Think of the harm you can do to others, then think of the good. By which do you wish to be remembered. Put your business and property in your children's names or sell them. Get involved in charity work. Get a humble role in something where you don't have to be the boss. Do something totally out of character, especially if it involves giving anonymously. Find new spiritual meaning in life. Climb a mountain instead of building empires.*
- *Focus on reassuring others positively. Be understanding and attentive to their needs. Listen to them instead of being neglectful. Adopt other people's problems by helping them solve them once you've really understood what they need. Be at peace with everyone without being submissive. Finally decide what you stand for and how you are going to go about expressing and living your dream. Pull the team together and get real satisfaction by making a worthwhile project a success.*

Having set our Sacred Cows, having identified our Personality Type, having recognised our past faults and started to put in an Action Plan for our Personal Change Programme, it's normal for you to be frustrated to understand how your true Inner Calling may precipitate from all this. Well, the next stage is to 'Go Beyond the Ego'- to Synergise the Effort on Value outside ourselves. We must be willing and able to go Beyond the Ego to reach out to something more, to some value outside ourselves. Learning how to transcend the Ego is nothing less than learning how to love. In the moment of transcendence, you will have attained 'essence'- your deepest, truest self.

We've started this Process with Identifying our Higher Purpose, something bigger than ourselves. We've played mental games with 'Spiritual

There is no simple or straight-forward answer to the question "What is Spiritual Awareness?" It is subjective depending on your beliefs and means different things for different people. Some people believe that Spiritual Awareness is being closer to nature. Others believe it is a profound inner change in their thoughts and way of being. Others believe it is a greater understanding about life.

A Spiritual Awareness often means that people start thinking of themselves less than as an individual, but more as being part of a wider system. They recognize that all things spring from the same source and share a connection. Spiritual awareness can also be described as an increase of conscious awareness.

I don't want to concentrate overly on this subject, not least because it is often considered too subjective a subject to Analyze - and the process of finding an Inner Calling requires Analysis of who we are and what we seek. Those of you who are 'more aware' have a greater understanding, compassion and respect for the world and all things in it. You are more likely to be able to rise above feelings of greed, hatred, jealousy, resentfulness and despair. Such people are calmer, more at peace, and more likely to have a clearer understanding about their higher life purpose.

To become more self-aware, we have already discussed: Recognising past faults; logging some of our Lessons in Life (which I call my Anecdotes); and mapping a Positive Personality Set to help us 'Go Beyond the Ego'. Sections 14 to 16 have been all about Self-Discovery, and Personality Analysis. Next will be the process of Developing valuable personal ideas and plans and synergising the effort on value outside yourself. This will culminate with 'Putting Trust in the Wisdom of your Soul' which forms the subject of Section 17.

Spiritual Awakening, in whatever form you find yourself able or willing to embrace it, will likely make you a new and better person. You will sense feelings of others in a much-improved manner. You will continue to follow your own life routine, but there'll be a spark in your eyes and freshness in your mind. Your life won't seem boring anymore, and you will have a path to follow that is full of excitement. For this reason, I would like you to persevere with me in discussion about how you may seek your Spiritual Awakening.

Seeking your Spiritual Awakening

Yes, you guessed it, with 'Self-Transcendence' and seeking a 'Higher Purpose' was bound to come reference to 'Spiritual Awakening', or a term I dislike even more- 'Enlightenment'. A step too far? I was married to a Buddhist who constantly talked to me about enlightenment and experiences beyond the normal or physical level, as I stared at her in disbelief.

My counter-intelligence threat was to Google, research and analyse the subject to prove the concept ill-founded. The word Transcendence itself comes from the Latin prefix 'trans'-meaning "beyond," and the word 'scandare', meaning "to climb." When you achieve transcendence, I read, 'you have gone beyond ordinary limitations'. The word is often used to describe a spiritual or religious state, or a condition of moving beyond physical needs and realities. The Personal 'Higher Purpose', which I do agree comes out of the process of Self-Transcendence precipitated for me in my own self-analysis as- 'Helping Others'. Something I'd always done both consciously and subconsciously without considering it my Higher Purpose.

The ways to transcend into one's Higher Self, whatever terminology is used, involved, for me- learning To Listen to my Intuition; to Work on Becoming More Loving; and Changing Focus. This might give you a more general sense for what in lay terms is obvious if you are going to step to a new level yourself.

However, some people get carried away with Self-Transcendence as though it needs to be a spiritual substitute for getting out-of-body, like a substitute for drugs. Transcendental Meditation (TM), for example, refers to a specific form of silent mantra meditation and is a non-religious method for relaxation, stress reduction, and self-development. Meditation is often useful for those seeking to become more spiritually aware.

In 1968, the Beatles travelled to Rishikesh in northern India to take part in a Transcendental Meditation (TM) training course at the ashram of Maharishi Mahesh Yogi. The visit followed the group's denunciation of drugs in favour of TM and received widespread media attention. The band's interest in the Maharishi's teachings was led by George Harrison's commitment, and it changed Western attitudes about Indian spirituality and encouraged the study of Transcendental Meditation.

The Group the 'Beats' had promoted Buddhism since the 1950s, but it was the Beatles' study of Transcendental Meditation, that truly kick-started the

human potential movement of the 1970s (rebranded New Age in the 1980s).

But it was over-rated. The retreat and the discipline required for meditation were met with varying degrees of commitment from the individual Beatles. Starr left after ten days; McCartney left less than a month later to attend to business concerns. Harrison and Lennon departed abruptly a month later following rumours of the Maharishi's inappropriate behaviour towards Farrow and another of his female students. Financial disagreements, and suspicions that their teacher was taking advantage of the band's fame were cited by biographers and witnesses as reasons for the Band's rejection of the spiritual exercise. What was true was the fact that the visit was the most productive period for the Beatles' song-writing.



**"STRAWBERRY FIELDS FOREVER"
(BEATLES)**

https://www.youtube.com/watch?v=HtUH9z_Oey8

*"Living is easy with eyes closed, misunderstanding all you see
It's getting hard to be someone but it all works out, it doesn't matter
much to me
Let me take you down, 'cos I'm going to Strawberry Fields
Nothing is real, and nothing to get hungabout
Strawberry Fields forever".*

This song might signify the Beatles as front-line leaders of the progressive movement in the sixties and the reference to strawberry fields seems obvious, especially with Lennon as the lead songwriter. Either an acid flashback or some picture of heaven, you don't need to be stoned to appreciate the imagery. The song also references the popular belief that the universe is a hologram, or entirely illusory. Life is an experiment, an exploration and reality malleable.

Ayahuasca

'Here Comes the Sun', 'Across the Universe' - even the names of Beatles songs sound like the roadmap to 'Enlightenment'. 'Life a little Helter-Skelter'? These transcendent renditions of Fab Four classics will help you 'Let it Be'. The Beatles were talented, sometimes under the influence of drugs, and certainly 'Transcendental'. 'All You Need is Love', was the group's

Signature Tune and maybe the 'Higher Purpose' that they represented. Maybe their denunciation of drugs in favour of TM, should have substituted for experimentation with Ayahuasca.

I personally have never been a drug taker, other than my life-long fight with alcohol. But because of my Peruvian links, I am aware of, and have been tempted to try 'Ayahuasca', not least because of personal accounts of the 'Spiritual Awakening' it provided close friends of mine.

Ayahuasca is a traditional Amazonian decoction with psychoactive properties, is made from bark of the Banisteriopsis caapi vine (containing beta-carboline alkaloids) and leaves of the Psychotria viridis bush (supplying the hallucinogen N,N-dimethyltryptamine, DMT). Originally used by indigenous 'Shamans' for the purposes of spirit communication, magical experiences, healing, and religious rituals across several South American countries, Ayahuasca has been incorporated into folk medicine and spiritual healing, and several Brazilian churches use it routinely to foster a spiritual experience. More recently, it is being used in Europe and North America, for religious or healing reasons. It has some famous supporters.

The British author and historian Graham Hancock described the transformative impact that Ayahuasca had on him and related how taking the DMT-containing psychedelic unleashes creativity and puts its users in contact with seemingly intelligent entities which communicate telepathically, and most frequently, the spirit of Mother Ayahuasca, a kind of mother goddess of the planet and a healer. His thought-provoking 2013 TEDx talk on 'Consciousness' was famously removed from the TEDx YouTube channel because of his support for Ayahuasca. Who am I to be judgemental, after all I have abused alcohol at personal expense all my life.

***"THE REAL REASON WHY DMT IS BANNED"
- THE SPIRIT MOLECULE
(GRAHAM HANCOCK)***

<https://www.youtube.com/watch?v=47EIVv3RG2M>

*"Society is afraid
Of realising human potential.
Who needs to be lead?
We do not need leaders!"*

As One Blogger summed it up:

"I drank Ayahuasca in the Amazon rainforest 3 times and I was never the same. I quit my job after, left England and now living in Australia

fulfilling my journey and painting a colourful canvas in which my children may one day view and take pride in as I woke myself up and followed my bliss. Much love.” – Cameron Luke

In conclusion- I do not purport to know much about Ayahuasca, nor have I taken it, neither am I proposing everyone rushes to Peru to experience Ayahuasca, but I recognise that 'Spiritual Awakening' can be found in different ways. Many years of 'Shamanic' wisdom have indicated potential therapeutic uses for Ayahuasca, and several present-day studies suggest that it may be useful for treating various psychiatric disorders and addictions. The side effect profile appears to be relatively mild. Several prominent researchers believe that government regulations with regard to Ayahuasca should be relaxed so that it could be provided more readily to recognized, credible re-searchers to conduct comprehensive clinical trials. My Partner in Spain took it, and apart from the discomfort of sickness, said the experience amounted to 'literally being born again'. Well, even if you don't crave leaving the womb again, it might help you stop smoking. She claims to have lost her phobia for heights. Of course, I suggested she tries jumping from the tenth floor to see whether she can fly as well. Cynicism is not one of my virtues. ["I Believe I Can Fly", R. Kelly].



**"I BELIEVE I CAN FLY"
(R. KELLY)**

*"Hey, cause I believe in me, oh
If I can see it, then I can do it (I can do it)
If I just believe it, there's nothing to it
Hey, if I just spread my wings
I can fly
I can fly
I can fly, hey
If I just spread my wings
I can fly-eye-eye-eye"*

What I do propose is that in your task of 'Going Beyond the Ego' that you focus on the 'Feelings' that promote it, however they are induced. After completing this Book I do intend to take a trip to Peru, and 'take a trip' on Ayahuasca. Drugs that are not 'addictive' are probably the only ones my Personality will allow me to not abuse.



**"EL CONDOR PASA"
(SIMON & GARFUNKEL)**

<https://www.youtube.com/watch?v=QqJvqMeaDtU>

*"Away, I'd rather sail away,
Like a swan that's here and gone...
A man gets tied up to the ground,
He gives the world it's saddest sound,
It's saddest sound..."*

Here are my Examples of the typical 'Feelings' associated with 'Spiritual Awakening(s)', because there doesn't have to be just one, and a few Anecdotes in their support, some before, and some following my own move to Spain, and final Enlightenment.

1) The Feeling that something has changed inside of you:

You can't explain it but you feel different. You even have the sensation to have become a new person, which has nothing to do with the one you were before. This feeling fills you with deep happiness, as you get closer and closer to who you want to be. The world has now a new colour and a new taste, simply because you now look at it with new eyes. ["Something Changed", UK 1987]; ["Isn't she lovely", Stevie Wonder].



**"SOMETHING CHANGED"
(LONDON UK, 1987)**

"A hospital appointment just as a check-up, Baby not due for 6 weeks or so. Went into labour in the waiting room for the consultation. Decided on an epidural to numb the pain. A class of student doctors surround the bed, there's no shyness nor shame in expelling wind as she's told to 'push'. Then a miracle happens. The birth of a child, more

perfect than humanity itself. You kiss and hug the ugliest Mid-Wife in the West. You look at the baby breathing and crying. You count the fingers. You bless God, you bless your wife, you bless the Mid-Wife- and then you pinch yourself.

You experience an overwhelming feeling that something has changed inside of you. You yourself have been incredibly blessed. You can't explain it but you know you will never feel the same again. You have the sensation to have become a new person, new life, new responsibility that overrides everything that went beforehand. This feeling fills you with deep happiness, as you get closer and closer to who you ever aspired to be- the father of the most wonderful marvellous beautiful little girl in the world. The world has now a new meaning, new colour and a new taste, simply because you now look at it with new eyes.

You get to take the baby home with mom; you learn to feed, change and worry about the baby like there's nothing else in the world. You fight with your wife over what the baby's name will be. 'Over my dead body we will call her Jamie', you assert.

Jamie grows up to be everything you could imagine. Bright, happy, joyful, accomplished, ambitious, adventurous, loving, balanced, caring and precious. You hit bumps on the road. You fight for custody, you sacrifice, you improvise, you enjoy every moment. You protect, you pray for every ounce of the World's and God's love to fall upon her. You find a new partner who cares for her like her own. You ask her what you can do for her in return. 'Bring my baby over too'. That act of kindness gives birth to yet another new father-daughter relationship to come. And I swore that I would always 'Look Out' for her and love her like my own too; as she is."

Now if that's not a 'Spiritual Awakening' then I don't know one that is.



**"ISN'T SHE LOVELY"
(STEVIE WONDER)**

<https://www.youtube.com/watch?v=x9qXqiHSskk>

*"Boy, I'm so happy
We have been heaven blessed
I can't believe what God has done
Through us he's given life to one
But isn't she lovely made from love".*

2) **Feeling of Awareness of the effects of your old negative habits:**

You become aware of everything that was not right in your "old life", in your old you. You realize all the things you used to do and don't want to do anymore, and all the thinking patterns you don't wish to keep. You are ready for a big change, and you never want to go back, being so happy about what you have discovered. You feel a Feeling of new Hope. A Feeling of awareness of wrong doings is not to be confused with Regrets, although they may co-exist in certain situations. ["Dust in the Wind", UK 2014]. I wrote this on Valentine's Day a few weeks before leaving my wife in the UK, to seek solace in Spain alone with *just* a 25-year-old Jaguar and my beloved 20-year-old stepdaughter. I was escaping my Demise, at least that is what I called it, to find comfort, or rather consolation, in a time of great distress and sadness. Sometimes you will not have been aware of the effects of your old habits, they're just blowing in the wind. ["Blowin in the Wind", Bob Dylan].



"DUST IN THE WIND" (UK 2014)

*"Your Mamma gave you life,
The Baby, the Lady I made my Wife.
I loved her so Strong so Much and so True,
Oh How it hurt that Day I finally lost You.*

*You left me without Love, so Lonely and Long,
Never to have loved would have been no worse a Wrong.*

*With unworthy and lesser men, the Saddest thought I have to say,
I wanted to be your loving husband all along the Long Way.*



**"RUNNING FREE"
(SPAIN, 2014)**

"Never found Compromise. The Career paid the Bills, provided the Future, the Status and the Executive home. The Wife was for Life, she'd put up and wait. I tried to give all they wanted or was it all I wanted. Act One turns into Act Two, the Destination because the dream, not the Journey. I got a Company car and posh friends. Maybe we can make something of all this. What's the problem? The wives went off and left him. The girls became everything; the career became nothing- too much politics and people in the same boat, a speed boat with limited fuel. How many Business Colleagues does one socialise with after work- a few? Then there was old retired 'Jack' in the local pub. Seen the world as a Pipe Welder, but happy with his wife, home and allotment and eager to share his prize fresh vegetables. Then 'Terry' the ex-Trumpeter off the QE II, who joined the Coldstream Guards as a kid only to find he didn't want to train to kill people, just play the Bugle. He lent me £10,000 without being asked when the chips were down for me. Then there was 'Trevor' the dodgy, loveable, genuine one of all. If your daughter was skating on thin ice and she fell in, he'd have dived in after her before anyone else could even raise the alarm. What do all these people have in common? Well to some they will be termed as 'Common'. No PhD's; no Executive Business Suites- just degrees from the University of Life.

In Spain came more Freedom from the Spell of Conformity. After brushing with the so-called worst, prostitutes and their hangers-on's, I settled in my Community, where there was some gossip, but mostly 'Love'. Juan's wife had taken his kids because he couldn't provide for them, but he was there if you ever needed a favour; Maria was the Hero of the Block- cleaning lady extraordinaire, provider for her whole family, a friendly hard working kind soul. Lynn was 60 plus but worked from home 'on the internet' to pay her bills and stay in her beloved Spain. Papi would play the guitar in the bar; Maricarmen would put on the Halloween Party for the local children; 'Fred Flintstone and his wife Wilma' would provide eccentric but intellectual banter; shall I go on.

year, 2004, that we couldn't afford it. 'There will be another year'. That Christmas Patong Beach was decimated by the Tsunami caused by the Indian Ocean earthquake, and we averted sure death.

4) A Feeling of Deep sadness / compassion about the suffering in the world and a Feeling of the need to make this world a better place:

A Spiritual Awakening is not always the best feeling in the world. It can often be accompanied by strong feelings of despair and sadness when becoming more and more aware of all the suffering in the world, even depression for some people. We all experienced this during the Pandemic crisis, and the aftermath is still unclear. A new Moral Compass may ensue globally, eventually, but unlikely in my lifetime.

My efforts to establish an Orphan Charity for Nigeria were thwarted when my Nigerian partner was disallowed a VISA to visit Spain to launch the Charity. Had she been a Prostitute and paid a Pimp (sorry an Agent) eight thousand euros she would have been guaranteed a Visitor's VISA.

Taking care of one's own well-being is not enough for a Spiritual Person. Our lives have more meaning when we do 'Something for Others', it provides meaning. Most of us would want to help others and some of us thrive to have a positive impact on the world. This Book is my humble attempt. However strong the Feeling is for you, A deep Feeling about trying to help the world is not just a wasted dream. It goes hand in hand with a yearning for a deeper meaning and purpose to your life.

5) Feeling Hypersensitivity

In addition to your 5 physical senses (Sight, Hearing, Taste, Touch, and Smell) that become more and more developed, your spiritual senses also increase (intuition, emotions, imagination, conscience and inspiration) to a high speed. Your intuitions guide you more and more and you learn to listen to them. You understand more and more that your emotions are the "compass" your soul uses to guide you and indicate you the direction to take (negative emotion: wrong direction / wrong way of thinking; positive emotion: good direction / good way of thinking).

Talking about 'increasing senses to a high speed'- In 1975 I was attending a Rally Car Instruction Course. When expecting to receive 'Gems' about

Rallying techniques from some of the best drivers in the world running the course, we were perplexed somewhat about the advice. 'Rally driving is about being in tune with your deepest senses and feeling of well-being. If you are fortunate enough to have a wife or girlfriend, make love to her before the Rally starts, and you will drive relaxed, in tune with life, and inspired to drive far, far better.'

MEIR KAY
**"THE 7 WONDERS OF THE WORLD"
(MEIRS KAY)**

https://www.youtube.com/watch?v=qj1_cB7OZDs

*"To touch, to taste, to see, to hear,
To feel, to laugh, to love." – Meir Kay*

Other 'Feelings' that may go together with a 'Spiritual Awakening' include:

- Creativity and increased inspiration, need to realize your dreams- This Feeling will change as life changes. My dream as a child was to be an Airline Pilot, as a teenager I fantasised about being a Professional Golfer. Both exhibit desires for a level of independence from working for a direct boss or working in a structured team. As a Writer and Author I am challenging my Creativity and Inspiration through a different medium, but interestingly it also involves independence from Authority and Teams, but such non-conformity still allows me to realise my dreams.
- Willingness to know who you truly are and to finally be yourself- You don't want to be defined by society or others anymore. You are tired of wearing this mask you have been wearing for too long, in order to be what others expect from you. You finally want to know who you really are.
- Changing sleep patterns- This was a phenomenon of my Mood Changes as I came out of Depression into my own Spiritual Awakening. I suffered from terrible Anxiety and Sickness attacks (partially alcohol related) and days without sleeping properly. As I came to terms with my dilemmas, I seemed to need more sleep than before. Periods of lethargy and fatigue were followed by periods of motivation, energy and inspiration. This is a time of integration. It's partly to do with Personality traits, but more to do with 'Feelings' of awakening.

- Loss of interest in all forms of conflict-

At my age I'd prefer 'One More Friend than One More Enemy'. You'll feel your inner peace has become sacred. All types of conflicts make you feel terribly uncomfortable as you now feel every energy change in your body. You seek inner peace and deep serenity. You may even have, for this purpose, lost any interest in "being right" at all costs, in order to avoid conflict.

Being Right, especially when it involves conflict, doesn't always bode well. On a Project in South Wales in 1977 our Site Night Watchman was a 5'7" Black Belt in karate, and just looking for Action. He'd been employed because we'd had young thugs breaking into the Compound and stealing at night. He seemed frustrated night by night not to be given the chance to catch and kill the culprits. On Day 5 he had his chance. He caught glimpse of them across the construction site, his dog was more incensed than he. But as the Watchman raced across the yard with truncheon in hand he didn't see that a manhole cover was missing. He fell 15 feet to two broken legs. The thieves escaped. He sued the company for neglect for not covering manholes. The moral to the story? Lose interest in all forms of conflict.

- Loss of interest towards any type of judgment towards others or yourself-

Tolerance was one of my 'Sacred Cows' and I still find it difficult not to judge people whom I consider dull or stupid. However, as you get to feel more spiritually, you will lose interest in judging others, and also apply it on yourself. You will want to be gentler with yourself and others, and concentrate on bringing more peace, love, compassion into life.

- Increased willingness to love and give without expectations-

This was also highlighted as a weakness of my Enneagram Personality Type Two. Too often I might expect recognition for my good doings. Our hearts and souls may only feel totally fulfilled when we are of service to the world. But what do we look for- gratification, a statue in the City Centre? We may be the subject of today's front-page news, but as they say in the UK, today's newspaper is tomorrow's 'Fish & Chip' paper. Giving love for free is an Art and very Spiritual.

- Feeling of being connected to everything and everyone (humans, animals, nature, music, art, planet, universe)-

This connection gets stronger and stronger. You feel you are at one with all living beings and nature. You understand the impact of each and every one of your words, thoughts, and actions, on the rest of the world, and you feel

deeply responsible for it. You now want to use your impact in the most positive way, having understood that you are part of this "oneness".

If all of the 'Feelings' above give you a 'Sense of Bliss' you are likely to be 'Spiritually Awakened' in your own personal way, and 'Beyond the Ego'. Surround yourself with beauty, life and good friends. ["Evergreen", Barbara Streisand].

"To live in the light of a new day and an unimaginable and unpredictable future, you must become fully present to a deeper truth - not a truth from your head, but a truth from your heart; not a truth from your Ego, but a truth from the highest source."

- Debbie Ford



**"EVERGREEN"
(BARBARA STREISAND)**

<https://www.youtube.com/watch?v=udLeOOy6em4>

*"Two lives that shine as one
Morning glory and midnight sun
Time we've learned to sail above
Time won't change the meaning of one love
Ageless and ever evergreen."*

Lessons Learned



SECTION 15- LESSONS LEARNED "Going Beyond the Ego."

1. KEY MESSAGE: Engage in Meditation and Self-Transcendence. Self-Transcendence is, at its core, about transcending (or rising above) the self and relating to that which is greater than the self. In simple terms, it is the realization that you are one small part of a greater whole and acting accordingly.
2. *Self-Transcendence and spirituality are connected—one of the inherent qualities of self-transcendence is the expansion of one’s consciousness beyond the self, to something higher. If you are not able to put your own needs and interests aside and see the big picture and how you fit into it, you are unlikely to experience Self-Transcendence. You will know it when you experience it.*
3. *The logic of Self-Transcendence is based on humility, and respect for the mystery we did not create. (Section 19- Great Principles Shared). Self-Transcendence is a positive personality trait that involves the expansion of personal boundaries, including, potentially, experiencing spiritual ideas such as considering oneself an integral part of the universe.*
4. *"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:*
5. *There is no simple or straight-forward answer to the question "What is Spiritual Awareness?" It is subjective depending on your beliefs and means different things for different people. Some people believe that Spiritual Awareness is being closer to nature. Others believe it is a profound inner change in their thoughts and way of being. Others believe it is a greater understanding about life.*

6. A Spiritual Awareness often means that people start thinking of themselves less than as an individual, but more as being part of a wider system. They recognise that all things spring from the same source and share a connection. Spiritual awareness can also be described as an increase of conscious awareness.

MISSION STATEMENT: I will become more self-aware by: Recognising past faults; logging some of my Lessons in Life; and mapping a Positive Personality Set to help me 'Go Beyond the Ego'. I will use this process to Develop valuable personal ideas and plans.

Identify your Inner-Calling

By now you should have generated a good 'Blue-Print' of your own Personality, identified areas for change and improvement and where this needs emphasis- all based on the personality analysis, so far. You've selected your 'Sacred Cows' in Section 2; and in the search for spiritual awareness, you've derived your 'Higher Purpose' in Section 15. You have declared some 'Home Truths' to yourself, mindful of the areas of 'Recommendation for your Personality Type'. The further and final Analysis to identify your Inner-Calling is the subject of this Section, and also the subject matter of the whole of my second Book '*Real Purpose*'.

Despite some Home truths about our Personalities, we all have a 'Saving Grace' even the psychopaths among us. The concept of 'Saving Graces' were developed in Don Richard Riso's book- 'Personality Types- Understanding the Enneagram'. We all seek the positive in the final analysis of our personalities. Whatever the challenges, we all have a 'Saving Grace'. They are tabled here, and quite simply, you can log them according to your identified Personality Type; because they are specific to your Personality Type not to you or your own subjective assessment – unlike your selection of Sacred Cows, Higher Purpose and Home Truths.

Saving Grace of Enneagram Personality Types

- **Type One-** *Despite how judgmental and perfectionistic average Ones can be, they may still be reasonable enough to prevent themselves from deteriorating into intolerance or self-righteous obsessions. Their healthy capacity for reason and moderation can be the means by which they return to a healthier state.*
- **Type Two-** *Despite growing pride and self- importance, average Two's may still have enough genuine empathy for others to prevent them from deteriorating any further into outright manipulation or coercive behaviour. Their healthy capacity to identify with others can act as a catalyst to help them return to healthier attitudes and behaviour.*
- **Type Three-** *Despite increasing narcissism and arrogance, the desire of average Threes to be accepted by others may prevent them from deteriorating any further into exploiting people or acting with hostility toward them. Their healthy desire to be accepted by others may guide them back to balanced, healthier behaviour.*
- **Type Four-** *Despite their growing self-indulgence, their withdrawal*

from people, and the many bad habits they have gotten into, average Fours may still have enough self-awareness to know what they are doing to themselves. Their honesty with themselves may prevent them from deteriorating further.

- **Type Five-** Despite their over-elaborate explanations and detached preoccupations, average Fives may realise that they have begun to introduce distortions into their thinking rather than coming closer to correct conclusions. The understanding of their own thought processes may prevent them from deteriorating further and getting out of touch with reality. Their healthy capacity for observation may help them reassess their ideas; their perceptiveness may help them return to a more balanced, healthier state.
- **Type Six-** Despite increasing tensions and overcompensations, average Sixes may still want to build genuinely secure and cooperative relationships with others. Their healthy capacity for maintaining committed relationships may prevent them from deteriorating further or from doing something that would bring about rejection and potential abandonment.
- **Type Seven-** Despite their increasing excesses, average Sevens may still have enough genuine enthusiasm for things that their very love of the material world will prevent them from deteriorating further into mere escapism or manic hyperactivity. Their healthy capacity to enjoy the world may act as a brake on their desire for mere stimulation, helping them to return to healthier levels of functioning.
- **Type Eight-** Despite increasing confrontations and their ability to intimidate everyone, average Eights may realise that their own survival is increasingly threatened because of the very confrontations they are creating. Their desire to be self-reliant may act as a catalyst for returning to a healthier state by asserting themselves in a more balanced way, and only in matters of real necessity. Furthermore, their desire for self-reliance may cause them to be concerned that others become similarly self-reliant and may lead them to help others achieve that end constructively.
- **Type Nine-** Despite their growing unresponsiveness and fatalism, average Nines may still want to retain relationships with others so much that they learn to exert themselves and respond to people as they really are rather than deteriorate into serious negligence. Their healthy capacity to be receptive to people may allow them to truly put the needs of others first, even at the expense of sacrificing their own peace of mind in the short run.

The Saving Grace Summaries are taken from Don Richard Riso's book 'The Practical Guide to Personality Types – Understanding the Enneagram'.

Saving Grace Summaries

Type One	Your capacity for reason and moderation- despite being a judgmental perfectionist- means you can avoid intolerance or self-righteous obsessions
Type Two	Your genuine empathy- identifying with others despite your growing pride & self-importance - prevents you from deteriorating into manipulation or coercive behaviour
Type Three	Your desire to be accepted- moderates your narcissism and arrogance, exploiting people and acting with hostility
Type Four	Your self-awareness - allows you to know what you're doing to yourself despite self-indulgence & withdrawal
Type Five	Your capacity for observation- helps you reassess ideas, and correct distortions in thinking and prevent you from deteriorating further and getting out of touch with reality.
Type Six	Your capacity to secure and maintain cooperative relationships with others - despite your increasing tensions and overcompensations that bring on rejection
Type Seven	Your capacity to enjoy the material world- despite increasing excesses and escapism or hyperactivity may help you to return to healthy levels of functioning
Type Eight	Your desire for self-reliance - may be catalyst to return to asserting yourself in a balanced way, not via confrontation, intimidation and bad behaviour which is threatening your own survival
Type Nine	Your healthy capacity to be receptive to people as they really are - helps you put needs of others first, despite your fatalism and serious negligence to retain relationships

Source: 'The Practical Guide to Personality Types- Understanding the Enneagram'- Don Richard Riso, 1991

Levels of Development & Personality Recommendations

The Enneagram Institute website explains what is meant by 'The Levels of Development'. There is an internal structure within each personality type. That structure is the continuum of behaviours, attitudes, defences, and motivations formed by the nine Levels of Development which make up the personality type itself. The Levels are an important contribution not only to the Enneagram but to ego psychology — and the personality types of the Enneagram cannot be adequately explained without them. The Levels account for differences between people of the same type as well as how people change both for better or worse. Thus, such analysis will allow the reader to examine suggestions and solutions to problems or areas of improvement in his or her personality.

The Levels of Development provide a framework for seeing how all of the different traits that comprise each type fit into a large whole; they are a way of conceptualizing the underlying 'skeletal' structure of each type. Without the Levels, the types can seem to be an arbitrary collection of unrelated traits, with contradictory behaviours and attitudes often part of the picture. But by understanding the Levels for each type, the Enneagram shows how all of the traits are interrelated—and how healthy traits can deteriorate into average traits and possibly into unhealthy ones. As pioneering consciousness philosopher Ken Wilber noted, without the Levels, the Enneagram is reduced to a "horizontal" set of nine discrete categories. By including the Levels, however, a "vertical" dimension is added that not only reflects the complexity of human nature, but goes far in explaining many different, important elements within personality.

Further, with the Levels, a dynamic element is introduced that reflects the changing nature of the personality patterns themselves. People change constantly—sometimes they are clearer, more-free, grounded, and emotionally available, while at other times they are more anxious, resistant, reactive, emotionally volatile and less free. Understanding the Levels makes it clear that when people change states within their personality, they are shifting within the spectrum of motivations, traits, and defences that make up their personality type. All are related.

To understand yourself accurately, it is necessary to perceive where you lie along the continuum of Levels of your type at a given time. You must assess whether you are currently in your healthy, average, or unhealthy range of functioning. This is important because, for example, two people

of the same personality type and wing will differ significantly if one is healthy and the other unhealthy. (In relationships and in the business world, understanding this distinction is crucial.) It is also important to recognise in which direction you are travelling and direct your efforts accordingly.

The continuum is comprised of nine internal Levels of Development—briefly, there are three Levels in the healthy section, three Levels in the average section, and three Levels in the unhealthy section. On the continuum, the healthiest traits appear first, at the top, going down to the unhealthiest levels of deterioration of psychological breakdown at the bottom. The continuum for each of the personality types are:

The Continuum of the Levels of Development

Healthy

- Level 1: The Level of Liberation
- Level 2: The Level of Psychological Capacity
- Level 3: The Level of Social Value

Average

- Level 4: The Level of Imbalance/ Social Role
- Level 5: The Level of Interpersonal Control
- Level 6: The Level of Overcompensation

Unhealthy

- Level 7: The Level of Violation
- Level 8: The Level of Obsession and Compulsion
- Level 9: The Level of Pathological Destructiveness

Characteristics of the Levels

It is important to understand that movement 'up' the Levels of Development is movement toward increasing psychological health and balance. One of the most profound ways of understanding the Levels is as a measure of our capacity to be present. The more we move down the Levels, the more identified we are with our ego and its increasingly negative and restrictive patterns. Our personality becomes more defensive, reactive, and automatic— and we consequently have less and less real freedom and less real consciousness. As we move down the Levels, we become caught in more compulsive, destructive actions which are ultimately self-defeating. By contrast, the movement toward health, up the Levels, is simultaneous with being more present and awake in our minds, hearts, and bodies. The

aim is to condition ourselves to move up the Levels, not down. If we find we too readily move down the Levels of Development, we need to address what causes this and rectify it. Equally in our quest for self-discovery we should understand our prevalent state/level and make a conscious effort to rise to higher levels.

Directions of Integration (Growth) and Disintegration (Stress)

The nine personality types of the Enneagram are not static categories, they reflect our change over time. Further, the sequence of the types and the arrangement of the inner lines of the symbol are not arbitrary. The inner lines of the Enneagram connect the types in a sequence that denotes what each type will do under different conditions. There are two lines connected to each type, and they connect with two other types. One line connects with a type that represents how a person of the first type behaves when they are moving toward health and growth. This is called the Direction of Integration or Growth. The other line goes to another type that represents how the person is likely to act out if they are under increased stress and pressure—when they feel they are not in control of the situation. This second line is called the Direction of Stress or Disintegration. The aim is to condition ourselves to move in the direction of Growth and Integration. If we find we too readily to move toward Disintegration, we need to address what causes this, and rectify it. Avoidance of stress and concentrating on conditioning ourselves to depict the healthiest qualities of the Types we connect to, at times of Growth, will only improve us, and is a good example of Personality Management.

In fact, ultimately, the goal is for each of us to “move around” the Enneagram, integrating what each Type symbolizes and acquiring the healthy potentials of all the types. The ideal is to become a balanced, fully functioning person who can draw on the power of each as needed. Each of the types of the Enneagram symbolizes different important aspects of what we need to achieve this end. The Personality Type we begin life with is therefore less important ultimately than how well (or badly) we use our Type as the beginning point for our self-development and self-realization. This is the power that the Enneagram provides us to understand and develop our basic Personality Type to our ultimate betterment.

The following sub-section provides a Description of each Enneagram Type in terms of ‘Levels of Development’; ‘Movement of Continuum Summaries’ and ‘Personality Recommendations’. Please identify with your ‘Level of Development’ and prioritise separately the Personality Recommendations to which you most closely relate.

Summary Levels of Development & Personality Recommendations

<u>Enneagram Type One</u>			
	Level of Development		Personality Recommendations
Level 1	Extraordinarily wise and discerning; realistic; knowing the best action to take; humane; inspiring and hopeful	1	Learn to relax and take time for yourself
Level 2	Conscientious with strong personal convictions; rational; reasonable; self-disciplined; mature; moderate	2	Teach others but don't expect immediate change
Level 3	Extremely principled; fair; objective and ethical	3	Stop watching everyone else & acknowledge your own failings
Level 4	High-minded idealists; crusaders; advocates; critics	4	Get in touch with your feelings and unconscious impulses
Level 5	Well-organised but impersonal; puritanical; emotionally constricted; workaholics; punctual; pedantic & fastidious	5	Give yourself the true satisfaction of becoming human, not inhumanly perfect
Level 6	Highly critical; picky; judgmental; perfectionistic. Impatient; moralizing; scolding; abrasive & indignant	6	Don't be obsessive in your thoughts and compulsive in your actions

Level 7	Dogmatic; self-righteous; intolerant and inflexible	7	Realise that perfection is not always a useful standard
Level 8	Obsessive about imperfection	8	Maintain balanced of right & wrong
Level 9	Condemnatory; punitive and cruel. O.C.D. & Depressive	9	Listen to others, often they are right
		10	Allow people to come to decisions on their own
		11	Avoid being self-righteous, intolerant & inflexible
		12	Don't become obsessed about wrong doings of others
		13	Strive to be reasonable & objective
		14	Seek greater realism and objectivity to be wise
		15	Use objectivity and avoid excessive personal impulses and desires
		16	Don't fear being condemned
		17	Try not to be cruel and show mercy in condemning others
		18	Don't be afraid of making mistakes

	<u>Enneagram Type Two</u>		
	Level of Development		Personality Recommendations
Level 1	Deeply unselfish; humble; altruistic	1	Help people only with their needs
Level 2	Empathetic; compassionate; caring; thoughtful; warm-hearted; forgiving and sincere	2	Don't be good just to attract people
Level 3	Encouraging & Appreciative; nurturing; generous and giving- truly loving person	3	Beware of your ulterior motives
Level 4	People pleasing; overly friendly; emotionally demonstrative	4	Resist calling attention to yourself. Don't blame the world for your problems
Level 5	Overly intimate and intrusive; need to be needed; meddle; controlling in name of love. Possessive; self-sacrificial	5	Don't be manipulative, self-serving nor self-deceptive about selfish behaviour
Level 6	Self-important and self-satisfying; overbearing; patronizing; presumptuous	6	Do charitable things anonymously
Level 7	Manipulative & self-serving; self-deceptive	7	Don't always be doing for people
Level 8	Domineering and coercive	8	Focus on your family first

Level 9	Bitterly resentful and angry; Histrionic Personality Disorder and Factitious Disorder	9	Recognise affection & good wishes of others without it shown
		10	Don't be possessive of your friends
		11	Don't do for others to boost your ego
		12	Love others selflessly
		13	Learn to listen to others
		14	Acknowledge own real feelings & inner states
		15	Avoid being coercive & domineering
		16	Don't become overly intimate or intrusive with friends
		17	Strive to be empathetic, compassionate & sincere
		18	Don't seek sympathy or play the victim

	<u>Enneagram Type Three</u>		
	Level of Development		Personality Recommendations
Level 1	Self-accepting, inner-directed, authentic. Modest, charitable, gentle and benevolent	1	Be truthful and honest with yourself about your feelings. Don't inflate your own importance
Level 2	Self-assured, energetic, competent & high self-esteem. Desirable, gracious & charming	2	Develop charity and cooperation in relationships. Be more loving & faithful
Level 3	Ambitious, outstanding, effective & admired	3	Take breaks from pursuit of goals, and your ambition
Level 4	Self-worth depending on success, terrified of failure. Careerists, social climbers seeking status	4	Develop your social awareness. Work cooperatively with others for charitable goals outside yourself
Level 5	Image-conscious, pragmatic but premeditated, losing touch. Build facades and phoniness emerges	5	Invest time in discovering your own core values.
Level 6	Keen to impress, self-promoting, narcissistic, exhibitionist & seductive. Arrogant and jealous.	6	Don't do things just to be accepted
Level 7	Exploitative & opportunistic, jealous of others success, illusion of self-superiority	7	Support & encourage others

Level 8	Devious & deceptive, untrustworthy, malicious in betrayal. Delusional jealousy	8	Use your energy and skills for the welfare of groups
Level 9	Vindictive, ruinous of others successes. Obsessive & destructive, psychopathic behaviour/Narcissistic disorder	9	Don't become enraged when slighted by others
		10	Beware of inflating your evaluation of what you do
		11	Eliminate your negative feelings for others with whom you compete
		12	Develop your spiritual capacity to be the best person you can
		13	Focus attention and abilities on doing worthwhile work to benefit others
		14	Do not worry about anyone else's comparison or view of you
		15	Learn to appreciate others
		16	Don't brag or exaggerate
		17	Don't be duplicitous or play people to take advantage
		18	Focus on cooperation not competition

	<u>Enneagram Type Four</u>		
	Level of Development		Personality Recommendations
Level 1	Profoundly creative, inspired, self-renewing & regenerating	1	Do not pay so much attention to your feelings
Level 2	Self-aware, introspective, sensitive & intuitive. Gentle, tactful, compassionate	2	Learn to understand your feelings, if negative, before acting
Level 3	Highly personal, individualistic, emotionally honest and strong, humane	3	Commit yourself to productive, meaningful work to your good and others
Level 4	Artistic, romantic view of life, passionate feelings and imagination	4	Work consistently in the real world & discover your talents
Level 5	Interiorize everything, self-absorbed & introverted, moody, shy and self-conscious. Withdrawn	5	Put yourself in the way of good to gain self-esteem
Level 6	Melancholic dreamers, disdainful, decadent & sensual. Self-indulgent, impractical, unproductive & precious	6	Stop putting things off in life until you feel in the right mood
Level 7	Self-inhibiting as dreams fail, depressed, emotionally paralysed. Ashamed, fatigued and non-functional	7	Commit yourself to doing things to bring the best out in you

Level 8	Tormented with self-hatred, morbid. Drive others away	8	Develop a healthy self-discipline of work, sleep and exercise
Level 9	Despairing, hopeless and self-destructive. Suicidal. Avoidant, depressive disorder	9	Avoid excessive sensuality, sex, alcohol, drugs, sleep or fantasizing
		10	Instead of spending time imagining your life and relationships – begin to live them
		11	Talk openly with someone you trust
		12	Do a community service which makes you less self-conscious
		13	Do not succumb to self-pity, blaming past mistakes or losses, or become a victim
		14	Do not take everything so personally
		15	Become a friend to yourself, stand up for yourself
		16	Take more interest in your own life than the life of others
		17	Be more critical of others. Do not let others take advantage of you
		18	Work consistently in the real world

	<u>Enneagram Type Five</u>		
	Level of Development		Personality Recommendations
Level 1	Visionary, open-minded, perceptive	1	Stay connected with your physicality
Level 2	Mentally alert, curious, searching, intelligent, engrossed	2	Make an effort to learn to calm down
Level 3	Excited by knowledge, innovative & inventive, independent, idiosyncratic & whimsical	3	Get advice from someone whose judgment you trust
Level 4	Studious, specialized, intellectual & challenging	4	Don't get over involved in projects that don't help you with self-esteem and confidence
Level 5	Detached, dis-embodied mind, intense	5	Remember conflicts are usual, better to work them out rather than withdrawing
Level 6	Antagonistic, provocative, abrasive, radical, cynical & argumentative	6	Analyse less and observe more
Level 7	Reclusive, isolated, eccentric, nihilistic, unstable	7	Learn to calm down in a healthy way
Level 8	Horrified, delirious, prey to gross distortions	8	Try to assess importance in possibilities. Take advice from others

Level 9	Suicidal, psychotic, deranged, explosively self-destructive, schizophrenic	9	Do not jump to conclusions
		10	Learn to trust people more
		11	Seek a few close friends in whom to confide
		12	Be more cooperative with others and less of a loner
		13	Remember your brilliance may be intimidating to others
		14	Be accepting of others' intellectual limitations
		15	Don't be so harsh with your judgments
		16	Examine yourself to discover why you have interpersonal conflicts
		17	Don't analyse people and reject them, identify with them
		18	Find new happiness in becoming trusting and relaxed

	<u>Enneagram Type Six</u>		
	Level of Development		Personality Recommendations
Level 1	Self-affirming, trusting, independent, cooperative, Positive thinking, courageous	1	Come to terms with your anxiety
Level 2	Appealing, endearing, lovable & affectionate	2	Work creatively with your tensions
Level 3	Community builder, responsible, reliable, trustworthy, hardworking, persevering, sacrificing	3	Be aware of your pessimism when angry
Level 4	Focused on safe & stable things, security seeker, vigilant	4	Learn what makes you over-react and manage your thoughts better
Level 5	Evasive, indecisive, cautious, procrastinator, ambivalent, reactive, anxious, negative & contradictory	5	Work on becoming more trusting
Level 6	Insecure, sarcastic, belligerent, defensive, authoritarian, suspicious yet conspiratorial & fear instilling	6	Let people know how you feel about them
Level 7	Panicky, volatile, self-disparaging, sense of inferiority, divisive, berating	7	Don't think people are always out to get you

Level 8	Irrational, fanaticism, violent	8	Accept the fact that all people are anxious at times
Level 9	Hysterical, self-destructive, suicidal, paranoid	9	Work with your tensions, and don't turn to alcohol to cope
		10	Become less defensive and testy
		11	Identify why you over-react
		12	Work on becoming more trusting when under stress
		13	Come down on one side of the fence in your relationships
		14	Accept responsibility more gracefully & maturely
		15	Become more secure in yourself & less antagonistic
		16	Focus on becoming more self-affirming with belief in yourself
		17	Don't worship or stand behind authority. Speak up to them.
		18	Be fair with others, not wishy-washy, indecisive or defensive

	<u>Enneagram Type Seven</u>		
	Level of Development		Personality Recommendations
Level 1	Deeply grateful, appreciative, joyous, ecstatic, spiritual & full of boundless goodness in life	1	Recognize your impulsiveness and control it
Level 2	Responsive, excitable, enthusiastic, extroverted, lively, vivacious, eager, spontaneous, resilient, cheerful	2	Remember the only thing that can really satisfy a person is a good relationship with another person
Level 3	Accomplished, achiever, generalist, multi-talented	3	Learn to appreciate silence and solitude
Level 4	Adventurous, un-focused connoisseur	4	Without stimulus learn to trust yourself
Level 5	Hyperactive, uninhibited, flamboyant, never following through ideas	5	Be satisfied in whatever you do, it doesn't always have to be on a high
Level 6	Excessive, self-centred, materialistic, greedy, demanding, pushy, addictive, hardened & insensitive	6	Realise happiness will only come by giving yourself to something or someone worthwhile
Level 7	Impulsive, infantile, over-excessive, offensive, abusive	7	Only do the things which are good for you

Level 8	Out of control, erratic mood swings, compulsive actions	8	Watch what you pray for
Level 9	Completely spent, panic stricken, gives up, impulsively suicidal	9	Think about the long-term consequences of everything that you do
		10	Don't acquire things or friends on a whim
		11	Focus on your highest psychological & spiritual capacities for joy and gratitude
		12	Do not make being happy your main or only goal in life
		13	Find ways of giving rather than getting
		14	Watch what you say in jest to impress- you might offend someone & lose friends
		15	Learn to listen to people
		16	Remember most good opportunities lost will re-present themselves
		17	You will never be satisfied consuming
		18	Choose quality over quantity

	<u>Enneagram Type Eight</u>		
	Level of Development		Personality Recommendations
Level 1	Self-restrained, magnanimous, merciful, forbearing, courageous	1	Act with self-restraint
Level 2	Self-assertive, self-confident, strong, resourceful	2	Forbear from asserting your will with others
Level 3	Decisive, authoritative, commanding, a doer and natural leader	3	Take charge but lead by helping people, particularly in crises
Level 4	Self-sufficient, independent, enterprising, pragmatic, hard-working, denying own emotional needs	4	Yield to others occasionally
Level 5	Dominating, boastful, forceful, expansive, proud, egocentric	5	Don't think the world is against you
Level 6	Combative, intimidating, belligerent, adversarial	6	Take stock of people on your side & appreciate them & show it in a demonstrable way
Level 7	Ruthless, dictatorial, hard-hearted, violent	7	Remember your self-sufficiency is illusional, you depend on others

Level 8	Delusional invincibility, megalomania, omnipotent, invulnerable, reckless	8	Remember power and status doesn't guarantee respect
Level 9	Brutally destructive, vengeful, barbaric, sociopathic	9	Remember your real power lies in your ability to inspire and lead people
		10	Show mercy to win loyalty
		11	Don't treat people badly, they will seek retribution
		12	Don't overvalue money nor status as a source of power
		13	Learn to serve a higher purpose than yourself & self-interest
		14	If God does exist, one day you will have to submit to her
		15	You have reason to turn your life around
		16	Live by the sword and you will die by the sword
		17	Think of the harm you can cause to others, then think of the good
		18	Leave a good legacy

	<u>Enneagram Type Nine</u>		
	Level of Development		Personality Recommendations
Level 1	Self-possessed, autonomous & content. Great equanimity & fully connected to self	1	Be yourself & be independent
Level 2	Deeply receptive, accepting, unselfconscious & serene. Trusting, innocent & nice	2	Exert yourself & don't daydream
Level 3	Optimistic, reassuring, supportive. Good communicator & mediator	3	Control your negative emotions
Level 4	Fearful of conflict, self-effacing and over-accommodating	4	Accept when you cause problems
Level 5	Active but disengaged, inattentive, unresponsive & complacent, indifferent	5	Exercise & develop body awareness
Level 6	Seeking peace at any price, fatalistic & resigned. Procrastinating & unresponsive	6	Repressing your feelings will make you ill – seek help
Level 7	Repressed, ineffectual. Obstinate, neglectful & dangerous	7	Do not take tranquilizers for anxiety – learn to cope
Level 8	Dissociated, numb & depersonalized	8	Don't end your life without living your calling

Level 9	Severely disoriented, self-abandonment. Schizoid and Dependent disorder	9	Ventilate your fears & anxieties with your partner / friends
		10	Listen to people carefully to appreciate their love
		11	Need to find union with yourself before others
		12	Take responsibility for yourself & problems you cause
		13	Try to be more receptive, open, unself-conscious emotionally stable & serene
		14	Don't be obstinate & stubborn denying that problems and conflict exist
		15	Remain peaceful and easy going
		16	Don't be too accommodating or conciliatory to subordinates
		17	Face realities & what need doing, avoid sloth & lack of energy
		18	Patience is your virtue, but don't be passive, stay engaged

Sources: Enneagram Institute Website & 'The Practical Guide to Personality Types- Understanding the Enneagram'- Don Richard Riso, 1991

Enneagram Characteristics Table by Personality Types

Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue
1	Reformer, Perfectionist	Resentment	Perfection	Corruptness, imbalance, being bad	Goodness, integrity, balance	Hypocrisy, hypercriticism	Anger	Serenity
2	Helper, Giver	Flattery (Ingratiation)	Freedom, Will	Being unloved	To feel love	Deny own needs, manipulation	Pride	Humility
3	Achiever, Performer	Vanity	Hope, Law	Worthlessness	To feel valuable	Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity
4	Individualist, Romantic	Melancholy (Fantasizing)	Origin	Having no identity or significance	To be uniquely themselves	To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)
5	Investigator, Observer	Stinginess (Retention)	Omniscience, transparency	Helplessness, incapability, incompetence	Mastery, understanding	Replacing direct experience with concepts	Avarice	Non-Attachment
6	Loyalist, Loyal Skeptic	Cowardice (Worrying)	Faith	Being without support or guidance	To have support and guidance	Indecision, doubt, seeking reassurance	Fear	Courage
7	Enthusiast, Epicure	Planning (Anticipation)	Wisdom, Plan	Being trapped in pain and deprivation	To be satisfied and content	Thinking fulfillment is somewhere else	Gluttony	Sobriety
8	Challenger, Protector	Vengeance (Objectification)	Truth	Being harmed, controlled, violated	Self-protection	Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence
9	Peacemaker, Mediator	Indolence (Daydreaming)	Love	Loss, fragmentation, separation	Wholeness, peace of mind	Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action

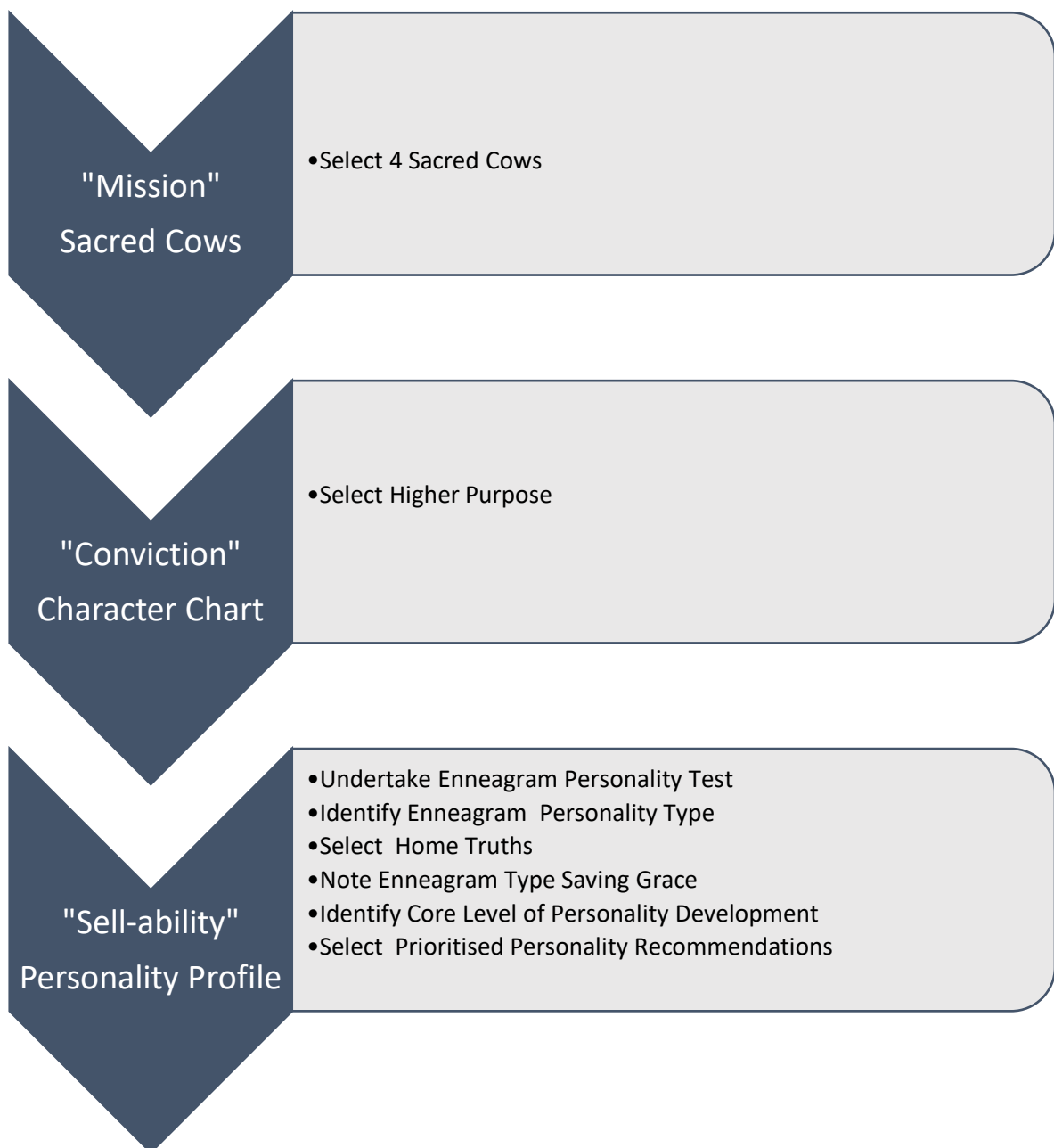
Sources: *Enneagram*

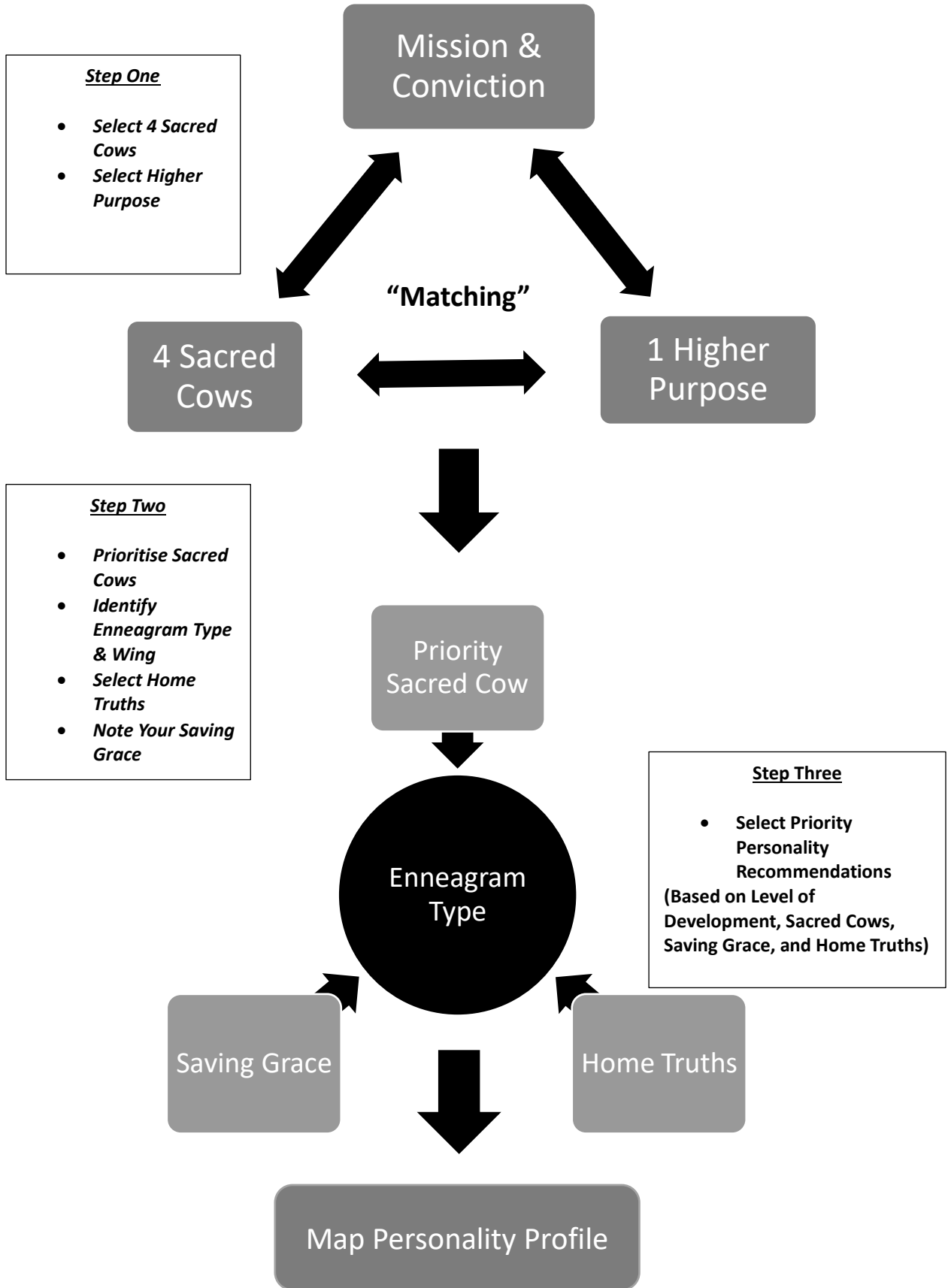
Personality Profile

In order to create your 'Personality Profile/Matrix' consider the following:

- **Your Mission:** Selection of 4 Sacred Cows.
- **Your Conviction:** Selection of your Higher Purpose
- **Your Sell-ability:** Identifying your Enneagram Type, Selection of Home Truths, your Enneagram Saving Grace and finally your Selected Priority Personality Recommendations.

The exercise involves pulling together criteria to form a 'Personality Profile/Matrix'.

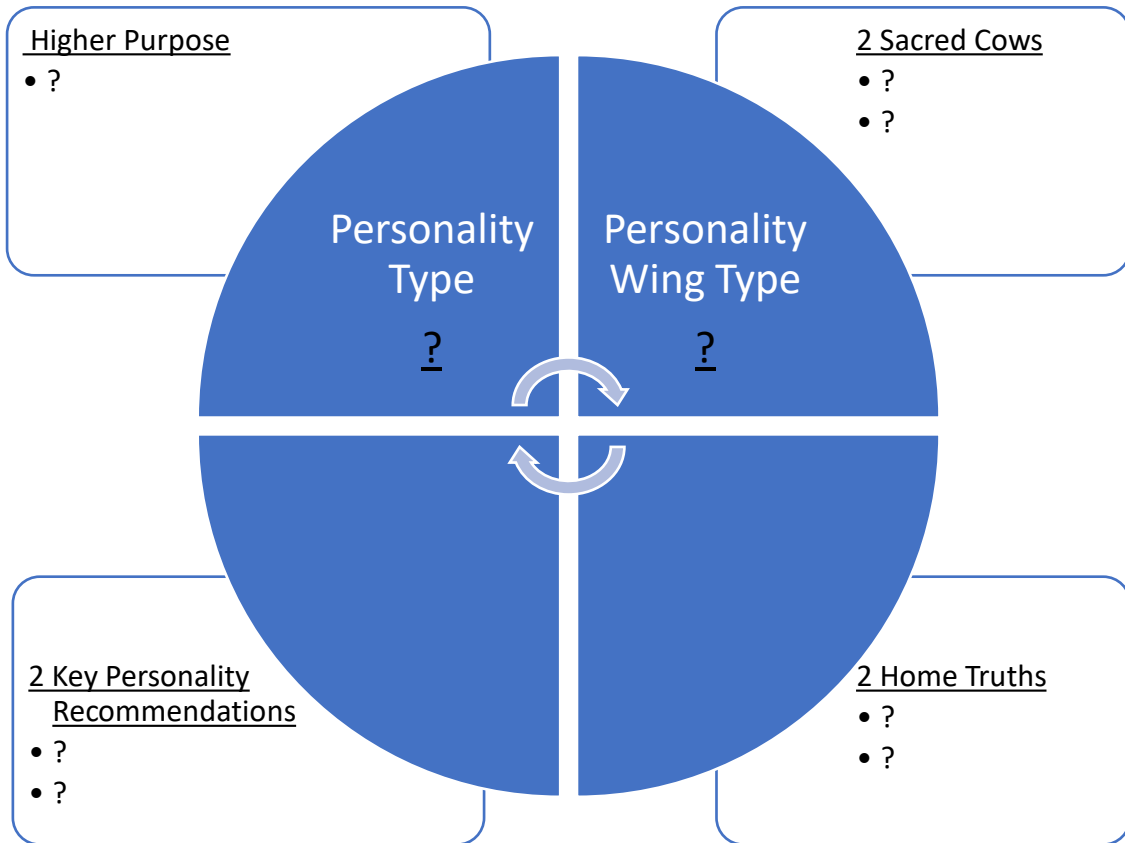




Draw Up Your Personality Profile

Prioritize your Top Two Sacred Cows, Home Truths & Personality Recommendations to Create Your Personality Profile. Add your Enneagram Personality Characteristics and Traits below, based on Tables provided above.

NAME: _____



Personality Type Characteristics

- Virtue - ?
- Holy Idea - ?
- Basic Desire - ?

Personality Traits (Healthy Levels Of Development)

1. Level of Liberation - ?
2. Level of Psychological Capacity - ?
3. Level of Social Value & Contribution - ?

List Your Gifts, Abilities & Skills

As we get more attuned with our inner strengths and passions, we get a sense of what really matters to us in the pursuit of goals. Charting a course for ourselves is one thing but making sure our aspirations match our gifts, abilities and skills, and that we are properly leveraging them to full effect, is the reality check we all need to do.

Studies show that knowing and leveraging our strengths can increase our confidence, boost our engagement, and even promote feelings of good health and life satisfaction.

Using our strengths (gifts, abilities and skills) in pursuit of our goals, and discovering what they are, can be essential in the process of analysis.

The strengths (gifts, abilities and skills) we should be searching for are those which best define us, which are useful to others, which are fuelled by the deepest passions and meet the aspirations of our perceived Life Purpose. Everyone has a unique gift, something that is just undeniably "you". It's much more than a skill. Most people never find their unique gift, either because they don't realize they have one, don't believe they have one, haven't attempted to find it, or don't recognize it when it is staring them in the face. Underselling yourself is a passport to mediocrity.

"Every human being is born with some sort of gift, an inclination or an instinct that can become a full-blown mastery. We may not see our gift for what it is. Having seen it we may choose not to accept the gift and its consequences for our life. Or, having claimed our gift, we may not be willing to do the hard work necessary to nurture it. But none of these evasions can alter the fact that the gift is ours. Each of us is a master at something, and part of becoming fully alive is to discover and develop our birth right competence."

- Parker Palmer

The starting point is to reflect on your Enneagram Type's traits and natural abilities, motivational and healthy drivers:

- Type 1 'Reformer' – High sense of integrity, disciplined, hard-working, conscientious, purposeful, idealistic, well-organized, responsible, good attention to detail.
- Type -2 'Helper' – Helpful to others, generous, supportive, warm, empathetic, caring, self-sacrificing, likable.

- Type 3 'Achiever' – Goal-focused, motivating and inspiring to others, ambitious, competent, confident, adaptable; a role-model.
- Type 4 'The Individualist' – Creative, sensitive, intuitive, empathetic, aesthetic sensibility, introspective, authentic to self.
- Type 5 'The Investigator' – Keen observer, perceptive, knowledgeable, innovative, an expert in their field, problem-solver, curious, calm under pressure, strong powers of concentration, keeps confidences well.
- Type 6 'The Loyal Sceptic' – Loyal, dutiful, committed, collaborative, team player, trustworthy, well-prepared, responsible, natural trouble-shooter, keen wit, hard-working, persistent.
- Type 7 'The Enthusiast' – Enthusiastic, optimistic, high energy, spontaneous, adventurous, engaging, connector of people, quick thinker, versatile, synthesizer of ideas.
- Type 8 'The Challenger' – Self-confident, decisive, willing to take risks, protective of others, strong-willed, charismatic, self-reliant, action-oriented, takes initiative, magnanimous, a natural leader.
- Type 9 'The Peacemaker' – Keeper of the peace, brings harmony to situations, good mediator, able to put themselves in others' shoes, affable, comforting to others, accepting.

Your Enneagram Type natural talents are relevant, but they don't define your individual unique gift, passion nor future life path. Their traits might guide the direction of your instinct:

- The Instinct to: 1. Guide, Mentor, Sage, Lead & Enlighten; 2. Nurture, Care, Counsel, Advise, Support & Developer; 3. Lead, Plan, Design, Build, Organize, Administer & Manage; 4. Create, Write, Perform, Act, Sing, Illustrate & Express; 5. Research, Investigate, Analyse, Simulate, Report, Document & Philosophise; 6. Commit, Follow, Prepare, Respect & Question; 7. Pioneer, Explore, Discover, Accomplish, Invent & Visualise; 8. Lead, Adventure, Hunt, Battle & Protect; 9. Reassure, Teach, Heal, Illuminate, Explain, Balance & Mediate.

Instincts and natural strengths are not directly linked to motivation or incentive to act. So, your list must be bespoke and only relate to your skills and the motivations that are unique to you. Don't just tick off some of the examples and suggestions given below- Draw up your own list.

General Examples: Personal Gifts, Abilities & Skills

Ability to deal with Failure	Computer Literacy	Guerrilla Marketing	Logistics	Problem Solving	Social Intelligence
Ability to focus	Computers / IT	Health / Fitness	Magic	Programming	Social Networking
Ability to handle Change	Conflict Resolution	High Energy	Maintenance / Routine Tasks	Project Management	Software
Ability to make Friends	Creativity	Hiring / Recruiting	Making Connections	Public Speaking	Story Telling
Ability to spot new Trends	Critical Thinking	Human Resources	Marketing	Raise Money	Strategic Planning
Academics	Decision Making	Identify Strengths and Weaknesses	Math	Reading	Systems management
Accounting	Detail Orientation	Imagination	Meeting Management	Relaxation	Taxes
Adaptability	Dexterity	Imaginative	Money Management	Reliability	Teaching / Training
Advertising	Drawing	Initiative	Music	Relieve Stress	Time Management
Affiliate systems	Empathy	Innovation	Negotiating Skills	Research	Troubleshooter
Analyzing the past	Encouraging	Inspiring	Networking (in the virtual world)	Risk Management	Typing
Art	Enthusiasm	Integrity / Honesty	Networking (person to person)	Sales	Video Creation
Articulate	Fairness	Intuition	People Judgment	Self Control	Visualization
Asking Questions	Financial Management	Inventiveness	Personal Productivity	Self Management	Volunteering
Athleticism	Financial Planning	Jokes / Humour	Persuasive	Self-Assurance	Website
Awareness	Foreign Language	Leadership	Photography	Self-Discipline	Wisdom
Bookkeeping	Future Thinking	Learner	Planning	SEO	Wisdom (Guru)
Brainstorming	Futuristic	Legal	Polyglot (learn/know a many languages)	Sign Language	Woodworking
Communication Skills	Graphics	Listening	Positiveness	Singing	Writing

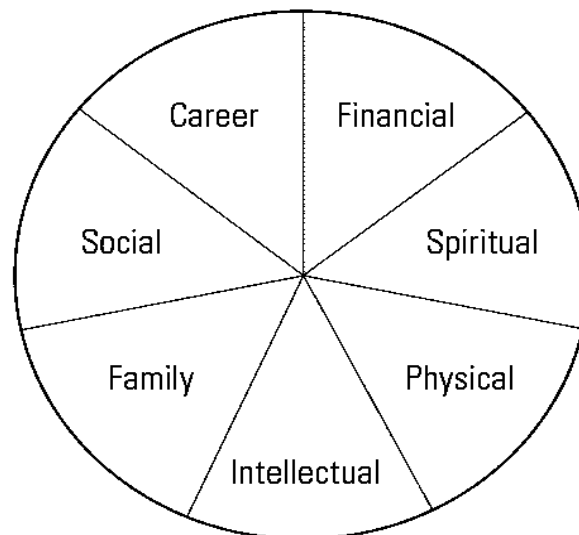
Source: Michalelhartzell.com

Consider Your Needs, Goals & Desires

What are the ultimate, rather than the basic, 'Needs, Goals & Desires' of your whole life? They should be of paramount importance to you. Can you define them, can you list them and prioritize them? If not, you haven't given them the thought or time they deserve in your busy life.

Needs are the things you must have for a satisfactory life. Goals are the object of a person's ambition or effort, aims for desired results. Desires are those strong feeling of passionately wanting to have something or wishing for something to happen.

Zig Ziglar, an American author salesman and motivational speaker, designed his model '*The Wheel of Life*' to show us how we need to distribute our time, our focus in terms of our needs, goals and desires and most importantly where we need to set goals. Its message is the need for life balance. Most of us do set goals but focus heavily in one or a few areas, often at the expense and neglect of the others.



Goals are just targets or solutions that can help you achieve your ultimate true Desires. Goals imply rigid benchmarks, and we are often better at setting these in terms of our careers (attaining a degree, getting a promotion) and financials (securing a salary and a mortgage) than we are in the important family, intellectual, physical, social and spiritual elements in our life balance.

List Your Life Goals

Life goals are what we want to achieve in the long run, and they're much more meaningful than just 'what we need to accomplish day by day to survive'. Unlike daily routines or short-term objectives, they drive our behaviours over the long run. There's no single psychological definition for them, and they aren't strictly a clinical construct, but they help us determine what we want to experience in terms of our values. And because they are personal ambitions, they can take many different forms. But they give us a sense of direction and make us accountable as we strive for happiness and well-being.

Personal goals revolve around:

- Self-development
- Professional success
- Family life
- Life as a whole

General Examples: Personal Needs, Goals & Desires

Intrinsic Life Goals might include:

• Having a loving marriage or a trusting relationship with your partner;
• Finding and keeping a healthy work-life balance, dedicating more time for friends and family;
• Living with integrity, being honest and open with all your peers;
• Inspiring others through sharing your beliefs;
• Being a great listener encouraging others to turn to and follow you;
• Being an expert in your field and using your knowledge to help others.

Extrinsic Life Goals might include:

• Owning the very latest Tesla car;
• Becoming a millionaire;
• Getting a big promotion or securing a senior position at work;
• Securing the lead role in a movie;
• Owning a small business;
• Visiting every country in the world.

Self-fulfilment Needs-based Goals in General, might include:

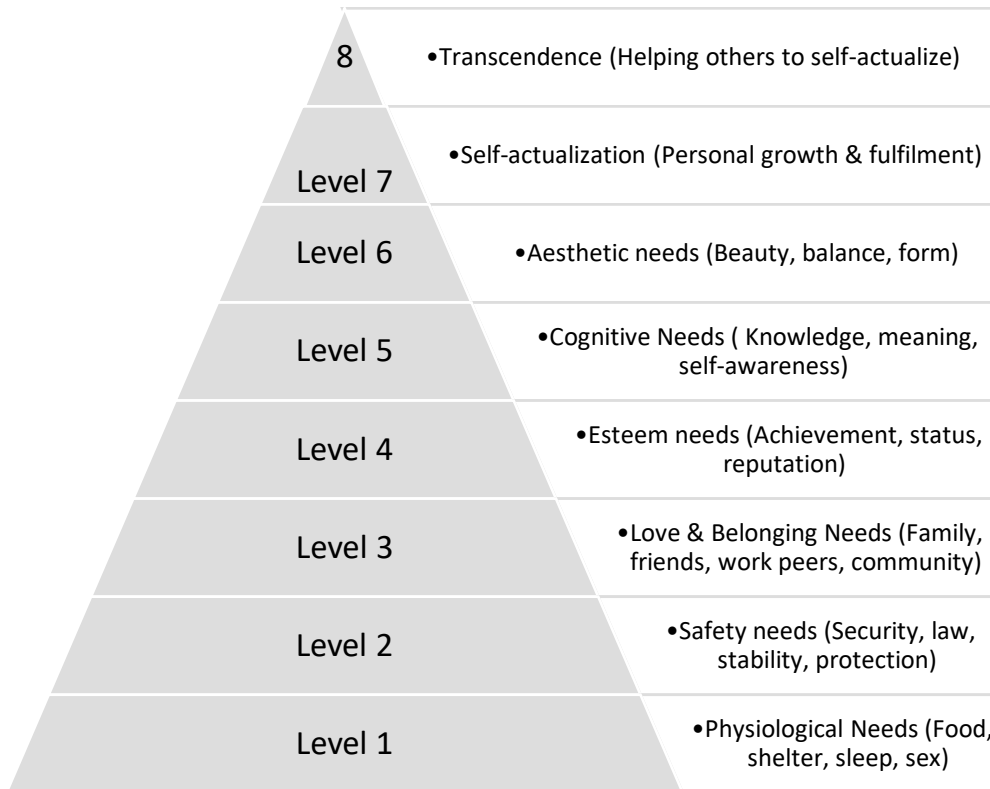
• Being a Better Parent;
• Becoming an inventor;
• Being a successful entrepreneur;
• Creating personal brand;
• Getting a degree;
• Learning new vocational Job Skills.
• Become Debt Free;
• Increasing in Fitness;
• Living Abroad;
• Investing in Real Estate;
• Becoming a Life coach/ Mentor;
• Reach and Maintain Ideal Body Weight;
• Learning a New Skill or Trade;
• Learning a new Language;
• Finding a more fulfilling Career;
• Buying a House;
• Saving Enough to Retire;
• Changing/finding a new Partner;
• Funding Children's private Education;
• Learning a Foreign Language;
• Generate a Passive Sources of Income;
• Decluttering Life;
• Going on a world Cruise;
• Researching Family Tree;

Personality Development Goals might include:

• Increasing Willpower;
• Embracing Empathy;
• Practicing Mindfulness;
• Listening more Actively;
• Becoming a more Well-Rounded Individual;
• Caring Less About Others' Opinions;
• Improving Body Language;.
• Getting Along With Others;
• Getting to Love Yourself;
• Creating a Legacy to be Proud Of;
• Avoiding Procrastinating;
• Getting Recognized for Skills;
• Becoming an early Riser;
• Becoming More Proactive;
• Mastering the Art of Conflict Resolution;
• Generating Self-Confidence & Self-Esteem;
• Learning How to Achieve Long-Term Goals;
• Letting go of the Past;
• Reading & Studying More;
• Becoming More Resilient;
• Becoming an Effective Manager of Stress;
• Ignoring personal Limitation;
• Sharing Oneself/ Transferer of Knowledge;
• Becoming More Spiritual;
• Becoming a decisive Decision Maker;
• Working on growth of Mindset;
• Becoming More Emotionally Intelligent;
• Making a Difference as an Activist;

The Link between Desire and Need

Our Goals & Desires are intractably linked to our hierarchy of Needs. For the purposes of ranking your Long List of Needs, Goals & Desires use the adopted version of Maslow's Hierarchy given below. Your 'Goals and Desires' should be shortlisted to 8, and ranked in order of the closest 'Need'; within yourself you consider them to be driven by according to the 8 levels below:

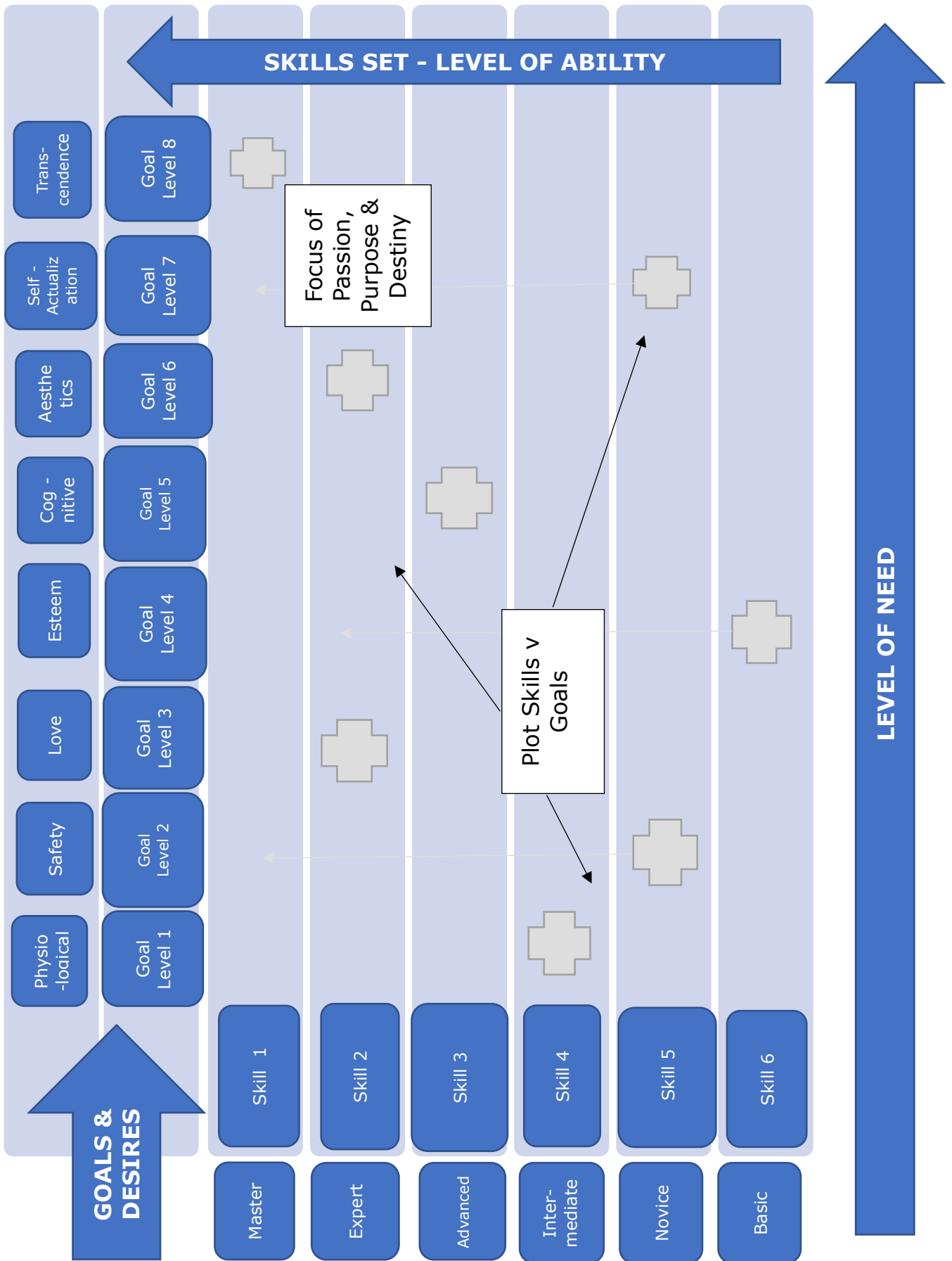


Levels 1 and 2 are considered 'Basic Needs'; Levels 3 and 4 'Psychological Needs'; 5 and 6 'Self-Fulfilment Needs' and Level 7 relating to the highest level of 'Transcendence' and going beyond the self.

Reality Matrix

It is now time to match your greatest 'Desires and Dreams' to your current and potential 'Skills Set' which may still be under-developed but *developable* based on core skills, passion, and a mission to follow a chosen path of Destiny.

You should now plot your Top 8 Goals against your Top Skills, ranked accordingly to your Desire/Level of Personal Need and your current Level of Ability. The Focus of Passion, Purpose and Destiny according to Ability will feature in the Top Right of the Matrix



Develop A List of Your Valuable Ideas

Upon reflection we have probably all had valuable ideas in the past upon which we never acted, and no doubt now regret for not having done so. So here we are now, looking to discover our real destiny, and we didn't even make the effort to pursue some of the best ideas of the past in our lives. Some find that their childhood passions were the ones they should have pursued.

List your Longlist of 'Valuable Ideas' which should all be linked in some way or other to the focused 'Goals and Desires' , your 'Core Skills and Abilities' and reflect upon the 'Personality Recommendations' upon which you have decided. You should focus.

If your Valuable Idea(s) are to become your future 'Vocation and Source of Income' as well as your 'Reason for Being' – then they will need to satisfy four components. This describes the 'Ikigai and the Four P's' - 'How to Get Paid, Enjoy Your Work, Solve Problems, and Find Purpose'. To achieve this your 'Valuable Ideas' will need to focus on:

- What you are good at (Purpose)
- What you can get paid for (Profit)
- What the world needs (Problems)
- What you love (Passion)



"Ikigai is the union point of four fundamental components of life: passion, vocation, profession and mission. In other words, where; what you love meets what you are good at, meets what you can be valued and paid for meets that which the world needs."

Examples of Valuable Ideas Long List

Turn Professional Golfer	Set up a Coach Business	Give up Job & Care for Kids	Become a Private Investigator
Drop out of Uni and Do my Thing	Shopping Service for the Old	Make my Worst Enemy my Friend	Retire to a Cheaper Country
Become a Space Tourist	Sack Under-Performing Staff	Establish a Golf Society	Found a 3 rd World Private School
Become an Organ Donor	Be a Community Leader	Convert / Become a Muslim	Float my Business on Stock Xchge
Tell my Mom I love Her	Patent my Best Idea	Leave my Job & Become a Teacher	Set up a Mobile Car-Wash Business
Become a Free Mason	Campaign for Women's Rights	Form a Translation Service	Coach a Football Team
Find a New Partner in Life	Help Reform Ex-Convicts	Leave the City & Become a Farmer	Learn a Foreign Language
Forgive	Promote Gay Rights	Become a Magistrate	Buy a Bar in Spain
Travel the World with a Message	Import Super Foods to UK	Start a Pet Business	Crowd Fund my Charity Idea
Set up a Band	Become an On-Line Lawyer	Establish over 65 Dating Agency	Do Ayahuasca in Brazil
Set-Up Home Based Catering Business	Buy my Grandkids a home each	Leave my Abusive Husband	Buy myself a Motor Bike
Become a Mentor to a friend	Create an Affiliate Marketing Program	Beat my Depression	Go Home
Adopt a Child from Colombia	Liquidate all my assets	Write a Book	Become a Samaritan
Do a Master's Degree	Blackmail a Bad Man	Give up Alcohol & Drugs	Become a Buddhist
Declare myself Gay	Set up Woodwork Shop	Establish my own Architectural Firm	Plant Trees

Lead My Own Life	Leave my Job & My Wife	Become Green Peace Campaigner	Arrange Car Boot Sales
Have sex more often	Buy Shares in 20 Companies	Re-Marry my Ex	Print On-Demand T-Shirts
Form a Leer Jet Timeshare	Buy a Tesla Electric Car	Develop my own YouTube Video	Lead a Workers Union
Whistle Blow on something serious	Get into Religion	Become a Single Dad	Design Apps for Kids
Give more to Charity	Work Double Shifts for a Year	Set up a Student Exchange Idea	Set up an Auto Repair Franchise
Sell my Business & Disappear	Write Music & Songs	Set up an Atheist Cult	Become a UN Ambassador
Travel a year in a Campervan	Lead a Revolution in my Country	Work in a Hospice	Fight Corruption Worldwide
Down-Size in Life	Offer Post Natal Services	Become a Political Activist	Go back to College
Expose a Paedophile	Donate to Cancer Research	Set up Home Improvements Firm	Design & Sell Clothes On-Line
Create On-Line Lectures	Dedicate my Life to my Kids	Go On Holiday 3 times a year	Become a Jehovah Witness
Swap Jobs with my Husband	Get into the Swingers Scene	Market Companies	Become an Investment Angel
Become an Actor	Learn to Meditate	Change my Sex	Take better Care of Myself
Save the Planet	Make lots of Money	Put myself First	Put my Wife First
Merge my Company	Join the Army	Change Careers	Lose Weight & Find a Wife
Run for President	Take up Yoga	Re-habilitate Prostitutes	Move into the Countryside
Develop YouTube Videos for Others	Set up a Charity	Retire Early	Hit Someone where it hurts
Be Good	Be Kind	Be Silly	Be Serious
Be Creative	Be Tolerant	Be Thoughtful	Be Outrageous
Just Do It	Swallow my Pride	Be Brave	Go Sober

Destiny Pyramid

So, you have a Long List of Valuable Ideas which represent everything you dream for – or at least one does. But because your goal is to create the right Destiny for yourself and the most wonderful life path to it, not a mediocre one, your path will still have unpredictable aspects ahead. This is not the end to your anxiety and doubts. You now need to make crucial selections.

Each of us is born with our own talents and gifts and strengths—unique energies that need an outlet. What is right for one person will not be right for others. From the analysis to-date it is sincerely hoped that you are focused on your skills, goals and desires and not what others want or expect of you.

*"Your time is limited, so don't waste it living someone else's life."
– Steve Jobs*

Now it's time to define what that destiny is, and on what Valuable Idea it will be based.

"We are not permitted to choose the frame of our destiny. But what we put into it is ours." - Dag Hammarskjold

Finding your True Destiny- is the 'Final Analysis'. It is one hundred percent bespoke to you – that's the whole point. There is no magic golden bullet which can be provided by any book. This selection lies within yourself. All a book can do is help with the selection process.

I utilize what I call the 'Destiny Pyramid'. The Destiny Pyramid is no more than a Diagrammatic Presentation of your own Prioritization of your Valuable Ideas and Passion based on all the same criteria that has made up the previous Analysis.

The best way to explain the Process, is by way of example, using my own personal analysis as the demonstration. The feed-back, in terms of setting the compass going forward, can be so enlightening and to-the-point that it is shocking in its sincerity.

How did I derive my own Destiny Pyramid

My 'Higher Purpose'- Rather typical of an Enneagram Type Two

Personality ('The Helper') I decided was to strive to unconditionally to 'Share my Love and Help Others' where I can in the future.

Who I am

- **Enneagram Personality Type Results-** Type Two is The Helper, with a Wing of Three making me more Ambition Driven. The Type's Personality Characteristics are: Virtue-Humility; Holy Idea- Freedom and Basic Desire- To Feel Loved. The Type's Personality Traits at the Highest Levels of Development are: Altruism; Empathy and Generosity.
- **Sacred Cows-** My self-derived 'Sacred Cows' were: "Faith, Tolerance, Love and Hope". My Priority Ranking was Love, Hope, Faith and Tolerance; and my final 2 selected Sacred Cows were: Love and Hope.
- **Personality Recommendations-** From my Enneagram Test Results, My Type Two Helper 'Personality Recommendations' were:

"Help people only with their needs; don't be good just to attract people; beware of your ulterior motives; resist calling attention to yourself; don't always be doing for people; focus on your family first; do charitable things anonymously; do not be possessive of your friends; don't do for others to boost your ego; love others selflessly; learn to listen to others; recognize affection & good wishes of others without it shown; acknowledge own real feelings & inner states; avoid being coercive & domineering; don't be manipulative, self-serving nor self-deceptive about selfish behaviour; don't become overly intimate or intrusive with friends; strive to be empathetic, compassionate & sincere; do not abuse alcohol; don't seek sympathy."

My selected Prioritised Personality Recommendations were those underlined above and my 2 final selected Personality Recommendations were: Don't be manipulative, and Focus on your family first

- **Saving Grace-** The Enneagram Type Two 'Saving Grace' is:

"Still having enough Genuine Empathy for others to prevent myself from deteriorating into outright manipulation or coercive behaviour in my dealings with people".

- **Home Truths**- Based on the above, my Self-Confessed 'Home Truths' were chosen as;

"Stop chasing the Past, Stop Worrying, Move Forward and Do Something now. Don't think you are Out of Time. You are Not. You are not a 'Tree'- Make your Dreams happen. Take Action; Stop being a Victim. Don't Blame Others for your past Knocks and Bad Breaks, they are History; Don't seek new Leaders to Follow, look at it as your Psychological Emancipation- Lead Yourself. Do it Your Way. You alone are responsible for delivering your Goals; Don't let others Control your Life, not even 9 to 5. Be Independent; Don't look for a Job, it's a last Resort. Do something that might create Jobs for Others. There is still time. Put your Dreams into Action. Take Responsibility for Making it Happen; Focus on Doing something that will Build Income and Generate Wealth for your family, rather than just Focusing on Cost Cutting, that's short-sighted; Be Positive but Practical. You won't get it all right, you'll make more mistakes along the way. If you fail to Prepare, be prepared to Fail, more than once; Never sell your ability short- to yourself. Place a High Value on Yourself, after all the Real People who know you best Do; Accept that you won't achieve your Goals without protracted periods of Temperance/ Abstinence from alcoholic drink; Develop your Golden Touch by all means, it always helps if it's genuine; Always Do unto Others as you would have Done unto Yourself. Don't abuse anyone on your route to success; Make it your Destiny to Help Others."

In Headline terms the 7 Above Home Truths were chosen as underlined above. These were condensed to 2 Home Truths: "Move Forward; and Just Do It Your Way", (hopefully Building Income and Generate Wealth for the family in the process).

- Home Truths, a Saving Grace, Personality Recommendations and Sacred Cows do not define an Inner-Calling/ Life Destiny. But together they provide pointers once presented with the short list of Goals and Desires, and Skills Set that back them up.

My Positive Personal Profile- was then summarized as follows:

- My Personality Type was that of 'The Helper', with a Virtue of Humility; a Desire for Freedom and Need to Feel Loved. At my Highest Levels of Development my qualities are: Altruism; Empathy and Generosity.
- I hold Love and Hope as Sacred to me
- I recommended to myself Not to Be Manipulative, and to Focus on my Family First, before Helping Others
- I recognised that I had enough Genuine Empathy for others to prevent myself from deteriorating into outright Manipulation
- And I knew it was time to Move Forward with my plans, but had decided to Just Do It my Own Way

What I Want

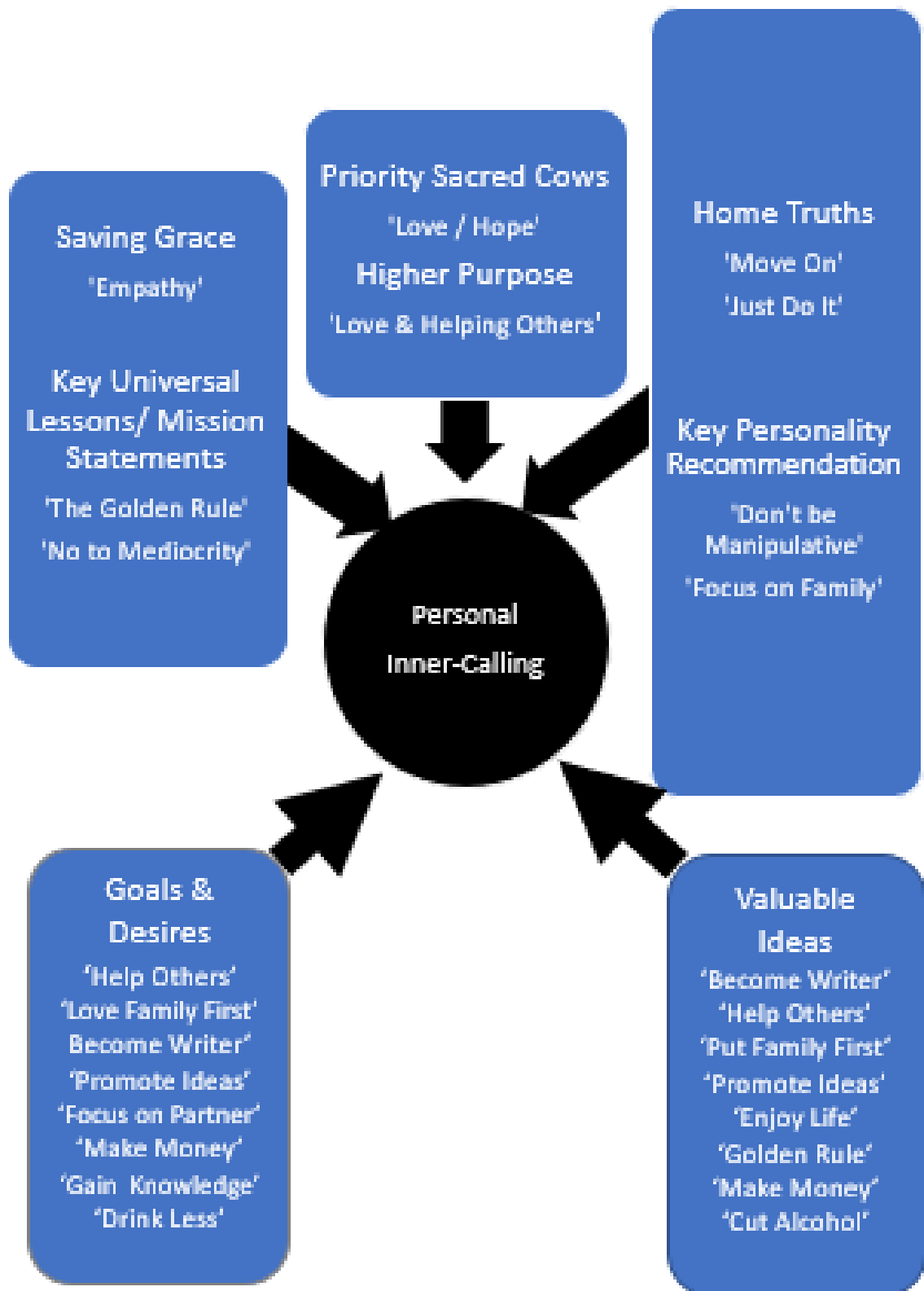
My 6 Core Skills Set Comprised: Having Creative Ideas; Being Empathetic and Loving to most; Analytical of Complex Situations; Adept at Socializing and use of Humour in Social Situations; a Keen Writer and budding Public Speaker.

My 8 Selected Goals and Desires were: Helping Others; Loving my Family First; Writing as a Vocation; and gaining some Success in Promoting New Ideas for the World- Plus 4 Goals related to my Personality Development Goals: To Care for my Partner more; Make enough Money to become Independent; Acquire more Knowledge; and to Drink less alcohol and Exercise.

My 4 selected Destiny based 'Valuable Ideas' were: Become a Writer, Speaker & Programme Producer on Personal Development; Write Book(s) to Help Others Find Their Destiny; Promote Key New World Order Proposals Globally; and last but not least Love & Put Family before Everything

My 4 selected Personality Development 'Valuable Ideas' were: Enjoy Life to The Full, Love Widely & Inclusively in Family, Community & Humanity (But Also Prioritize Your Own Needs); Follow the Law of Reciprocity & Try To Be More Tolerant Of Others; Make Enough Money To Become Independent; Lead Life Of Truer Temperance, And Don't Manipulate Others, nor Be A Drama Queen).

My Own Inner Calling Criteria



True Destiny Derivation

The next and Final Step is the Final Ranking, because all that precedes is still a little too much to absorb. So, from my selected 'Valuable Ideas' my Priority Analysis (see Destiny Pyramid below) became the manifestation of my 'Inner-Calling/ True Destiny'.

I had already defined my Higher Purpose as 'Sharing my Love and Helping Others' – with of course focus on family. Based on all the Analysis above, I summarized my self-perceived strengths and motivations:

"Good at Conceiving, Connecting and Sharing BIG Ideas. A desire to Help Other People Find Their Own Destinies; and to Help Others Solve their own Problems Based on My own Analysis Techniques and my Own Experiences. And to Promote Change for The Betterment of The World."

My Destiny/ Inner-Calling involved a completely 'New Vocation', that I considered 'I would Love, would be Good At, there is a Need For, and I can get Paid For'. And pursue it with Passion and Conviction.

That 'Real Destiny' was to become:



'A Writer and Speaker on Personal Development'

"So, I am Writing, Editing, Publishing and Promoting my Books with their Messages to Help Others find their own Personal Destinies. The Final Caveat for me was that the Messages that motivated the Actions for others to take had to provoke positive 'Big Changes for Them to Improve their Lives'; otherwise, what was - is the point? And I'm soliciting feed-back from those who have benefited to Share their Stories. I call it my "Think BIG Partnership Club" (www.thinkbigpartnership.club). And in my own case, my own motivational story led me initially down a path in my professional career of 40 years to pursue one particular major Mergers & Acquisitions Opportunity, under my own steam as an independent consultant, which provided the financial footing for me to move on with my desired Life Changes and Writing and Sharing of my Personal Development Messages, while travelling the world to share their Messages."

Diagram XXV- “The Author’s Destiny Pyramid”

INTENTIONALLY DIFFERENT IDEA:

(NEW WORLD ORDER PROPOSALS)

- Political Reform (Social Capitalism) & More Direct Democracy- Fewer Appointed Representatives
- Religious Congruence & Unity (Karma-Religious Tolerance based on Shared Principles- Golden Rule)
- Change in Working Hours- A Dedicated Day to Children’s Welfare (4 Day Week)
- Eradication of Corruption & Perversions of Power (via AI & Information Sharing & Empowered Global Institution to enact --Stricter International Enforcement & Penalties)
- Empowerment of Women (Promotion of Women in Politics & Business)
- Co-operative Working (Bottom-Up involvement in Business Ownership & Management)

PRIMARY & SECONDARY PURPOSES IN LIFE:

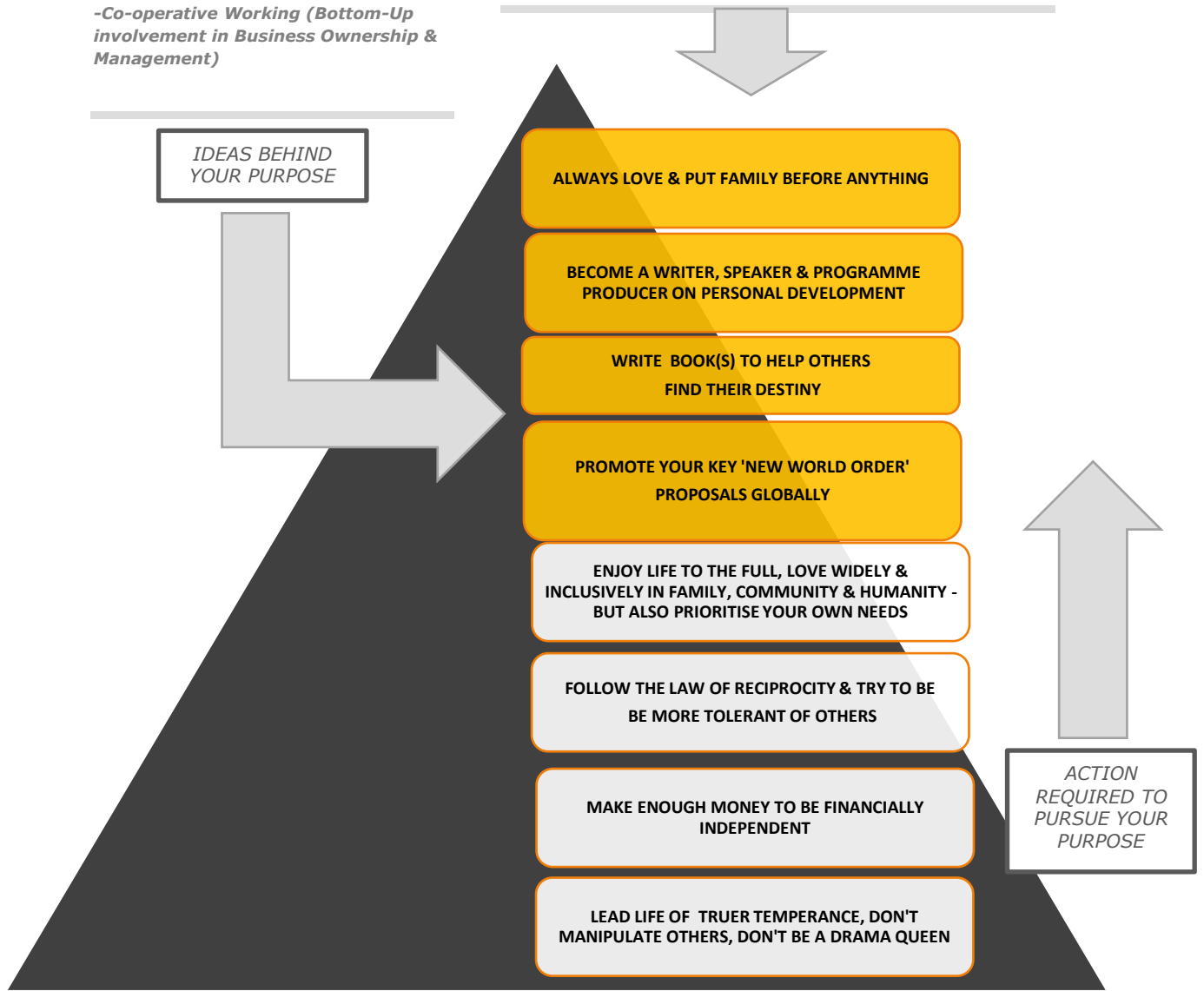
- To Share my Love & Help Others

DESTINY PYRAMID PRIORITIES:

- Always love and Put My Family First
- Become a Writer, Speaker & Programme Producer on Personal Development
- Write Books to Helping Others Find Their Destiny
- Promote my New World Order Proposals Globally

PERSONALITY DEVELOPMENT PRIORITIES:

- Enjoy Life to the Full, Love Widely and Inclusively in Family, Community and Humanity while Prioritising own Needs
- Follow the Law of Reciprocity & Be More Tolerant of Others
- Make Enough Money to Become Independent
- Lead A Life of Truer Temperance, Don’t Manipulate Others



**Rank Your Most Valuable Ideas
& Related Personality Developments**

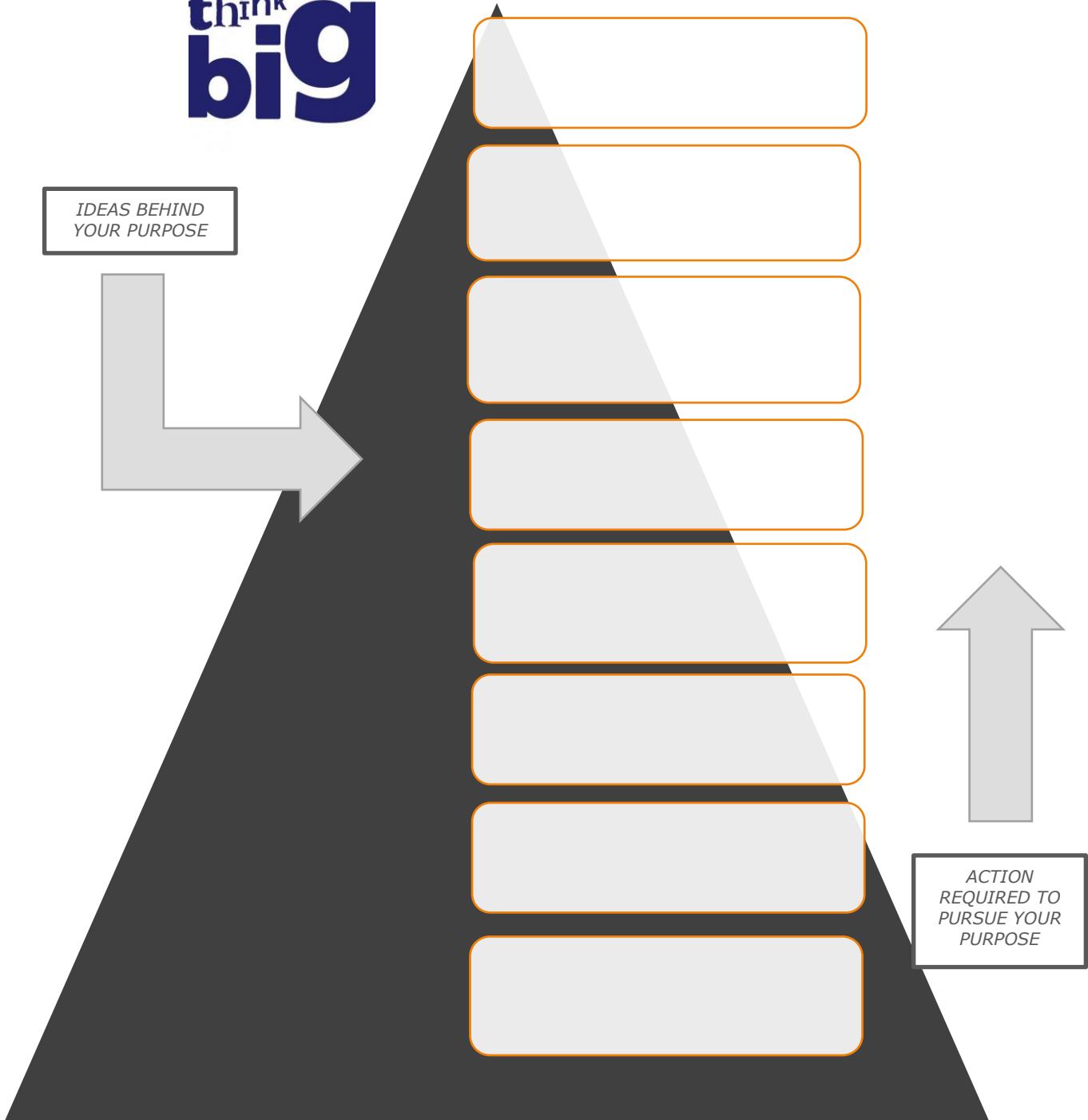
4 Ranked
'Most Valuable Ideas'

4 Most Important Ideas/
Action Req'd related to
'Personality Development'

Draw up - Your 'Destiny Pyramid'

YOUR BIG IDEAS AND PURPOSE IN LIFE

think
big



17

Putting Trust in Wisdom of Your Soul

RESEARCHERS COMPARED A GROUP OF PEOPLE, WHO WERE instructed to write about a positive experience for 20 minutes 3 times a week, to a second Control Group, who were instructed to write about neutral topics, ie.- neither necessarily positive nor negative. Not only did the first group experience larger spikes in happiness, but three months later they even had fewer symptoms of illness, either physical or mental.

External circumstances account, on average, for no more than a tenth of your total level of happiness. The rest is based on your focus and how you interpret these circumstances. (Refer to Section 20- Buddhist wisdom in the search for happiness). Well, you might say that the 'Power of Positive Thinking' is nothing new. But you can train your brain to scan for the positive, and in so doing you can become happier and more positive than you would be by just systematically focusing on the bright side of things.

As an alcoholic suffering with depression and anxiety I found it very difficult to be positive. The most-unhealthy state of the Enneagram Personality Type Two, to which I relate (very occasionally, but memorably) - leads to abuse of alcohol (or other addiction), feelings of victimisation, and 'falling apart' tendencies. This generally corresponds to the 'Histrionic Personality Disorder' (See Section 12). Becoming a 'Victim' and 'Blaming the World' for one's problems is a trait of a Type Two in a (level 9) state of dysfunctionality, particularly under the influence of excessive alcohol. The alcohol wears off, and normality returns, but the tendency for negative thinking does not wear off. The way out of this spiral is Personality Self Analysis (sections 14-16). Only then can those 'telling' moments or 'unhealthy behavioural actions' be self-identified and thwarted before they extenuate.

Such negative thoughts for most people relate to past problems or experiences. A human being can live in only one of two psychological time zones. You can live in the past, or you can live in the now which second by second is moulding your future. And the choice you make affects every facet of your personality, your life, and your happiness.

Something as simple as writing down positive experiences on a regular basis has a lasting effect on the level of happiness. Creating such a positive

focus in your mind on what's going on in your life on an everyday basis has a major impact on your level of happiness.

Your focus determines what you look for in a situation - your interpretation of the reality presented to you. Most situations can be interpreted differently according to what you choose to focus on. The classic example of this is the 'half full / half empty' glass analogy. In 1990 I was sent around mainland Europe to seek out opportunities for establishing a construction plant hire business. Situation hopeless I concluded. Most construction companies own their own plant holdings even though often they stand idle until the next job. They don't hire plant. "Glorious opportunity," said my CEO, "they haven't understood the benefits yet. Let's joint venture with one of them and we can hire their plant more widely in the industry to get better returns."

There are many anecdotal examples I could cite, or just a joke about: "Dad I think you love our dog 'David' more than you love me." "Why do you think that Fido!" answered dad. Maybe Dad actually loved his son most, but just had a bad sense of humour. Maybe you are reading this book with an open mind, looking for something positive rather than being swayed by any negative review you may have read beforehand. These concepts are developed further in Section 18 on 'Maximising your Mental Power'.

The good news is that you have a great deal of control over your focus - and as a consequence control over your level of happiness. You can literally train your brain to look for the positive - and for the possibilities in every situation instead of the limitations. A negative focus reduces your creativity and motivation and can cause stress and depression. Tax auditors that are trained to look for errors and irregularities in their jobs have been shown to transfer this negative focus to their everyday lives. Lawyers are taught to be very critical and look for mistakes, flawed arguments etc. This is an essential skill for them to do their job. But it comes at a cost. The negative focus spills over to the rest of their lives, and studies have found them to be more than three times more likely to suffer from depression. Not surprising then those successful salesmen tend to be the happy types.

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.
- Swami Vivekananda"

If I hadn't employed the 'Personality Analysis and Development Techniques'

described in this Book to overcome my own negative forces and re-focus myself, I would not have been able to write it. Negative messages I have, in general, but bury them in humour. Negative thoughts about others are bad enough, but negative thoughts about yourself are particularly bad. They will put you behind the pack in self-esteem, motivation, gratitude, optimism, success and happiness. Set your own bar, not one based on other's views or performances. Competition with others only matters when it really matters- winning in life, love and career maybe ["Cross-Country Running", UK 1970].



"CROSS-COUNTRY RUNNING" UK, 1970

"King Edward VI Grammar School was steeped in history and tradition. The original school was founded on 21 May 1430 and was known as the Chantry School of Holy Trinity. The charter for the grammar school was granted on 17 June 1552 by King Edward VI. As you'd expect from a prestigious school so proud of its heritage came certain 'traditions' only found in schools adhering to a class-based view on sport. Soccer is 90 minutes pretending you are hurt, while Rugby is 80 minutes pretending you aren't. I played 'hooker' for the first team, but in mid-winter the ground was too frozen for even the most hardened promising rugby player to risk the consequences. All Rugby games were cancelled, until the thaw.

All 100 boys at 'Games' were verbally petitioning to be allowed to play soccer instead. After all there was less likelihood of serious falls. The answer was a resounding 'No', but not because of the risk of injury, but because King Edward VI Grammar School could never entertain the concept of its boys playing such a common game. Its standards and reputation would not allow it.

When 100 boys set-off on a compulsory ten-mile Cross-Country Run instead, the pack soon starts to spread. There are long legged distance runners, light frames sprinters, 'second-row' beefy rugby muscle boys, the odd 'fatso' and 'Master Average' like I. During summer sports all sought their niches and played to their fortes- whether it was track

running; shot-putting; high jump; discus throwing; Javelin throwing; badminton or basketball. This time everyone whatever shape, size, fitness or experience was spread across the field in shark exposure of the different levels of ability and/or motivation on the Cross-Country Run.

Thirty minutes into the run I had certainly seen many more boys passing me than I passed. 'Saving myself for a last sprint', I told/fooled myself. Then 'Sir' came from behind me and grabbed my shirt. The pace was forced up by double and my little legs were struggling to keep up with my dragged body. We passed some 20 boys until he released my shirt sleeve. 'This is your correct place in the race of 100' he grunted. 'I don't want to see you dropping behind 7th right up to the end of the race'.

I didn't lack the ability or the level of fitness, I lacked the motivation and belief in myself. Coming in 27th in a pack of 100 was good enough for me, I didn't aspire to be a Cross-Country runner. That was not the point. Does success mean winning and beating others, or as in my view being my own yardstick and setting my own goal or standard, even if lower than my best, irrespective of what others were doing or thinking.

Both were right but you have to decide what's important. The definition of success given to me was: 'A really successful person performs to the best of their ability in all important areas of life. He, or she, will be as successful as his or her potential, subject to experience and circumstances. This includes areas of career, intimate and social relationships, and recreations (of his or her choice). Making the best of situations given ability in the lottery of life is important'.

I selected golf as my chosen recreation and was determined to become world number one. I reached a handicap of 12 within a year, while my school mate got down to 4. I didn't have the ability to be the best. I selected being an airline pilot as my chosen career dream. My eyesight was not good enough and I was told I would fail in that endeavour also.

Dream your dreams with consciousness and reality in mind. You never know your destiny, unless you keep going, understand yourself and your desires and make it."

Becoming your destiny is all about 'Putting Trust in the Wisdom of Your Soul'. It's about Circumstances, Ability, Dreams and Passion. It's also about developing 'Self-Understanding', 'Going Beyond the Ego' and focusing on the 'New You' when you have a far clearer idea of what it is that you really want to be your destiny. Sometimes it can prove to be just 'Circumstance Based'- you save a drowning man and then decide to become a lifeguard and give up your city life. It can be all about 'Ability'. Apparently the first round of golf Nick Faldo played with his dad, he shot an 87. That's natural

flair for a young boy. Thousands of days of practice and blisters on his hands later- he was destined to be one of the UK's greatest golfer. But 'Dreams and Passion' are the makings of destinies, and subsequent legacies of note. Gandhi was just one. If you become your Dream despite not because of Circumstances or Ability, because of your Passion and Drive- that's Destiny in the making.

Churchill said that 'It is a mistake to look too far ahead. Only one link of the chain of destiny can be handled at a time.' But destinies made of dreams and passion and dedication are the enduring ones over time.

"I felt as if I were walking with destiny, and that all my past life had been but a preparation for this hour and for this trial... I thought I knew a good deal about it all, I was sure I should not fail."
- Sir Winston Churchill, *The Second World War*

Never fill your head with ideas why you can't achieve what you want because of negative thoughts.

"You don't need any methods to get rid of the wrong ideas you have about yourself. All you have to do is stop believing them. The best way to do this is to replace them with ideas that more accurately reflect the real state of affairs."
- Annamalai Swami"

I entered my beautiful little ten-year-old child into a national singing talent show, long before the time of 'X-Factor' and 'Britain's Got Talent'. She sang the Olivia Newton John's Song from Grease so beautifully, without musical backing, as they do at first auditions. I choked back the tears during the rendition- only to be told quietly afterwards by the judges that she had not been selected to go through to the next stage. 'I'm very, very proud of her.' I said. 'And so you should be', the judges asserted. It wasn't her destiny to be a famous singer- but maybe it was my destiny to be a single dad and more devoted to her than my own life or career at that time. ["Hopelessly Devoted to You", Olivia Newton John].



**"HOPELESSLY DEVOTED TO YOU"
(OLIVIA NEWTON JOHN)**

<https://www.youtube.com/watch?v=i52mlmJtyJQ>

*"I know I'm just a fool who's willing
To sit around and wait for you
But baby can't you see there's nothing else for me to do"*

I'm hopelessly devoted to you"

The Three Steps to Become the New You

The goal is to find the 'Truth about Success and Happiness' (see Section 22). To do this I have asserted that the individual has to transcend a journey of 'Self Discovery and Understanding' to 'Go Beyond the Ego' and identify an 'Inner-Calling'. Only then will the individual likely find his or her own real-life Destiny. And to do this and become one's Destiny it is necessary to 'Put Trust in Wisdom of Your Soul'. To hell with everybody and everything else. They are just noise. Be your own teacher, once you've gone through the stages described. Otherwise, you will be just another brick in the wall, instead of being you, before it's goodbye ["Another Brick in the Wall", Pink Floyd].



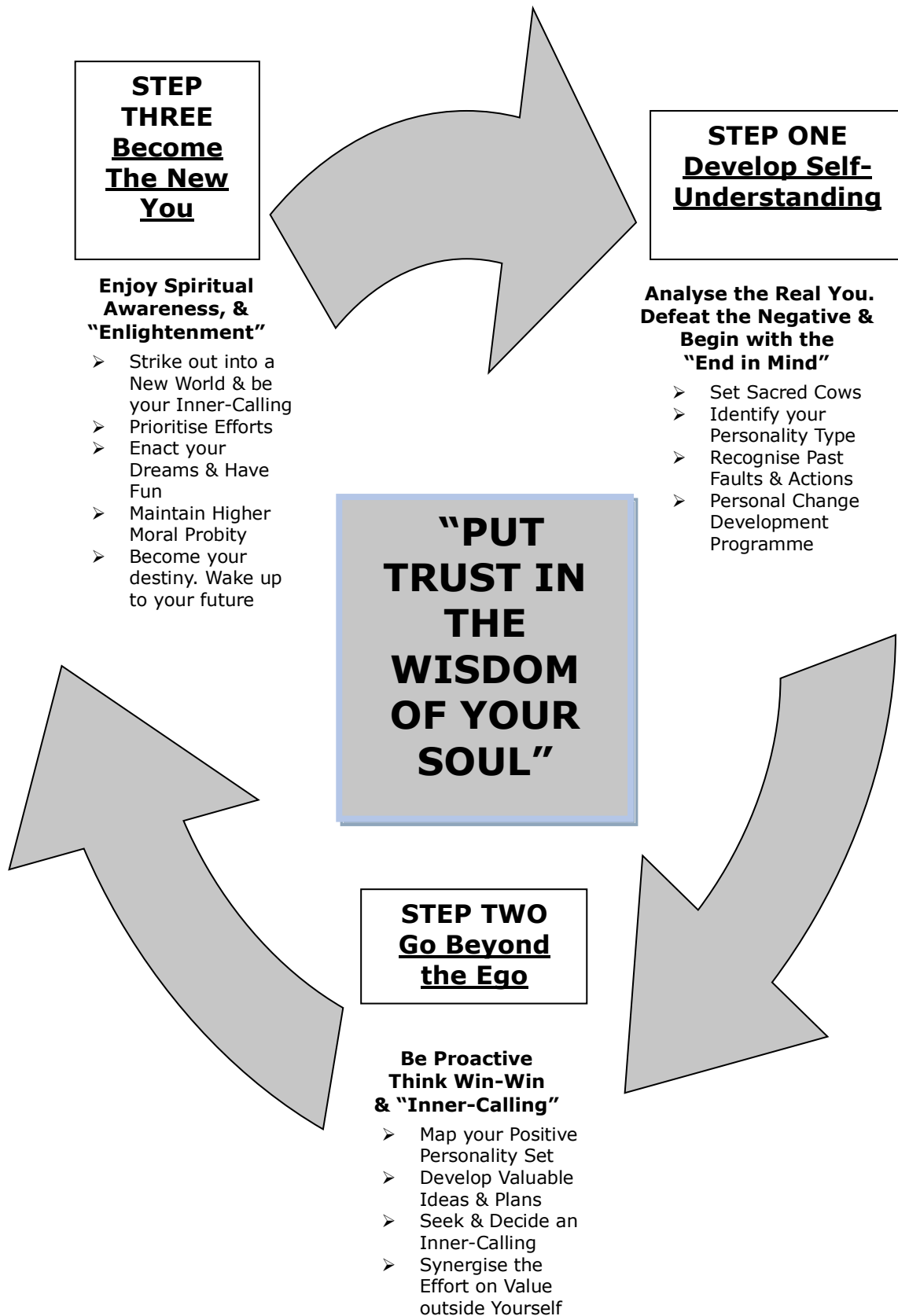
"ANOTHER BRICK IN THE WALL" (PINK FLOYD)

<https://www.youtube.com/watch?v=W0bi7OfaKMY>

*"We don't need no education
We dont need no thought control
No dark sarcasm in the classroom
Teachers leave them kids alone"*

These are not just 'plays on words' they are the building blocks used so far, with more to come in this Book to help you reach that final destination of 'Life's True Riches, Success and Happiness' (see Section 25- Happiness). But I reflect on them here figuratively as Three 'Steps to getting to Knowing Yourself' and 'Becoming your Destiny' (see Section 24- Purpose & Destiny). Two steps are partly in reflection while the rest will form the reading matter for the remainder of the Book:

Steps To Becoming Your Destiny



Source: Greg Malpass © 2019

STEP ONE- Develop Self-Understanding

Analysing the Real You is all about Defeating the Negative & Beginning with the "End in Mind". There are four 'reflective stages' in this itself.

- Setting Sacred Cows to identify what is most sacred to you (Section 2)
- Identifying your Personality Type using the Enneagram Test and really understanding the driving forces in your nature which make you who you are (Section 14)
- Recognising some Home Truths in terms of Past Faults & Actions and learning what it will take to go Beyond your Ego by identifying a Higher Purpose; and literally seeking a Spiritual Awakening in so doing (Section 15/16)
- Identifying with the need to design a Personal Change Development Programme for you based on your defined Saving Grace linked to your deepest Desires

STEP TWO- Go Beyond the Ego

Being Proactive and Thinking Win-Win in using knowledge about yourself to find that illusive "Inner-Calling". There are four 'action-based stages' to achieve this (see Section 16).

- Mapping your Positive Personality Set and getting into the detail of your Enneagram Personality Type results and Recommendations.
- Develop Valuable Ideas & Plans around your Passions and Desires, caveated by a Reality Test with knowledge of your strengths and weaknesses, skills set and experience.
- Seeking & Deciding on an Inner-Calling using the "Reality Matrix and Destiny Pyramid" .
- Synergising the Effort on Value outside Yourself. That entails reading the Sections in the Book about the World and Life in general, not focused on you the individual, and understanding their Key Messages (Parts Two, Five and Seven); (also the sister Book cf. 'Your Real Purpose').

STEP THREE- Become The New You

Enjoying Spiritual Awareness, & "Enlightenment"

- Striking out into a New World & following your Inner-Calling, recognising Lessons Learned and the Wisdom of Change (see Section 27)
- Prioritising Efforts as you decide them to be
- Enacting your Dreams & Having Fun- Just Do It
- Maintaining Higher Moral Probity and reflecting on the Key Lesson Learned in Part Three.

Finally Becoming your Destiny and Waking into your Future being your heart's desire. This is about finally capitalising on really 'Understanding You' and all the 'Lessons Learned' in the writings of this Book (see Section 27) and how they might reflect on you. In assessing your own role in the world in the realisation of your Destiny it will be important to conclude your own view of the 'Future of the World' and getting 'Close to Greatness', otherwise you will have taken a shallow view on what the impact of your role maybe in the bigger picture. Avoid mediocrity, unless that's what you really seek (see Sections 28 and 29). You never know- in being the New You, you might help change the world.

"I have implied in my writings that my Destiny might have been to be a single father, sacrifice my career and devote myself to her. Yes, that was my 'Purpose/ My Calling' and loving and nurturing her became my Destiny during her childhood, and very much still is. But you can't live your life for your children, nor their lives for you. When they grow the love will never diminish. Being a Single Father was my 'Finest Hour' but you have to let go, hard as that may be. My Destiny has become to 'Write', and hopefully I will benefit financially from doing so, and continue to help my daughter(s) in every way possible". ["Giving Away a Treasured Daughter", Italy 2019].



**"GIVING AWAY A TREASURED DAUGHTER"
(VERONA ITALY-2019)**

" The speech began- I am overwhelmed- my beautiful daughter has just married a wonderful man.

*Los novios están muy contentos
de darles la bienvenida a todos aquí...
Gli sposi sono così felici di darti il benvenuto qui...
Les mariés sont ravis de vous accueillir tous ici...
Cêāsāw læa cêābāw yindī thī ca t ^ xnr̄ab thuk thān thī nī...
Good Day the Sheila in the Family from Down-Under...
And yow from Wolverhampton am welcome,
bostin to see yow yam yams*

To sing his praise- Matt is all I could want from a future son-in-law and future father of my grand-children. He is hard working, dedicated, honourable, good, and I class him as my friend- but much more than that he treats my daughter like the Princess she is. I am sure he aspires to emulate me and his own father in the cherishing of the children bestowed upon them in their future life together.

The day's pageantry in Verona and a 17th Century Villa could not have been surpassed either, with its eloquent surroundings and moving ceremony until I bastardised Shakespeare's Romeo and Juliet play's Prologue Act 1, to the modern-day setting and take, addressed to the lovers Matt and Jamie- but with no reference of course to lovers' deaths nor feuding in-laws in the original Play:"

JAMITA Y MATEO

*"Two households, both alike in dignity,
In fair Verona, where we lay our scene,
No ancient grudge neither take for any mutiny,
Where civil love makes civil hands so clean.*

*From forth the caring loins of two families, not foes
A pair of star-cross'd lovers unite to make their life;
Whose global adventure already overthrows
Doth with their union could bury any world of strife.*

*The joyful passage of their marriage-marked by love,
And the continuance of their parents' admiration doth rage,
Which, but their grandchildren's births, nought be above,
Whence they come deserving will be of full centre stage.*

*The which if you with patient ears attend,
What here shall miss, our love shall strive to mend;
Our children to whom we hath dedicated our lives with all our might,*

Tonight, we proudly present them here as Mr & Mrs Matthew Wright."

Believing that It's Never Too Late

Believing it's too late is a form of slavery. Even if everyone follows the three steps described some will claim it's too late for them and best to make the most of the situation. 'Age Slavery' can be broken just by looking around at that small but alive group who simply ignored it. It's best to decide to live until you die, and to maximise your life 'Put Trust in the Wisdom of your Soul' and Strike out into a New World and be your Destiny. ["It's My Life", Bon Jovi].

If you think the days of your life are short. If you think you are dying- then you are right it's the case for all of us. But if you consider therefore the hopes given to you of the bettering of your condition are vain – then you are wrong.

"My own days have passed along; My own plans have been torn apart. The wishes of my heart. Night they keep putting for days. Light is near on account of darkness."- Job17 (11-12)



"IT'S MY LIFE" (BON JOVI)

<https://www.youtube.com/watch?v=vx2u5uUu3DE>

*"It's my life
And it's now or never
'Cause I ain't gonna live forever
I just want to live while I'm alive
My heart is like an open highway
Like Frankie said,
I did it my way."*

I found my own enlightenment in Spain somewhat late in the day some may say. Where was I to go from where I was? My Liver had been diagnosed as close to cirrhosis and my bank account was empty. Alcohol fuelled banter and a false outgoing confident 'persona' were fine for nights out with friends while I could still afford them. No substitute for getting a job and hard work

and the acceptance that my 'lot' was never going to change unless I got off my arse and did something- was the advice of some 'acquaintances' which echoed in my ears, on hung-over/ sober mornings when the depression and anxiety were at their worst.

I realised that drinking does not make a bad situation better, and especially when you're stuck at rock bottom. Nearly every downturn in my life could be put down to over-drinking. But I doubted an attempt at 100% sobriety was likely to be my route to happiness and contentment. I didn't believe I was an alcoholic because I didn't crave drink in the mornings. Removing the money and relationship related stresses in my life was the answer I thought. That was the root of my problem- after quite an illustrious career, I was broke due to divorce, redundancies and poor pension provisions in life. No, the truth was I'd thrown in the towel and settled for a mediocre existence in Spain, still very much living in the past. Alcoholic attend 'AA' Meetings and Abstain from Alcohol. My System worked better for me: I moderate my drinking and still enjoy a drink.

So, my new positive 4-point plan to deal with my alcohol, financial and emotional problems became a written pledge to myself as early as 2015 ["4-Point Plan, Spain 2015"]. But it took until 2020 to enact it.



"4- POINT PLAN" (SPAIN – 2015)

- *SEEK MONEY-MAKING IDEAS- Find work or preferably a Business Opportunity to fill my time and get money, and financial security for me and my future partner. And in so doing eventually gift my daughters \$1m each to secure their futures.*
- *WRITE- Write a Book, about my international life of 'Colour, Caring*

and Corruption', and in so doing not only finally put all past negative matters and emotions therein associated in my mind behind me (ie. cleansing my soul); BUT more importantly discover what the real positive life messages are, to share positively with others.

- *DEAL WITH THE ALCOHOL INTAKE- Find a Partner/ Friend, with whom to share my progress on cutting down the drinking, and to stop getting totally pissed when under stress. This derives from the 'AA' (Alcoholics Anonymous) 15-point plan when urged to drink too much: "When the heart and resistance is low and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by with whom to talk in confidence."*
- *FIND NEW LOVE- Find love, not conflict in a new partner relationship, without ruling out lost loves, including my estranged wife - all focused and dependant on mutual love and mutual desire to be faithful and seek happiness together. Nothing less will do this time.*

Upon reflection these 'Instructions to Myself' seemed to just shadow those my daughter had suggested to me in 2012, many of which I hadn't heeded. My alcohol abuse then I put down to my depression surrounding the breakdown of my marriage, mounting debt and repossession of our home. She'd suggested: I look for a job or an entrepreneurial venture; I cut down on drink; I detox and eat well; I get over my marital breakdown; I play golf instead of boozing; I de-stress; I develop new life ideas; etc.

By 2018 I'd finally got to realise that writing a 'To Do' list is insufficient. I needed to research, really understand myself, self-discover and follow the 'Three Steps' I explain above. And getting to know my own personality with more intellect and acceptance of its positive and negative traits became the key milestone. I undertook the on-line Enneagram Personality Test and studied Type Two's in some depth. The rest is documented in this Book.

Not long afterwards this Book was born, I was feeling the burning need to share with others how powerful the tools I had developed were. They were to become the core research elements in my Book for readers. By combining this with the broad writings about my life, dysfunctionality and global corruption – has led to compelling 'Solutions for the Individual', all based fundamentally 'Love'.

And now I'm dreaming of making millions myself- and why not. Daughter

One said to me in Spain when I was at rock bottom that 'I need to grow some balls and find the way to make money.' Daughter Two accused me of being 'A Drama Queen'. If I become financially successful, I decided and pledged- I would give all the proceeds to them. They say they don't want or need millions, but they are genuinely worried about and love their Dad. So, what's my Destiny (see Section 16). I want to enjoy more time with them and my future grandkids in the future, but beforehand I'm on a mission to help you. By buying this book it may help me somewhat financially, but much more importantly it should help you live a fuller life and find true destiny, without mediocrity, hypocrisy or sloth. That's a pledge- or your money back.

Believe in yourself and 'Put Trust in the Wisdom of your Soul'- it's your life, your future, your destiny ["McKinsey & Co", London 1986].



**"McKINSEY & CO'
(London, 1986)**

"I was very proud to be an MBA post-graduate student at London Business School (LBS) 1984-86. Like so many of my fellow students I had given up a lucrative job to attend the two-year course to learn to be a 'Master of Business Administration'. It was highly competitive to secure an offer. Admission demanded a 'Graduate Management Admission Council' Test Result (GMAT) putting all students in the highest five percentile of IQ in the world.

The MBA program at LBS is widely considered to be part of the top 10 in the world. In Financial Times' 2015 Global MBA Rankings, LBS ranked 2nd in the world just behind Harvard Business School. In CNN Expansion's 2014 Global MBA Rankings, LBS ranked 5th in the world. In Business Insider's 2014 Global MBA Rankings, LBS ranked 9th in the world.

LBS overall was ranked 1st in Europe (2014–2019) by the Financial Times, so the graduates are highly sought after. Graduate average salaries in 2019 was US\$133,000.

Top Management Consulting Firms like Boston Consulting Group (BCG), McKinsey & Co, Bain & Co annually attended recruitment seminars to try and attract the very best of students. Einstein once said that 'Imagination is more important than Intelligence'. Well not being at the top of the class in IQ, I struggled to attract their attention. I was interviewed by BCG but I could see that while my blue pin-stripe suit and preparedness impressed them, my intelligence and white socks (I'd forgotten to change) did not.

One outstanding candidate was a Dutch colleague of mine. Not was he just top-of-the-class material, his father was a European Diplomat, and as a result of growing up in several European Cities- he spoke eight languages fluently.

It was unsurprising that Management Consultants McKinsey had short listed him for an interview. The procedure was to prepare a 'Case Study' presentation and wait in the interview room. When finally called in, the interviewer asked the candidate to take his seat, but proceeded in making his notes and even a telephone call before giving the candidate the undivided attention he clearly considered he deserved.

My Dutch student friend rose from his seat to leave the interviewer's office. 'Please sit down and wait, and I'll be with you shortly' defended the interviewer. 'No thank you. If your rudeness and unpreparedness represent your firm, I do not wish to work for them. Good Day.'

Probably the first and only Student who snubbed McKinsey Consulting Company. A display of arrogance on the part of both I suggest, but my colleague believed 100% in himself, and considered his action wise in his own mind, and that was all that mattered to him. He went on to secure an international role with a Global Multinational."

Lessons Learned



SECTION 17- LESSONS LEARNED "Put Trust in Wisdom of your Soul"

1. KEY MESSAGE: "You don't need any methods to get rid of the wrong ideas you have about yourself. All you have to do is stop believing them. The best way to do this is to replace them with ideas that more accurately reflect the real state of affairs."

2. 'Dreams and Passion' are the makings of destinies, and subsequent legacies of note. If you become your Dream despite not because of Circumstances or Ability, because of your Passion and Drive- that's Destiny in the making.

3. You can literally train your brain to look for the positive - and for the possibilities in every situation instead of the limitations. A negative focus reduces your creativity and motivation and can cause stress and depression.

4. We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

5. 'A really successful person performs to the best of their ability in all important areas of life. He, or she, will be as successful as his or her potential, subject to experience and circumstances. This includes areas of career, intimate and social relationships, and recreations (of his or her choice). Making the best of situations given ability in the lottery of life is important'.

6. 'Age Slavery' can be broken just by looking around at that small but alive group who simply ignored it. It's best to decide to live until you die, and to maximise your life

7. Believe in yourself and 'Put Trust in the Wisdom of your Soul'- it's your life, your future, your destiny ["McKinsey & Co", London 1986].

MISSION: "The goal is to find the 'Truth about Success and Happiness'
To do this I will transcend a journey of 'Self Discovery and
Understanding' to 'Go Beyond the Ego' and identify my Inner-Calling".

18

Maximize your Mental Power

WHO WOULDN'T WANT TO MAXIMISE THEIR MENTAL POWER AND want to be mentally tough like the Spartan Warriors from the movie 300. But the chances are, you won't be a Spartan Warrior anytime soon. Never mind, if you want to increase your mental power the internet will always offer 'quick solutions' to get started: Do Cryptic Crosswords; Have a Positive Mindset; Rationalize Your Thoughts; Develop Short Term Memory; Meditate; Practice Patience; Learn from Failures; Visualize the Big Win (Envision the book you are writing will be a best seller); Always Strive to Finish; Do Something Outside of Your Comfort Zone; Enjoy the Ride; Masturbate profusely.

Enjoy the ride guys and gals. You only get to do it once. No matter what you're going through, you're capable of breaking out from the negative cycle, without reading 'Headlines of Platitudes' like these. Annoying platitudes, cliches, aphorisms, but they're all used for similar reasons and can be equally irritating. It's interesting to note how many of them conflict with each other. A few examples (not to belittle *Tony Robbins Style* 'Can-Do-Punch-Air' positive motivational techniques):

- It was meant to be (then why did we bother trying to make it not be?)
- The definition of insanity is doing the same thing and expecting different results (sometimes you have to do the same exact thing many times to get the result you want – it's called practice)
- Time heals all wounds (how about losing a limb?)
- Everything happens for a reason (including suffering and early death?)
- I don't want a team of champions; I want a champion team. (Note that there is an I in "champion team")
- Live each moment like it's your last (not very pleasant)
- If at first you don't succeed, try-try again (maybe you should try something else)
- Follow your bliss (what if mine is cocaine?)
- Love means never having to say you're sorry (Then please don't love me)

- It has to be somewhere (as if this helps you find something that's lost)
- Life doesn't give you things you can't handle (depends on what life gives you, doesn't it?)
- The road to hell is paved with good intentions (so I should have bad intentions then? is that how the road to heaven is paved?)
- It's the darkest just before dawn (have you seen a dawn?)
- Perception is reality (except when your perception is very bad)
- This will hurt me more than it hurts you (well lets switch places and find out)
- If you can't stand the heat, get out of the kitchen (maybe we can make the kitchen better?)
- God never gives us more than we can bear (see death, misery, history of suffering)

There is no panacea for 'Maximizing your Mental Power'. I call on some of the conclusions I've drawn in the writing of this Book, and some inspiration I gleaned from reading a Book (while relaxing in a piping hot bath in the 1980's) entitled "Maximize your Mental Power" written by David J Schwartz. I'll make reference to some extracts in my take on Mental Power, without getting too cryptic and analytical. "I don't trust anybody who isn't a little bit neurotic". Or as 'Mohadesa Najumi' would say "I am a habitual rule-breaker. I take it as a compliment when somebody calls me crazy. I would be offended if I was one of the sheeple, one of the sleepwalkers in the matrix or part of the collective hallucination we call 'normal'."

"Life is a useless passion, an exciting journey of a mammal in survival mode. Each day is a miracle, a blessing unexplored and the more you immerse yourself in light, the less you will feel the darkness. There is more to life than nothingness. And cynicism. And nihilism. And selfishness. And glorious isolation. Be selfish with yourself, but live your life through your immortal acts, acts that engrain your legacy onto humanity. Transcend your fears and follow yourself into the void instead of letting yourself get eaten up by entropy and decay. Freedom is being yourself without permission. Be soft and leave a lasting impression on everybody you meet"

-Mohadesa Najumi

It has been proven that wisdom and old age go hand in hand, and it has been scientifically documented that wisdom comes from a balance of activity in brain regions, with life experience. Younger people benefit a lot from learning from the elders and caring for them can be an enriching experience when seen from the perspective of other cultures.

And a title like 'All Around the World' sparks passion in my soul, which has inspired many of the anecdotes in this Book. Travel provides experience, opens the mind, educates and humbles the perceptive traveller.

The world. Small isn't it. There are 197 countries in the world today, 192 recognized by the United Nations Plus the Vatican, Palestine, Taiwan and Kosovo. Imagine, I've only *done* 60 on my business travels. ["All Around the World", Spain 2020]. What's the best? Depends on your criteria for categorization- 'Natural Beauty, Best Weather, Food, Lifestyle, Security'? The 'Richest' by far is Qatar with GNI per Capita of \$117,000. That's mainly due to its vast Oil & Gas reserves, and small population. But is it the 'Best or the Happiest'? When I worked there, I remember the State paying its citizens to stay more than a few months a year in their country. The temptation to live elsewhere to spend their wealth is too tempting. I have to say that the Infrastructure and Lifestyle have improved beyond recognition since my year of residence in 1980.



**"ALL AROUND THE WORLD"
(SPAIN 2020)**

"I made arrangements to set up a Charity based out of Spain (where the fundraising was to be done) called World-4-Life to try and help children in Nigeria orphaned by their mothers' deaths to AIDS. When my chosen Administrator, and friend, called 'Peace' was refused a VISA for Europe it made my blood boil. Had I chosen to pay Euros 8,000 to a Nigerian Human Trafficker to smuggle her in as a prostitute- it was doable; but to convince Immigration Authorities that the intent and organization was honorable- less so.

This is just one example that says a lot about the world, it's problems, its prejudices, its abuses, its frustrations and so on. My life has been exposure to them all in travelling, principally in Third World Countries, but also across the richer Nations in the Continents of the World.

My daughter set up for me, on my i-phone, an App called 'Been'. It seems on the face of it a rather meaningless – 'Got The Tee Shirt' finger-up list of countries. But it also helps to put the world in perspective. As a self-professed Globe Trotter, I have visited just 60 of 192 countries which amounts to just 34% of the World and includes, according to its analysis- 59% of Europe, 37% of Asia, 47% of North America, and 57% of South America, 0% of Oceania and Antarctica, and 8% of Africa. It is my pledge to myself, if I ever get the money, time and health to achieve it- to visit all the remaining countries, spreading my messages, before I leave this small world.

And remember, it doesn't matter how well-travelled you are, you can be well-mannered, and practice the 'Golden Rule' wherever you go. (see Section 19 'Great Principles Shared'). And there will always be someone better travelled, more knowledgeable and wiser than yourself."

The UN lists Norway (www.worldpopulationreview.com) as the 'Best' country to live in because all of the factors the researchers took into consideration. The Free-est Country classified by the same researchers is New Zealand. The 'Most Loved' country for having the 'Highest International Reputation' is Canada. (www.worldatlas.com). The 'Most Peaceful', if that's what you are looking for is Iceland (www.visionofhumanity.org). The overall 'Best Country Ranking' (according to an assessment of 65 attributes (including 'Adventure, Citizenship, Cultural Influence, Entrepreneurship, Heritage, Open for Business, Power and Quality of Life') developed by BAV Group and the Warton School is Switzerland, topping Norway by a cat's whisker. In Section 5 I explored the correlation between a Nation's Happiness and its level of perceived 'Corruption'. Again, Norway featured very highly with Denmark and other Scandinavian countries.

For me, while thematic rankings make interesting reading, it's personal experience that counts. If you haven't lived in a country, you won't know. Two days in a hotel near the airport, or a week on the beach at an all-inclusive resort- don't count. I have fond memories of Singapore and Hong Kong, respect for the United States, admiration for Scandinavian countries, warmth for Malaysia, and love for Peru. I chose to semi-retire to Spain because I speak the language, it's weather is good, I have a small apartment there, and it is close to the UK to visit my daughters.

I got hold of a book entitled 'The International Retirement Directory' written by authors David and Daniel Creffield, published in 2010. It researches 'Why, Where and How to Retire Abroad' according to a broad set of criteria including weather, healthcare, property prices, cost of living, languages,

security and tax considerations. The Top Ten countries of choice for UK Pensioners was Australia (23.6%), Canada (15.2%), USA (12.7%), Ireland (10.1%), Spain (7.25), New Zealand (4.5%), followed by France and Italy (3.3% each). I suspect these statistics are linked to 'old' colonials and people moving to live close to other family members who might have emigrated. Retirees in Europe these days' like myself, to favour the sun traps like Spain, Portugal, Italy and Cyprus.

While we digress and momentarily 'escape' around the world, I cite a few one-liners for potential retirees:

- Cost Rica is Beautiful and one of the Cheapest
- Australia requires substantial income and savings to qualify
- Canada has ten year waiting list for family reunifications
- Chile Easy and a Good Choice
- Malaysia is Cheap and Pleasant, and welcoming if you transfer Liquid Assets
- Panama offers a mass of Incentives and Discounts
- USA seeks willing investors but there is no Retirement VISA that allows permanent residence
- All EU destination Rules are changing for the Brits, because of Brexit. Serves them right

Hopefully you are not leaving your 'Life Changing' decisions until retirement. It's all about 'to where you feel drawn' whatever your age, or reason. For me it was Spain, a good choice for a 'People Person'. Maybe it's about your 'Human Psyche' and what's personal for you.

Now- Back at Ground Zero, travelling the world looking for Adventure and Inspiration are not for everybody. In terms of Maximizing your Mental Power- I'll conceptualize below the idea of inspiration, and suggestions that *might* help you achieve- Money, Friends, Influence, Good Health, Love and romance, and a Happy and fulfilling life. If not, your money back.

Linking Psyche to Personality & Spirituality

Most people- and you are not one of them or you would not be reading this Book- have utter contempt for what they might consider the nebulous concept of the 'human psyche'. In so doing they neglect the miraculous instrument by being complicit in its denial. '*Psyche*' rather than Psychic Power helps individuals achieve miracles in which poor people become rich,

sick people become well, little people become big people, and defeated people find victory. That's not to say some people just seem to falter amidst these miracles. It's often down to understanding your Personality and finding the Will and the Formula for converting Wisdom into Mental Power.

You are unique, and your Personality is unique to you. It is incredibly enlightening to get to really understand 'where you are coming from' (refer back to Section 14 'Understand your Personality and Nature'). The danger is always to drift into a mode of Mediocrity and Apathy. And not believing that you will always be able to have a larger share of the better things in life, whatever your age. But it means getting off one's butt to become one of the 20%. That's referring to the 80/20 Rule.

It's well known that 80% of everything good is owned by 20% of the people. Money, Love, Fun, Good Health, Property and Assets, Peace of Mind; Sex; and ultimate Happiness. The difference is in the way we plan, organize, and control our Psyche to achieve the desired outcome. Keep well away from becoming Mr. or Mrs. Average- living in the 2.5-bedroom house, with 2.5 kids, with a 2.5 litre car, taking 2.5 week vacations every year, and peaking before dying and bequeathing a \$2.5m dollar lifetime estate to the 2.5 children you spent little time with while you dedicated your life to a job you didn't like to build up a legacy. I'm not belittling small ambitions if they are your desire, but Big Goals are what normally trigger 'Change'. Don't become a slave, a conformist, a middle-class peasant, a psychological slave. Be free, a doer, a King or Queen.

There is nothing wrong with elitism – as long as you define what you want that to be and mean to you, and where you want that to take you. It's nothing to do with anyone else. Disraeli said "Life is too short to be little". And blaming others for not having achieved success is a cop-out. Equally don't compare yourself to others once you've achieved your dreams/goals.

I all too often was one for blaming the world for past failings- the corrupt corporation and how unfair it is; the cheats in business; the dishonesty in politics; bosses' incompetence being the cause of my redundancies; wives actions for my financial demise- it never dawned on me that becoming a victim is negative and only highlights inadequacies which caused or exacerbated the problems. At the end of the day we must hold ourselves accountable for our mistakes and failings in this unfair world.

To avoid these pitfalls, it pays to be committed to something, not committed to nothing. Without purpose I had drifted into becoming an educated, intelligent, sharp-witted bum. To conquer laziness or fear it pays to do the thing one fears. And if that's something one ultimately loves, complacency and laziness become a habit of the past. Fear, not confidence, rules the world. Fear is behind all failure.

In Part Three, Sections 10 to 12, I explore the 'seven deadly sins' and their effect on our lives and actions and consequences. They are – 'Pride, Greed, Wrath, Envy, Lust, Gluttony, and Sloth'. Full House I hear you call! But there are also what David Schwartz called the 'Seven Psychic Sins'. He defined them as People getting it wrong by:

1. Letting other people run their lives.
2. Blaming other people for bad luck and tough breaks instead of themselves.
3. Selling their ability short and underestimating their potential.
4. Surrendering to fear instead of conquering it.
5. Failing to set clear goals.
6. Failing to learn how to persuade other people.
7. Thinking defeat instead of thinking victory.

A lot of this encapsulates or is characterized by the typical American 'Can-Do' ethos and their 'Positive State of Mind'- The 'American Dream'. Whatever your Personality Type each of us can train ourselves to be more assertive, blameless, confident, fearless, persuasive, non-defeating and goal driven. But the 'Psychic Sin' which stands out as the one that is all encompassing and overriding, I believe is Sin Number 5: Failing to manage and direct your psychic processes- to Organize your Mind to achieve Goals. This is indeed- to 'Maximize your Mental Power'.

Having no real purpose for being alive is the ultimate Killer of the Spirit. 'Spirituality' calls for purposeful thinking not apathy and wishful thinking. Everyone therefore should Write Down what they expect to achieve- 'A Will for Living'. This starts the process of discovering a real Purpose and Destiny that this Book aims to unravel. The brain needs to be instructed to manage and direct the psychic process. Running through the body from the stomach, the heart, the brain is the part that controls Spiritual Wisdom and it connects the person with his/her spiritual world, or in other words, his/her "subconsciousness".

'Linking Psyche to Personality & Spirituality' is therefore a process which is key to achieving and controlling Mental Power. Make sure you do this mindful of your own individual Personality Traits and Desires, otherwise you won't discover the relevance of the link.

Psychological Slavery & The Secret of Avoiding Mediocrity

Psychological slavery stems from and is derived from the seven 'Psychic Sins' discussed above. They precipitate as follows:

1. "What will other people think of me" slavery – My own Enneagram Personality Type Two struggles with criticism, becoming resentful, always seeking positive approval and love. While learning to accept criticism is an example of self-training based on a self-understanding of personality traits, the caveat for me came in 'Measuring the size of the Critic before paying too much attention to what the critic has to say.' Learning to live one's life and letting others live theirs is a positive step, and very much to hell with what people think. As long as what you do, does no physical or spiritual harm to others, do as you please. This philosophy applies also to Buddhist beliefs, including its liberal views on sexuality.
2. "I'm certain to fail" slavery – This is not just about self-confidence' it's also about state of mind. The girl who thinks she is ugly gets uglier; the girl who thinks she is beautiful gets more beautiful. Don't become a loser.
3. "It's too late" slavery – To counter this one I love the story of Colonel Sanders the founder of KFC. At age 65 he'd sold a failed restaurant and was left only with his modest savings and \$105 a month from Social Security. Sanders decided to begin to franchise his chicken concept in earnest, and traveled the US looking for suitable restaurants. Often sleeping in the back of his small car, Sanders visited thousands of restaurants, offered to cook his pieces of 'finger licking good' chicken at \$1 a go, and if workers liked it negotiated franchise rights. The company's eventual expansion extended to more than 600 locations and became overwhelming for the aging Sanders. In 1964, then 73 years old, he sold the Kentucky Fried Chicken corporation for \$2 million.

4. "I'm a slave to security" slavery – When I moved to Spain in 2014, I'd lost all my security. With security comes less psychological freedom. A change in environment addresses that. It doesn't mean that it's easy. The human being is built to struggle. This is also key to the Buddhist mantra. The Buddha apprehended the link between craving and suffering, and the timeless pulse of suffering humanity- birth and death, birth and death.

5. "Past Mistakes" slavery – We've all made mistakes, lost and survived. Winning or losing is a state of mind. To provide an anecdote for this one I would cite the roller-coaster life of tenacity exemplified by Pop Singer, Actor, Property Tycoon, Financial Adviser and Entrepreneur Adam Faith. Born Terry Nelhams in June 1940 on a council estate in Acton, west London, Faith was the third of five children. He left school aged 15 to work as a messenger at Rank Screen Services. During the 1960s, he came through in the pioneering days of pop music and he really was a big icon along with Cliff Richard - they were the first wave of the British version of the pop music world. By 1967, Faith had amassed a small fortune in property and married his long-standing girlfriend, professional dancer Jackie Irving. But Faith went into semi-retirement for almost a year after a serious car crash in 1973 when he was seriously injured, almost losing a leg. He also lost his fortune and started again as a businessman despite health problems. In 1986, he had open heart surgery after being found to have seriously blocked arteries. By 1999 he was behind the development of digital television's 'The Money Channel'. But the venture soon ran into difficulties, the channel closed down and Faith was declared bankrupt again in 2002 owing a reported £32 million. In May 2003 Faith 'Died in the Arms of his Lover 40 Years his Junior'- maybe past mistakes and endless reincarnations had finally caught up with him, but he never let his past mistakes hold him back- the 'Phoenix Man'.

6. "I'm trapped by my environment" slavery – There is only one sure cure for environmental slavery which is to make a firm decision to control your environment and not let it control you. The 'Best Man' at my second marriage, Paul, was an Art Student, 1960's long haired pop culture teenager, sportsman and fun-loving womanizer. But he became the Chairman of his grand-father's and subsequently his father's Pallet Manufacturing business. Talk about a square peg in a round hole. Years later he was charged with having been responsible for the demise of the family firm. The moral to the story is that he felt obliged to assume the



**"LYNDON JOHNSON'S 10 KEYS FOR SUCCESS"
(USA 1967)**

1. *"Remember names. Inefficiency at this point may indicate that your interest is not sufficiently outgoing.*
2. *Maintain a comfortable persona so there is no strain in being with you. Be an old-show, old-had kind of individual.*
3. *Acquire the quality of relaxed easy-going so that things do not ruffle you.*
4. *Don't be egotistical. Guard against the impression that you know it all.*
5. *Be interesting so people will get something of value from their association with you.*
6. *Get the "scratchy" elements out of your personality, even those of which you may be unconscious.*
7. *Sincerely attempt to heal every misunderstanding you have had or now have. Drain off your grievances.*
8. *Practice liking people until you learn to do so genuinely.*
9. *Never miss an opportunity to congratulate anyone's achievement, or express sympathy in sorry or disappointment.*
10. *Give spiritual strength to people and they will give genuine affection to you."*

"Man in his arrogance may boast that the battle is to the strong, that pity and affection are signs of weakness. Nevertheless, in spite of the widespread popularity of such ideas, the truth is that if man at heart were not a tender creature toward his kind, a loving creature in a peculiarly especial way, he would long since have left his bones to the wild dogs that roved the African grasslands where he first essayed the great adventure of becoming human".

- Dr Loren Eiseley

The human touch can be shown in simple every-day body language and in the ways of doing things. Write letters in friendly chatty style ('It was good to see you the other day'); shake hands as though you mean it ('Firm and friendly'); offer supportive advice to subordinates ('I would suggest you

sleep on that one before deciding’); avoid pomp and ceremony- use humour and the human touch to introduce speakers (‘He is rather like the Monument on Hagley Hill- stuck up for nothing and slightly crooked’) ; smile; give and expect nothing in return (‘The night’s on me, and thank you all for your fine company’).

These apply to business encounters. But in terms of close personal relationships, the need for tenderness is universally known. How many ‘cold’ marriages last. Hard working Captains of Industry are often absent husbands who lose intimacy with their Partners. There can be little more important area to maximize your Mental Power than applying it to maintain intimacy in your marriage. [“Escape”, Rupert Holmes].



**"ESCAPE (THE PINA COLADA SONG)"
(RUPERT HOLMES)**

<https://www.youtube.com/watch?v=vLom-87AmO8>

*"And she said oh its you
Then we laughed for a moment
And I said I never knew that you like pina colada's
And gettin' caught in the rain
And the feel of the ocean
And the taste of champagne
If you like making love at midnight
In the dunes on the cape
You're the lady I've looked for
Come with me and escape"*

The Magic of Thinking Big

The bigger you grow, the more apt you are to be criticized. Criticism is proof you are growing. Most people are afraid to go after the big job, the big sale, the big order, the big career, the big anything. Because they feel inferior, they don't try. I tried and often failed at many hurdles.

I left a good career position to study for an MBA; I married a beautiful Peruvian without full knowledge of her culture or language; I initiated the biggest Merger and Acquisition deals my employer embarked on; I've met Presidents from countries worldwide; I left an highly paid international career job to become a single father; I set up an on-line procurement

business to help Rebuild Iraq; I sought the sale of my employer on a £3m commission basis; I sought the International Investor to save the largest UK Construction bankruptcy in history; I sought to set up an International Trade Ambassador Unit to support Government develop Trade post Brexit; I set up my own Consulting Business called 'Think Big Partnership'. None of this was done fearfully, nor recklessly- but if success is solely measured in 'Bank Balance'- I still have a way to go.

I've received criticism, ridicule, and people who occasionally wanted to drive me down. I've also received admiration. I am now writing a Book combining various genres. The advice given me was "Do not attempt to write a self-help book that's a thinly disguised memoir. And definitely do not attempt a hybrid of the genres. Just because you experienced something amazing doesn't mean a publisher will find you a qualified self-help author—unless you are a celebrity, have an amazing platform, or outstanding connections/endorsements."

My response was - "Memorable Celebrities write Memoires, Self-Important 'Men of Mediocrity' write Self-Help Books. Losers combine the two. Well, I do my own thing; I'm not attracted to collectivism. I'm putting my blood, sweat, and tears into writing a story memoir that I hope people will consider artful and with well-crafted narrative. I intend to leave no stone unturned on controversial subjects from the hypocritical political acceptance of corruption to the hypocritical social condemnation of prostitution.

Dare to be original, albeit credible. Most people fit into the classification of small-minded pettiness. Only a small minority of people aspire to be big thinkers. Only time will tell whether Big Thinking finally leads to Big Success. Success is measured in how you 'negotiate the journey' as well as 'reaching the destination'. If nothing else always offer encouragement to others. A suggestion planted in the mind grows. If it's not a negative psychic seed, it will more likely yield positive fruit. If you tell yourself, you look awful, you will look awful to others. If you tell yourself the opposite, you will feel better. It's called 'The Secret'.

At the end of the day don't seek sympathy, people hate complainers. Keep going, head held high. It isn't what one has that's important. Rather it's how much one is planning to get (and give) that counts. And in the meantime, we shouldn't waste time in worry, self-deprecation, gloom and despair. Have a go at doing something you consider worthwhile, whether

you succeed or not. You never know where it might lead!["Think Big Partnership", UK 2014]



**"THINK BIG PARTNERSHIP"
(UK 2014)**

"Think Big Partnership offers a strictly confidential Corporate Advisory Role exclusively to Group Chief Executives, on matters of Corporate Development, Sales & Business Development, and M&A Strategies for Profitable Growth through Company Transformation in Multi-Sectors globally, with special focus on construction.

We are committed to placing an ethical approach to business at the core of our activities and encourage the spread of a doctrine of Anti-Corruption, increased Transparency and Good Governance in all our areas of service provision.

We undertake in-depth Company Research, Financial & Market Analysis. Working with world-class clients, and bringing the best global experience, we focus working with Group Chief Executive Officers to help them deliver positive impact and generate sustainable profitable growth for their companies.

We focus on 'Big Ticket' items delivering Quantum Business Change with new strategic thinking, often via radical M&A."

Positive Thanking & Exploratory Style

Putting 'Trust in the Wisdom of your Soul' is also about adopting a positive mindset. Our 'Explanatory Style'—how we choose to explain the nature of past events—has a crucial impact on our happiness and future success. One fundamental human personality trait helps understand what makes us Happy and is surprisingly accurate when trying to explain the success or failure of people. It is not about intelligence, education or other measures

of formal knowledge. It has to do with how we choose to interpret events in our lives. In other words, our perspective makes a big difference.

Some people are much better at bouncing back from adversity - no matter how many setbacks they encounter they don't give up but keep looking for ways to turn things around and turn challenges and setbacks into opportunities. Others simply stop and give up when they meet adversity.

An optimistic explanatory style explains success in virtually all areas of human life. Researchers have discovered that people who are able to bounce back and overcome setbacks all shared a common personality trait - a positive way of looking at setbacks and the explanation behind them.

This way of interpreting temporary failure has been labelled an optimistic explanatory style- or put simply- 'Positive Thinking' and is one of the strongest predictors of human wellbeing and achievement.

Your explanatory style has a major impact on both your future success and your Happiness. It is quite astonishing how many different areas of human achievement is affected by our explanatory style. Here are a few examples:

- How well you do at college
- The performance of new military recruits
- How well patients recover from major surgery
- Athletic performance

In business your explanatory style also makes a big difference. In one study, for example, the most optimistic salespeople that were able to put a positive perspective on rejections sold 88 percent more than the pessimistic ones. The result made the company change their hiring practices to take explanatory style into account when choosing between candidates for a job.

External circumstances only account for 10 percent of Happiness. The rest is internal factors- how we feel inside- an optimistic explanatory style is closely related to wellbeing.

Humour & Happiness

Country Happiness (as opposed to individual Happiness) is discussed in Part Two in terms of its inverted correlation with State Corruption. In Part Five Section 22, I explore in deeper analysis the 'Truth about Success and

Happiness'. And in Part Six Section 25 I analyze the 'Ultimate Route to Happiness'. So, I'm aware of the importance of the subject in the context of a Book focused on Finding New Destiny. In simple terms however, humour is the most natural antidote to depression and promoter of happiness and good feelings. Bringing just a pinch more humour to our worldview should be a way of life. Because it's easy to forget that happiness makes every day more beautiful. It sends fear packing. It makes the wounds on our heart hurt less. Also, humour simply makes us happier. Laughter and endorphins go hand in hand. But why neglect nature's wonderful painkiller. Isn't it time to balance tragedy with humour? It's my Life Mantra.

My late sister's Book entitles "The Hope that I Have" was all about Hope in the face of adversity and a Grade 4 malignant brain tumour. But when she finally spiraled into her demise following a final seizure- she started the last leg of her amazing life with the exclamation, "Seizure, Bugger!" (the only words she could mutter repeatedly for the rest of her days). Her inspiration, for me, was how she reacted in those last months. Full of Joy and Laughter and Honesty.

No surprise then that she chose Emma Hiwaizi BA(Hons) as her Editor and Publisher. Emma Hiwaizi BA(Hons) is a 'Laughter Yoga Leader & Teacher', and Co-founder of Brighton Laughter Club. She has a degree in anthropology from Cambridge University and has studied NLP, double loop learning, clowning / creative intelligence and compassionate communication.

"Laughter energizes, relaxes, calms, and connects us. Regular laughter can help us to become more playful and creative in our daily lives and significantly reduces stress. Laughter increases oxygenation in the body, boosts endorphin levels, boosts the immune system and increases our resilience to pain - helping us to connect to one another and to the more playful and fun-loving aspect of ourselves."
- Emma Hiwaizi

Happiness it seems is something just about everyone wants but few find. After all the front pages of our newspapers focus on the problems to achieving happiness- wars, strikes, pandemics, human conflicts, storms, murders, suicides, and rapes thrown in for good measure. If one were to look inside the homes up and down your street, you'd find little evidence of apparent happiness. Fusses and feuds and arguments of varying intensity and over a variety of matters are the rule, not the exception.

But 'Happiness' is very much in the 'now'. Image you were looking down on those neighbours' houses from an airplane window. Wouldn't their squabbles seem so insignificant. Wouldn't the serenity of the bird's eye view, the sunset, the beauty of flight itself, and life itself be overwhelmingly more reason to feel alive and feel happy. My thoughts on many a flight into new territories.

*"I didn't know what true happiness was until I got married
But by then it was too late." – Anonymous Husband*

There is always a lot to feel happy about, even if financial goals have still to be met, mortgage paid off, school fees paid, and you realise you're going to have to stop taking it out on your spouse. Am I not rich? 'I'm rich in ambition', 'I'm rich in opportunity', 'I'm rich in spirit', 'I'm rich in family love.' 'The road to riches is paved with Rich Thinking'.

- I'm happy because of my daughters, their love, and our closeness.
- I'm happy because I still have my health despite 40 years of drinking.
- I'm happy because I'm writing about life, and others may benefit from it.
- I'm happy because I live in sunny Spain, and I've got many friends here.

Happiness is equated with feeling pleasure or contentment, meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings. Happiness can be either feeling or showing, meaning that happiness is not necessarily an internal or external experience, but can be both.

In her 2007 book 'The How of Happiness', positive psychology researcher Sonja Lyubomirsky elaborated, describing happiness as 'the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.'

Happiness has been one of the constitutional themes ever since the United States Declaration of Independence (1776). It is present in the Constitutions of Japan (1947), South Korea (1948), France (1958 – preamble) and Bhutan (2008).

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness." – US Declaration of Independence.

Pursuit of Happiness, or pursuit of Pleasure? Justice, freedom and even Happiness all depend on economic growth. Pleasure is cheaper, and quicker to enact, albeit unsustainable.

According to Yuval Noah Harari in his Book 'Sapiens' few have studied the long-term history of happiness. And over time our new aptitudes, behaviours and skills have not made for a better happier life.

"Nothing in the comfortable lives of urban middle class can approach the wild excitement and sheer joy experienced by a forager band on a successful mammoth hunt. Every new invention just puts another mile between us and the Garden of Eden." – Yuval Harari

Philosophers, priests, and poets have brooded over the nature of happiness for millennia, and many have concluded that social, ethical and spiritual factors have as great an impact on our happiness as material conditions. The bottom line is that- 'Good Marriage, Family and Community seem to have more impact on our happiness than money and health. Happiness begins within'. Happiness also consists of seeing one's life in its entirety as meaningful, and worthwhile. There is an important cognitive and ethical component to happiness. Buddhism has the basic insight of a biological approach to happiness, namely that happiness results from processes occurring within one's body, and not from events in the outside world. The key to happiness is to know the truth about yourself- to understand who, or what, you really are.

"This is the crux of the conclusion- First Understand your Personality and the truth about Yourself and what you Want and Seek. Only then can you find the Inner-Calling and Destiny which once pursued will help you achieve true Happiness. Your Destiny will also inevitably have an ethical component."

Do what you Want and Do it with Purpose

In order to consolidate your Psychic Power to achieve all you want you have to ask yourself 'What is it I really want to do?' In Section 16 we have attempted to identify your 'Inner-Calling'. This may demand a 'Quantum Leap' change in your life's direction, lifestyle and life purpose. It triggers images of change that you may have never contemplated possible before. Remember the adage. Now we are coming close to the success secret that holds the key to great accomplishment and great reward:

"Successful people are those who are doing what they really want and/or are destined to do and are doing it on purpose and with maximum effort and commitment."- David Schwartz

A leading evangelist may say his Life Purpose is to 'Save Souls'- not fill churches, not raise funds, not build new churches or spread the Gospel. These things are secondary and consequential to him focusing his attention on what is important to him.

Whatever your Purpose it shouldn't be too vague nor too specific. (See Section 16). Don't put 'Making Money' your Purpose for example. Put your real Purpose first, be it a service or a goal- and riches will come.

A Politician may consider implementing a strong element of her Party's manifesto is her Purpose and Destiny. She'll have to win votes to achieve it, but if her passion is her purpose- She is more likely to achieve it. An Architect may decide his Destiny is to design the longest span bridge in the world. He will have to study how to create great structures to achieve his Goal. A TV 'Ex-Factor' talent show candidate may decide her Destiny is to become a Famous Singer, but her focus will need to be on developing her talent. Football Managers might want to win trophies but first they need to win games. A successful Author's Destiny will be to write Amazing Books with deep meaning to him- not making money as a Best-Selling Author. All occupations have a big money promise if you (a) like it (b) are really good at it and (c) give it maximum effort, and (d) there's a market for it.

When you've got your Purpose Analysis burned into your Sub-conscience, then you don't have to worry about how to get where you want to go. Just Do It. And decide you will not be haunted by 'The Saddest Words of Tongue' which are these: "What might have been."

A final tip is that even though your path may be decided, there may be people who know the route better than you. Choose a topnotch Tutor/Mentor, if you seek or need one.

This is the ultimate 'Life Changing Analysis' you have undertaken. It has utilized the results from the world renowned 'Enneagram Personality Test' you undertook in Section 14 and incorporates the 'New Ground-Breaking Self Analysis Techniques' developed in Sections 15 and 16 to help you discover and finally decide on your 'True-Life Destiny'.

The Final reiteration: "Maximize Your Mental Power to become your Destiny and remember that Successful People are those who end up doing what They Really Want to Do and are doing it on Purpose with Maximum Effort."

Lessons Learned



SECTION 18- KEY LESSONS LEARNED "Maximise Your Mental Power"

1. KEY MESSAGE: "The bottom line is that- 'Good Marriage, Family and Community seem to have more impact on our happiness than money and health. Happiness begins within'. Happiness also consists of seeing one's life in its entirety as meaningful, and worthwhile."

2. First Understand your Personality and the truth about Yourself and what you Want and Seek. Only then can you find the Inner-Calling and Destiny which once pursued will help you achieve true happiness.

3. When you've got your Purpose Analysis burned into your Sub-consciousness, then you don't have to worry about how to get where you want to go. Just Do It. And decide you will not be haunted by 'The Saddest Words of Tongue' which are these: "What might have been."

4. Life is a useless passion, an exciting journey of a mammal in survival mode. Each day is a miracle, a blessing unexplored and the more you immerse yourself in light, the less you will feel the darkness. There is more to life than nothingness. And cynicism. And nihilism. And selfishness. And glorious isolation. Be selfish with yourself, but live your life through your immortal acts, acts that engrain your legacy onto humanity. Transcend your fears and follow yourself into the void instead of letting yourself get eaten up by entropy and decay. Freedom is being yourself without permission. Be soft and leave a lasting impression on everybody you meet.

5. It has been proven that wisdom and old age go hand in hand, and it has been scientifically documented that wisdom comes from a balance of activity in brain regions, with life experience. Younger people benefit a lot from learning from the elders and caring for them can be an enriching experience when seen from the perspective of

other cultures.

6. Big Goals are what normally trigger change. Don't become a slave, a conformist, a middle-class peasant, a psychological slave. Be free, a doer, a King or Queen.

7. To conquer laziness or fear it pays to do the thing one fears. And if that's something one ultimately loves, complacency and laziness become a habit of the past. Fear, not confidence, rules the world. Fear is behind all failure.

8. Having no real purpose for being alive is the ultimate Killer of the Spirit. 'Spirituality' calls for purposeful thinking not apathy and wishful thinking. Everyone therefore should Write Down what they expect to achieve- 'A Will for Living'.

9. The Human Touch is the 'Spark to Life' that so often makes things happen. They say that being a nice person and having a nice personality is not enough in business. While that may be true in many fields- nobody likes working for an asshole. Hard, cruel, steel eyed people aren't on top.

10. Man in his arrogance may boast that the battle is to the strong, that pity and affection are signs of weakness. Nevertheless, in spite of the widespread popularity of such ideas, the truth is that if man at heart were not a tender creature toward his kind, a loving creature in a peculiarly especial way, he would long since have left his bones to the wild dogs that roved the African grasslands where he first essayed the great adventure of becoming human.

11. The brain needs to be instructed to manage and direct the psychic process. Running through the body from the stomach, the heart, the brain is the part that controls Spiritual Wisdom, and it connects the person with his/her spiritual world, or in other words, his/her "subconsciousness".

12. Hard working Captains of Industry are often absent husbands who lose intimacy with their Partners. There can be little more important area to maximize your Mental Power than applying it to maintain intimacy in your marriage.

13. At the end of the day don't seek sympathy, people hate complainers. Keep going, head held high. It isn't what one has that's important. Rather it's how much one is planning to get that counts. And in the meantime, we shouldn't waste time in worry, self-deprecation, gloom and despair.

MISSION STATEMENT: "I will Maximize my Mental Power to become my Destiny and I will always remember that Successful People are those who end up doing what They Really Want To Do and are doing it on Purpose with Maximum Effort."

Part Five

The Global Blueprint

"KNOWLEDGE – PASSION – PURPOSE"



"True love is not a strong, fiery, impetuous passion. It is, on the contrary, an element calm and deep. It looks beyond mere external and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding."

- Ellen G. White

Great Principles Shared

IS THERE A GOD? WHY ARE WE HERE? WHAT'S MY LIFE PURPOSE? How many of us have never asked ourselves those questions, athiests among us included. So I googled the word 'God' and within milliseconds got 1,770,000,000 (nearly two trillion) references to read. The search for God on the internet is clearly prominent although probably lags well behind hits on social networking and porn sites. I refined my search to 'is there a God' and weaned down the results to 563 million. Too much and too little information at my fingertips. There seems to be many views and opinions on such a basic question behind the purpose of life. The truth is that you cannot avoid asking yourself this question if you want to really understand yourself. At a very minimum you must examine the Great Principles Shared over the millennia of developed Religious Tolerance and delve even further back into evolution long before traditional faiths and their Prophets came into existence. No Blueprint for Self-Awareness and Personal Development will be complete until this key question about the origin and purpose of life is answered in your own mind. No answer will be correct, no more than Artificial Intelligence will be definitive in the future. But Religious messages are only ignored by the ignorant. Only once they are understood can the individual then make informed decisions about his or her new path forward in life. ["World Religions", Spain 2019]

About 13.5 billion years ago, matter, energy, time and space came into being. These fundamental features are called physics. About 300,000 years later matter and energy coalesced into molecules; and 3.8 billion years ago on Earth molecules combined to form living organisms. Around 60,000 years ago Homo-sapiens attained Cognitive awareness and began to gather knowledge and create cultures. Then came the need to believe in the unknown and the birth of Religious Beliefs and Myths.



"WORLD RELIGIONS" (SPAIN- 2019)

"The major religions of the world (Hinduism, Buddhism, Islam, Confucianism, Christianity, Taoism, and Judaism) differ in many respects, including how each religion is organized and the belief system each upholds. Other differences include the nature of belief in a higher power, the history of how the world and the religion began, and the use of sacred texts and objects.

Hindusim- The oldest religion in the world, Hinduism originated in the Indus River Valley about 4,500 years ago in what is now modern-day northwest India and Pakistan. It arose contemporaneously with ancient Egyptian and Mesopotamian cultures. With roughly one billion followers, Hinduism is the third-largest of the world's religions. Hindus believe in a divine power that can manifest as different entities. Three main incarnations—Brahma, Vishnu, and Shiva—are sometimes compared to the manifestations of the divine in the Christian Trinity.

Multiple sacred texts, collectively called the Vedas, contain hymns and rituals from ancient India and are mostly written in Sanskrit. Hindus generally believe in a set of principles called dharma, which refer to one's duty in the world that corresponds with "right" actions. Hindus also believe in karma, or the notion that spiritual ramifications of one's actions are balanced cyclically in this life or a future life (reincarnation).

Buddhism- Buddhism was founded by Siddhartha Gautama around 500 B.C.E. Siddhartha was said to have given up a comfortable, upper-class life to follow one of poverty and spiritual devotion. At the age of thirty-five, he famously meditated under a sacred fig tree and vowed not to rise before he achieved enlightenment (bodhi). After this experience, he became known as Buddha, or "enlightened one." Followers were drawn to Buddha's teachings and the practice of meditation, and he later established a monastic order.

Buddha's teachings encourage Buddhists to lead a moral life by accepting the four Noble Truths: 1) life is suffering, 2) suffering arises from attachment to desires, 3) suffering ceases when attachment to desires ceases, and 4) freedom from suffering is possible by following the "middle way." The concept of the "middle way" is central to Buddhist thinking, which encourages people to live in the present and to practice acceptance of others (Smith 1991). Buddhism also tends to deemphasize the role of a godhead, instead stressing the importance of personal responsibility (Craig 2002).

Confucianism- *Confucianism was the official religion of China from 200 B.C.E. until it was officially abolished when communist leadership discouraged religious practice in 1949. The religion was developed by Kung Fu-Tzu (Confucius), who lived in the sixth and fifth centuries B.C.E. An extraordinary teacher, his lessons—which were about self-discipline, respect for authority and tradition, and jen (the kind treatment of every person)—were collected in a book called the Analects.*

Some religious scholars consider Confucianism more of a social system than a religion because it focuses on sharing wisdom about moral practices but doesn't involve any type of specific worship; nor does it have formal objects. In fact, its teachings were developed in context of problems of social anarchy and a near-complete deterioration of social cohesion. Dissatisfied with the social solutions put forth, Kung Fu-Tzu developed his own model of religious morality to help guide society (Smith 1991).

Taoism- *In Taoism, the purpose of life is inner peace and harmony. Tao is usually translated as "way" or "path." The founder of the religion is generally recognized to be a man named Laozi, who lived sometime in the sixth century B.C.E. in China. Taoist beliefs emphasize the virtues of compassion and moderation.*

The central concept of tao can be understood to describe a spiritual reality, the order of the universe, or the way of modern life in harmony with the former two. The ying-yang symbol and the concept of polar forces are central Taoist ideas (Smith 1991). Some scholars have compared this Chinese tradition to its Confucian counterpart by saying that "whereas Confucianism is concerned with day-to-day rules of conduct, Taoism is concerned with a more spiritual level of being" (Feng and English 1972).

Judaism- *After their Exodus from Egypt in the thirteenth century B.C.E., Jews, a nomadic society, became monotheistic, worshipping only one God. The Jews' covenant, or promise of a special relationship*

with Yahweh (God), is an important element of Judaism, and their sacred text is the Torah, which Christians also follow as the first five books of the Bible. Talmud refers to a collection of sacred Jewish oral interpretation of the Torah. Jews emphasize moral behavior and action in this world as opposed to beliefs or personal salvation in the next world.

Islam- Islam is monotheistic religion and it follows the teaching of the prophet Muhammad, born in Mecca, Saudi Arabia, in 570 C.E. Muhammad is seen only as a prophet, not as a divine being, and he is believed to be the messenger of Allah (God), who is divine. The followers of Islam, whose U.S. population is projected to double in the next twenty years (Pew Research Forum 2011), are called Muslims.

Islam means "peace" and "submission." The sacred text for Muslims is the Qur'an (or Koran). As with Christianity's Old Testament, many of the Qur'an stories are shared with the Jewish faith. Divisions exist within Islam, but all Muslims are guided by five beliefs or practices, often called "pillars": 1) Allah is the only god, and Muhammad is his prophet, 2) daily prayer, 3) helping those in poverty, 4) fasting as a spiritual practice, and 5) pilgrimage to the holy center of Mecca.

Christianity- Today the largest religion in the world, Christianity began 2,000 years ago in Palestine, with Jesus of Nazareth, a charismatic leader who taught his followers about caritas (charity) or treating others as you would like to be treated yourself.

The sacred text for Christians is the Bible. While Jews, Christians, and Muslims share many of same historical religious stories, their beliefs verge. In their shared sacred stories, it is suggested that the son of God—a messiah—will return to save God's followers. While Christians believe that he already appeared in the person of Jesus Christ, Jews and Muslims disagree. While they recognize Christ as an important historical figure, their traditions don't believe he's the son of God, and their faiths see the prophecy of the messiah's arrival as not yet fulfilled.

Different Christian groups have variations among their sacred texts. For instance, Mormons, an established Christian sect, also use the Book of Mormon, which they believe details other parts of Christian doctrine and Jesus' life that aren't included in the Bible. Similarly, the Catholic Bible includes the Apocrypha, a collection that, while part of the 1611 King James translation, is no longer included in Protestant versions of the Bible. Although monotheistic, Christians often describe their god through three manifestations that they call the Holy Trinity: the father (God), the son (Jesus), and the Holy Spirit. The Holy Spirit is a term Christians often use to describe religious experience, or how

they feel the presence of the sacred in their lives. One foundation of Christian doctrine is the Ten Commandments, which decry acts considered sinful, including theft, murder, and adultery."

Religious Tolerance

Those of you who have never marvelled at the beauty in life, love and song shouldn't be here. They have no price. This music video and story about the history of a love ["Historia de un amor"- French Latino] is just an isolated example of beauty that has had millions of hits on you-tube since 2010. I'm not alone thankfully in my passion for life- so there is purpose. But that doesn't mean there is a God, nor means the need for a God. There is purpose in seeking and finding happiness. And very often it's simply a story of love.

"HISTORIA DE UN AMOR" (FRENCH LATINO)

<https://www.youtube.com/watch?v=P6ZKW3xzK7I>

*"Es la historia de un amor
this is the story of a love
como no hay otro igual
like there is no other
Que me hizo comprender
that made me understand
todo el bien, todo el mal
all the good and all the evil
Que le dio luz a mi vida
that gave light to my life"*

"Achievement of your happiness is the only moral purpose of your life, and that happiness, not pain or mindless self-indulgence, is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values."

- Ayn Rand

What do we all share in common, apart from an obsession with money and sex? Are there some greater principles of the ages, if so from whence did they come. When did it all start for all of us? There is mixed and conflicting evidence of whether intelligence increased over time or not, but it is clear that we as intelligent beings developed some great moral and philosophical principles over recent time. And in many ways we've never had it so good- less global famine, less global conflict. One theory relating to the missing

link in Darwin's theory of evolution and natural selection versus divine creation of all species, is the contention that intelligent man got a boost about sixty thousand years ago, since his creation up to 3.5 million years ago when ape-like man was thought to have co-existed with other man-like species. During the evolutionary period there seem to have been some one-off giant leaps whether down to Alien intervention, Divine intervention, or just amazing One-off Homo Sapien leadership- it is not known. One such leap was at the time of the Cognitive Revolution and behavioural modernity of the Homo Sapien race, which then started its spread out of Africa with the acquired gift of language and communication and cognitive awareness.

If we can't answer with certainty even the basic question about man's evolution, surely we'd all bulk, even those theoretical physicists and cosmologists among us, at the Biggest Question: "Universe- Accident or Miracle; God or no God?" Intelligent order or pure chance and chaos. The answer to that will never be *given* to us in this world. "Be and So it Is"- states Al Quran. Many organized religions proclaim that the ultimate shared principle and purpose of existence is to worship the God of our Universe. At the very least, even the staunch atheist must marvel at the wonders of the Universe, and life, and oneself- ie. Consciousness. Most loving atheists exhibit most of religions' greatest shared principles, without the need to conform to religious doctrine or beliefs. In so doing, one might say, she, the atheist, is a greater man because she exerts great principles without the expectation of reward of a reincarnation or eternal after life for having done so.

Believers

In this incomprehensible Universe, does it all start with finding a God for Man and Ape, Elephants and Ants alike? In developed monotheist beliefs of a singular God this might be Allah, Christ, Jehovah, Elohim, Krishna, Buddha or Bhagavan. The Bahá'í is a one world religious view of God which is essentially monotheistic. God is the imperishable, uncreated being who is the source of all existence. She is described as 'a personal God, unknowable, inaccessible, the source of all revelation, eternal, omniscient, omnipresent and almighty'. The Bahá'í Faith is a religion teaching the essential worth of all religions, and the unity and equality of all people, established in 1863. With seven million followers, and on the face of it probably palatable to many more by sounding both all-encompassing and unassuming, it has nevertheless faced ongoing persecution since its inception in Persia.

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."

Life is full of believers but with diverse beliefs I said to myself profoundly. Are Ants believers I wondered to myself. ["A Discerning Ant"-2006]. The existence of God probably means nor matters little to them, less than many of us, but even they are part of a Grand Design maybe ["Science has found proof of the existence of God"- 2016]



**"A DISCERNING ANT"
(CHINA- 2006)**

"Propped against a Beijing bar talking to a local girl, reflecting on life, I spotted a noticeably confident ant ('Una Hormiga') seemingly estranged from his ant colony, unusual for a member of a social group species, nevertheless seemingly going about daily business. I caught his eye and lured him to my stool. As he looked up with curiosity, I said 'Do you know we are in Communist China, a Country without a

Democracy or a Monarchy, unlike the UK which has a Monarchy and operates within a Capitalist system, plagued also by some social injustices, but as good an example of the free world as any. And all this is part of a bigger World and even bigger Universe, bigger than both you or I could imagine, even though we share some DNA?’ He hesitated little in his response, ‘What have you been smoking? Don’t talk rubbish about things you can’t see, touch or influence. I’m busy; dreamer!’ Seemingly an intelligent little fellow to chat to me like that, in english despite being a Chinese ant; no doubt dedicated to his own life cause, or at least instinct, maybe all he does is in his queen’s best interests, I wonder if he has a wife and children and a lover- I mused. I know little of his life, but he knows not enough of mine to be so negative. Too busy to even listen to me, nor contemplate the worthiness of my story. Not stupid maybe but certainly arrogant, and self-opionated; maybe he’s an alpha ant. Not on my wavelength though nor level of consciousness I concluded.”

**"SCIENCE HAS FOUND PROOF OF THE EXISTENCE OF GOD"
(INTERNET- Dec 25, 2016)**

"The Greatest Scientific Discovery – Life is part of a Grand Design"

<https://www.youtube.com/watch?v=Er9D00DXQQs>

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. The Bible is the most uncompromising on that, placing it as Commandment ‘Numero Uno’. But the underlying common surety of all faiths must be that there can only be one God, and in most established religions she stands for *Love*. Even for those good men without faith, the desire for peace and justice among all is held as a worthy philosophy, common cause and one of the great principles shared among good men and women.

Buddhism doesn't fit neatly into either category of religion or philosophy. When people asked Buddha what he was teaching, he said he teaches ‘the way things are.’ He said nobody should believe his teachings out of faith, but instead they should examine for themselves to see if they are true or not. Like Buddhism, Freemasonry is another doctrine not based on an organised religion but based on a self-proclaimed ‘beautiful system of morality, veiled in allegory and illustrated by symbols’. However, it demands from its membership, as a condition to become an entered apprentice, the belief in a divine creator, referred to as the ‘great geometrician of the universe’. I grew up as a non-practicing Protestant Christian who converted

to a Roman Catholic to marry in South America, I became a Freemason at twenty-one, despite being an Agnostic, but never an atheist for a lot of this period. I flirted with acceptance of but was never a convert to some of the doctrines of Jehovah Witnesses and Buddhism at different times in my life. I married for a second time to a Buddhist who told me when explaining why things hadn't worked out for us that I was being bad in this life not that it was all a result of having been bad in a previous one. My mind remains open, not to re-incarnation, but the existence of a Universe which cannot be denied, even by a discerning ant. Neither can anyone other than the arrogant or stupid, in my opinion, really contemplate the Universe's existence without a super intelligence behind life and therefore our existence. I've never met a man in the world who does not honour his mother (if for nothing else than for giving him life), so why do so many people not honour a creator just because she is not paraded before us. By admitting to ourselves that these concepts are beyond us is the ultimate admission that we do not know and will never know whether there is a higher intelligence which exists and could explain it all. If we had the intelligence to grasp it, it would be based on logic, not religion.

When we lose something most precious to us, often we choose to believe in a heaven, or else we'd end up beating ourselves around the head in sorrow. Eric Clapton and Will Jennings wrote a ballad about the pain Clapton felt following the death of his four-year-old son, Conor, who fell from a window of the 53rd-floor New York apartment of his mother's friend, on March 20, 1991. ["Tears in Heaven"]. Eric Clapton suffers.

**"TEARS IN HEAVEN"
(ERIC CLAPTON)**

<https://www.youtube.com/watch?v=JxPj3GAYYZ0>

*"Would you know my name
If I saw you in heaven?
Would it be the same
If I saw you in heaven?
I must be strong and carry on
'Cause I know I don't belong here in heaven."*

In spiritual terms we have broader scope to consider the Universe and our worldly surroundings, even without meditation or marijuana. Spirituality allows us to worship anything linking our soul to our understanding of the world and nature. Conception of, or existence of, the Supreme Being is for the individual's interpretation. We in the West have long rejected

Polytheism and worship of or belief in multiple deities, which were usually assembled into a pantheon of gods and goddesses, along with their own religions and rituals. However, never mind the God of the sun, or the son of God, a spiritualist can still get spiritual connection by worshipping and hugging a tree. It's a personal thing. After all, faith is based on just that-faith in something over proof. But to logically go from this statement to a state and mindset of religious conflict would be to misconstrue the very message of love most religions instil. What is known to all save, as already stated, the arrogant or stupid, is that the Universe, the World, Humans and Humanity exist, and whatever all this means, it's can't all just be about daily life, work, play, Facebook and Fashion, WhatsApp and Worldly possessions, or even the joy of sex.

If a child can accept the existence of an i-Phone and revel its use in daily life, without knowing its inner workings or believing in or knowledge of mobile phone masts or even Steve Jobs, I can entertain the existence of a God, simply by my observance of the sky at night, and the memory of my daughter's birth, it's my prerogative to believe as I choose, and ultimately a personal thing. And it's your prerogative too to decide whether or not you wish to seek God's company in your forward path. No doubt we will all have an App and direct link to her on our i-phone-30 within a few short years. After all the Jehovah Witness believes the second coming already happened in 1914, and Jesus is among us on earth again now. To suggest the workings of a smart phone might link up everyone in the world and link them also into the all-knowing internet would have been considered witchcraft a few hundred years ago and led to being burnt at the stake for promoting such an un-Godly thing. The concept of a direct link to God via the internet and artificial intelligence to help us decipher it all in the future is perhaps a divergence from both logic or common religious understanding but is as likely to spark an idea for a Hollywood film as offend most (although not all) religious fundamentalists. Whatever form of communication Jesus or Allah II embraces, surely it will be ahead of its time. Whatever the form of communication used be sure of one thing- the content of the message will unlikely change.

Non-Believers

The Book *Chariots of the Gods* , written by Von Däniken, was a fundamental divergence from common belief about religion and how communication from the past via ancient artefacts and paintings posited a variety of hypotheses dealing with the possibility of extra-terrestrial beings influencing ancient technology. Many scientists and historians quickly rejected his ideas, claiming that the book's conclusions were based on faulty, pseudoscientific evidence, some of which was later demonstrated to be fraudulent or fabricated, and under illogical premises. No harm done. *The Satanic Verses* however, which was just a novel with religious connotations written by Salman Rushdie, almost caused him fatal harm. His book created major controversy among Muslim communities who accused it of blasphemy and mocking their faith. The subject of God and faith and questioning ingrained beliefs is one fraught with potential danger by religious die-hards defending their beliefs. Bring on more critical input from some of the world's most recognised highly intellectuals I say. Less intelligent men such as I hover with trepidation at discarding God, simply just in case he exists.

The late Stephen Hawking, the famous theoretical physicist, cosmologist, and author was a declared atheist and was generally considered to have been one of the smartest people on Earth. He is now interred alongside such icons as Newton and Darwin. He made a controversial statement in 2014 during an interview with Pablo Jauregui, a journalist from *El Mundo*, a Spanish language newspaper. He stated, "Before we understand science, it is natural to believe that God created the Universe. But now science offers a more convincing explanation. What I meant by 'we would know the mind of God' is, we would know everything that God would know, if there were a God, which there isn't. I'm an atheist." He believed that there is a 'grand design' to the Universe, but that it has nothing to do with God. With continual breakthroughs, science is said to be coming closer to 'The Theory of Everything', and when it does, Hawkins believed all of us will be able to understand and benefit from this grand design. My take on all that is that the creator of this grand design was indeed probably still his God, and not a perpetrator of disorder, but one of order and love. He once said, 'It would not be much of a universe if it wasn't home to the people you love.'

One of the most lasting and simple-to-understand of Stephen Hawkins quotes for me which helped mould my 'Sacred Cow number Four' in the introduction to this book was the following practical advice.

"However difficult life may seem there is always something you can do and succeed at. It matters that you don't just give up."
- Stephen Hawkins

Albert Einstein stated that he believed in the pantheistic God. He did not believe in a Personal God who concerns himself with fates and actions of human beings, a view which he described as naïve. He also called himself an Agnostic and stated he did not believe in life after death, adding one life was enough for him. However, Einstein also characterized himself as devoutly religious in another sense, "The most beautiful emotion we can experience is the mystical. It is the power of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling, is at the centre of true religiousness. In this sense, and in this sense only, I belong to the rank of devoutly religious men."

I would categorize this highly intelligent cosmic cynic as very spiritual in his outlook of the infinity of the Universe. He was also allegedly an earthly philanderer and quite sex crazed, something that perhaps puts him lesser of a theoretical physicist who developed the theory of relativity than just another human being close to his own spiritual God, but under the constant influence of the desires of the flesh.

Interestingly Albert Einstein was born on March 14, which is also celebrated as 'π' Day, honouring the mathematical constant and ratio of the circumference of a circle to its diameter. Rather like Einstein's dichotomy of brilliance and adolescent simplicity, π is also known as an irrational and transcendental number whose decimals continue infinitely like the Universe, without repetition or pattern.

π has been calculated to over one trillion digits beyond its decimal point, still somewhat less than the number of stars in the Universe. But I as a mere mortal can simply classify π's value at 3.14 in its closest approximation, or perhaps as the maximum number of pies I should healthily eat on International Pie Day. I can't grasp the idea of a trillion of digits, but their calculation has proved their existence. Making the assumption, however, that the mental approximation of the world's existence can be rounded-up to represent the sum value of the existence of the universe in terms of life and intelligence is somewhat more presumptuous. Einstein, I suspect was closer to our Divine creator than he would like to admit to the world, even if he chose to reduce the meaning of the Universe, like my 3.14 approximation of π , to a formula as short as $E=MC^2$

The idea that God created the universe out of nothing, and watches over us became central to Judaism, Christianity and Islam. Genesis 1, in the Bible says, 'In the beginning God created the heaven and the earth'. He then went on to create the animals and then man in his own image. Modern science and the 'Genesis of DNA', now leads us to conclude that we are all indeed related, and share the same ancestor- Christians, Muslims, Jews alike. The belief that one man, an 'Adam' figure fathered us all is difficult for some religions to reconcile between themselves, even though half the world's religions believe this phenomenon. The 'Y' chromosome is passed unchanged from father to son. And even though fossils of human-remains apparently go back over three-million years with the recent 2014 discovery of Ape-like up-right walker Australopithecus 'Lucy', in her we don't find a sense of humanity as we know it now. Neanderthal man was closer to us in brain capacity and perhaps consciousness, but tests have proved him to have had different DNA, and not to be our direct ancestor. Also, he went into extinction thirty thousand years ago. We Homo Sapiens did not go into extinction and we went on to rule the world. Where did it all go wrong? It didn't; Hallelujah ["Hallelujah" - Leonard Cohen]. A sad mad man whom I respected. "Hallelujah"- Maybe there's a God above- but I doubt it.

**"HALLELUJAH"
(LEONARD COHEN)**

<https://www.youtube.com/watch?v=2FpwjQLZTTs>

*"Maybe there's a God above
But all I've ever learned from love
Was how to shoot at somebody who outdrew you
And it's not a cry that you hear at night
It's not somebody who's seen the light
It's a cold and it's a broken Hallelujah."*

Whether you consider our existence as Divine or not, exist we do against all odds. The study of, and conclusions of, human evolution and migration across the planet are based on both evidence and conjecture. They involve many scientific disciplines, including physical anthropology, primatology, archaeology, neurobiology, ethology, linguistics, evolutionary psychology, embryology and genetics. Wikipedia reports; 'genetic studies have shown that primates diverged from other mammals about 85 million years ago, in the Late Cretaceous period, and the earliest fossils appear in the Paleocene, around 55 million years ago. The Hominini tribe (Humans, Australopithecines and other extinct biped genera, and Chimpanzee) parted from the Gorillini tribe (Gorillas) between 9 million years ago and 8 million

years ago; and, in turn, the subtribes Hominina (Humans and biped ancestors) and Panina (Chimps) separated about 7.5 million years ago to 5.6 million years ago.' Homo Sapien may have evolved over 5 to 7 million years as suggested, but the Cognitive Revolution of man which dates back only 60,000 years is just yesterday in the evolution of the world. Like looking out of an airplane at 30,000 feet- it helps put perspective on things which we cannot appreciate up close. And given the things we can't comprehend or put in perspective, where could there ever be a place for a personal God in this dawning of a new age after millions of years of unconscious evolution and some Godly and some un-Godly inexplicable events. ["Personal God"- 1997]; ["An un-Godly experience"- 2010



**"A PERSONAL GOD"
(UNITED ARAB EMIRATES- 1997)**

"I was at a stadium in Dubai watching a controversially umpired Tennis Championship match at night when the flood-lights attracted a swarm of locusts that descended from the desert sky like a Black Death on the entire stadium on biblical proportions. I have never experienced such a sensation.

In the biblical book of Exodus, locusts were one of ten plagues delivered upon Egypt after the Pharaoh refused to free the enslaved Israelites. Many by-standers in Dubai related the locusts event as an act of God to stop the game. Either way, it put an end to the night's proceedings.

An inexplicable event often tempts us to contemplate the existence of a Personal God. Many inexplicable events in the past were put down to intervention by the Gods, by our ancestors. Many have since been proven to be simply the acts of physics. But how do we explain the physics. Over-reliance on a Person God's intervention in our lives is a trait of many a religious fanatic and is in my view at best naïve, and at worst dangerous when prayers are not answered."

Maybe people can believe in a God, without she being a personal God. Maybe God is like a football referee. She sets the rules, watches over compliance with them, and indiscretions in adherence to them. In respecting the players' freewill, play continues without intervention up to the point of intervention by blowing her whistle. She reserves the power to send players off if the situation ultimately demands its. There is a lot in this dogma in both the Old Testament story of the Garden of Eden, the biblical earthly paradise inhabited by the first created man and woman, Adam and Eve, prior to their expulsion for disobeying the commandments of God. And then 'Armageddon' in the New Testament, the last battle between good and evil before the Day of Judgement.

Armageddon sounds a negative ending to an amazing story, unless you're are Jehovah Witness, and a chosen one to rule in heaven, or return to earth. Equally the story of the Garden of Eden is a bad start in many ways. It is at best a theological use of mythological themes to explain human progression from a state of innocence and bliss to the present human condition of knowledge of sin, misery, and death.



**"AN UN-GODLY EXPERIENCE"
(SAUDI ARABIA- 2010)**

"I'm prepared to be open-minded and not cynical about the belief in a personal God, but I suspect she is more likely to step in when retribution is required rather than salvation. My own experience and the stories of the Garden of Eden and Armageddon tempt me to that rather negative view. One personal experience of inexplicable events included my troubled depressed stepdaughter taking an overdose minutes before I left for the airport for an important business trip to the Middle East. I delegated the responsibility for a response to her call for attention, and hospitalisation, to my other daughter, and I left for the airport. I got paralytically drunk on the plane, flirted with hostesses, and then crashed out of my business commitments on arrival in a two-day drunken stupor, in the full glare of my peers and

travelling Managing Director. Lying in bed thereafter, hung-over, dazed and contemplating the revolving ceiling in the five-star hotel room, inexplicably the whole 9' foot high, 12' foot long toughened floor to ceiling bathroom wall major glass structure, seemed to explode and disintegrated into millions of pieces in a very dramatic way. An act of God, or an act of physics I questioned? Management assured me that there had never been an occurrence of glass failure in any of the other two hundred rooms in the hotel's ten-year history. God was clearly angry with me, pissed-off with me, quite rightly. I was pissed off with myself. I should not have left my daughter in her mental state and getting drunk as a consequence was no way to deal with my shortcomings. There were at least, I concluded, negative forces at work, generated by my anguish, and they had manifested themselves in the resonance of the glass structure.

Physics or religious phenomenon I don't know but to have put it down to coincidence would have seemed to me to have been more of a plea of temporary insanity, than looking to the heavens (and subsequently my daughter in the eye) and saying sorry ."

Homo-Sapiens Adam

The early Hominini tribe (Homo-Sapiens, Australopithecines and other extinct biped genera Branches) were not *Human* as we know them today. On recently researched DNA globally it can be proven that Homo-Sapiens ancestors left Africa relatively recently. The actual 'Adam' Father of billions of us across the world now probably lived approximately sixty thousand years ago, in modern day Ethiopia. Sixty thousand years ago most different human-like forms had fallen almost into extinction, during the latter stages of the ice age. The compelling conclusion is that some critical change must have happened then. After centuries of scientific research biologists accept that there is no plausible explanation for how brains started to produce consciousness and intelligence gathered pace. Equally physicists can't explain what caused the Big Bang. Relatively separated by time and inexplicable milestone events, they have led us to where we are now- where some people think football is the only matter of life and death worth worshipping. We were assured, of course, by Bill Shankly that football is much more serious than that. But it is a serious matter that most people are more worried about money, careers, mortgages, football and the pendulum of political beliefs during their lives, than what life is about, where we come from and where we are going, and what purpose or inner calling there is in our personal lives and existence, and more importantly the lives of our children. Without purpose we are a ship adrift without a rudder or a sail. A lost vessel on a voyage without destination. And as I've

proven to myself, the search for pleasure on-route does not deliver sustainable happiness.

Whatever religious connotation is drawn or otherwise from all these facts and conjecture, it seems unlikely that our one super Homo-Sapiens ancestor 'Adam' goes back to the time of the Ape-man or the other identified species who co-existed such as Homo Heidelbergensis, Homo Rudolfensis, Homo Habilis, Homo Floresiensis, Homo Erectus or Homo Neanderthals. With its amoral humanistic emphasis, some would argue that Darwin's doctrine has turned millions into religious sceptics and enshrouded in darkness their need for the Saviour. Charles Darwin's theory of natural selection and evolution actually does not rule out the intervention of a God in the birth of the human race as we know it, which I speculated in the opening to this section of the book might have happened sixty thousand years ago. The Biblical interpretation of creation in six days [Genesis], around six thousand years ago, according to date references, is at best a figurative one or one lost in the early Bible translations. Martin Luther once said, "If I were younger, I would want to learn this language [Hebrew], for without it one can never properly understand the Holy Scripture".

So, how old is the world? The prophetic Biblical rule of "*a day for a year*" [Numbers 14:34; Ezekiel 4:6] may be applicable to more than prophecies about appearance of the Messiah. According to research, the universe is approximately 14 billion years old. By dating the rocks in the ever-changing earth's crust, as well as neighbours such as the moon and visiting meteorites, scientists and *Old-earth* proponents have calculated that Earth is 4.5 billion years old, with an error range of 50 million years. *Young-earth* proponents state the Biblical age of the earth and universe of about 6,000 years. Archaeologists say one of several populations of Homo erectus lived over 2 million years ago and remained in Africa to evolve into Homo sapiens migrating from East Africa roughly 60,000 years ago then spreading along the southern coast of Asia and to Oceania. This seems to have coincided with emergence of behavioural modernity at that time. The cognitive evolution of human intelligence is closely tied to the evolution of the human brain and to the origin of language. Even though some religions struggle with the co-existence of creation and evolution theories, the evidence and existence of evolution is too strong. Our children are our creations, but they evolved from us. Darwin's theory leaves a window open for Divine intervention (the missing link) and was most likely around either at the time of the birth of Homo Sapiens' Homo-Erectus ancestor, 2 to 3 million years ago, our ancestral Adam; and/or at the time of the cognitive leap

60,000 years ago. The Bible tells us God created the universe and the world and man (calculated via date and time reference to have been about 6,000 Biblical years ago), [Genesis 1:1–2.1]. In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness [was] upon the face of the deep. And the Spirit of God moved upon the face of the waters. This occurred 2.19 million years ago on the *day for a year* prophetic principle (6,000 Biblical years equal 2.19 million earth years) around the time Homo Erectus ancestor of Homo Sapiens evolved or became created. The more cognitive human seems to have been born about 60,000 years ago (just 164 Biblical years ago).

Either way Old-earth believers have science on their side. This is not an attempt to denigrate the Young-earth view and Genesis's creation account as an historical narrative rather than an allegory, myth, legend, or poetic expression. It's not a Sacred Cow for me to understand the Old Testament and Genesis. What I however decided was fundamental for finding my own path to enlightenment [and Sacred Cow number One] was my belief in a higher intelligence/creator of the Universe, life and Man, a God, who also had a hand in the creation of all else in this world which has developed with the help of evolution. What has evolved is something we can see smell and touch; that's why we think we understand it. We don't, and that's the extent to my religious belief, in case my writings are suggesting otherwise. What I do know is that I exist, and I have faith in my ability to decipher my way through this maze and find my path. By contemplating our evolution, we are able to link reality to the mystic and truths that are beyond the intellect. Rather like using a GPS impairs our special awareness, getting on with life without contemplating our origin leaves us somewhat barren and lacking in awareness.

In the name of God the most Gracious the most Merciful, the Dispenser of Grace: Al Quran (49:13) and (71:17/20) "O mankind behold! We created you from a single (pair) of a male and a female, and made you into nations and tribes, that ye may know each other (not that ye may despise each other). And Allah has caused you to grow from the earth a [progressive] growth. Then He will return you into it and extract you [another] extraction. And Allah has made for you the earth an expanse that you may follow therein roads of passage."

In any analysis, in the last sixty thousand years, with the 'Out-of-Africa' migration of Homo-Sapiens, current humans bearing the same 'Y' chromosome have survived, developed, evolved and proliferated across the

planet, from a common ancestor(s) in Africa. Differences in race, colour, height, and religious beliefs are divisive and due to where and how civilisations and belief structures have developed. Discrimination based on intelligence is however another, which is probably still in its infancy, and certainly dominates a large part of the job recruitment market for example in the technology-based sectors. IQ test scores have certainly increased notably over the last eighty years. My own difficulties with the predominant and persistent form of this prejudice and discrimination are discussed in Sacred Cow Two section of Part One of this book.

Due to the nature and nurture of human evolution, and the fact that we are all God's children, what or whoever God may be, any prejudices now formed and founded on these differences would likely be met with total disdain by our super 'Adam' ancestor. Prejudices remain demons for compliance with my Sacred Cow number Two. Surprised indeed was my daughter when her own DNA results disclosed that she was eleven percent native American and had illegitimate relatives who subsequently contacted her in the same trace and interest of exploring family ancestry. Pandora's box or can of worms, most of us know little further back than our own grand-parents, let alone sixty thousand years since Homo-Sapiens spread out of Africa, two to three million years of human-like evolution, 4.5 billion years of Earth's existence, or 13.5 billion years since the beginning of time, matter and energy. We all know we had 8 Great Grandparents. How many know we had 1,048,576 eighteenth generation Great Grandparents, and that's only 18 generations ago, maybe 500-700 years, not 60,000 years.

What is known to man, if not to each individual, is that over the years our early Homo-Sapiens ancestors/hunter-gatherers became farmers and settlers and developed their human nature, virtues and habits to which we can relate today. They dedicated themselves to childcare for longer periods than any other species on earth; they had already tamed and domesticated wolves which had evolved to become their loyal hunting dogs while hunter-gatherers; they lived in families and settled in villages abandoning nomadism to cultivate the best land they found; and they defended their territories vigorously when necessary. Maybe the latter exacerbated the male species predisposition to aggression and violence. They carried weapons as hunters and were equipped to fight competitor groups. In fact, only humans have the tendency to attack in acts of violence in groups. Study of hunter-gatherers still alive today, such as 'Mascho Piro' and 'Nahua' tribes in the Peruvian/Brazilian Amazon depict acts of male violence, including cases of murder of family members- often over jealousy.

One very interesting fact of earlier Hunter-gatherers' collective behaviour is that capital punishment was often associated with killing unwanted dominant members of a group. Unlike many primates who follow an Alpha male, Homo-Sapiens don't seem to naturally tolerate 'bullying' or self-imposed leaders. I develop this argument in the next Section about my theory about the need for a resurgence in Social Capitalism and Cooperative ownership without dominant or autocratic leadership.

Maybe our distaste of arrogant leadership is why only those tyrant dictators throughout history who successfully subjugated their unwilling peoples survived at all, and why so many struggles and human conflicts revolved around land grabbing, and one force imposing its rule over another, until overthrown itself. A viscous circle of violence, greed, and in-justice which fills the history books of the world and modern man. Maybe time to change history going forward, starting with change now for our children's sake (see Life's Conclusions Part Seven).

Groups of men killing men continues with wars between ethnic groups, religious ideologies, and nations with political extremes or divergent views. Even in a Post Pandemic world Nuclear war threat is still very real. Fortunately we are finally making some moral progress in our relationships between individuals and some nations with common belief structures; formed global institutions like the 'United Nations' to police human rights and international law; and global charities like 'Unicef' to protect children's lives. There has however in parallel been serious moral regression towards other animals and our global environment. The damage we have caused to our environment and animals' lives in our world has been exponential in the last fifty years, and like footballers' salaries is not sustainable. At a juncture like this I sometimes throw my arms up in despair and scream "I can't save the world. Will you?" So I just sit back and think nothing and do nothing. I need to focus on what I can do and achieve. I call it my style of meditation. How soothing music can sometimes be, no words required. Time to chill a little. ["Europa & Samba Pa Ti"- Santana].

**"EUROPA & SAMBA PA TI"
(SANTANA)**

<https://www.youtube.com/watch?v=JAsfAuvFvh8>

"No words necessary"

The testosterone fuelled tendency for violence in the male's genes probably goes back over six million years, and clearly pre-dates all organized religions and dictates of behaviour and morals. It is also clear that even the first and foremost of humans' organized religions, thought to be Hinduism formed between the 15th and 5th centuries BCE on the Indian subcontinent, are very recent events in the evolution of humans. Human habits and shared principles, good and bad, have probably evolved mostly over the sixty thousand years since the birth of cognitive man with the ability of acquiring knowledge and understanding through thought, experience, and the senses, and have culminated in the development of principles which make us truly human today- *shared principles*.

Animal maltreatment together with climate change and other social and issues of ecology could be the subject of a book in their own right. It's not a diversion I wish to take, given my focus on us as humans and how we can progress and improve and change ourselves at the personal level.

The Principle Makers

Today some of the greatest established principles and beliefs are shared by many of the world's main populations and religions- from moral codes to human rights. Any Blueprint for your own Self-Discovery and Development should take note of those prevalent in our society, but with care. Great leaders of groups of people over history have sometimes been the champions of promoting these shared life principles, often irrespective of creed, social status, political persuasion or religious beliefs. Jesus, claiming to be the Son of God, other Prophets, and religious leaders have declared their Godly principles in great '*speeches*' to the masses. But so often too, in more recent history, have Political and Philosophical leaders and other mere mortals stated their values and exerted influence over their followers with their words, moreso than their actions. From Prime Minister and war leader Winston Churchill to Presidents George Washington, John F Kennedy, Abraham Lincoln, Franklin Roosevelt, and Philosophical and Spiritual leaders Mahatma Ghandi, Mother Teresa, Martin Luther King, and Nelson Mandela to Autocratic Dictators and Nation leaders like Napoleon, Adolf Hitler, Stalin, and Oliver Cromwell, (See Section 9).

Our command over communication certainly led the way for us to set ourselves apart from other species on the planet. The written and spoken word have clearly made their mark in setting change and new principles, good and bad. But a great speech does not just capture the truth, it can

also capture the big lie. Some speeches of principle have reeked of evil and folly; their lessons being that fine, philanthropic words and intent can mask what transcends into evil action. Such disdain and cynicism is overwhelming in speeches such as those delivered by Adolf Hitler, who was once proclaimed to be his nation's saviour.

You don't have to be highly intelligent to make your *positive* mark in the world, but you do have to be good. Evil breeds evil. 911 made its indelible mark on all of us, me maybe more than most as I was in the USA at the time. ["911"- Puerto Rico September 11, 2001].

Allegedly, as reported by the UK Independent Newspaper, within the hours following the collapse of the Twin Towers on September 11, 2001, New Jersey's local TV channel WWOR had Donald Trump on the line. Known primarily at the time as a real-estate owner, Mr Trump was asked about one of his own buildings situated near the World Trade Centre site.

It was just a minute into his phone interview, and the multi-millionaire spoke about the size of his property. He is reported to have allegedly said: "40 Wall Street actually was the second tallest building in downtown Manhattan, and it was actually, before the World Trade Centre, was the tallest. And then, when they built the World Trade Centre, it became known as the second tallest.

...And now it's the tallest." A quote from the now leader of the free world, who also referred to the Coronavirus (Covid 19) as the 'Chinese Virus'.



**"911"
(PUERTO RICO- 2001)**

"I was in the largest Casino Hotel in Puerto Rico 'El Condado Plaza'. It was early morning, I had important meetings to attend. I turned on the TV to witness the first plane hitting one of the Twin Towers in

Manhattan. The commentator thought it was a light aircraft. Soon it became apparent that it was a terrorist attack on US soil, the first since Pearl Harbour. The misbelief lived with me through a week affixed to CNN watching a nation in shock. The only people not in shock were the old ladies in the Casino that morning not even giving attention to the images on the giant TV screen. Not until I finally made it to Jamaica two weeks later did a taxi driver make sense of it all to me. Trilby hat and dark glasses, he quoted to me Matthew 24.7

'Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains. Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me. At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold, but the one who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.'

It did not come to pass and I headed for a bar. But the experience of 911 will never leave me."

Certain musical tracks and one particular tribute by 'Sting' reminds me of the madness in the world and our lives and how fragile and sometimes stupid we are as a race'. ["Midnight Express" - Fuga Di Mezzanotte - Giorgio Moroder]; ["Fragile2- Sting & Stevie Wonder]; ["Man Stupid- Koko The Gorilla"]. I was in USA when 911 hit. I remember. Listen and you will learn. Respect. "On and on the rain will fall". Never forget how fragile we are. I am nature- 'Stupid Man'.

**"MIDNIGHT EXPRESS"
(GIORGIO MORODER)**

<https://www.youtube.com/watch?v=rOObLUoGxTA>

**"FRAGILE"
(STING)**

<https://www.youtube.com/watch?v=ubWucJtio0M>

*"Perhaps this final act was meant
To clinch a lifetime's argument
That nothing comes from violence and nothing ever could
For all those born beneath an angry star
Lest we forget how fragile we are"*

**"MAN STUPID"
(KOKO THE GORILLA)**

<https://www.youtube.com/watch?v=Eiva350Z6hQ>

*"Man stupid, stupid man,
Kill the future, got no plan."*

Songs and their lyrics often hit the spot for all of us, that's the power of music and they rarely lie, we keep buying and listening because there is something spiritual in music that we don't find in the spoken word sometimes. Many speeches reveal the character flaws of their orators, and expose the unspoken truths behind their words, even when their quest to spread their principles and beliefs is seemingly well meaning. There has been much evil done at the behest of self- professed good men. The best speeches and principles are those marked with moral rigour and righteous fury- and not focused on oneself or one's organisation. No better than those delivered by great religious leaders such as Jesus of Nazareth ('Blessed are the poor in spirit, for theirs is the kingdom of heaven.'- The Sermon on the Mount, Matthew 5-7) and Mohammed ('Turn your face towards the Sacred Mosque.'- Al Quran 2, 144-145, 147/50). The best speeches I have made myself (eg. at weddings and funerals) over the years have invariably been about others and about love, not myself nor my own ideals nor beliefs. I've had to write a book to air those!

World Religions Unite

Researching and reviewing available scriptures, and the rhetoric of idealists who have influenced the world, I have homed in on five broad teachings and 'Great Principles' seemingly on the face of it shared by all. Principles and outcomes depicted by the actions and deeds of the Prophets, Religious Leaders, and good and great Men and Women, of the past and present. These shared great principles I have categorized under the umbrella of one *Governing Rule* and five related outcome *Religious Doctrines*. They should all be relevant to you and your future mindset; but the Governing Rule will be the only one we all share, athiests and the religious among us alike:

The Governing/ Golden Rule

The Governing Rule of all Religious Understanding is The Law of Reciprocity- It is not that God Is Love, it is "Do unto others what you would have done unto yourself." ["The Governing Rule"]



"THE GOVERNING RULE"

"Do unto others what you would have done unto yourself."

It's common sense, and the all encompassing golden rule. A rule of altruistic reciprocity which was first stated positively in a well-known Torah verse in Judaism. 'The Law of Moses' was also spoken by Jesus in the Sermon on the Mount, and is a cornerstone of Buddhist belief and Karma. Pre-Islamic Arabs tended to regard the survival of the tribe as most essential and to be ensured by the ancient rite of blood vengeance. However, this all changed when Muhammad came on the scene: Qur'an 83:1-6 is an implicit statement of the Golden Rule, which is explicitly stated in the tradition, 'Pay, Oh Children of Adam, as you would love to be paid, and be just as you would love to have justice'. Islamic fundamentalists should heed their prophet's word. The rule is embraced by all the other major religions, including Hinduism, Baha'i, Taoism, and many more.

While Christians may recite the rule and add also, 'You reap what you sow', even most atheists would concur with this shared principle of doing right by people, and that the consequences of not doing so tend eventually to become only too apparent. 'What goes around comes around'. Ultimately, says the Buddha, those whose lives have been based in kindness, generosity and understanding are reborn in happy circumstances. Greed, hatred and volitional actions inevitably have consequences for us all. It's the Buddhist teaching of Karma, the doctrine of conditionality.

Charity is perhaps the purest form of doing right by people, admirably depicted in the teachings of the Muslim faith. Zaka "that which purifies" is

a form of alms-giving treated in Islam as a religious obligation or tax which by Quranic ranking is next after prayer in importance.

As one of the Five Pillars of Islam, Zakat is a religious obligation for all Muslims who meet the necessary criteria of wealth, although it has ceased to be a charitable contribution, and is now considered to be a tax, or obligatory alms in most Islamic states. The collected amount is paid first to Zakat collectors, and then to poor Muslims, to new converts to Islam, to Islamic clergy, and others. While residing in a Muslim country I reached out to their philosophy of charity through a letter to a regional english newspaper, which was thankfully published. ["Letter to editor, Gulf News-2008]



***"LETTER TO EDITOR, GULF NEWS"
(UNITED ARAB EMIRATES- 2008)***

Reference Published Letter Greg Malpass 25/5/2008-

'PRIVATE SECTOR MUST GIVE MORE TO SOCIETY.'

"Dear Editor- Private companies' priorities are to the environment, their shareholders, customers and employees. The Public sector's priorities ought to be to social development- hospitals, schools, social work, etc. Governments sponsor social development through a combination of taxation and regulation. The Private sector only does it via incentives.

What makes the UAE different is its State wealth is coupled with wide, and in some cases vast, individual wealth. 'The Quality of Culture' which the UAE ought to strive to instill as it grows will require more philanthropy from the individual. His Highness Mohammed Bin Rashid Al Maktoum US\$ 10 billion gift to 'Dubai Cares' was the largest gift to education in history.

At US\$63,000 Abu Dhabi has one of the highest GDP incomes per capita in the world and an average net worth per capita of US\$17 million. There are also 75,000 individual millionaires in UAE. I wonder what percentage of their income and wealth has been contributed to society in a selfless and charitable way. The level of occurrence of philanthropy is the true judge of the character of the individuals who make up a society. It is easy to give if you are rich.

There are true sacrifices being made by normal people in UAE. If I were a millionaire it would give me great personal fulfillment and pleasure to offer an Indian labourer the dignity to return to his family to be a husband and father not just a distant bread earner; to offer a Philippina Nanny the opportunity to return to her home and care for and raise her own child; or to offer an Ethiopian prostitute the opportunity to return safely to her country and restore her soul. At the very least the rights and lifestyles of these foot-soldiers who form part of UAE's working groups warrant due respect and attention."

Religious & Agnostic Doctrines

a. ONE GOD-God is Love and is One and unites all Humanity

Whatever name man chooses, there can be but one God, if one exists. All people and all things are of one essence. In all established religions God is Love.

- *"The Lord is our God, the Lord is One."*- Hebrew Prayer
- *"Allah is One"*- Quran
- *"He to whom you pray is nearer than the neck of your camel."*- Al Quran
- *"The Kingdom of God is within you."*- Jesus
- *"The One God is hidden in all living things."*- Hinduism
- *"We know that he dwell in us because he has given us of his Spirit."* Bible
- *"Heaven is within. Even as the scent dwells within the flower, so God within thine own heart forever abides."*- Sikhism
- *"The whole world is Brahman."*- Hinduism
- *"God hath made of one blood all nations that dwell upon the Earth."*- Bible
- *"All creatures are members of the one family of God."*- Quran
- *"All people are your children, whatever their belief, whatever their shade of skin."*- Judism

b. THE ETERNAL SOUL-The Existence of a Divinely created Immortal Soul is a widely held belief

If the belief in immortality is so much necessary for human existence, then

it is the normal state of mankind, hence the souls are immortal.

- *"For the Soul there is never birth nor death. It is not slain when the body is slain."*- Hinduism
- *"And it came to pass, as her soul was departing, for she died."*- Bible
- *"A soul will not die."*- Quran
- *"Fear not them which are able to kill the body but not able to kill the soul."*- Bible

c. SPIRITUALITY & THE HUMAN CONDITION- The Spirit of Scriptures is accessible to All

Man does not live by bread alone. The blessings of life are deeper than what can be appreciated by the senses. Spirituality comes with consciousness.

- *"Follow the Spirit of the Scriptures, not the Words. Study the words, no doubt, but look behind them to the thought they indicate, and having found it throw the words away, as chaff when you have sifted out the grain."*- Hinduism
- *"All who dwell on earth may find you."* - Judaism
- *"True knowledge can only be attained by a human being."*- Krishna
- *"Seek knowledge from the cradle to the grave."*- Quran
- *"Take heed of the Living One while you are alive, lest you die and seek to see him, and be unable to do so."*- Bible
- *"Search with sincerity and in the end you will find the truth."*- Buddha

d. DESIRE FOR LOVE- Happiness, Peace & Justice come with Compassion, Charity, Nonviolence, Fairness & Respect.

It is more blessed to give than to receive. Generosity, charity and kindness will open an individual to an unbounded reservoir of riches. Love is a unifying force.

- *"All beings long for happiness. Therefore extend thy compassion to all. He who wishes his own happiness, let him cultivate goodwill towards all the world."*- Buddha
- *"Love your enemies. Bless them that curse you. For if you love only those who love you, what reward have ye?"*- Bible
- *"Judge everybody favourably."* – Judaism
- *"Blessed are the peacemakers, for they shall be known as the Children of God."*- Bible
- *"And make not Allah an obstacle to your doing good and guarding against evil and making peace between men."*- Quran
- *"May your children unite and do your will to establish peace and*

justice throughout the world, so that nations are drawn together by the bond of friendship.”- Judaism

- *“Forgiveness. The most beautiful thing a man can do is to forgive wrong.”- Judaism.*
- *“Judge not, lest ye be judged. An expression of the underlying truth that mankind is one great family, and that we all spring from a common source.”- Bible*
- *“Be slow to anger. Anger clouds the mind in the very moments that charity and objectivity are needed most. He who holds back rising anger like a rolling chariot, him I call the driver; others only hold the reins.”- Buddha*

e. MORAL PROBITY- A Moral Code for All Humanity to which we strive to adhere but with human frailty often struggle to comply. But certain rules are sacrosanct.

Don't harm, kill, steal or covet. The Ten commandments of the Bible, and Ten Precepts of the Buddha share these moralistic teachings.

The ten precepts for male and female novices of the Buddhist Order are :

- *(1) not to kill, (2) not to steal, (3) to refrain from all sexual activity, (4) not to lie, (5) not to drink intoxicants, (6) not to wear ornaments or perfume, (7) not to listen to singing or watch dancing, (8) not to sleep on an elevated or broad bed, (9) not to eat at an improper hour, i.e., after noon, and (10) not to own valuables such as gold and silver.*

While all the above may be appropriate for novice Buddhist Monks, the Christian ten commandments apply comprehensively to all men and women of the faith:

- *(1) You shall have no other gods before Me. (2) You shall not make for yourself an idol in the form of anything. (3) You shall not misuse the name of the Lord your God. (4) Remember the Sabbath day by keeping it holy. (5) Honor your father and your mother. (6) You shall not murder. (7) You shall not commit adultery. (8) You shall not steal. (9) You shall not give false testimony against your neighbor. (10) You shall not covet your neighbour's house, wife, or property*

Rules 2 and 5-10 are those behavioural qualities to which most God fearing, or simply people of good moral probity would comply.

To summarise, it seems belief in 'One God' and the existence of an 'Eternal

Soul will lead the individual down a '*Spiritual*' path most likely to manifest itself in the deep desire to find true Love and '*Happiness*', tempered and governed by a code of '*Moral Probity*' to which we all strive to comply- There is something of my four Sacred Cows in all that. Charitable intent and actions are perhaps the litmus test of a lot of this. Being charitable shows an individual's Godliness, eases the Soul, and helps find a Spiritual route to inner Happiness. ["The Mother of Gifts"- Nigeria 2006]. Meanwhile corruption prevails and it seems neither Divine intervention nor Prayer will ever stamp that out. "Thine will be done in earth as it is in heaven" – the question is when ["The Lord's Prayer"- Andrea Bocelli].



***"THE MOTHER OF GIFTS"
(NIGERIA- 2006)***

"Unemployment, religious discord, rampant abject poverty, and lack of education were fuelling the problems in the Northern State of Kano. Women particularly were abused by Hisbah underscoring a misogynistic strand in the practice of Sharia Law and Islam in Northern Nigeria. The company for which I worked had secured a US\$60 million contract to design and build a water treatment plant, with the usual incentives to local Chiefs and Government Officials to make the project happen, but without the planning or finance in place to ensure the distribution pipework would ever be financed and constructed to deliver the fresh water to the homes of Kano some 25 kilometres away. The project at that time was a White Elephant born out of regional and tribal corruption and self-interest of local Chiefs.

That very morning at 6 am I had witnessed something I will never forget. The remains of a burned body on a stake at the entrance to a village. A man tarred and feathered and burned alive. "Bad Man Boss" assured my driver. Driving at night through the very same remote villages was a dangerous affair for affluent ex-pats in chauffeur driven four-wheel-drive vehicles. The golden rule was to keep going and never stop at any provocation or improvised roadblock. Gareth was

our welsh Project Manager and a veteran of project administration across Africa. Uncharacteristically he seemed agitated as we slowed through a dark dirt-track road through an unavoidable village late at night. 'Stop the Car' he ordered the driver. 'But Boss, you know the risk...' the reply. Gareth stumbled out of the vehicle, crossed the road to an old lady sitting on the floor propped up only by a wall. He burrowed into his wallet and seemed to cup what seemed to be at least US\$500 into the old lady's hand, with no onlookers except ourselves.

She barely glanced up when we were all off on our way at speed like an armoured patrol. 'What was all that about Boss?'. After a pregnant pause Gareth just grunted 'That could have been yours or my mother.' No more word was said, there was business with Nigerian officials to attend to that night which required a different mindset, involving bribery not charity."



**"THE LORD'S PRAYER"
(ANDREA BOCELLI)**

<https://www.youtube.com/watch?v=aEplqV0scyo>

*"Our Father who art in heaven, Hallowed be thy name.
Thy kingdom come. Thy will be done
on earth as it is in heaven."*

Secular Spirit

Although I make reference to religion, and my book would be incomplete without it, I am not fundamentally concerned with theological distinctions between religions, nor religion itself. My stories are spiritual if not secular, and not intended to be religious. Your Search for your Destiny does not have to embrace a religion. Nevertheless, who among us does not feel an awe of spiritualism when we enter a quiet church or mosque or synagogue, or gasp at a mountain view, or the serenity of a country scene, or even the scene of that an old lady in Nigeria in shock and disbelief of the generosity of a passer-by. Even the most sceptical among us will remember their childhood wonders and wandering minds, gazing from a garden swing into the night sky, and dreaming of a Father Christmas of the Universe.

We are most likely to meet a personal God, or just a feeling of well-being, in quiet private places such as on that childhood swing waiting to be called in for supper. Of course, a religious walk, or dream, does not always end

with one of the world's success stories. God doesn't always provide the adulthood dream house or baby we prayed for, nor the life of a loved one we desperately tried to snatch from the grip of death, through prayer. Not all marriages are the happy-ever-after unions of romantic fairy tales. Religious believers have no immunity from death and taxes, and contrary to many believers' claims, God does not always provide a miracle. Survivors on the Titanic clambered for lifeboats or improvised rafts; they were not saved by prayer on deck as they walked through the valley of the shadow of death. Jesus was crucified on the cross, not rescued, and Buddhism is founded on the understanding of the timeless pulse of human suffering. So, I do not proclaim adherence to any established religious doctrine. This book is about finding and becoming your own Destiny.

Our lives contain pleasure and pain, gain and loss, happiness and sadness. But what they don't contain is ultimate, final satisfaction. We never quite get all we are looking for; this is the fundamental human predicament. Jesus is said to have conquered his suffering on the cross through faith. Whether it's faith in God or just faith in oneself, it's a fundamental for change. We must have Faith (sacred Cow One) and never give up (Sacred Cow number Four), Hope.

The four Sacred Cows which laid the foundation for my own self-assessment and search for an inner calling (see Part One) were: 1) '*Faith*' in myself and in my case a Belief in a Divine Creator (compare 'a' [One God] above); 2) '*Tolerance*' of Others and Relinquishing deeply held personal Prejudices; 3) '*Love*' for All with new focus on my immediate Family (compare 'd' [Desire for Love] above); and finally 4) '*Hope*'- Never considering it Too Late to achieve quantum leap change and personal goals (compare 'c' [Spirituality] above).

Maybe you can test your own Sacred Cows against these doctrines. Most of the '*Great Principles Shared*' listed above are equally shared by good atheists as they are by good religious people, with the obvious exception of the belief in a divine creator. But maybe discerning Atheists should aspire to become healthier sceptical Agnostics. The conclusions given in this book are not dependent on the belief in a higher power, but mine are. After all, something can come from nothing can't it? Even the existence of a billion trillion stars in an ever-expanding universe. It's all about life, matter, energy, space and time. We all get that don't we, does it really matter? The clue maybe is in the DNA. Maybe Humans and Ants have more in common than we might think. To choose to think like an ant is a denial of our

cognitive state, developed sixty thousand years ago.

On that point, review your Sacred Cows and draw your own conclusions. If it needs some lateral thinking outside the box why not find a quiet corner in a bar. I do my best thinking in a bar. ["I Met Jesus in a Bar"- Doug Seegers] Find your own spiritual bar. And why not pray. My prayers and songs always end up revolving around my daughters whom for me come before my God because they are earthly, and here, and I love them. ["Your Song"- Elton John]. This song is for you. I hope you don't mind that someone put down in words how wonderful life is and this world is- when you are in this world – (dedicated to my daughters Jamie and Cindy).



**"YOUR SONG"
(ELTON JOHN)**

<https://www.youtube.com/watch?v=RwEZDpBXpkg>

*"And you can tell everybody this is your song
It may be quite simple, but now that it's done
I hope you don't mind, I hope you don't mind
that I put down in words
How wonderful life is while you're in the world"*

**"I MET JESUS IN A BAR"-
(DOUG SEEGER)**

<https://www.youtube.com/watch?v=9sFjl4PmPmc>

*"I met Jesus in a bar
I guess you just can't fall too far
I was pouring whisky in an empty heart
When I met Jesus in a bar."*

Prayer

Drinking alcohol is not everyone's favoured 'cup of tea' or stimulant. Abstinence from intoxicants to maintain mental clarity is one of the qualities most prized in Buddhism, and a requirement of Islam. But from my alcoholic haze, mental disorder and fog of delusion have come most of the anecdotes in this book. Muslims might not share my love of a tippie to enlighten the soul and get the creative juices going, but in Yemen they enjoy *qat* and other mild drugs or acts such as Yoga can loosen an

individual's inhibitions. One shared pass-time or facet we all share is our propensity to *pray*, even though we may not admit it. That's a strange phenomenon to reconcile. We all pray, not just Muslims who are among the most dedicated religious people, with their emphasis on daily prayer to a creator and worship of him. They call him, of course, Allah.

"Over 6 % of Atheists and Agnostics pray daily, and over 11%, weekly or monthly."- Pew Research Center, USA.

Independent research has concluded that we all pray at some time in our lives. We all apparently pray at times of crisis or anguish, irrespective of faith. We pray when we are in need. We ask often without offering to give. Even Jesus of Nazareth taught his followers to ask the Lord to 'Give us this day our daily bread, and forgive us our trespasses, and lead us not into temptation, but deliver us from evil.' Our shared belief in the virtues of prayer is another great principle, in which we seem to take comfort. It is also one based on the deeply felt but sometimes unspoken belief in a creator, and more importantly our underlying 'faith' in that belief.

Beneath all these great shared principles, we are all deep-down waiting for something- whether it's unspoken prayers, an ultimate hope for an after-life, salvation, or just earthly contentment and happiness. Maybe now is the moment. Try praying. ["Do unspoken prayers get answered"]. Feel it in the air tonight. ["In the Air Tonight"- Phil Collins]



"DO UNSPOKEN PRAYERS GET ANSWERED"
(UK, 2013)

"The hardest I ever prayed, apart from during the quest to win my first wife's heart, or when a plane I was on in Nigeria was headed for seemingly definite demise, was for the salvation of my mother from the grip of terminal cancer. I didn't win my first wife's heart, I did survive a plane's near demise/crash, but my mother died in my arms after days of prayer. She gave me life, taught me how to love, and I

loved her, but no amount of prayer could save her from her demise. There is no 'Personal God'.

Years later in London I lost, in dramatic fashion, most of life's props and things and values which define one as the family provider- my career, my home, my marriage and my financial security. But I had toiled to salvage all with a triple-wammy strategy to put all three back on track with new opportunities presenting themselves- a new job offer on a six figure salary in Malaysia to restore my career, a good chance to woo my estranged wife back with the offer of a new start in her home lands in the Far East, and an almost water-tight done-deal with the negotiation of sale of a company to which I was a consultant and entitled to a contracted \$2 million commission [to gift my daughters], should the sale proceed.

I prayed long and hard in a beautiful Catholic Church, off Manchester Square, in central London and begged God for all three. Then all three fell, one after the other, each at the last fence. (Probably because I was under the influence when praying). No new top job, no estranged wife reunion, no windfall million dollar cash prize. By then my faith in anything other than my own fate had left me. It's that feeling you get when you're bent over in pain after a knee in the groin, when someone then hits you over the head with a plank of wood. By the count of ten, I was out cold, emotionally and financially decimated. I checked out, and drove to Spain to the family holiday apartment with what was left of my belongings in my beloved twenty three year-old Jaguar. I had lost a house. But I gained a daughter. My step-daughter had announced to my shock "I'm going with you"- and so she did; and despite being distant in the past, we bonded together as father and daughter, through a bumpy ride to Spain and the bumpy months that followed. An unspoken prayer answered. Maybe, if God exists he moves in mysterious ways, but either way I maintain that it is naïve, even though comforting, to think a God looks over our every act and thought, although there are religious fundamentalists who believe so."



**"IN THE AIR TONIGHT"
(PHIL COLLINS)**

<https://www.youtube.com/watch?v=IeDMnyQzS88>

*"I can feel it in the air tonight, oh Lord, oh Lord, oh Lord, oh Lord
Well I've been waiting for this moment for all my life, oh Lord, oh
Lord, oh Lord."*

Muslims believe rationality comes out of islamic belief- " Indeed, in the

creation of the heavens and earth, and the alternation of the night and the day, and the [great] ships which sail through the sea with that which benefits people, and what Allah has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every [kind of] moving creature, and [His] directing of the winds and the clouds controlled between the heaven and the earth are signs for a people who use reason." Al Quran 2:164

<https://www.youtube.com/watch?v=s7JqdZjVEW4>

Whether you are driven with a religious or secular spirit, in the end, finding God and Love may not be the panacea nor your thing in your search for an inner-calling and happiness. My building blocks and four Sacred Cows helped me, being profound gates that needed re-opening. The process though is a prerequisite, and nothing life changing is going to happen without them.

To make the most of the rest of your life and transform yourself inwardly, these Sacred Cows must present your mind and body with new time priorities and ambitions, and they should not be about money and success. It doesn't have to be what God has planned for you, it's more to do with what your inner calling says to you. The first stage will be to break with the past and make a new start with enthusiasm. That doesn't mean excluding past experiences. I still have pictures of my two wives on my dresser, not least because they are the mothers of my daughters. Do not let the world around you squeeze you into its mould. I've learned to be individualistic and give little of a damn what people around me who don't really know me think.

"In the garden of your heart find the Master of the Universe, for He will help you water your dreams with love, your challenges with fearlessness, and your activities with joy."- Kenneth D Foster.

In 2008, eight representatives of different religions and spiritual pathways came together to co-author a statement on the essence of a global spirituality which encapsulated the essence of common shared great principles in a simple statement.

"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.”

Well, OK.... But it doesn't sound much like a few drunken bar colleagues I know. Keep your feet on the ground as you embrace the shared principles you wish to adopt.

This 'essence of a global spirituality' statement is not just lengthy and unfocused, it is likely to attract easy cynicism. Simply put, and stated in Part Two of this book, I maintain that each of us has a 'Divinely Created Soul', which might or might not be immortal, and maybe created in the image of an unknown God. But in any event the best way to look after that soul is to join up to some kind of 'One Religion' idea based on our shared values, even if you aren't religious. Don't view them as religious- see it as yourself being a member of humanity and embracing some of the 'Great Principles Shared' with which you feel comfortable. Furthermore, let me suggest that we unite in making the Number One Common Cause being our focus on '*Putting our Children ahead of everything else we do.*'

Thereafter we can all follow the path this book promotes to self-discovery and manifestation of our inner-callings and enactment of our wider dreams. The time has come for your dreams to be heard. If you can embrace them with the passion that young Malaysian Sila Amzah sings about them, then you're halfway there. LISTEN ["Listen"- Sila Amzah].



**"LISTEN"
(SILA AMZAH)**

<https://www.youtube.com/watch?v=YWZ7KtRSoAo>

"The time has come for my dreams to be heard."

How to Unite Main Religions & Secular Groups

The purpose of writing the preceding Sub-Sections under the banner of "Great Principles Shared" was to show how close we all are as a species in our belief structures. It is what makes us human, what has helped us survive. We would never have survived as a human race without

inclusiveness, cooperation, communication and following some instincts other than just those of basic survival.

Whether you have been led to believe in Young-Earth creationism or scientific based Old-Earth evolution, belief in either paradigm is not ultimately important to our future. There is compelling evidence that we have all descended from common ancestors ("The Homo Sapiens Adam"), irrespective of when he was born or created. Equally, non-believers in a Divine creator also seem to share some fundamental common principles of belief, morals and conduct. They seem to be ingrained in our DNA.

So, I have concluded and summarised the principles around which Religious and Non-Religious belief structures unite. They unite in Governing Principle of Reciprocity and some Shared Religious and Atheist doctrines. They unite in a common secular spirit, and we all unite in our private propensity for Prayer, and love for our children. The majority of the planet's inhabitants still declare themselves believers, and as proposed by Pope Francis, dialogue and common prayer among all religions and even non-religious groups and their followers should be encouraged, even though history has proven this to be very difficult to achieve.

"People seek God in different ways. In this crowd and range of religions, there is only one certainty we have for all: We are all children of the World and God" – Pope Francis.

The best example of religious harmony is probably in India. There it is stated as a concept that indicates that there is love, affection in between different religions. The Indian constitution supports and encourages religious harmony. In India, every citizen has a right to choose and practice any religion.

The right to freedom of religion undergirds is claimed to be the very origin and existence of the United States, written in its constitution.

"Many of our Nation's founders fled religious persecution abroad, cherishing in their hearts and minds the ideal of religious freedom. They established in law, as a fundamental right and as a pillar of our Nation, the right to freedom of religion. From its birth to this day, the United States has prized this legacy of religious freedom and honoured this heritage by standing for religious freedom and offering refuge to those suffering religious persecution."

But this is not the norm, particularly in some of the most religious nations in the world such as Israel, Saudi Arabia, Iran and Pakistan. Countries where the Freedom of Religion is most restricted tend to be in those

countries where Shari’ah Law exists or where any religious activity at all is suppressed. Examples include Myanmar, China, Iran, North Korea, Saudi Arabia, Turkmenistan and Uzbekistan. The Chart below sourced from the Pew Research Center shows statistics for Government restrictions on Religion around the world, by country, based on December 2015 research. In these areas the search for unity in Religions is unlikely to be well received.



Another way to look for opportunity in the search for newfound unity is to consider the distribution of the Groups. There are 7.6 billion inhabitants in the world. The top three Religious and Non-Religious Affiliated Groups make up 71.1% of the entire global population. They are: Christianity (2.4bn, 31.6%), Islam (1.8bn, 23.7%), and Nonreligious (1.2bn, 15.8%). Together with Hinduism (1.2bn), & Buddhism (500m), these together represent 93.4% of global population. The distribution in terms of numbers (but not necessarily fundamentalism where it exists) has some geographical bias. The largest populations of Christians are in USA, Brazil and Russia; the largest populations of Muslims are in Indonesia, Pakistan, India and Bangladesh; Hindus are predominantly in India, Nepal and Bangladesh; while Buddhists are focused in China, Thailand, Burma and India. India as a country represents the largest mix of the major religious groups including Hindus, Muslims, Buddhists and Christians. Maybe, as noted above, that is why it’s a leader in its tolerance and encouragement of religious unity. Maybe India, albeit not perfect, should represent the beacon of celebration for love and affection in between different religions. It’s a shame that

corruption and poverty prevails and eludes this eutopia in so many parts of the world.

If the top three Religious and Non-Religious Affiliated Groups make up over 70% of the global population, then this must clearly be the focus for integration around commonly held beliefs identified earlier in this Section. The world maps over the page show the Pew Research Centre percentage distributions of Christian, Muslim and Non-Religious Groups, by country.

It is interesting to note that there is geographical commonality if not congruence between Christians and Non-Religious Group beliefs in North America, Russia, Europe and Australia. These should be focus areas for seeking unity between these groups. Shared beliefs by Region or Country are less prevalent in the case of distribution of Muslims (with Christians and Non-Religious) , with Islam predominating in the Middle East, North Africa and Indonesia. There are country exceptions like Chad, Ivory Coast and Nigeria which have a mix of Christian and Muslim albeit generally split north and south.

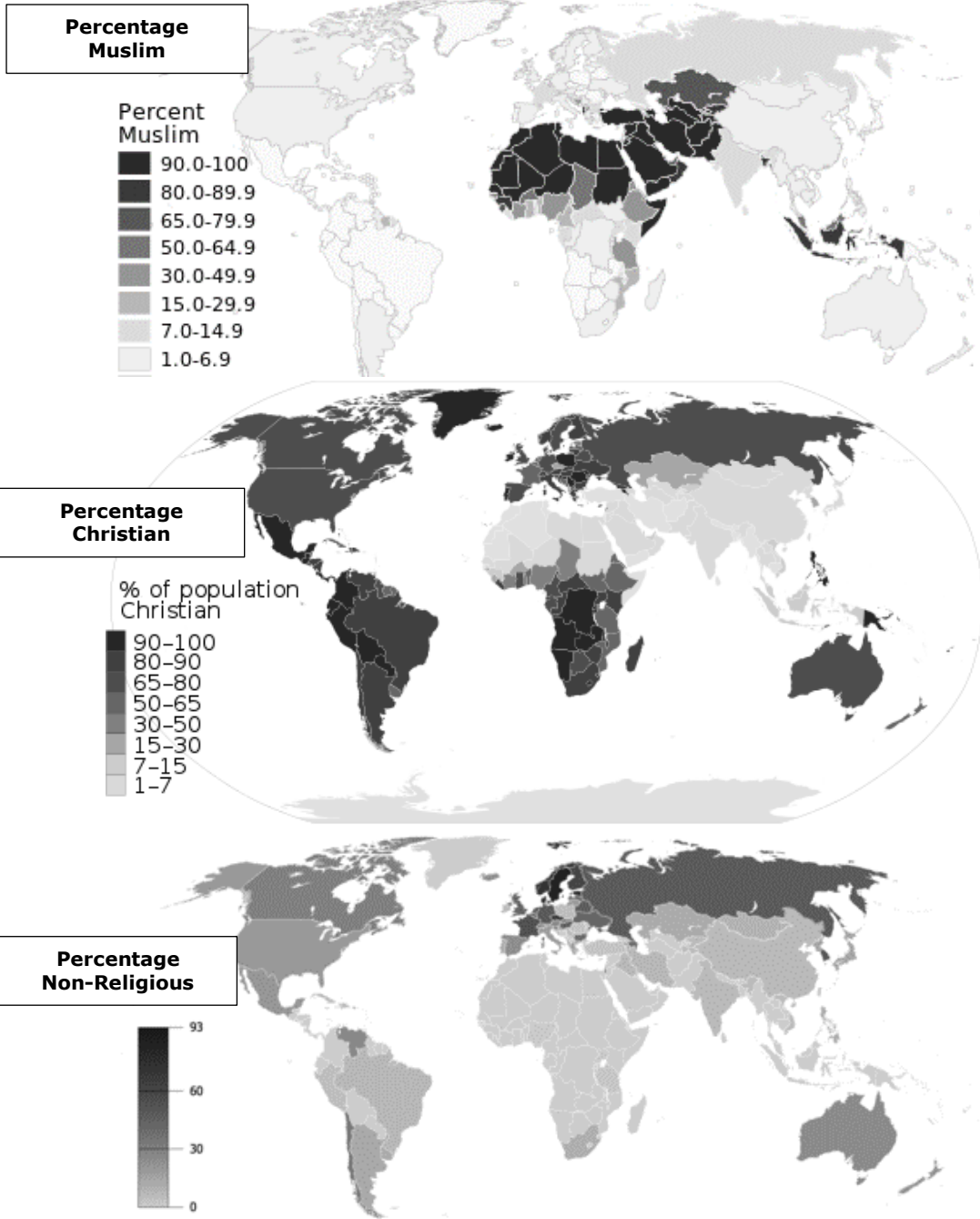
Religious congruence and unity is a *hope* if not a key *message* being promoted or a campaign focus for this book. Areas of 'Great Principle Shared' are however worthy of more than just passing comment, and the Islam and Christian faiths have far more in common than many of their followers might be aware. Islam was connected to both Judaism and Christianity, albeit it was also a revision of both faiths. Mixing these faiths might be less of a divisive exercise than one would think. The teachings of Jesus of Nazareth and Mohammed have a commonality in the search and submission to the will of God.

Jesus of Nazareth has been viewed variously as a moral reformer, political revolutionary, Palestinian peasant, and a charismatic rabbi. His teachings were all about right and wrong, and the right way to the kingdom of Heaven- 'A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit'.

"Enter ye in at the strait gate for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat. Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it"- Matthew 7. 13-14.

Unlike Jesus, Mohammed did not proclaim to be the Son of God, he was a Prophet who received a vision of the Angel Gabriel and went on to found

"RELIGIOUS POPULATION BY COUNTRY"



Source: Pew Center 2015

Lessons Learned



SECTION 19- LESSONS LEARNED "Great Principles Shared"

1. KEY LESSON: Charity unites us all and is perhaps the purest form of doing right by people and following the Governing Rule of all Religious Understanding - 'The Law of Reciprocity'. admirably depicted in the teachings of the Muslim faith. 'Zaka' ["Letter to editor, Gulf News- 2008]; ["The Mother of Gifts"- Nigeria 2006].
2. People seek God in different ways. In this crowd and range of religions, there is only one certainty we have for all: 'We are all children of the World and God, the one creator of the Universe and all life' ["A discerning Ant"]. Sincere dialogue among men and women of different faiths is essential to produce the fruits of peace and justice and celebrate 'Great Principles Shared' and eradicate further conflict.
3. The most beautiful emotion we can experience is the mystical. It is the power of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling, is at the centre of true religiousness ["Albert Einstein"].
4. The theory of the co-existence of creation and evolution is a strong one. Darwin's theory leaves a window open for Divine intervention, most likely around the time of the birth of Homo-Erectus the ancestral Adam of Homo Sapiens. Based on the 'day-for a-year prophetic principle' 6,000 Biblical years ago (when God created the universe and the world -"Genesis 1:1-2.1") equates to 2.19 million ago in earth years, around the time Homo Erectus evolved or became created. The more cognitive human-like Homo Sapiens seems to have been born about 60,000 years ago.

5. *A very interesting fact of earlier Hunter-gatherers' collective behaviour is that capital punishment was often associated with killing unwanted dominant members of a group. Unlike many primates who follow an Alpha male, Homo-Sapiens don't seem to naturally tolerate 'bullying' or self-imposed leaders.*

6. *It seems belief in 'One God' and the existence of an 'Eternal Soul' will lead the individual down a 'Spiritual' path most likely to manifest itself in the deep desire to find true Love and 'Happiness', tempered and governed by a code of 'Moral Probity' to which we all strive to comply. And it is a fact that most of us are believers and nearly all of us pray when in need ["An un-Godly Experience"].*

7. *Everyone should study the Great Principles Shared by Religious Groups. Choose those that are congruent with their Sacred Cows and belief structure and take these forward to the next Section on the 'Three Steps to Life's True Riches, Success and Happiness'.*

MISSION STATEMENT: "In my Life I will follow The Governing Rule of all Religious Understanding which is The Law of Reciprocity - 'Do unto others what you would have done unto yourself.' ["The Governing Rule"], and in this I believe the whole of humanity should be united."

Buddhist Wisdom in the Search for Happiness

RELIGIOUS PEOPLE AND ATHEISTS ALIKE COULD FIND A MOMENT of revelation by studying the insight Buddhism offers for Happiness. The goal of Buddhism is a state of lasting, unconditional happiness known as Enlightenment. To bring us to this state, Buddhism points us to lasting values in this impermanent world and gives us valuable information about how things really are. Through understanding the law of cause and effect, using practical tools like meditation to gain insight and develop compassion and wisdom we, all of us, can tap into our potential to realize the ultimate goal of life. And I have meditated in many a Bar across the world. It works.

Buddhism is a path of practice and spiritual development leading to Insight into the true nature of reality. Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom. The experience developed within the Buddhist tradition over thousands of years has created an incomparable resource for all those who wish to follow a path — a path which ultimately culminates in this rather nebulous or intangible concept of Enlightenment or Buddhahood. In lay terms an enlightened being sees the nature of reality absolutely clearly, just as it is, and lives fully and naturally in accordance with that vision. This is the goal of the Buddhist spiritual life, representing the end of suffering for anyone who attains it. In our Post-Pandemic world, I think we are all better equipped to think clearly about reality, our real selves, and the fragility of life.

"In an individualistic culture such as ours, it is easy to take affronts personally. Again, disease does not discriminate. Yes, it is predominantly attacking people with compromised immune systems, but that has nothing to do with the usual markers we use to divide societies, such as race, class, or gender. The normal definitions of self are useless in the face of a pandemic, forcing us to reconsider what 'self' implies."

Because Buddhism does not include the idea of worshipping a creator God, people should not see it as a religion in the normal, Western sense. The basic tenets of Buddhist teaching are straightforward and practical: nothing is fixed or permanent; actions have consequences; change is possible. So,

Buddhism addresses itself to all people irrespective of religious belief, race, nationality, caste, sexuality, or gender. That is one reason why I am so attracted to it. It teaches practical methods which enable people to realise and use its teachings in order to transform their experience, to be fully responsible for their lives. Buddhism inspires us to take responsibility for our own lives, without moralizing, by understanding cause and effect (karma). Just like gravity, the law of karma functions, everywhere and all the time. And it epitomises the 'Golden Rule' of Reciprocity discussed in detail in Section 19.

"Karma: What goes around, comes around"

In Buddhism the key to happiness is to know the truth about yourself- to understand who or what you really are. And this is the crux of what this Book aims to achieve. To help you on a route from self-awareness to identification of an inner calling to living your destiny. Most people wrongly identify themselves with their feelings, thoughts, likes and dislikes. Buddhism shares the basic insight of the biological approach to happiness, namely that happiness results from processes occurring within one's body, and not from events in the outside world. Buddhism has assigned the question of happiness more importance than perhaps any other human creed- and this is why it could be so relevant to you, irrespective of your religious beliefs, however conflicting. I myself have never had a profound religious experience- good heavens no I'm British. But Buddhism is not a religion, it is a philosophy. Happiness is not the surplus of pleasant over unpleasant moments. Rather, happiness consists in seeing one's life in its entirety as meaningful and worthwhile. Would your mother have given birth to you if she didn't consider your life to be worthwhile. There is an important cognitive and ethical component to happiness. We must train ourselves to take the knocks in our stride.

"In the end, how we act in the face of adversity reveals our true character. We can't always change the external reality, but we can change how we react."

Buddha explained in great detail how we shape our future through our thoughts, words and actions. What we do now accumulates good or bad impressions in our mind. Knowing this gives us great freedom and puts us back in control of our lives. Karma is not fate. We can choose not to do harmful actions, and thus avoid creating the causes of future suffering. To sow the seeds for good results, we engage in positive actions.

People pursue wealth and power, acquire knowledge and possessions, beget sons and daughters, and buy houses. Yet no matter what they achieve they are never content. The rich are haunted by ceaseless cares and worries until sickness, old age and death put a bitter end to them. A pointless life. A life of suffering caused by the behaviour patterns of one's own mind. The 2020 Pandemic had resulted in a 40% fall in the value of my Pension Investments. If I'd foreseen the crash, turned my equity investments into US dollars and re-invested at the bottom of the market, I would be sitting very pretty. I didn't. Should I cry, worry, panic, regret or find a new path forward focused on my future happiness, irrespective of the value of my Bond, something over which I have no control?

"If we can be open...we find that life's unpredictability is full of interesting and invigorating challenges. These challenges engage us in unexpected and unanticipated ways and allow for the freedom of unscripted responsiveness. Right Action is more than just a reaction. It springs from an attunement to the moment that the confines of convention obscure."- Mark Epstein: A Guide to Getting Over Yourself

Another truth which I established in Part One is that thinking in others first can be quite uplifting in terms of the pursuit of happiness. When we act from compassion, focusing on others rather than ourselves, we get better feedback from the world. The disturbing emotions that we all have, like anger, pride, attachment, and jealousy, loosen their grip. Where there is space that we don't instantly fill with our own concerns anymore, wisdom has a chance to appear spontaneously. Thus, wisdom and compassion grow and support each other on the path.

*"We cannot attain true peace of mind merely by seeking our own salvation while remaining indifferent to the welfare of others."
- Philip Kapleau, The Three Pillars of Zen*

Maybe all the above and my promotion of Buddhism herewith has more to do with the enormous need for all of us to acquire a sense of Hope for the future in these times of adversity. Threats of extinction of the human race hitherto were the subjects of Hollywood movies, not every News Channel on TV while the Covid 19 virus traversed the world. Beforehand people were more interested in their daily lives, loves and adversaries. Now they stand on their balconies at 8pm applauding the bravery and dedication of the health and emergency services helping fight the effects of the Pandemic in their neighbourhoods. In the face of adversity there is encouragement everywhere.

*"We must accept finite disappointment, but never lose infinite hope."
- Martin Luther King*

For me, perhaps the changes during 2019/2020 were more poignant than for most. I had lost my beloved sister months earlier to a Brain Tumour which she had been fighting bravely and defyingly for four years. I lost my Best Man who had suffered from the life changing effects of a major stroke 10 years prior to his death. A Company Chairman, Black Belt in jujitsu, Professional Wrestler and County tennis player reduced to a couch potato with nothing but his pride and love of his kids left. I had lost most of my money and had health threatening symptoms myself. My sister's Book- 'The Hope that I have' (to remission and beyond) had truly inspired me, and then she died. But we all need is to be humble and appreciate what we have and revel in 'Hope for the Future', whatever the challenges. We live another day, even if we wake up alone feeling worse for wear. ["Wake up Alone", Amy Winehouse]

*"Hope itself is like a star- not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity."
- Charles Haddon Spurgeon*

After her passing at 3am one morning in early September 2019 I left for my daughter's wedding in Verona, Italy. I left a note for my niece and nephews.

"Words can be well meaning but thoughts more potent. My thoughts are with you three. Be strong, grieve but celebrate her life, amazing as it was. What a Sis! I remember what I said as my mom died in my arms, 'She gave me life, she taught me how to love, and I loved her. Tanya could not have prayed for more love than you gave her... and I knew how many years she struggled to have the children and family for which she so craved [7 miscarriages]. She led by example and what an example. A great loss for our family, and a great loss for humanity." - Greg Malpass



**"WAKE UP ALONE"
(AMY WINEHOUSE)**

<https://www.youtube.com/watch?v=n5R81R3itTY>

"Run around just so I don't have to think about thinking

*That silent sense of content that everyone gets
Just disappears soon as the sun sets"*

A Virus require a host. A life needs air water and food. A human soul needs a purpose. To find your purpose and destiny first you need to embrace life. The reason the simple things – like being peaceful, joyful, loving – have become ultimate aspirations is that people realise that they have been living without paying any attention to the life process itself. When people say "life", they mean the accessories of life – their work, their family, their relationships, the homes they live in, the cars they drive, the clothes they wear, the Gods they pray to. The one thing they missed is 'life' – the life process itself, the essential life that is you. The moment you make this fundamental mistake of identifying something that is not you as yourself, life becomes an unnecessary struggle. The foundations of peace and bliss are not about attending to the external realities of your life, but in accessing and organising the inner nature of your being. This is fundamental to the 'Final Solution' of discovering yourself, becoming your Destiny, and learning about the 'Truth about Personal Success and Happiness (Part Six).

Below is a Quote from the readings of the Buddha from the book Buddhism, Kulananda, which for years gathered dust on a shelf in my living room. "I'm buddhard if I ever become a Buddhist. And if I do and reincarnate as a Pigeon I'm going to shit on everyone who shat on me.." I used to quip with my Buddhist Thai second wife.

"There is no God in Buddhism, it is a kind of psychotherapy and a way of helping us to come to terms with ourselves and with the dilemmas which life constantly throws up. Everyone of us has the capacity to be clearer, wiser, happier and freer than we currently are. We have the capacity to penetrate directly to the heart of reality- to come to know things as they really are. The teachings and methods of Buddhism ultimately have one goal alone: to enable us to fully realise that potential for ourselves." - Kulananda

Time and again we can see that the emotions are, in fact, stronger than reason. At least they are for a Type Two personality like me (Section 14). And if we want to do anything of any significance we can only do so with the full cooperation of the emotional side of our nature. Furthermore, Perfect Action motivated by generosity, kindness and understanding are bound to ultimately give you better personal feedback than those driven by petty concerns, greed, hatred, delusion or bad intent. ["The Safety Inspector"- Nigeria 2006]. Despite the fact that I can now relate to many of the doctrines taught in Buddhism, I still do not proclaim myself to be a

Buddhist. I align myself only to the teachings of this book- "Out of Darkness Cometh Light." Buddhists tend to be good kind people, even though their 'Persona' is not one of being go-getters. After all if we all sat under trees meditating where would have come the great advances in the World and Life, like medicine. Maybe this is a dichotomy because I do encourage you to push back the boundaries in your quest to find your Destiny. That will require action. But with Buddhist calmness also comes liberalism. Buddhist culture for example has never sought to control sexuality by means of guilt as Christianity does. They accept monogamy, polygamy and polyandry (my wife wished!). The important thing is that one must never harm other people by one's sexual behaviour nor put a disproportionate emphasis on the value of sex itself. If you have to be unfaithful, be discrete. What the eye doesn't see the heart doesn't grieve about. And if you can't be good, be careful (Section 10). If you can't be careful- abstain.



**"THE SAFETY INSPECTOR"
(KANO-NIGERIA, 2006)**

"Nigeria was a corrupt, dangerous, unsafe place to work in itself without causing our own problems. A \$60million Water Treatment Plant project was behind schedule. All the Officials who needed paying off to make the contract run smoothly had been paid via a complex web of phantom sub-contracts via a South African partner. What else could go wrong. The contract was a landmark project with foreign Export Credit to provide potable water to the city of Kano. The fact that there was no functioning pipeline from the Plant to the City, 20 miles away, was a over-sight- or rather there was no funding nor financial incentive for local Politicians to take that seriously.

The method of feeding cement into a silo was via an 'Air Lift', a pneumatic vertical conveyor which employed a pressure vessel. The vessel had a side-door welded onto it and requiring testing before commissioning. But safety procedures were lax. The vessel was not tested with water first, and it was subjected to extremely high

compressed air. The improvised steel door was catapulted off and killed a passing local worker who hadn't been told to vacate the test site. Negligence, poor supervision, poor workmanship, incorrect procedure- yes all of the above.

The local workforce is supplied by, and reports to the village Chief. Life in Nigeria is cheap. The Project Manager negotiates compensation for the worker's family, with a cut for the Chief. Unfortunately for the Site Management, Safety Protocol for the UK Construction Group is far more stringent and correct. Safety Reports which involve a death automatically trigger a UK Head Senior Office Safety Officer/Inspector visit and report.

Brian was a likeable and serious official with a job to do, staying at my Villa for the duration of his visit. Saturday night usually meant a trip into Victoria Island in Lagos and a meal and liquid refreshments. Bob's Bar was always guarded by a doorman with an AK47 and frequented solely by expats. The Regional Managing Director Phil had quietly asked me to ensure that Brian drank copiously, and I was to arrange for him to take a girl back to the Apartment. Brian was a married man and not well travelled. He quickly, without encouragement became entangled with propositions from two ladies. He very gentlemanly-like asked my permission if he could take a lady back with him. I thought carefully and advised him that it was not a good idea. With guilt on his face, he agreed, and we went home.

At 7am Sunday morning there was a knock at the front door. It was the MD arriving to offer to take us to the beach for breakfast. 'Why isn't there a girl here with him' the MD quizzed me. 'He was adamant he didn't want one' I replied. 'Oh, what a kind MD you have here, thinking about us on a Sunday morning on his day off', was Brian's subsequent remark to me!

That night well after the MD had left, I arranged for Brian to have a visit from his chosen female friend and got my driver to provide him with condoms. He meant no harm to his wife nor himself nor the lady in question, and whilst nobody else knew I saw no harm done. The Safety Inspector left for the UK on Monday, content and with an unbiased account of the Accident Incident to report to Management in the UK."

This anecdote about Good and Bad intent demonstrates to me that the adulterous temptations of a Safety Official many miles from home were neither premeditated nor with intent to cause harm. They wallow in insignificance to the intent of the Managing Director to manipulate this potential indiscretion in his favour and use blackmail to insure against his concerns of the Safety Officer filing an Accident Incident report implicating

UK Management. Well fuck him.

So, research and learn about the Wisdom of Buddhism in your search for Happiness and your new Life Path. When we are down, the world really is a grim pit of despair, when we are happy it's a cheerful pleasure park. Convert despair into Love. Did you know Robbie Williams suffers from depression? (As did his late namesake Robin Williams the American actor and comedian who committed suicide. Follow his eyes in the video. But he has so much life running through his veins. There is a hole in his soul, you can see it in his face. ["Feel", Robbie Williams])

Did you know that...?

"This life is for living, sharing, learning, smiling, caring, forgiving, laughing, hugging, helping, dancing, wondering, healing, and even more loving. I choose to live life this way. I want to live my life in such a way that when I get out of bed in the morning, the Devil says,

'Aw shit, he's up.'"

- Steve Maraboli, Unapologetically You; Reflections on Life & the Human Experience.



"FEEL"

(ROBBIE WILLIAMS)

https://www.youtube.com/watch?v=cI0Pov_dIgg

*"I got too much love
Running through my veins, to go to waste
I just wanna feel real love
In a life ever after, there's a hole in my soul
You can see it in my face
It's a real big place
Come and hold my hand
I want to contact the living"*

Lessons Learned



SECTION 20- LESSONS LEARNED "Buddhist Wisdom in the Search for Happiness"

1. KEY LESSON: Religious people and atheists alike could find a moment of revelation by studying the insight Buddhism offers for happiness. The goal of Buddhism is a state of lasting, unconditional happiness known as enlightenment. To bring us to this state, Buddhism points us to lasting values in this impermanent world and gives us valuable information about how things really are.
2. *Because Buddhism does not include the idea of worshipping a creator God, people should not see it as a religion in the normal, Western sense. The basic tenets of Buddhist teaching are straightforward and practical: nothing is fixed or permanent; actions have consequences; change is possible. So, Buddhism addresses itself to all people irrespective of religious belief, race, nationality, caste, sexuality, or gender.*
3. *In Buddhism the key to happiness is to know the truth about yourself- to understand who or what you really are. And this is the crux of what this Book aims to achieve. To help you on a route from self-awareness to identification of an inner-calling to living your destiny.*
4. *Another truth which I established in Part One is that thinking in others first can be quite uplifting in terms of the pursuit of happiness. When we act from compassion, focusing on others rather than ourselves, we get better feedback from the world.*
5. *The foundations of peace and bliss are not about attending to the external realities of your life, but in accessing and organising the inner nature of your being. This is fundamental to the 'Final Solution' of discovering yourself, becoming your Destiny, and learning about the 'Truth about Personal Success and Happiness (Part Six).*

6. *Research and learn about the Wisdom of Buddhism in your search for Happiness and your new Life Path. When we are down, the world really is a grim pit of despair; when we are happy it's a cheerful pleasure park. Convert despair into Love. ["Feel", Robbie Williams]*

MISSION STATEMENT: "In the end, how we act in the face of adversity reveals our true character. I can't always change the external reality, but I can control, change and decide how I react. And I will always respect the peaceful and humble teachings of the Buddhist faith."

Wealth Creation & Moral Sentiment

PRIOR TO THE INDUSTRIAL REVOLUTION THE DAILY LIFE OF MOST humans ran its course within three ancient frames: the nuclear family, the extended family and the local intimate community. The family was also the welfare system, the health system, the education system, the construction industry, law enforcement, and all other social and financial services.

Then came Nations, Governments, Capitalism, Banking, Debt, Profit and Loss, Financial Services Industry, Law, and Social Welfare. The first Day of my MBA Degree course at London School was one I will always remember. They drummed into 100 students, from all backgrounds- finance, engineering, the arts, one simple concept. The concept was that one should never get intimidated nor hoodwinked by different professions' arrogance and language. Accounting is unnecessarily complicated. Grandma runs her household budget on cash. Wise lady. Cash Flow is the most telling health check for any enterprise over time. ["Grandma Accounting", UK 1984]

"GRANDMA ACCOUNTING" (UK, 1984)

"A successful Accountant and renowned Economist bought themselves a new Bentley Motorcar each. They both lived in the suburbs of London. The difference was that one of them went to work in his car, while the other left his car in the Garage at home and took the bus to work. Which was which?"

The accountant has done his home management accounts- The Capital cost of \$250,000 depreciated over 5 years, ie. \$50,000 depreciation charge per annum, plus annual costs of insurance, and servicing, plus daily variable costs of fuel, estimates/provisions of costs of wear and tear, and weekly cleaning. It transpired that the overall weekly costs greatly exceed the cost of the bus, and to mitigate his losses he elects to travel by bus.

The Economist considered the upfront purchase cost of \$250,000 and the yearly insurance of \$5,000 which had been paid- both as 'Sunk Costs' which didn't feature in future decision making. He calculated that the variable costs of driving to work were slightly less than the cost of taking the bus. Anyway, he didn't like taking the bus- it was always full of Accountants."

Where are we Now

Most people today believe in Nationalism, Capitalism and Human Rights. At least this was the case until the world was threatened by a world Pandemic, which respected no national boundaries, played havoc with economic systems and threatened the ability of affected countries to uphold human rights as social unrest loomed in devastated Third World countries.

Over recent years, the age of secularism has thrived at the expense of traditional religions which have lost their importance. But the effect has not been restricted to religious beliefs, it has impacted the family unit and communities.

Maybe the most momentous social revolution that ever befell humankind in the search of progress during evolution has been the collapse of the family and the local community and their replacement by the state and the market, and most recently social networking.

Then entered capitalism and empires. But existed no markets free of political bias. Thieves and charlatans reigned. Markets offered no protection against fraud, theft and violence. Legislation sanctions against cheats, non-corrupt police forces, courts and social justice lagged pitifully as capitalism flourished.

Credit facilitated continuous growth, albeit with occasional market cycle setbacks. And in times of crisis like the 2008 global financial crisis and the 2020 Pandemic, Central Banks issue billions of dollars and offer cheap credit into the system, in the hope to stimulate demand, spending and growth. But this time the laws of capitalism are truly being challenged, as in a Post-Pandemic world, individuals reassess their back-to-basics principles.

Some might think spirituality and business should not be mixed in together, but both play an important role in society and people's lives. They should be seen as interdependent. Spiritual disciplines may very well offer insights into techniques for achieving lasting engagement that everyone is searching for in their lives, their families and their communities. Money may still rule, but selfishness not. At the very least, ancient wisdom could offer some lessons for understanding what it means to seek and achieve higher meaning in your life.

Capitalism has killed millions out of cold indifference coupled with greed and corruption over hundreds of years. Capitalist abuse is the treatment of

human beings as commodities to be bought and sold, according to the rules of supply and demand. ... If the supply of labour is much greater than demand, labourers can be paid a pittance and worked to death. Critics view the system as inherently exploitative. ... Since capitalists control the means of production (e.g. factories, businesses, machinery and so on) and workers control only their labour, the worker is naturally coerced into allowing their labour to be exploited. Examples in history are numerous from slavery to railway constructors to miners to modern day zero-hour workers such as fruit pickers. And it's not just employees who historically got a bad deal, sometimes the customers themselves can get faulty products or services, especially where greed and corruption are rife. I've related in previous Sections on Corruption how Construction Contracts are often inflated to cover Bribery payoffs. But sometimes it's not Mafia nor Corrupt Government Officials who are the perpetrators, it's just unscrupulous Salesmen. ["Costa Lago", Spain 1987]



**COSTA LAGO
(SPAIN, 1987)**

"My Latin American wife had decided that she hated everything about the UK- the weather, the people, the culture, the food- and the list went on. One solution I surmised might be to find work in a European country which might appeal more, especially as she was pregnant, and I wanted her to be settled before the demands of motherhood set in.

I had a secure job offer in the UK with a Group called Taylor Woodrow but decided to give a less secure job offer in Spain a go. Costa Lago was a Bankrupt relatively up-market leisure development in down-market Torremolinos. Apartments boasted high quality finishes, marble floors etc. The new owner was a Kuwaiti Sheikh who had 4 apartments converted into a Penthouse to house his European concubines, whom he visited 'religiously' every month. His General

Manager was a cocaine sniffing playboy and his Sales Director was a very polished English Gentleman, who unfortunately, as my boss, I learned also had questionable moral probity.

'Assess the worth of the potential buyers who come in. Don't show them a three-bedroom apartment if you think they can only afford a Studio.' He would assert his sales prowess to me. Then Mrs Jones came in. In her late seventies, well-spoken, eccentric, maybe suffering from mild dementia, and brandishing a gold Rolex on her wrist. 'Leave her to me' Sales Director David E. instructed me. An hour later he had taken her to the best three-bedroom Show-Apartment in pre-bankrupt, built Phase One and sold her a similar Apartment Off-Plan in Phase Two. He had taken a £25,000 deposit with no bond nor guarantee. The likelihood of Phase Two being built was dubious. The likelihood of it being built to the same quality standards were zero. The plan was for terracotta not marble!

'Now that's the way to sell' Mr E. boasted. 'No', I said 'That's the way to rob an old lady.' I left Spain that day and went home to my heavily pregnant wife. I was in such a rush at the airport that I had got caught with £3,000 wages in Spanish Pesetas in my hand luggage. A corrupt Customs Officer had questioned from where I had earned the money. He counted out £250 in Pesetas for himself in return for letting me pass. Goodbye Spain. The next day my wife gave birth to our beautiful daughter, one month premature. If I had not told Mr E. where to stick his job, and if I had not paid the Customs Official his bribe and missed my flight, I would have missed the most memorable moment in my life in Harrow-on-the-Hill Royal Free Hospital."

A mindset corrupted by greed was not the Philosophical Dream of Adam Smith. In 1776 the Scottish economist Adam Smith published his second book 'The Wealth of Nations.' The birth of capitalism may be traced back to social change like that triggered by the French Revolution, but it was Adam Smith who noticed that mercantilism was not a force of development and change, but a regressive system that was creating trade imbalances between nations and keeping them from advancing. His ideas for a free market opened the world to modern capitalism.

Adam Smith and the Missing Ethical Link

Adam Smith had a deep ethical preoccupation, but this did not find its way into his Book on 'The Wealth of Nations'. Smith's ethical stand was to be found in his first Book, the 'Theory of Moral Sentiments', originally published in 1759– a work that has been on the whole ignored. Such 'division of

thought' would prove to be extremely consequential, and the 'bible' of modern capitalism is, in a sense, missing one leg – the ethical one.

The root of his belief was in 'Good Wealth' which consists of assets that are created, distributed and used in a manner that respects human dignity and promotes the common good, thus leading to increases in well-being. —Bad Wealth consists in assets that are accumulated in an unjust manner (using force or fraud) and distributed in a manner that benefits only elites and excludes the poor and marginalized and is used to create invidious distinctions and not for the common good.

The problem has been that 'Bad Wealth' has prevailed. Historically, individuals and communities have accumulated wealth by stealing valuable assets from their neighbours or by conquering and enslaving them. Looking back, it is hard to find wealth creation free of force and fraud. A look at the great empires from the ancient world (Babylon, Persia, Greece, Rome, Egypt,) or the modern world (British Empire, Spain, Japan, Third Reich, USA) clearly demonstrates the connection between military conquest and economic surplus. The transition from Conquest to Commerce is played out over and over in human history, on both a large and small scale. One has only to look at the role of the slave trade and the extraction of gold, silver and other minerals from Latin America, two activities that play a key role in the rise of the West (and their continued dominance) to see how massive wealth creation can at the same time cause massive and lasting human suffering and poverty.

The Financial Meltdown of 2008 and the subsequent Recession following the Pandemic will end in further redistribution of wealth from the great majority to a small elite who are able to invest and further borrow to invest at the bottom of markets when asset values are low, leaving tens of millions unemployed, and potentially even worse outcomes in the developing countries.

So, my stance is that the 'Missing Ethical Link' can be filled by the birth of a new form of 'Social Capitalism?' Social Capitalism is a concept that has been poorly defined or understood in the past. 'Social Capital' is widely thought of rather nebulously as the positive product of human interaction. The positive outcome may be tangible or intangible and may include useful information, innovative ideas, and future opportunities. Others simply see it as the benefits of Social Networking (eg. Facebook/Twitter) where we might share ideas or opportunities with friends, seek like-minded people,

or seek customers or find funding online (eg. Crowdfunding). We could imagine how business ideas may flourish to the common interest and benefit of all involved. 'Social Impact Hubs' like my London Business School Hub is an Student/Alumni intranet to provide the network and skills to transform individuals and the world around them. Such networking could even include a form of '*barter*' where I offer to prepare someone's accounts in return for a translation service, or whatever. In summary, in business terms, Social Capital is the contribution to an organization's success that can be attributed to personal relationships and networks, both within the organization and outside of it.

My take on 'Social Capitalism' is more profound. It expands on the concept defined as a socially minded form of capitalism, where the goal is making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. It is a utilitarian form of capitalism with a social purpose. I suggest for example that when a group of Entrepreneurs, a Group of Buyers and Sellers, etc., whether they met on Social Networking or not, seek either Debt financing or Equity for a Business Launch or expansion, that the Financial Risk/Return Analysis and Legal Adjudication include a 'Social Impact Assessment' with Financial Implications apportioned to the Analysis.

Social Impact Assessments aren't new. They involve a methodology to review, for example, the social and environmental effects of infrastructure projects and other development interventions. Although SIA's are usually applied to planned interventions, the same techniques can be used to evaluate the social impact of unplanned events, for example climate change, disasters, demographic change and epidemics. At the business level, decisions to invest or divest might include assessment of the costs or benefits associated with other associated businesses in the community in the supply chain or community support, shops, hairdressers, leisure outlets, etc. New employment in the community, or redundancies/ cost of state benefits, etc. In a world of 'Social Capitalism' social costs and benefits are applied to business decisions.

In political terms let's not call our Political Animal the 'Social Capitalist'- a Republican, nor Democrat; not Conservative, Labour nor a Liberal. Not a Social Democrat either because the aim is not to seek a transition from Capitalism to Socialism- Social Capitalism should be re-defined, not converted into Socialism.

Social Capitalism will be best understood as classic capitalism with a focus on improved social outcomes, or at least economic social responsibility. Social Capitalism will be about solving social issues and making a profit, and have an ideology of liberty, equality, and justice. Social Capitalism will build Social Capital, as defined above, which broadly refers to those factors of effectively functioning Social Groups (online or otherwise) that include such things as interpersonal relationships, a shared sense of identity, a shared understanding, shared norms, shared values, trust, cooperation, and reciprocity. Futurists far brighter than I will no doubt see this concept as one to benefit from application of Artificial Intelligence (A.I.) and Algorithms to make the systems smarter. The bottom line is there are social costs or benefits to every Political or Economic or Business decision which are measurable.

Maybe the 'Nordic Model' best reflects elements of 'Social Capitalism'. It comprises the economic and social policies as well as typical cultural practices common to the Nordic countries (Denmark, Finland, Iceland, Norway and Sweden). This includes a comprehensive welfare state and multi-level collective bargaining based on the economic foundations of free-market capitalism, with a high percentage of the workforce unionised and a large percentage of the population employed by the public sector (roughly 30% of the work force). The Nordic model began to gain attention after World War II and is seen as Beacon to the Creation of Fair Capitalism which leads to more contentment and happiness (See Section 5).

The Nordic Model & Social Capitalism

Sweden, Norway, Finland, and Denmark (collectively the Nordic countries) have a combination of high living standards and low-income disparity that has captured the world's attention. At a time when the growing gap between the rich and poor has become a political hot button in developed nations, the region known as Scandinavia has been cited by many scholars as a role model for economic opportunity and equality. It is the closest to the system I am advocating as 'Social Capitalism'.

The Nordic model emphasizes society-wide risk sharing and the use of a social safety net to help workers and families adapt to changes in the overall economy brought on by increased global competition for goods and services. The Nordic model is paid for by some of the world's highest tax rates. Fortunately for their citizens, the Nordic nations have willingly chosen a path of greater equality for all citizens and high taxes and have

demonstrated an ability to work through their political differences for the greater good of all.

The Nordic model is a term coined to capture the unique 'Combination of Free Market Capitalism and Social Benefits' that have given rise to a society that enjoys a host of top-quality services, including free education and free healthcare, as well as generous, guaranteed pension payments for retirees.

Since these benefits are funded by taxpayers and administered by the Government for the benefit of all citizens, citizens have a high degree of trust in their Government. They have a history of working together to reach compromises and address societal challenges through democratic processes. 'Their policymakers have chosen a Mixed Economic System that reduces the gap between the rich and the poor through redistributive taxation and a robust public sector while preserving the benefits of capitalism'.

The model is underpinned by a Capitalist Economy that encourages creative destruction. While the laws make it is easy for companies to shed workers and implement transformative business models, employees are supported by generous social welfare programs. So, as in the theory of Social Capitalism- the Social Costs of destructive action are always countered in the system, encouraging Change only where everyone benefits in the long term. But it won't flourish in a culture of corruption, poverty, laziness and self-interest – still prevalent in many poorer, and over populated nations of the world.

The result is a system that treats all citizens equally and encourages workforce participation. Gender equality is a hallmark trait of the culture that not only results in a high degree of workplace participation by women but also a high level of parental engagement by men.

The result is a nation of small entrepreneurial enterprises directed by citizens facing the same set of challenges. Solutions that benefit one member of the society are likely to benefit all members. This collective mentality results in a citizenry that trusts its government because the government is led by citizens seeking to create programs that benefit everyone.

Although often linked to social democratic governance, the Nordic model's parentage actually stems from a mixture of social democratic, centrist and

right-wing political parties. But far from becoming the 'Mongrel' of Political persuasions, it encompasses the best of all. I hang my hat of developing this dogma under the title of 'Social Capitalism'.

Going back to Smith, he knew nothing of AI and Algorithms nor Modern Political theories, but his 'Theory of Moral Sentiments' was the real scientific breakthrough that is exhibited in the Nordic system. It shows that our moral ideas and actions are a product of our very nature as social creatures. It argues that this social psychology is a better guide to moral action than is reason. It identifies the basic rules of prudence and justice that are needed for society to survive, and explains the additional, beneficent, actions that enable it to flourish. ["Sr Paz", Peru 1984].



**"SR PAZ"
(PERU, 1984)**

"Sr Paz was the loveable Mini-Bus Driver who negotiated the winding road and treacherous mountain drive every day to the Project Office, getting the Office Staff safely to their work.

Trevor Banks was the UK Expatriate Superintendent of the Works. Hard working and hard driving of his 100+ local workforce. Even though I had local friends begging me as Project Manager to give their sons jobs, Trevor would not tolerate nepotism nor interference in his judgement of recruitment of workers. They were hard working jobs for hard working men. I respected that.

One morning Sr Paz keeled over his steering wheel on the morning drive to work and nearly took his passengers to their early grave down the sheer slopes. Panic ensued but the bus was lunched back onto the road by the passenger in the adjacent seat. Sr Paz had had a massive stroke and died at the wheel instantly.

At the hospital they wouldn't let the body be released for the undertakers to take it to the family home until I as the Company Official had arrived and signed it off (ie. paid a bribe). As I comforted the grieving family an unknown lady approached me and asked whether I would consider her son for the job as Bus Driver. I was understandably shocked and annoyed, and pushed her away to attend to the family.

But the next morning I arrived on site only to see a new recruit as a labourer on site. Trevor had decided to offer the only son of Mr Paz a job so that he could rise to the responsibility of providing for the family now his father had passed. The question was could he rise to the responsibility of the job with which he had been entrusted.

Days later I was one of the bearers of the coffin at Sr Paz's funeral, but his son was not. He was so young, so tired and of such slight build that he could not bear the load. But on the construction site he was still doing his best to manhandle a pneumatic concrete breaker, with difficulty. Rather the breaker was manhandling him.

His productivity was poor, and he required extra supervision in his job, but the social benefit to his family, to his dignity, and to the respect we as a company received from all the other workers- for Trevor's wisdom and understanding- was more than palpable. Sin palabras."

Self-interest and sympathy. As individuals, we have a natural tendency to look after ourselves. That is merely prudence. And yet as social creatures, explained Smith, we are also endowed with a natural sympathy – today we would say empathy – towards others. When we see others distressed or happy, we feel for them. Likewise, others seek our empathy and feel for us. When their feelings are particularly strong, empathy prompts them to restrain their emotions so as to bring them into line with our, less intense reactions. Gradually, as we grow from childhood to adulthood, we each learn what is and is not acceptable to other people. Morality stems from our social nature. The almost worldwide sense of Community and Cooperation during the Pandemic is case in point of how human nature can overshadow political and economic fundamentals in terms of what people actually do.

Though we are self-interested, we have to work out how to live alongside others without doing them harm. That is an essential minimum for the survival of society. If people go further and do positive good – beneficence – we will all welcome it but cannot demand such action as we demand justice.

With the Nordic nations as examples- Social capitalism should copy their aim to create the conditions for capitalism to lead to greater democratic and egalitarian outcomes. It can be characterized by a commitment to policies aimed at curbing inequality, eliminating oppression of underprivileged groups and eradicating poverty as well as support for universally accessible public services like care for the elderly, childcare, education, health care and workers' compensation. This doesn't have to lead to full-blooded Socialism. Communism was born late in the chronology of Political Systems and *stillborn* at that. It's proven not to function.

Virtue, Prudence and Justice are important to Smith's ideal society. Smith ends the 'Theory of Moral Sentiments' by defining the character of a truly virtuous person. Such a person, he suggests, would embody the qualities of prudence, justice, beneficence and self-command. ["You Raise me Up", Josh Groban], and I apologise for citing this song for a second time.

Prudence moderates the individual's excesses and as such is important for society. It is respectable, if not endearing. Justice limits the harm we do to others. It is essential for the continuation of social life. Beneficence improves social life by prompting us to promote the happiness of others. It cannot be demanded from anyone, but it is always appreciated. And self-command moderates our passions and reins in our destructive actions.

Freedom and nature (and nowadays – Money), Adam Smith concludes, are a surer guide to the creation of a harmonious, functioning society than the supposed reason of philosophers and visionaries. You raise me up so I can stand on mountains.



**"YOU RAISE ME UP"
(JOSH GROBAN)**

<https://www.youtube.com/watch?v=aJxrX42WcjQ>

*"You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your shoulders
You raise me up... To more than I can"*

The Future Banking/Financial System

The history of the Banking system is based on a seemingly flawed basis

where Banks are allowed to loan \$10 for every Dollar they actually possess, which means that 90% of all money in our Bank Accounts is not covered by money in circulation. It's not that the entire modern economy is a fraud. It's based on the Economy's trust in growth in the future. This trust is the sole backing for most of the money in the world. That is why at times of crisis such as the 2020 Pandemic, when demand falls and growth threatens to turn into recession, that Governments and Central Banks step in to stimulate the economy. But it will inevitably lead to inflation.

The long-term outcome of the Pandemic was not known at the time of writing this book, in 2020, in Spain. What is predicted is that a continuation of modern capitalism will lead to the rich taking care in managing their assets and timing their investments to eventually increase their wealth, while the less well-heeled will sell assets at unfavourable value and go into further debt to survive it, once the Government bailouts dry up.

"The global impact of the coronavirus pandemic poses a fundamental question: is this one of those historic moments when the world changes permanently, when the balance of political and economic power shifts decisively, and when, for most people, in most countries, life is never quite the same again?"
- World Economic Forum

Unfortunately, the history of ethics that Adams proclaimed as the panacea to social capitalism is a sad tale of wonderful ideals that nobody lived up to in the longer term. Will a new Post Pandemic mindset change this?

Adam Smith taught that the shoemaker would use his surplus to employ more assistants. This implies that egoistic greed is beneficial for all, since profits are utilised to expand production and hire more employees. In reality the shoemaker capitalises on his monopoly market in terms of his service and employment of locals. He buys out his only competitor then pays his workers less and gets them to work longer hours. Free markets don't exist, they are manipulated by capitalists. But that is the past experience, maybe we will remember the shock to society endured by all to beat the global virus- and reconsider. It will require leadership. It will require the eradication of Greed by making it accountable and socially unacceptable, rather like drink-driving. Once again Artificial Intelligence will play its role.

"Smith denied the traditional contradiction between wealth and morality."

But in 2020 the focus was on survival for the economy rather than philosophising over moral sentiment. Economic turmoil associated with the Coronavirus Pandemic has wide-ranging and severe impacts upon financial markets, including stock, bond, and commodity (including crude oil and gold) markets. The Major Banks and their behaviour were under the microscope of Governments around the world. Of the nearly \$300 trillion in measured global financial assets in the global banking system, about 25 percent are in the United States and close to 30 percent are in Europe. Taken together, these banking systems are dominated by about a dozen big banks. In the United States, the 20-plus regional banks combined have a balance sheet about the same size as that of JPMorgan Chase, the largest bank. In Europe, big banks comprise almost the entire financial system. So, the Major Banks continue to dominate. ["Money"- Pink Floyd]. Money I will always fuck you, because I can't beat you.



**"MONEY"
(PINK FLOYD)**

<https://www.youtube.com/watch?v=Kjgwjh4H7wq>

*"Money, get back
I'm all right Jack keep your hands off of my stack
Money, it's a hit
Don't give me that do goody good bullshit"*

During 2020 Policymakers and Government leaders and Central Banks were taking a range of approaches to deal with the economic fallout from the Coronavirus. The U.S. Federal Reserve initially slashed rates back to near zero, restarted bond buying and launched other measures from its crisis-era toolkit, along with other Central Banks, to put the floor under a rapidly disintegrating global economy assailed by efforts to contain the Coronavirus Pandemic. The Fed also encouraged banks to use the trillions of dollars in equity and liquid assets built up as capital buffers since the financial crisis to lend to business and households whose balance sheets and lives had been upended by the virus.

The European Central Bank (ECB) made it clear it would not tolerate "unwarranted" increases in borrowing costs and it was ready to buy more sovereign debt to allow governments to borrow on the cheap as they ramped up spending to combat the Pandemic. In 2020 the ECB also

provided banks with loans at a rate as low as minus 0.75%, below the - 0.5% deposit rate, and increased bond purchases by 120 billion euros with a focus on corporate debt.

So, drastic measures. Is this the end of the economic world as we know it? And, equally, could the crisis mark a new beginning? Politicians will continue, I suggest, to harbour self-interest and focus on re-election in the medium term.

"The pandemic will strengthen the state and reinforce nationalism. Governments of all types will adopt emergency measures to manage the crisis, and many will be loath to relinquish these new powers when the crisis is over," - Stephen Walt, Professor of International Relations at Harvard University

Unprecedented Government aid packages for businesses and workers, intended to mitigate the disease's economic and financial impact, have led some analysts to suggest "the State is back" – and that the limits of the postwar neoliberal, free market model have finally been reached. But Social Capitalism does imply an element of increased, albeit measured control by the State over central policy affecting social matters. Very much a 'Third Way' and centre ground politics. I have no intention to enter a life of politics, but if I did I would make this my cause.

What the crisis has shown, it is argued, is that when the challenge is truly existential, only the State can offer holistic and equitable solutions. A natural corollary is that the high-water mark of globalization has arrived. These are radical paradigm shifts. Will they endure?

The problems and losses due to the Pandemic are immeasurable. The legacy of the virus threatens to expose so starkly: precarious employment; galloping income and wealth inequality; the unaffordable cost of health care, housing and education for many; and the peril of personal and small business indebtedness.

So, all I'm suggesting will take time. Now is not the time, in a time of crisis. But I am suggesting that, over time, a move to Political and Economic systems based on 'Social Awareness' will benefit society and the individual- if adopted systems embrace a socially minded form of capitalism, where the goal is making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. I am therefore an

Advocate of Social Capitalism. The Devil will be in the detail. Another Book to follow??

New Forms of Employer-Employee Relationships

Millions successfully worked from home during the Pandemic. No need for remote oppressive management styles, just motivation and encouragement. Employee engagement will become the ultimate goal for managers in the future, particularly in most internet-based service type industries, and it will involve more than just job satisfaction.

It might be that an individual is perfectly content with a job and yet not engaged in it. Instead, engagement is found where work is absorbing, and to which employees feel naturally dedicated; not needing supervision. Motivated Home-Workers don't need Motivating, Supervising nor Monitoring.

Engaged employees are prepared to go beyond the call of duty and actually drive the business; develop their own entrepreneurial awareness and will need to be remunerated accordingly. But some jobs and some industries will be unsustainable, and not just because of the effects of Artificial Intelligence. The demise of the UK coal mining industry is one painful example. A protracted dual between Mrs Thatcher and Arthur Scargill, the Miners Union leader, led to much hardship for workers. Corporate Ethics and Accountability were the subject of Section 6. It's not always Black or White when it comes to making business decisions based on financial criteria without assessing social costs. ["Clay Cross Factory, UK, 2000]- A Case-Study of Non-Capital-Capitalism.

CLAY CROSS FACTORY (UK, 2000)

"The company I joined in 2001, Biwater, had just sold a pipe-making plant in Derbyshire to an affiliate of Saint Gobain, a French company, with the result that 700 jobs were lost, even though the plant had healthy order books. It was denounced as a naked attempt by a company to eliminate pesky competition- with Biwater's full complicity and awareness. The deal was known to be dubious since the acquirer only had a short control over the lease and would have had to get out anyway.

On top of that it transpired that there had been an extraordinary failure to share information between the Office of Fair Trading and the Department of Trade and Industry. It emerged that OFT officials were told about French multinational Saint-Gobain's plan to close Biwater

Industries' pipes division at Clay Cross, Derbyshire, without demanding a full Competition Commission inquiry.'

The ferocity was over the OFT's failure to take into account the social effects and costs of the closure on jobs and exports. Clay Cross made a profit and had a £60m order book, the bulk of its sales were going overseas, contributing to UK exports. None of these effects came into the business decision making made by Biwater and Saint Gobain."

Business realities can be harsh. There are many reasons why a Business fails. But spiritual rationales for goals and activities can complement commercial ones. So the dogma goes.

Evidence suggests that embracing spirituality within organisations may lead to better decision-making, enhanced creativity, reduced absenteeism, and greater emotional control.

Corporate Plc Annual Reports are these days full of pages dedicated to: Corporate Social Responsibility Programmes, Corporate Volunteering, Sustainability Targets and other Environmental KPI's. Several large companies, such as Google, are already adopting spiritually informed practices to reap some of these benefits. But management practices such as measuring performance have not caught up with the deeper desire that many employees might have. We are just scratching the surface of how we can find more meaning and more productivity from our work. Essentially it will be a 'Bottom-Up' revolution of work practices. Entrepreneurs, co-owners- come co-workers unite.

One model, but by all means not necessarily the best nor most successful, is to organise businesses around 'Workers' Cooperatives'. Mondragon Corporation here in Spain is a success story. Mondragon is one of the leading Spanish business groups, integrated by autonomous and independent cooperatives with production subsidiaries and corporate offices in 41 countries and sales in more than 17 billion Euros. The Mondragón Cooperative Corporation (MCC), the world's largest worker cooperative, whose foundation was inspired in the 1940s by the Catholic priest José María Arizmendiarieta, in 2002, contributed 3.7% towards the total GDP of the Basque Country and 7.6% to the industrial GDP.

The fact that they were so isolated and did not have to compete in a developed capitalist economy gave Mondragon the time to grow slowly from a small training school to a large corporation with many cooperatives both in Spain and Internationally, with over 180,000 workers and \$12 billion in assets. As they grew, Mondragon slowly changed many of its initial goals in an effort to compete and develop economies of scale in a competitive

capitalist world. As such it does not exhibit the purest model of Cooperatives.

"The Mantra of Cooperatives is that they are: "autonomous associations of persons; united voluntarily to meet their common economic, social, cultural needs and aspirations through jointly owned and democratically controlled enterprises."

There are three types of cooperatives: consumer coops where a group of people buy goods together such as food and housing coops (the most common type); producer coops where producers buy and share production materials and tools such as tractors and seeds (very common worldwide in agriculture); and worker owned and managed coops where workers actually produce products and services collectively and equitably. They *own* a share of their future. It is the latter which I think has scope for substantial growth potential and acceptance in a world economic and political system ruled by 'Social Capitalism'.

Cooperatives won't always be the answer though. You can't always make the right decisions quickly by committee. Their enterprises usually have a "one member, one vote" system, which ensures that decision making powers are equally shared amongst their members. Being people-centred enterprises, cooperatives focus on the needs of their members and of the communities in which they operate, rather than on financial returns alone. The problems can again come down to human nature. Without a strong hierarchical management structure, it can be difficult to take managerial decisions with which all the workers agree. Another maze for Artificial Intelligence to embrace.

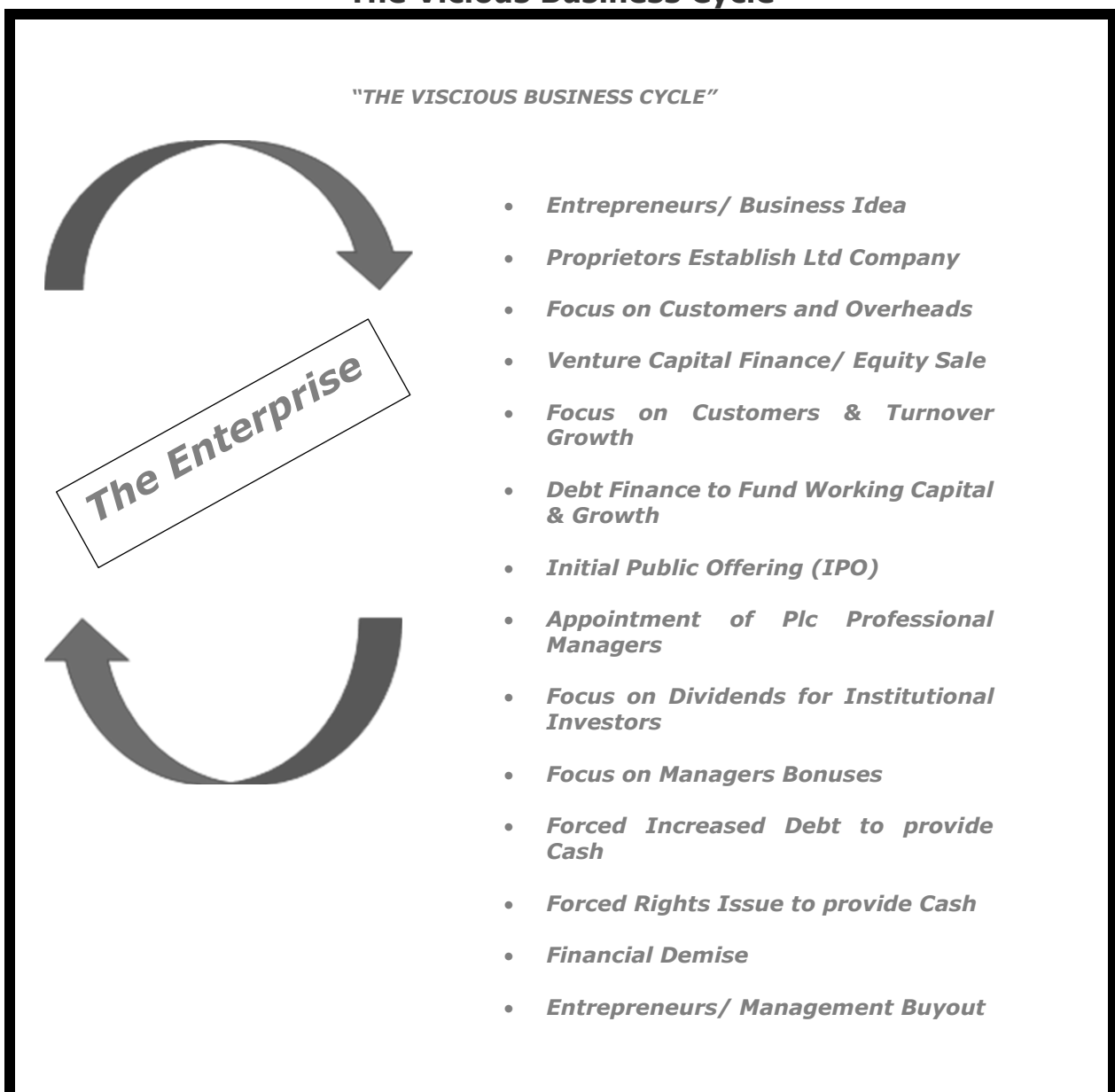
But there already exist Community Businesses which I would argue depict 'socially minded forms of capitalism'. After all, we are all probably faithful to certain community businesses which don't necessarily offer the best value for money services. Our loyalty is usually based on something more intangible- friendly cooperation and co-support in the community, mutual convenience, social interaction, trust and a sense of well-being. It's not always about money. Such local businesses include Hairdressers, Mechanics, Deli-Stores and Cafes, Bars, Convenience Stores & Beauty Salons/Gyms.

The other key ingredient is Entrepreneurship which drives business start-ups. That's why it's so important to encourage. But remember in some corners of the world one man's local Entrepreneur is another man's Corrupt Opportunist. Some Entrepreneurial businesses serve the community and are Capitalist driven but not socially minded. I cite as an example a roadblock I approached in Nigeria. That was a large man-made hole in the

road across the entire carriageway. The young 'Street Boys' who had created the hazard had been very resourceful in constructing a small diversion around the hazard, with of course an improvised Toll Booth. Don't pay at your peril. The business was never intended to be long term nor create employment. It certainly wasn't socially acceptable. But you don't mess with Street Boys in Lagos. My driver and bodyguard Joel taught me that.

Not until we address the conflicts between all the interested parties in creating sustainable businesses with long term growth potential, will we learn that the future will need a new model. A model based on better inclusive cooperation and shared benefits of Owners, Managers, Employees, Customers and Shareholders. One not based purely on Profit and Greed.

The Vicious Business Cycle



The Vicious Business Cycle is invariably driven in my experience by Greed. All Entrepreneurs who set up in business do so to make money, and maybe create jobs as a by-product. To survive they have to run a tight ship and sell their products and services. By the time an IPO is considered to re-capitalise the business to achieve growth, it's normally where Greed has taken over. The proprietors' cash in, the new professional managers run the business to maximise their own income over their reign of a few years, and short-termism leads to paying dividends the business can't afford, bonuses that are unearned or unjustified, and growth is pursued which is unsustainable.

"CREATIVE ACCOUNTING" (HONG KONG 2007)

"Having worked for Construction Groups for years I am very aware that the industry is plagued by Management orchestrating Fraudulent Creative Accounting from time to time. It is most prevalent in Construction because of the inherent difficulty for Auditors to Value the high level of Work-in-Progress usually consisting of hundreds of uncomplete projects. When losses occur on large projects gone bad, it is difficult to predict end outcomes.

Despite working as an Analyst, I earned no friends at Costain highlighting to Management the inaccuracy of their Reporting. Cash Flow never lies and I developed a financial model which over time tracked cash, and the tell-tale signs of problems in cash reporting, namely: 1) Comparing declared Operating Profits with Operating Cash Flow (Any large discrepancies need explaining) and 2) Monitoring (in the Notes to Accounts) what the 'Net Amounts due on Long Term Contracts' are. At Costain historically even some outstanding Claims in dispute with clients were taken to value. CEO/CFO's overtrade the company's project portfolio profit declaration for a variety of reasons- normally selfish ones of bonuses or in the hope that things will improve. Accounting is conservative, Construction Companies taking on contract risk at low margins and not building up reserves are not.

So, Revenue Recognition and Contract Accounting remain a significant risk for all Contractors. The consequences of errors whether intended or due to incompetence have been the cause for the demise of dozens of companies in recent years of market downturn.

For the lay-reader not familiar with accounting idiosyncrasies what this all means is that unscrupulous Management declare false profits, which have no record of cash generation to support them. The corollary can often be crippling debt or an emergency call for cash via a Rights Issue to survive, usually at a discount, diluting the value of current

shareholders' holdings if they don't take up their Rights (usually due to lack of confidence in Management).

In March 2014 I wrote to the Chairman of Costain criticising the company's Capital Raising Plan via yet another deeply discounted Rights Issue which once again saw two long term strategic overseas shareholders' holdings diluted for the 'n'th time since their bail-out of the company more than 25 years previous. The Rights Issue together with two failed Acquisition attempts had resulted in £27 million of mostly aborted extraordinary transaction costs. I had good reason to raise the issue as a shareholder and having worked with one of the two block shareholders in Kuala Lumpur. The Chairman's response was defiant stating that new finance was required to fund a 'stabilise and rebuild' phase and recommence payment of dividends!

Market Analysts Reports included a statement that 'There is no doubt that the management and advisers of many quoted companies take their shareholders for granted. In other words, they couldn't really give a monkeys. And at a near 30% discount Costain's Muslim shareholders who account for 41% of the equity cannot be happy'.

And in 2020 the company was seeking to undertake yet another Rights Issue to raise much needed cash. It amounts to theft to maintain an unsustainable business model, pay Dividends and underpin Executive pay.

In 2016-2018 I undertook similar analysis on many companies in the sector and a campaign to save Carillion Plc (ref www.thinkbigpartnership.com) from the biggest liquidation in the Sector's history- to no avail. Management in that case were hauled before a Government Select Committee, to which I contributed, and Management left the limelight with tails between their legs- but retained millions of Pounds of Bonuses paid while Creative Accounting had deferred the Company's demise. Only Hedge Fund managers seemed aware of what was afoot and made millions short selling the stock. Thousands lost their jobs and subcontractors and suppliers were threatened with bankruptcy over bad debts.

Frank Field Co-Chairman
Government Joint Select Committee Review of Collapse of Carillion
Plc, February 2018

From: frank.field.mp@parliament.uk
Date: 19/02/2018 - 13:16 (RST)
To: syler.bros
Subject: RE: Carillion- Opinion
Dear Greg,

Thanks for your email. Our inquiry has a long way to run; we have much evidence to collect as well as a whole series of questions to follow up about the Carillion operation, and I am grateful for the views and information you have shared.

Best wishes,
Frank Field

The Moral to this Industry Tale: 'Shame on Management who knowingly lie about the Financial Performance of their companies with selfish intent.' Shareholders and Employees and Suppliers invariably end up bearing the brunt of the financial consequences. ["It's Not True", The Who]"



**"IT'S NOT TRUE"
(WHO)**

<https://www.youtube.com/watch?v=Ky8G17cNNkk>

*"If you hear more rumours
You can just forget them too
Fools start the rumours
None of them are true"*

When a Plc which already benefited from an Initial Public Offering and subsequent Rights Issues, but then subsequently turns to Management Buyout to de-list rather than seeking further Cash Calls- it normally indicates the Vicious Circle has turned full Cycle. And the Professional Managers reinvent themselves as Entrepreneurs. It was interesting to hear the CEO of Kier Plc my employer at the time, John Dodds, brag about travelling the world before an MBO to tell clients to understate the company's receivables on overseas contracts. The company was bought for a snip as a result after a period under the ownership of Hanson plc in 1992. It subsequently expanded its housing interests and, you guessed it, was relisted on the London Stock Exchange in 1996. The Cycle goes on, and Management pocketed the takings.

Philanthropy

The other dimension of Wealth Creation and Moral Sentiment is Philanthropy. By definition Philanthropy consists of "private initiatives, for the public good, focusing on quality of life". Philanthropy contrasts with

business initiatives, which are usually private initiatives for private good, focusing on material gain, and with government endeavours, which are public initiatives for public good, e.g., focusing on provision of public services.

Philanthropy is different from charity, though there is some overlap. Charity aims to relieve the pain of a particular social problem, whereas philanthropy usually attempts to address the root cause of the problem.

While most of history's biggest givers are from the boom times of the recent era, not all of them are. It is possible that the greatest philanthropist of all time lies in the murky histories of Ming China or Malian West Africa, both of which were times renowned for their wealth.

I don't intend to go into too much depth in my discussion of Philanthropy (see Section 9). It is of course an extremely honourable and worthy practice, although normally practised by those who have amassed extraordinary wealth for themselves. I would point out that there are those Philanthropists who stand out in my mind. Those who give anonymously, and those who are very humble in so doing. The Alumni charity contributors to London Business School where I attended- are commemorated on a huge plack on the wall in the school's corridor and outdoor Atrium. Names and amount contributions are listed. The top three amounts over £1 million are anonymous.

I will name three Philanthropists specifically because of their quality of humility. One by reputation, Warren Buffet, and the other whom I met personally, Sir Jack Hayward ["Philanthropist or Golden Tit", UK]; and a mostly unheard of third Chuck Feeney who has contributed more than his current wealth and was Dubbed by Forbes "The Billionaire Who Is trying To Go Broke",

Firstly: Warren Buffet who has gifted over \$25 Billion (and has a current total Net Worth of \$58.7 billion). He remains one of the world's wealthiest people, but he is better known by his peers as one of the most generous on the list of billionaire philanthropists. Notable for his personal frugality, and consistently successful investment advice. Buffett, in alliance with Gates, created the Giving Pledge in response to the current economic crises, encouraging America's billionaires to invest the majority of their wealth in philanthropic causes. Buffett himself has committed \$25 billion of his fortune, largely to the Bill & Melinda Gates Foundation. He knows that's

a good cause because Bill & Melinda are younger than he, have their own personal wealth, are unlike to squander the funds, and are now dedicating their lives to Philanthropy, not business.

Secondly: Chuck Feeney who has gifted \$6.3 Billion (but current *only* has a total Net Worth \$2 million). Chuck Feeney has been trying to give away as much of his amassed \$7.5 billion fortune as he can to worthy charitable causes since 1984. His foundation, Atlantic Philanthropies has donated \$6.3 billion of Feeney's fortune into global efforts for education, science, health care, aging, and civil rights. Best of all, Feeney has been doing it as quietly as he possibly can.

Thirdly the late Sir Jack Hayward OBE ["Philanthropist or Golden Tit", UK 2002]:



**"PHILANTHROPIST OR GOLDEN TIT"
(UK 2002)**

"Sir Jack Arnold Hayward OBE (14 June 1923 – 13 January 2015) was an English businessman, property developer, philanthropist and president of English football club Wolverhampton Wanderers, of which I remain a supporter as my hometown team. He was the archetypal British eccentric. Fiercely proud of his Wolverhampton roots, as am I, and never short of a witty one-liner, a man after my own heart.

Despite being ranked as Britain's 501st wealthiest man, with a personal fortune estimated at £160 million, he would drive for miles in his car to avoid parking charges. His vehement patriotism earned him the nickname Union Jack in the Bahamas media. He imported 10 red London buses, and got special permission from the General Post Office to install red telephone and pillar boxes bearing the royal crest.

But he is the man fondly known as Union Jack for his philanthropy towards the nation. He was once ranked in the 1980's above Lord

Sainsbury in the UK philanthropy rankings. His donations included everything from buying Lundy Island on behalf of the National Trust, bankrolling the restoration of Brunel's ship, the SS Great Britain and stumping up for the Battle of Britain Monument on London's Embankment, plus countless other acts of good-hearted charity.

It is estimated that he spent well in excess of £70m of his personal finance on redeveloping the Molineux Football Stadium, writing off annual debts, and purchasing players for the club during the 17 years for which he was owner.

I met him in his favourite Chinese Restaurant in Tettenhall Wolverhampton. With his crumpled clothes and pockets stuffed with bits of paper, it was once observed of Hayward that he looked 'more like an absent-minded retired geography teacher than one of the richest men in the UK'. That caricature shone out. He was extremely friendly to us on the adjoining table. We exchanged banter over his support for Wolverhampton Wanderers- and he proudly re-knick-named himself not as the renowned 'Sir Union Jack Hayward', but as 'Sir Jack the Golden Tit' proclaiming that the Golden and Black stripped football team had milked him of £70 million. "

Out of Darkness Cometh Light

The Gold and Black colours of Wolverhampton Wanderers are not of insignificance nor meaning. They reflect the City's Motto and Coat of Arms 'Out of Darkness Comes Light'. The Quote is actually derived from the ancient Myan civilization. The Myans' culture and rituals were established around the sky, stars, moon, sun, and weather patterns... it was depicted that they used the analogy of 'Out of Darkness Comes Light' to assimilate with the various cycles in life. The quote is interpreted as an encouraging fact of life - one I cannot deny. Without sadness ... there would be no happiness... and without rain there would be no sunshine... Wolves have come from the depths of the Second Division to the Top Half of the UK Premiership... and from the darkness or mediocrity of your past you can build new enlightenment and become your Destiny and become your personal number one.

Needless to say, you are now aware from where the Title to this Book came- 'Out of Darkness comes Light' - 'Post Tenebras Spero Lucem'. Sir Jack Hayward- A man to resect. ["Hi Ho Wolverhampton", UK]



**"HI HO WOLVERHAMPTON"
(UK, 2000)**

<https://www.youtube.com/watch?v=77di2tc4nvE>

*"And it's high ho silver lining, anywhere you go now baby
I see your sun is shining
But I won't make a fuss, though it's obvious"*

Sir Jack Hayward is not my only 'Wulfrunian Hero' (the demonym for the people of Wolverhampton). For a quarter of a century, Beverley Knight has confidently carved a solid career in music, highlighted by gold and platinum-selling albums, On 7 January 2010 Knight won an edition of the BBC's television quiz series *Celebrity Mastermind*, answering questions on "The Life and Times of Prince". Knight's chosen charity for the show was the Terrence Higgins Trust. She performed "I Am What I Am" on Wednesday 29 August 2012 at the Paralympics Opening Ceremony. ["I am what I am", Beverley Knight]

On 16 May 2018, Knight was presented with the Freedom of the City of Wolverhampton. Knight said "this personal award which I'm able to share with the whole city is beautiful. I was born and raised in Wolverhampton and to have such an accolade given to me is seismic". On Twitter the following day, Knight continued "I am now an honorary Freeman of the City of Wolverhampton. There are only around 30 in the city's history. My eye are red from tears of joy". A humble and kind and jolly and generous and talented exemplary lady- of which the town is proud.

"Freedom of the City is the highest honour we can bestow and it is only granted very rarely to exceptional individuals. Beverley Knight has achieved outstanding international success as a recording artist, performer, West End star and charity ambassador. She deserves this honour not only for her achievements, but also for the positive and exemplary manner in which she conducts herself, she has never forgotten her roots and is passionate about Wolverhampton and its people. " - Mayor of the City of Wolverhampton, Cllr. Phil Page.



**"I AM WHAT I AM"
(BEVERLEY KNIGHT)**

<https://www.youtube.com/watch?v=rBouzggqaKk>

*"It's one life and there's no return and no deposit
One life. So it's time to open up your closet
Life's not worth a damn
'Til you can shout out, I am what I am."*

10 Biggest Philanthropists of all time

The 10 biggest philanthropists of all time, for note rather than anything else:

- 10: Michael Bloomberg: \$2.4 billion (current total Net Worth of \$31 billion)*
- 9: Eli and Edythe Broad \$3.5 billion (current total Net Worth \$6.9 billion)*
- 8: George Kaiser: \$4 Billion (current total Net Worth \$10 Billion)*
- 7: Carlos Slim Helú: \$4 Billion (current total Net Worth \$74 billion)*
- 6: Chuck Feeney: \$6.3 Billion (current total Net Worth \$2 million)*
- 5: Gordon Moore: \$6.8 Billion (current total Net Worth \$4.6 billion)*
- 4: George Soros: \$10 Billion (current total Net Worth \$20 billion)*
- 3: Warren Buffet: \$25 Billion (current total Net Worth \$58.7 billion)*
- 2: Bill and Melinda Gates: \$28 billion (current total Net Worth \$74 billion)*
- 1: Andrew Carnegie: equivalent \$75-297.8 billion (current equivalent total Net Worth of \$298.3 billion)*

One of history's richest men, Andrew Carnegie, the namesake of Carnegie Hall, died nearly a century ago and is still the biggest philanthropist of all time. After amassing one of the largest fortunes ever seen through the burgeoning U.S. Steel industry (\$298.3 billion in 2007 dollars according for Forbes), the Scottish immigrant spent the last twenty years of his life giving away over 90% of his wealth. Carnegie donated liberally to education, establishing universities, schools, and nearly 3000 free public libraries across the English-speaking world. The steel tycoon also supported the construction of civic institutions, 7000 church organs, and, perhaps his most famous monument, Carnegie Hall.

The bottom line is- If you are successful and wealthy then it seems inconceivable that you wouldn't be generous with your charity and philanthropy. While I am in 'Lockdown' in Spain Bill Gates is gifting millions of dollars to research for aCure.

Philanthro-Capitalism

Philanthro-Capitalism differs from traditional philanthropy in how it operates. Traditional philanthropy is about charity, mercy, and selfless devotion improving recipients' wellbeing. Philanthro-Capitalism, is philanthropy transformed by business and the market, where profit-oriented business models are designed that work for the good of humanity. Share value companies are an example. They help develop and deliver curricula in education, strengthen their own businesses and improve the

job prospects of people. Firms improve social outcomes, but while they do so, they also benefit themselves.

The rise of Philanthro-Capitalism can be attributed to global capitalism. There is an understanding that philanthropy is not worthwhile if no economic benefit can be derived by philanthropy organisations, both from a social and private perspective. Therefore, philanthropy has been seen as a tool to sustain economic growth and firm's own growth, based on human capital theory. Through education, specific skills are taught which enhance people's capacity to learn and their productivity at work.

Intel invests in science, technology, engineering, and mathematics (STEM) curricular standards in the US and provides learning resources and materials for schools, for its own innovation and revenue. The New Employment Opportunities initiative in Latin America is a regional collaboration to train 1 million youth by 2022 to raise employment standards and ultimately provide a talented pool of labour for companies.

These examples seem to be what would be the corollary for Philanthropy following the model of Social Capitalism. Philanthro-Capitalism would lead to investing in things that provide future economic benefits for social causes. As I've stated I am an advocate of such a future Political/Economic model incorporating and embracing Social Capitalism and encouraging Philanthro-Capitalism.

Governments aren't Philanthropic, but if they were I would compare a Venezuelan Philanthropic policy of creating bureaucratic Government jobs for citizens so they can buy *fish* to feed their families, with the Peruvian Philanthro-Capitalistic model to provide micro-financing to local Entrepreneurs so they can manufacture fishing rods and nets and go *fishing!*

Lessons Learned



SECTION 21- LESSONS LEARNED "Wealth Creation & Moral Sentiment"

1. "KEY LESSON: Over time, a move to Political and Economic systems based on 'Social Capitalism' will benefit society and the individual-adopting Artificial Intelligence and Algorithm systems to embrace a socially minded and socially assessed form of capitalism, where the goal is making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. We should all become Advocates of' Social Capitalism'.
2. *Maybe the most momentous social revolution that ever befell humankind in the search of progress during evolution has been the collapse of the family and the local community and their replacement by the state and the market, and most recently social networking.*
3. *The Global Pandemic will strengthen the state and reinforce nationalism. Governments of all types will adopt emergency measures to manage the crisis, and many will be loath to relinquish these new powers when the crisis is over.*
4. *The global impact of the Coronavirus Pandemic poses a fundamental question: is this one of those historic moments when the world changes permanently, when the balance of political and economic power shifts decisively, and when, for most people, in most countries, life is never quite the same again?*
5. *The Missing Ethical Link could be filled by a re-birth of 'Social Capitalism?' Social Capitalism is defined as a socially minded form of capitalism, where the goal is making social improvements, rather than focusing on accumulating of capital in the classic capitalist sense. It is a utilitarian form of capitalism with a social purpose.*
6. *Not until we address the conflicts between all the interested parties in business growth, will we learn that the future will need a new business*

model. A model based on better inclusive cooperation and shared benefits of Owners, Managers, Employees and Shareholders. One not based purely on Profit and Greed.

- 7. Philanthro-Capitalism, is philanthropy transformed by business and the market, where profit-oriented business models are designed that work for the good of humanity.*

MISSION STATEMENT: The bottom line is- If I become successful and wealthy it is inconceivable that I wouldn't be even more generous with my charity and philanthropy."

Truth About Happiness & Success

HUMAN COMMUNITIES AND FAMILIES HAVE ALWAYS BEEN 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 concluded that money 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 God, King, or President.

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

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

'Maximising Happiness' has been the Life Study of Laurie Santos, a cognitive scientist and Professor of Psychology at Yale University. ["Mr Happy- To be happy does not consist of always smiling and thinking positively", L. Santos]



"MR HAPPY"

"To Be Happy Does Not Consist of Always Smiling and Thinking Positively"
(L. SANTOS- USA, 2019)

<https://www.youtube.com/watch?v=P0mOq-qfZnA>

The following is a synopsis of the interview

"Do we really need academic study and in-depth research to understand the 'Basics of Happiness'. Laurie's conclusions include: Taking time for social connection; Focusing on other people rather than yourself; Being positive and grateful for what you have; Doing healthy habits like Exercise and Sleep; Being focused on the here and now; Meditate; Not comparing ourselves with other people; - all of which are conclusions which resonate with Happy People. And all in the face of life's challenges.

'Social Comparisons' can be positive rather than negative, noting how much more you have than others and how lucky you are, rather than the opposite. By nature, you may be a complainer. This might be part of your Personality DNA, rather like my own. But everyone can list their blessings.

'Helping others can help with your Happiness.' Altruism and helping others is a Win-Win for feeling good. People are happier when they are helping others, although intuition tells us the opposite. It really is 'Nice to be Nice'.

Changing circumstances might not help with a Quantum Leap in your levels of stress or Happiness. Happiness comes from changing our Behaviours, not our circumstances. Impoverished countries and people often have good social connection between themselves, but awful things still happen to them. There are poignant examples in War torn Iraq. Even in life crises like death and illness, people find solace. Everyone should help others with their oxygen mask before attending to their own.

To be happy does not consist of always smiling and thinking positively. You have to feel life has Purpose; you don't have to smile all day. In the trenches in World War I some felt happy in a strange way. Too much positivity can be bad for you. The American 'Can-Do' Ethos doesn't always make sense. If you really want to succeed you have to recognise the obstacles. It's not about culture, it's about sustainable life Happiness.

Being 'Me-me-me' focused is getting us away from being Happy. Worrying about University Grades stops social interaction. Relationships suffer as a result. Spiritual and Cultural traditions provided us a lot in the past, which have been lost. 'Space and Meditation' is good, although maybe difficult in Downtown New York.

To sum up- A Universal Recipe for Happiness? Taking time to be others orientated and being in the present moment. Mix this with a little exercise and some good sleep- and you are almost there."

Laurie Santos' Conclusion is worth repeating. An Academic Specialist's view based on Global Research.

"A Universal Recipe for Happiness? Taking Time to be Others Orientated and Being in the Present Moment. Mix this with a little Exercise and some Good Sleep- and you are almost there. Add tonnes of Love and plenty of Humour- and I think we can close the Chapter."

But TheWorldCounts.com demonstrates that we live in a time of great challenges, and there are disasters, poverty, crime, suffering and unhappiness everywhere. Also, something must be done about climate change, the biodiversity crisis, extreme poverty, massive pollution, etc. It is easy to show what is wrong with the world. Changing it is a different matter.

Is the answer really 'Inspirational Change'? All meaningful and lasting change starts on the inside and works its way out and is aimed to motivate "Happiness & Purpose" (See Section 18). The difference between Motivation and Inspiration, in many ways, is about Destiny.

"If motivation is when you get hold of an idea and carry it through to its conclusion, inspiration is the reverse. An idea gets hold of you and carries you where you are intended to go." -Wayne Dyer

Maybe finding Happiness & becoming Successful is intrinsically linked to Motivation. And no doubt Motivation is linked to Inspiration. But unlike Motivation, Inspiration comes from within. When you are inspired it's an incredible feeling. Instead of forcing yourself to take action to reach a goal (Motivation), you are actually being moved forward by the vision that you're creating. Dr Bob Montgomery, the Australian writer on the subject, makes an interesting analysis about Motivation (see below).

- If you're a parent, you are caring for your new-born baby with love? You are sleep-deprived, on-edge, and completely off your game—but somehow you are able to dip into an unknown source of energy to successfully care for your baby.
- If you're doing soul-nourishing work that you absolutely love, you can

happily string together multiple all-nighters working on your craft in a heartbeat.

- If you believe in a message or an idea so deeply that you can't stop thinking about how to share it with the world.

It's about: What brings you joy? What makes you feel fully alive? What is that quiet voice inside of you constantly nudging you to do? And if you don't think Family and Love won't bring you joy, you are sadly mistaken.

Steve Jobs

In 2011 Steve Jobs died at the age of 56 from pancreatic cancer, leaving a fortune of seven billion dollars and these are some of his last words and messages.

"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

Five undeniable facts:

1. Don't educate your children to be rich. Educate them to be happy. - Then when they grow up they will know the value of things, not the price.
2. Eat your food as medicine, otherwise you must eat the medicine as food.
3. Whoever loves you will never leave you, even if they have 100

- reasons to give up. He / She will always find a reason to hold on.
4. There is a big difference between being human and being humane.
 5. If you want to go fast, go alone. But if you want to go far, go together.

And his conclusion- The six best doctors in the world are:

- Sunlight
- Rest
- Exercise
- Diet
- Confidence in Yourself
- Affection

In whatever stage of life, you are in now, be grateful and enjoy the little things to the fullest and 'Treasure the Love of your Partner, your Family and your Friends', so that when the day comes when the curtain comes down, you can wear with you the true wealth of this world.

Some people and certain circumstances really inspire, others send the wrong signals to millions about the Meaning of Success. Trump, after all, has proclaimed himself "King of the Jews (God)", and the Chosen One. He might not be as corrupt, nor be a traitor, as a President as he was as a Businessman, but he is certainly an Imposter in this self-proclamation. And any American who votes for him a second time in November this year (2020) is complicit in my view. ["Cheeto Christ Stupid-Czar" - Randy Rainbow Song Parody].

"A people that elect corrupt politicians, imposters, thieves and traitors are not victims... but accomplices" — George Orwell

Trump v Admiral William McRaven

Once the longest-serving Navy SEAL on active duty, Adm. William McRaven played a key role in thousands of dangerous missions abroad, including commanding the one that cost Osama bin Laden his life.

McRaven, who is retired, warned that the greatest threat to American democracy he's seen during his decades in national security comes not from a rogue regime or a terrorist group but from the caustic rhetoric of President Donald Trump.

"An attack on the press or an attack on the Department of Justice, or to imply that there are dirty cops at the FBI or to ignore the intelligence

community, I think, really undermines our institutions," McRaven told in his memoir, "Sea Stories: My Life in Special Operations." He went on to state: "And that makes me fearful of the future direction of the nation."

President Trump took shots at the retired Navy SEAL admiral who led the U.S. operation taking down Osama bin Laden, labelling him a Hillary Clinton supporter and stating it would have been "nice" if the mastermind behind September 11 had been eliminated "sooner." Trump condemned William McRaven about his comments McRaven made during a 2017 speech. McRaven told students at the University of Texas at Austin that the president's attacks on the press were "the greatest threat to democracy."

"OK, he's a Hilary Clinton, uh, backer, and an Obama-backer, and frankly," Trump said during the interview, which aired on "Fox News Sunday."

"I did not back Hillary Clinton or anyone else. I am a fan of President Obama and President George W. Bush, both of whom I worked for," McRaven said. "I admire all Presidents, regardless of their political party, who uphold the dignity of the office and who use that office to bring the Nation together in challenge times."

Perhaps the 'Truth About Success & Motivation' is well encapsulated in the Navy Seal Admiral's Admiral McRaven subsequent motivational speech in July 2018. [" Admiral McRaven", USA 2018]

"If you want to change the world never ever ring the bell."- Admiral William McRaven



**"ADMIRAL MCRAVEN"
(USA, 2018)**

<https://www.youtube.com/watch?v=TBuIGBCF9jc&t=381s>

"His 10 messages were poignant:

- 1. Start the day with a task completed*
- 2. Find someone to help you through life*
- 3. Respect everyone*
- 4. Life is not always fair, move forward*
- 5. Don't be afraid to fail often*
- 6. Take risks*
- 7. Face down the bullies*
- 8. Step up when times are toughest*
- 9. Lift up the downtrodden*
- 10. Never give up"*

Trump's messages are somewhat different, and usually exaggerated and about himself. He 'Thinks he's doing a Great Job'. George Orwell would well have quizzed you into analysing whether he is corrupt, an imposter, a thief or a traitor, before you vote. Maybe he's just 'Dumb', in any analysis that is reason enough not to vote for him. ["Dumb Trump", BsinNYC- New York 2020]. At this stage of reading through my thoughtful ramblings, I think you will have concluded that I dislike America's 45th and its worst President. A narcissistic, and wholly dislikeable Personality.

At the time of writing, President Barack Obama hit out at Donald Trump's 'reality show' presidency in a damning attack at Democratic National Convention on 20 August 2020. Barack Obama accused Donald Trump of treating the Presidency like a "reality show".

The former president was excoriating in his assessment of the "attention-seeking" Mr Trump, saying the Republican incumbent had no interest in helping anyone but "himself and his friends". I rest my case and watch this space. No doubt 'History will have Come to Pass' by the time you are reading this.



***"CHEETO CHRIST STUPID-CZAR"
(RANDY RAINBOW SONG PARODY)***

<https://www.youtube.com/watch?v=qW2SEpWWqXM>

*"Mr Not-My-President You're acting quite bizarre
Ruling like a loon*

*Behind your twitter Avatar...
Now it seems you think you're God...
The Chosen One!"*



**"DUMB TRUMP"
(BSinNYC- NEW YORK 2020)**

"A New York Blogger wrote:

- *The "billionaire" who hides his tax returns*
- *The "genius" who hides his college grades*
- *The "businessman" who bankrupted 3 casinos and lost over \$1B in 10 years*
- *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 man" who wears makeup and hairspray*
- *The "deal maker" who has yet to close a deal*

Bob Montgomery wrote a Book purely about 'The Truth about Success and Motivation' in 1987 giving advice on how to be one of life's winners; although he bizarrely claims in it that 'Motivation' doesn't exist and is a fairy story. I make references to his key messages in more detail below, but one key message is that "the bonus that is the secret of human motivation is 'self-efficacy'". He goes on to define this as "Your belief in your ability to carry out a specific task to achieve a specific goal".

I don't give tips on motivation, but we all want to be Happy and be a 'Life

Winner'. To do so we all have to motivate ourselves. But what is a 'Life Winner?' Genuine happiness is your brain's highest potential for motivation, top performance, work ethic, productivity, and achievement. So, the best way to be successful is to find ways to be as happy as possible in the present moment- And do that something that you love doing.

*"I get to play golf for a living. What more can you ask for – getting paid for (and becoming exceptionally rich) doing what you love?"
– Tiger Woods*

There are other lessons, relevant to the subject matter of this Book, to be learned from Tiger Woods' life, career and his personal quotes. He once said "I've always known where I wanted to go in life". That means that he knew what his Inner-Calling was, and what was to become his Destiny. He has won 15 professional major golf championships (trailing only Jack Nicklaus, who leads with 18). And perhaps his Destiny would have been to exceed Jack Nicklaus' record, if it hadn't been for personal problems.

The second decade of Woods's professional career was marked by comebacks from personal problems and injuries. He took a self-imposed hiatus from professional golf from December 2009 to early April 2010 in an attempt to resolve marital issues with his then-wife, Elin. Woods admitted to multiple infidelities, and the couple eventually divorced. Golf is a very 'mental' game, and his troubled personal life took its toll on his game. When the news of Woods' extramarital affairs came to light, multiple sponsors such as Gatorade, AT&T, and General Motors, among others cancelled their contracts, per CNBC's Lucy Handley. Woods fell to number 58 in the world rankings in November 2011 before ascending again to the No.1 ranking between March 2013 and May 2014.

"Money and fame made me believe I was entitled. I was wrong and foolish."- Tiger Woods

Back injuries persisted, and so did his personal dilemma. He was charged with driving under the influence after being found asleep behind the wheel of his car in 2017.

But you can't keep a real champion down. On April 14, 2019, Woods won the Masters, which was his first major championship win in eleven years and his 15th major overall. He finished 13 under par to win by one stroke. At age 43, he became the second oldest golfer ever to win the Masters, after Jack Nicklaus who was 46 when he triumphed in 1986. The game was

one of the most incredible, emotional and motivational displays I have ever watched.

Being good in your chosen career can have its fringe benefits, especially if it's in a sport. Sponsorships and Endorsements are lucrative. However, they often rely on a 'Role Model' image, and Woods had tainted his with marital and drink-drive misdemeanours. But Nike stayed with Woods throughout. In 2000, he had signed a 5-year, \$105 million contract extension with Nike, which was the largest endorsement package signed by a professional athlete at that time. The first deal in 1996 was worth \$40 million. The third deal was agreed to in 2006 for seven years and was followed by the most recent between Nike and Tiger which is double the size of his second, ie. \$200 million.

When you believe in yourself, or as Bob Montgomery would say- 'Your self-efficacy' is high- 'Anything is Achievable'. And my focus is not on the negatives such as finding cures to addictions- eg. Turning for example to Alcoholics Anonymous (AA) – It's on truly believing Anything is Achievable (AA). There have been many books written about 'Positive Thinking' and 'Happiness, Success and Motivation.' My research has focused on studying how others have achieved Happiness and Success, accepting that Positive Thinking and Motivation are automatic by-products of a person empowered by Self-Discovery and becoming his or her own Destiny.

In the reading, books focusing on 'Success' include old classics:

- How to Win Friends and Influence People – Dale Carnegie
- The Seven Habits of Highly Effective People – Stephen Covey
- The Magic of Thinking BIG – David J. Schwartz, PH.D.
- Think and Grow Rich – Napoleon Hill
- When: The Scientific Secrets of Perfect Timing – Daniel H. Pink

Dale Carnegie's book '*How to Win Friends and Influence People*' talks about the importance of mixing business and personal relationships in terms of them being inseparable. Carnegie shows us how to go after the job we want, and get it, how to take the job we have and improve it and how to take any situation and make it work better for us.

'*The Seven Habits of Highly Effective People*' by Stephen Covey explains how developing better habits can help make you a better person. His seven habits step-by-step were:

- Be Proactive.

- Begin with The End In Mind.
- Put First Things First.
- Think Win-Win.
- Seek First to Understand Then Be Understood.
- Synergize.
- Sharpen the Saw.

'*The Magic of Thinking BIG*' by David J. Schwartz, PH.D. is another. Schwartz is an expert in motivation and claims to show us how to get the most out of life.

His book contains strategies designed to help us:

- Believe in your own success.
- Cure yourself of the fear of failure.
- Think and dream creatively.
- Believe that you are what you think you are.
- Make your attitudes your allies.
- Learn how to think positively.
- Turn defeat into victory.
- Use goals to help you grow.
- Think like a leader.

'*Think and Grow Rich*' by Napoleon Hill is another declared recipe for success. Hill interviewed "40 millionaires" in order to discover the common thought processes and behaviours that contributed to their success. Hill's study of these "best practices" was considered revolutionary for the time when it was published in 1937.

In the book, Hill talks about a 13-step program that will set you on the path to wealth and success.

- Desire
- Faith
- Auto-suggestion
- Specialized knowledge
- Imagination
- Organized planning
- Decision
- Persistence
- Power of the mastermind

- The subconscious mind
- The brain
- The sixth sense
- How to outwit the six ghosts of fear

"All the breaks you need in life wait within your imagination. Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth."- Napoleon Hill

Called the greatest motivational book of all time, the book outlines the path to success for hundreds of America's most affluent people.

'When: The Scientific Secrets of Perfect Timing' by author Daniel Pink, promotes a different focus and believes that timing is everything. According to Pink, the time of day can have a big impact when it comes to the decision-making process.

Pink's research is drawn from psychology, biology, and economics. Pink offers helpful strategies in how we can best time our lives to succeed. The book also offers strategies for self-improvement and helps us understand how we can use hidden patterns of our day to build the ideal schedule.

Books About Happiness are also Wide-ranging:

- The How of Happiness – Sonja Lyubomirsky
- Flourish – Martin Seligman
- Thinking Fast and Slow – Daniel Kahneman
- The Power of Habit – Charles Duhigg
- The Happiness Advantage – Shawn Achor

Sonja Lyubomirsky, author of *'The How of Happiness – A Scientific Approach to Getting the Life You Want'* describes the theory behind the "40 Percent Solution". The book also introduces a dozen research-based happiness activities showing you ways to achieve lifelong happiness. According to Lyubomirsky, happiness is the Holy Grail of science. In her research, she not only presents the scientific literature but also has a self-help component where she gives advice and recommendations on what to do based on research results.

Some of the research-based exercises in the book include things like practicing optimism when imagining the future, instructions in how best to savour life's pleasures in the here and now and a thorough explanation of

the importance of staying active to be happy.

Martin Seligman is a University of Pennsylvania professor who is considered one of the founders of the positive psychology movement. 'Flourish' provides a visionary new understanding of happiness and well-being. The book outlines the four components of well-being:

- Positive emotions.
- Engagement with what one is doing.
- A sense of accomplishment.
- Good relationships.

The book '*Thinking Fast and Slow*' is all about those conscious and unconscious thinking patterns. Winner of the National Academy of Sciences Best Book Award in 2012, amongst other awards, Daniel Kahneman, a psychologist and winner of the Nobel Prize in Economics, takes the mind on an incredible journey as he explains the two systems that drive the way we think. Kahneman describes system 1 as fast, intuitive and emotional and system 2 as slower, more deliberate and more logical.

The book talks about the overconfidence on corporate strategies, the difficulties of predicting what might make us happy in the future and the profound effect of cognitive bias.

'*The Power of Habit*' written by Charles Duhigg, a New York Times award-winning journalist blends the power of research, stories, and revelations about habits and how we can use them to transform our thinking. Named one of the best books of the year by The Wall Street Journal, the book shows how understanding our habits can help us.

Duhigg suggests that developing good habits can help us:

- Exercise regularly
- Lose weight
- Be more productive
- Achieve success

Shawn Achor, the author of '*The Happiness Advantage*', suggests that happiness fuels success, not the other way around. Published in 2010, the book helps you think differently in terms of what happiness and success are truly about. According to the book, chasing after success, in the hopes

that it will make you happy is not a plan that works for most people.

According to Achor, more than a decade of ground-breaking research in the field of positive psychology and neuroscience has proven that the relationship between happiness and success works the opposite to what we might think.

While this is a refreshing thought, reflection on famous quotes sums the rhetoric on Happiness and Success better than most analysis:

"What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds."- Wayne Dyer

"Many of life's failures are people who did not realize how close they were to success when they gave up".- Thomas A. Edison

"Life is really simple, but we insist on making it complicated".
- Confucius

"Today is life—the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto." - Dale Carnegie

"The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you."
- Tony Robbins

"Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much".- William D. Hoard

"If you want to live a happy life, tie it to a goal, not to people or objects."- Albert Einstein

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."
- Albert Schweitzer

"Until you are happy with who you are, you will never be happy with what you have."- Zig Ziglar

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties"
. - Helen Keller

"Success is getting what you want; happiness is wanting what you get."- Ingrid Bergman

The Truth About Happiness

I did a word count on the text of this Book for "Success" and "Happiness", as I neared its completion. At the last *count* it was 364 and 310 times, respectively. That tells me several things- maybe some repetition, maybe some uncertainty, maybe too many theories and answers. Always go to the "Lessons Learned" to get the Bottom Line. I will relay some of the 'Truths' written by Dr Bob Montgomery, and some of my own 'Rules' for Finding Happiness in this Section (although I will explain they are not Rules). A first truism is that "The mark of successful persons is people who recognise exactly what is successful for them; and those who know that they can succeed best through co-operation, not competition."

While that may not echo well with the Tiger Woods anecdote- it actually does. There is little sense in being highly successful in one field if the rest of your life is a comparative failure; the basis of success is planning and running a balanced lifestyle.

I was impressed how my son-in-law persuaded my daughter to relinquish her international marketing career once they got married. Marriages should not be long-distance relationships with protracted periods of separation and travel. Had I learned that lesson myself, maybe my second marriage would have not faltered.

One of my biggest regrets in life, not that we should ever dwell on mistakes and regrets, just learn from them- is that too often I put the interests of others, my attention and help and support to others, my charity and focus on others before those of my wife. A husband should always put his wife first, otherwise the marriage will not last. And it is a cop-out to focus 100% on the children. The greatest thing a father can do for his children is to love their mother, or mothers in my case!

Enneagram Personality Type Two 'Helper', (see Section 14): Recommendations for Personality Development- "Your primary commitments to your spouse and children must be honoured first before you spend time cultivating new relationships."

Neglecting a wife or her needs is a crime; being honest is a virtue; and being humorous is a gift she will enjoy. But fail on the first two, and the third will

not salvage the situation. ["I Should Have Known Better", Jim Diamond].



**"I SHOULD HAVE KNOWN BETTER"
(JIM DIAMOND)**

<https://www.youtube.com/watch?v=qWEFNfsFrgE>

*"I - saw you walking by the other day
I know you saw me, you turned away and I was lost.
You see - I've never loved no-one as much as you,
I've fooled around but tell me now just who is hurting who?"*

Far too often I was pleasing a boss, helping a friend, socialising with others, giving to almost strangers, or even worse- pleasing a lover. And all too often I felt that a wife should suffer and sacrifice as and when her husband does in order to secure a prosperous and happy future tomorrow. The strongest evidence of love might be sacrifice, but men for the sake of getting a living, sometimes forget to live and appreciate the best they already have. I neglected my wives and took their love for granted. History proves I was wrong.

"For I have learned, in whatsoever state I am, therewith to be content."- Phillipians 4:11

We men could learn a good lesson from our best friend- the family dog. After all, they live for the moment and are often more loving and faithful than are our wives. If you put your dog and your wife in the trunk of the car for a week- who is pleased to see you when you open it?

Dogs are not endowed with imagination or feel grief, hate, jealousy or greed or other emotions that bedevil human society and our capacity to be happy. They do have a high sensory ability which is often mistaken for a kind of sixth sense. Their simple canine minds are untroubled by so many of our emotions. Dogs live totally in the present. They do not worry about the past and do not dream about the future. Dogs are naturally happy, unless they are abused or starving. And 'Happiness' is very much in the 'now'.

So, in this Section dedicated to the 'Truth About Happiness & Success' I'm going to set some Rules to Follow.

Rule One- "Think Like A Dog" ["(Wo)Man's Best Friend- Think like a Dog"-

Deborah Ross, UK 2017]. Perform the 'Dance of Extreme Happiness' which involves spinning around in super-excited circles while trying to bite at where your balls once were.



**"(WO)MAN'S BEST FRIEND- THINK LIKE A DOG"
(DEBORAH ROSS, UK 2017)**

Written from a Lady's Perspective

"Dogs do not assume you will attend to their mothers. Dogs do not assume you will remember their birthdays, have them for Christmas or take them on holiday with you. Better still, dogs' mothers are never aggrieved about any of this.

- *Dogs aren't bothered if you get fat, grow hair everywhere, fart in bed or suffer morning breath. Dogs understand how all these things can happen.*

- *Dogs have no conversational expectations, which means you will never find yourself sitting opposite your dog at the breakfast table, thinking: "Oh lord, we've run out of anything to say to each other." And you'll never be, you know, that couple in the hotel dining room.*

- *Dogs will happily nestle on the sofa to watch Location, Location, Location without once commenting: "I don't know what you see in this programme." Similarly, a dog will not survey your toiletries while holding up its one toothbrush to say: "Why do you need all this stuff when I only have this?"*

- *Dogs can sometimes be over-assertive, but then you can just cut their balls off.*

- *Dogs are a true comfort. To quote Doris Day: "I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source." A dog will not intimate that you should get over it, buck up,*

stop being so morbidly fixated. A dog will snuffle on to your lap and lick away your tears, or you can weep straight into the fur. No box of Kleenex has ever proved as absorbent as a dog.

- *Dogs do not turn the central heating off behind your back and, once you've registered the cold, say: "Do some star jumps and then put an extra jumper on."*

- *Dogs won't roll their eyes at you or regard you as a bore. On the contrary, a dog will be so constantly thrilled by your presence that it will watch your every movement. "She's shifting in her chair ... is she getting up? Is she? Is she? SHE IS! She's going upstairs! WOW! WOW! Best follow ... " Dogs will miss you when you are gone, and when you return, won't look up only to register if you remembered the milk. Instead, the dog will perform the Dance of Extreme Happiness which, if you'd like to give it a go at home, must involve spinning in super-excited circles while trying to bite at where your balls once were. (Don't knock it till you've tried it.)*

- *Dogs are not ambivalent. "Dogs," said Freud, "love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate in their object relations." In other words, a relationship with a dog is not subject to mind games, power shifts or passive-aggressive twists. A dog will wish to know: "Does this woman have access to cheese?" and "Does this woman have furniture I can hump?" A "yes" in either instance will seal the deal, for now and for ever.*

- *Dogs can warm you when the world seems cruel and cold, and not just physically, although there is that ("My little dog . . . a heartbeat at my feet," wrote Edith Wharton). A dog can reignite your sense of wonder. Look! Look at this miracle of interspecies bonding! The domestic dog is, surely, evolution's greatest and most generous gift, and you will never quite get over that. Or wish to.*

- *Dogs are never depressingly downbeat or ask that you tiptoe round their moods. Instead, dogs are joyful optimists — "If I hang around this picnic long enough they'll surely, surely offer me some ham" — and unflagging enthusiasts. No dog, for instance, has ever said: "That's enough chasing squirrels for one day" or "I'm bushed, let's skip my walk" or "I'm so over drinking from the toilet. What did I ever see in it?"*

- *A dog will let you hold his head in your hands and kiss him on the nose as many times as you like, even in front of his friends.*

- *Dogs do show a weakness for casual sex, it's true, but they are not*

deceptive — often, it will happen right in front of your eyes — and you know that, post-coitus, what they would most like to say to any obliging bitch is: "It was fun, but you must understand I am fully committed elsewhere and that situation is not about to change."

- *Dogs do smell of dog but the human male who only has a toothbrush can sometimes smell more of dog than a dog.*
- *Dogs offer protection. On average, a dog will turn around three times before settling to sleep, which means you can be sure there are no predators on the horizon.*
- *Dogs do not persist in placing saucepans in the dishwasher when we all know it makes more sense to wash them up.*
- *Dogs can teach us valuable life lessons, like dignity, mutuality and never leaving lamb chops on the side when answering the door.*
- *Dogs facilitate human interaction. Dogs get you out of the house where you'll meet not just other dog owners, but those who ask: "Is your dog friendly? Can my child pet him?" No one ever gets asked: "Is your husband friendly? Can my child pet him?" Also, husbands are not routinely encouraged to visit hospice wards so they can be stroked by dying people.*
- *Dogs do not grumble about home improvements. Instead, the dog is super-keen on the Polish workmen who miss their dogs back home and will play "ball" and "tug", often at the expense of getting anything done. (The dog may even perform the Dance of Extreme Happiness when the workmen arrive.)*
- *Dogs do not judge or withdraw their approval. I refer you, ultimately, to the New Yorker cartoon in which an anguished man is on a psychoanalyst's couch, and the therapist is a dog, who says: "Well, I think you're wonderful."*

Deborah Ross is the proud owner of a labradoodle called Monty- Thank you for the enlightenment."

Enough about Dogs- it's serious stuff. In Section 18 (Maximise Your Mental Power) I include a sub-section entitled 'Humour & Happiness'. And in Part Six Section 25 I analyse the 'Ultimate Route to Happiness'.

In simple terms Section 18 concluded that 'Humour' is the most natural antidote to depression and promoter of happiness and good feelings. Humour simply makes us happier. Laughter and endorphins go hand in

hand. Maintaining Humour is a prerequisite to being Happy.

"We don't laugh because we are happy, we're happy because we laugh."- William James

So, Laughter is a Sunbeam of the Soul. And a Good Soul is always Kind and Giving. So, here comes Rule Two for your notebook on How to be Happy:

"There is little success where there is little laughter." - Andrew Carnegie

Rule Two- "Choose Kindness and Laugh Often"

Happiness is also a matter for the State to address. Happiness has been one of the constitutional themes ever since the United States Declaration of Independence (1776). It is present in the Constitutions of Japan (1947), South Korea (1948), France (1958 – preamble) and Bhutan (2008).

Country Happiness was discussed in Part Two in terms of its inverted correlation with State Corruption. The Happiness of the Masses seems to depend on Strong Economies and Low Levels of Corruption. Economic Growth seems key to improving peoples' lifestyles, well-being and their collective happiness. In Section 29 'Close to Greatness' I focus on the 'Nordic Political System' of 'Social Capitalism' which I conclude engenders 'Economic Growth and promotes 'Capitalism with a Social Conscience'. Corruption levels are the lowest in the world, and unsurprisingly Communities tend to be Happier. Rule Three is less tangible to the individual, but every adult has a vote and a Community and Country in which they live.

Rule Three- "Oust Corrupt Politicians and Support Capitalism with a Social Conscience"

Notwithstanding Rule Three, over hundreds of years Philosophers, Priests and Poets have concluded that Social, Ethical and Spiritual factors have a greater impact on our Happiness than Material Possessions and Wealth. Let's give them and their wisdom due recognition. I discuss all manner of matters of Spirituality and some Religions in this Book but intend for its messages to be essentially secular. You don't need religion to have morals. If you can't determine right from wrong, you lack empathy not religion.

I have been robbed numerous times while I've been in Spain, partly because of my carelessness or drunkenness, sometime because of the places I frequented, but always because someone with low morals, empathy or conscience took advantage of the circumstances. To be Truly Happy I believe, if you do have a conscience and empathy and want to sleep well at night, you have to strive to maintain high ethics. You set your own standards and ground rules, but they will always include doing right by others.

No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything. And feeling good about yourself will make you feel happier. When I give unexpectedly to anyone needy it gives me a buzz. You are not here merely to make a living. Be Charitable.

Rule Four- "Practice Good Ethics & be Charitable"

"The first step in evolution of ethics is a sense of solidarity with other humans." - Albert Schweitzer

Rule Five is probably the most important in staying Happy. Good Marriage, Family and Community seem to have more impact on our Happiness than Money and Health.

Rule Five- "Love your Spouse, Family and Friends unconditionally"

At the end of the day, we are not Dogs, we are Spiritual Animals. There are Spiritual Factors to Happiness. Happiness consists of seeing one's life in its entirety as meaningful, and worthwhile. In Section 18 I concluded that there is an important cognitive and ethical component to Happiness- 'Buddhism has the basic insight of a biological approach to happiness, namely that happiness results from processes occurring within one's body, and not from events in the outside world. The key to happiness is to know the truth about yourself- to understand who, or what, you really are- and what you want.'

Crucial to finding lasting Happiness depends on 'Understanding your Personality and the truth about Yourself and what you Want and Seek to achieve'. It's the crux to the Key Message of this Book- Discover your 'Inner-Calling' and 'Destiny' and pursue it with 'Vigour and Passion'.

Rule Six- "Find your Inner-Calling and Destiny and pursue it with Vigour and Passion."

Rule Seven is simple. You'll never be Happy and Content unless you believe in yourself. To hell with criticism from others. I have toiled months to write and compile the Sections of this Book. Of course, everyone is entitled to an opinion. But unsolicited criticism is not something I seek. And if you don't love yourself, you'll find it difficult to love others, nor feel Happy with yourself.

Rule Seven- "Believe in Yourself and Love Yourself."

"Will the Rules work, and Do You Practice What You Preach?" I hear you think. Well, it's very much work in progress, but I can reflect on things that have made me Happy in the past, and the Rules (not Rules- 'Pointers') which will guide me to Happiness in the future. ["Happiness in Anecdotes", Spain 2020].



**"HAPPINESS IN ANECDOTES"
(SPAIN 2020)**

"Rule One- "Think Like A Dog"

"Well, I don't focus all day on begging for food, or sniffing ladies' bottoms to find a sex partner- but I'm learning not to dwell on yesterday, nor tomorrow so much. All our days are numbered, and I find Happiness today. I'm off to the Pub."

Rule Two- "Choose Kindness and Laugh Often"

My Dad and I always got on well. He was easy going and dedicated a lot of time to me as a child and young adult. But one day I questioned him. "I think you love the family Dog 'Penny' more than you love me."

"Why do you say that 'Fido'" he protested.

Rule Three- "Oust Corrupt Politicians and Support Capitalism with a Social Conscience"

I've made more than my fair share of references to Corruption in Politics and Business in this Book. I've also relayed enough 'skits' on Donald Trump and Boris Johnson to have my name marked by both the CIA and MI6. Fortunately, I'm writing under a Pseudonym. Supporting 'Capitalism with a Social Conscience' is what I do in Section 29, when like Donald Trump, I become Close to Greatness. Like he, I will bring Happiness to all who kiss arse.

Rule Four- "Practice Good Ethics & be Charitable"

- *My 'Code of Ethics' were taught to me as a child by my mother. Mind you, as a Buddhist I expect to return in the next life as a pigeon, so that I can shit on everyone who made my first life hell. That will make me Happy. Over the years my acts of Charity gave me Happiness. Give when least expected, and sometimes anonymously- it is more genuine. Don't expect a pat on the back as Personality Type Two's like me typically do (it shouldn't work that way):*
 - ✓ *I bought a flight for my sister-in-law to travel home to see her sick father, and let he think it was her boyfriend who paid*
 - ✓ *I rented a home for wife's my Family in Peru after she had left me*
 - ✓ *I brought most of the members (Brother-in-law, two Sister-in-laws, Mother-in-law, Father-in-law) of my Peruvian family to Europe so that they could find their futures and escape the poverty in which they were living.*
 - ✓ *I gave my Father-in-law money so he could maintain his pride and dignity, and he thanked me for it sincerely*
 - ✓ *I gave my wife sufficient money and liberty to return to Peru, so that I could win physical custody of my daughter*
 - ✓ *I sacrificed my international career to become a single father and enjoyed the Happiest Days of my life for having done so*
 - ✓ *I married a loving, caring Thai lady because she cared for my daughter when I worked abroad and there was nobody else was available to do so*
 - ✓ *When I asked what I could do for her in return, I brought her 7-year-old daughter to England, gave her a home, a private education, and made her my daughter and loved her*
 - ✓ *I saved an impoverished Schizophrenic Malaysian homeless girl, and helped her financially (\$15,000) and morally to find a new life working for a World Cruise Ship Line based out of Los Angeles*
 - ✓ *I gave away beloved Motor Cars of mine to my Mom, my Irish*

Girlfriend, my Sister-in-law, and gave gifts of money to dozens of friends, and some strangers over the years

- ✓ *I lent substantial amounts of money to numerous friends, some of whom never repaid me*
- ✓ *I've helped numerous girls with money without ever asking sexual favours*
- ✓ *I've paid respect to all, and actually 'saved' a few prostitutes around the world*
- ✓ *I never turned down anyone a favour that I could do*
- ✓ *I paid for my estranged wife to go to Thailand to visit her mother*

Well done Greg, pat yourself on your back.

Rule Five- "Love your Spouse, Family and Friends unconditionally

Having said all that and blown my own trumpet, I failed in being a doting husband, I was unfaithful, I lied, and I became alcohol dependent. But 'True Happiness is Loving Your Children.' (I've got the tattoos on my arm to prove it.)

And we all need a little help from our friends. ["With a Little Help from My Friends"- Joe Cocker]-



**"WITH A LITTLE HELP FROM MY FRIENDS"
(JOE COCKER)**

<https://www.youtube.com/watch?v=ZdfQ-fruMdg>

*"Try with a little help from my friends
Don't you know I'm gonna make it with my friends?
Try with a little help from my friends
I promised my self I'd get by
Try with a little help from my friends
Said I'm gonna try it a little too hard".*

Rule Six- "Find your Inner-Calling and Destiny and pursue it with Vigour and Passion."

I'm doing that right now.

Rules 2,4,5 etc all seem to be about being kind and loving to others. Why are people who do things for others happier than hedonists? 'Hedonists' are all about seeking activities that give them pleasure. They do things because they think it will make them happy. They buy the latest car, wear the most fashionable clothes, go to the spa and get pampered, buy the most expensive things, eat the finest food – all in the pursuit of pleasure or happiness.

But as we know, the pleasure that these activities provide are fleeting, and will fade in time. Once the excitement of novelty passes, so will the pleasure it once provided. The hedonist is then forced to continually look for other sources of pleasure, never quite achieving the long-term happiness that has become elusive.

On the other hand, altruistic activities, or doing things for others, seem to cause greater happiness. Using panel data, Thoits and Hewitt (2001) showed that volunteer work causes greater happiness and life-satisfaction, increases self-esteem and even improves physical health.

In another study, Boehm and Lyubomirsky (2006) reports that students who were asked to perform random acts of kindness during a ten-week period, achieved a significant improvement in happiness levels. They maintained this state even months after the experiment. The acts of kindness were nothing more than opening the door for an elder or doing the dishes for a roommate.

So, now that we know that happiness cannot be pursued directly, why don't we all focus instead on just enriching our lives with activities and relationships that give meaning to our lives. But the seven deadly sins are their temptations and trappings are forever with us. And the loss of a relationship due to neglect is one of the biggest kicks in the teeth you'll give yourself and your hope of happiness if it happens to you.

I don't mix a feeling of 'Pride' or 'Contentment' or 'Joy' with 'Happiness'. Being Fun-Loving, Ethical, Charitable and a Family Man on a Mission- is a good 'Template for Finding Happiness'. But it's not the Panacea, and I have strayed, struggled with lost relationships, alcoholism, redundancies, financial demise, depression and all the misery that go with them. But I have prevailed, and 'I am Happy'. Even if I don't make the \$2million I plan to gift my two daughters, nor buy them a home each in Spain- I will be Happy with my lot. And I will continue to try and help people, through my

writing, if not through financial generosity.

But Self-Praise is No-Praise. Any fine attorney can present the case of the Accuser as well as the Defendant. ["Diary Note to God"- USA 1985, UK 2002].



**"DIARY NOTES TO GOD"
(USA- 1985; UK- 2002)**

10 November 1985: (The Dreams of a very young and well-meaning First Wife)

"God Bless me with all that I am writing in this letter, which I will save. I love you.

I dream of owning-

- *A Modelling Agency or Institution of Beauty*
- *A Pop Discotheque*
- *A Tourism Agency*
- *A Clothes Shop*

I wish that-

- *I buy a beautiful large home in Arequipa Peru*
- *I get to see my brothers and sisters have professional futures*
- *Have a Baby*
- *I have a good job and Happy future*
- *I'm always slim and beautiful*
- *I love Greg all my life*
- *My parents are happy and in good health*
- *I travel*
- *I always have good friends*

Confessions of 'Not being the Best Husband in the World' are one thing. But they can be tempered by a glance at, and understanding of, the mixed feelings and emotions in an impassioned Valentine's Poem/Message to my daughters. Frustrated yes, unfulfilled yes, driven yes, Happy yes- because of my relentless, uncompromising Love for my daughters. ["Daughters' Valentines", UK 2018].



**"DAUGHTERS' VALENTINE"
(UK, 2018)**

*"Happy Valentine to you both, and my Jamie
in Thailand from me so far,
At least I'm glad I've seen my Cindy before to Spain
I head once more to a bar.*

*Tanya is so good, correct, albeit judgemental in her Godly way,
It's the loss of my true love, Demi, the wife who knew and loved me
so well that saddens me each day.*

*Demi chose her new life and I truly wish her all that is so well,
But I draw the line at respecting that Dickhead
who can rot in fucking hell.*

*My girls are my life now and will be the measure of me one day,
Because if I ever lost their love, that would be a price
just too much to pay.*

*So, for the drinking, my faults, regrets and the pain...,
I say only this 'Together we still travelled down the right lane.'
One based on Love with knowledge
at the end of the day what is right,
There is still fire in my belly and plans yet to put up a fight!*

*I'll seek new direction, use my brains and maybe some stealth,
I'll find the success to gift my daughters Great Wealth.
To walk them down the aisle and spoil my grandkids seriously rotten,
To look back some day at life's long journey,
good times not forgotten.*

*So, this is my plan, one I'll never relent,
Not unless or until life's taken its toll and I'm totally spent.
So Happy Valentine's and keep up that smile,
You can piss on my grave if I don't do what I say
and give it one last mile."*

Cooperation v Competition

Cooperating instead of Competing in your life will make you Happier, as long as you don't compromise your standards, and remain assertive with others when necessary.

Competition Is Necessary. Competition is part of life. Throughout our lives, we compete with others and ourselves. In our personal lives, we compete for companionship, we compete in sports activities, we compete with the person in front of us trying to grab whatever it is we want that's on sale. It's not always pleasant to be competitive, but passive people get trampled on, right? Wrong.

It is not normally necessary for someone else to lose in order for you to win. There are obvious exceptions when you are in a race against others, in a Grand Prix. You have to be fasted to win a car rally too, but you compete with yourself, not other cars and drivers. A professional golfer plays the field, and rarely play in teams. They set their own goals and play against the golf course and the elements, not other players.

Is competition necessary in the learning process? Much of human competitiveness is learned, not inherited. Competitive environments are not educational. Competition leads to conflict, and conflict leads to disunity. In a class 'TEAM' work is required (Together Everyone Achieves More). Cooperation is the key.

But Schools encourage elitism and in doing destroy equality. Who wants to come last in the 100-metre sprint at the Summer Sports Day in front of all the parents? Competition is an unjust and elitist system which destroys equality and encourages Elitism. When learning becomes about competing with your peers to get ahead, how to compete is learned not how to learn.

Is this mindset the making of a Wimp I suspect you wonder? No, you can be very competitive with yourself, setting almost impossible goals, but it should have nothing to do about others. Perhaps it's in our genes, and only recently have we learned to compete with each other rather than cooperate.

Early humans didn't really have the hunting skills that we imagine they did. Instead of going directly after large prey, many groups of these prehistoric humans waited until another predator took down a large animal, and then went in afterward to scavenge the remains. They were passive, and shared among themselves the fruits. Neither did we fight for our mates, as popular culture would claim; it's a more recent phenomenon.

With agriculture came ideas of property and inheritance. Before this, however, males did not think much about paternity—and neither did females. In order to improve their chances of reproduction, females often kept multiple sexual partners, and the concept of sexual monogamy. Again, a more recent social driven phenomenon. It wasn't until people began owning things to be passed down to their children that all of a sudden "paternal claims" became a big deal.

In summary, oftentimes when we experience competition in our life, be it in our school, college, neighbourhood, etc., the question that ought to strike in our mind is: "Is competition really necessary in life?" The answer to this question is simply - no. Especially when the competition is unhealthy. There is even evidence about 'cooperation' at the moment of conception itself. There are laboratory studies which hint that sperm may work together as a team rather than in competition. Swimming as a shoal may boost the odds of fertilisation, the scientists say.

Competition is instilled in us to help us to grow, to become achievers and better individuals. But can becoming a winner and a better person only be achieved through competition? The answer is no.

Every person is unique and has his or her own Purpose in Life, sometimes which can be achieved through competing with another person. If so, so be it. Such competition should be engaged in with a healthy spirit and in an ethical way- so as to not hinder the progress or violate the rights of the individual with whom you are competing. It's not the Law of the Jungle.

Co-operation consistently wins more than competition. In Section 23 I talk further about 'reciprocity', a mindset of 'Tit for Tat', karma, doing to others what you want them to do to you. Working for mutual benefit. This is not to say you shouldn't stand your ground. Nobody should be submissive when personal beliefs and standards are compromised. A self-respecting assertive individual will retaliate (not necessarily in a competitive way) if attacked. That's karma too.

I used to watch my daughter every week competing with her classmates at Field Hockey. Sure, they wanted to beat the other school teams, but they valued being with friends, working as a team, and gaining a sense of personal achievement. They were having fun.

Simple minded competitors become aggressive bullies. As combative winners they offer little support or assistance to others. And typically bullies put a lot of their energy into defending themselves when their success rate drops, sometimes at whatever cost.

"My whole life is about winning. I don't lose often. I almost never lose."
– Donald Trump

Work on being co-operative, but assertive. Assertiveness is a problem for my own Personality Type Two- The Helper. When challenged and cornered into submission my Type Two can switch to Type Eight at its worse, over-confident, and unnecessarily combative.

Assertion rather than submission, manipulation, or aggression, leads to more satisfying and successful interpersonal relationships and so enriches your life. Everyone is entitled to act assertively, and to express his or her honest thoughts, feelings and beliefs. When I have been assertive and challenged people fairly, I have invariably felt happier and content afterwards, because I was standing up for my beliefs. Sometime a level of assertiveness or even conflict can lead to more understanding, and respect and ultimate truer friendship. And enjoying close friendships is an integral element of finding Happiness.

Finally, Happiness consists in seeing one's life in its entirety as meaningful and purposeful. Our values make all the difference to whether we see ourselves glibly competing or submitting to becoming a slave to a boss or a bully; or as lovingly nurturing a New Life with newfound Purpose, and Destiny. The Happiness thing is not about feeling pleasant sensations, that is joy, based on events triggering biochemical reactions. Long term Happiness is based on feeling that life has 'Meaning', and that meaning is different for everybody.

To understand what that 'Meaning' is for you we've studied the 'Drivers of your Personality'; 'Gone Beyond Your Ego' to discover an 'Inner-Calling' which existed in your mind but was maybe not immediately available to your consciousness; we've learned to channel our thoughts to 'Maximise

Our Mental Power'; and based on the 'Wisdom of Great Principles of Past Leaders'- we've gotten to the bottom of what the important ingredients are for 'Feeling Happy'.

The 'New Meaning' is yours and yours alone, it's not selected off a pick and mix menu. It's pursuing that which will make you really Happy. However, the 'Building Bricks' which we've discussed that seem to lead to a Happier Life for most of us- can be 'listed' or shared.

"We need to Live for Today; Think of Others; Co-operate not Compete; Love our Spouses Family and Friends; Live more Ethically; Take a Zero Tolerance to Corruption; Eat well, Exercise and Sleep well. And if you're spiritual try Meditation."

Now to achieve your Purpose and become your Destiny you will need to be successful in your chosen field, and in the way you see Success to be. Being successful means the achievement of these desired Visions and Planned Goals.

The Truth about Success

What a ridiculous term- The Truth about Success. Success is defined in the Dictionary as:

- *Success is "The achievement of something that you have been trying to do. The favourable or prosperous termination of attempts or endeavours."*
- *Success is "The achievement of a high position in a particular field, for example in business or politics. - (Collins Dictionary).*

There is no 'Truth', it's subjective; and the Definition makes no reference to 'Competition' or Beating others, either. The 'Essence of Success' is the achievement of one's own goals, set by oneself, and ultimately measured by one's self, and one's own Yardstick. It doesn't matter a Dam about other people and their opinions or competitive reactions in this respect. I hate critics, why don't they get on with their own lives. Your feeling of Success is very personal to you, it's nothing to do with what you read about yourself in the newspapers, or where you feature in Billionaires' Lists, or what people say about you among themselves.

Bob's Definition in his book on Success is:

"Real success is the person who performs at or close to the best of her or his ability, most of the time, in all of the important areas of his

or her life. She or he will be as successful as his or her inherited potential, past experiences and present circumstances permit, in the careers of her or his choice, in intimate and social relationships, and in the recreations of his or her choice. She or he is making the realistic best of what he or she got in the lottery of life."

- Dr Bob Montgomery

Well said, I concur. All this makes 'Good Logic, Good Sense, Good Reading'. But it's something you could have read or written yourself at the beginning of this Book, without raising your eyebrows. It's not enough! It should be about 'Creations' not 'Recreations'. We all aspire to perform to the best of our ability at important moments, or in important areas of our lives.

This Book is about more than defining that 'Generic Life Path to Success'. It is about:

1. **'Thinking and Acting Outside the Conventional Conformist Box'** - People who did that made their own Destinies and Legacies by the Choices they Made (eg. Emmeline Pankhurst the Suffragette-Rebellious Stuff). Avoiding Mediocrity and Conformity for conformity's sake.
2. **'Understanding all the Noise'** - This is the stuff we hear on the news, the 'Global Problems' and our obsession with our own image, our 'Personal Ego' which holds us back from being who we really are, or who we would wish to become in this imperfect and judgemental world.
3. **'Self-Discovery'**- Really getting to Know Ourselves Profoundly and deeper than ever before, including all the Nooks and Crannies; and 'Going Beyond our Egos' to understand how we can maximise our positive Personality Traits.
4. **'Discovering Your Personal Secret'**- This entails finding 'New Inner Purpose', identifying your 'Inner-Calling'- that's more than Loving your Spouse and Family, all good people do that. I thought raising and loving my daughter was my sole Life Purpose in being here. It is not. It's something you've probably harboured about doing subconsciously all your life, something which will mark your Destiny and become your enduring Legacy. To get there, it's about getting emotionally naked in front of the mirror, 'Putting Trust in the Wisdom Your Soul, and learning to 'Maximise Your Mental Power' once you are

on the right track. Reflect now whether your Desiny Choice in Section 16 was the right one?

5. **'Drawing Up a Blueprint'** – Learning from the 'Great Principles' the wisest of our Forebearers set as examples for us, in terms of Philosophy, Spirituality, the Search for Happiness and workable Political Forms. About finally understanding and planning our Route to Life's True Riches, Success and Happiness; and the importance of embracing 'Inclusiveness and Reciprocity' in how we conduct our future Lives.

And Finally, and most importantly it's then all about:

6. **'Finally Becoming Your Destiny'** – Becoming that 'Final Solution' in all we do and become. Consolidating All the Conclusions Drawn, the Blue-Print Drawn, enacting that New Purpose/Destiny and 'Finding True Happiness' in so doing.

Now, if you achieve all that before you die, you will feel your 'Life was a Personal Success'. - "That was my Life, that was I". It may entail making some difficult decisions, but if you don't take them, you've not only wasted time reading this Book, but you may also end up wasting the rest of your life. What you choose to do is your choice not the concern of others. Make note, don't skip this one ["My Life", Dido]



**"MY LIFE"
(DIDO)**

<https://www.youtube.com/watch?v=I1ZBiK3Ri2M>

*"Oh the world has sat in the palm of my hand
not that you'd see
and I'm tired and bored of waiting for you
and all those things you never do
'Cause it's me, and my life
it's my life."*

After that 'Kick in the Groin', I'd like to reflect and try and put all our lives in the context of the 'Bigger Picture' – The 'Really Big Picture'. In Section

19, I wrote an Anecdote about a 'Discerning Ant'. I wrote, "No one other than the Arrogant or Stupid can really contemplate the Universe's existence without a Super Intelligence behind Life and therefore our very Existence." This is the sort of rhetorical question that never finds comfortable debate because there is no answer, and we are not stupid, are we? How arrogant to imply such? Even Stephen Hawkins and Einstein couldn't get their intelligent heads around the concept, they were self-proclaimed atheists.

The truth is - You just never took the time out to think about it. What's the Point? But that is the Very Point. We will maybe never evolve enough to understand it. It's beyond us. The near Infinity of Space is beyond us. We are just a speck of insignificance in the passage of Time, whatever that is. It is all insignificant in the context of the Big Picture. So why am I spending so much effort in this Book trying to convince you that you Are Very Special and Unique and that there's a Divine Calling in you - and a Route to a Personal Destiny which you owe to yourself to unravel.

In Section 12, I wrote of my Tribute to my Dad at his funeral. "He was not an openly religious man, but he took a great interest in Astronomy, not a lot of people knew that, and he used to marvel at the wonders of the Universe. So, I'm sure you will all join me in wishing him a peaceful union with the great 'Geometrician of the Universe', whoever he may be, and whomever he perceived him to be."

Although the numbers are still very uncertain, the different data sets are starting to converge at an age for the Universe of about 12 to 13 billion years. Most recently, measurements made by NASA's WMAP spacecraft have shown that the universe is 13.7 billion years old, plus or minus about 130,000 years; that's accurate stuff. ["Time in Perspective", Spain 2020].

There are about 10 billion galaxies in the observable universe! That's infinity for our brains. The number of stars in a galaxy varies, but assuming an average of 100 billion stars per galaxy means that there are about 1,000,000,000,000,000,000 (that's 1 billion trillion) stars in the observable universe. Try counting those and you'll go to sleep faster than reading this Book.

I am not trying to be flippant with issues which many might consider only answerable with religious dogma. But I am flirting with those Unanswerable Questions, for me for my own urposes. From Where did we Come? What's the Purpose of it All? From Where and When and How did the Universe Start?

Earth is estimated to be 4.54 billion years old, plus or minus about 50 million years. Scientists have scoured the Earth searching for the oldest rocks to radiometrically date and verify this. In terms of us, so far, the earliest finds of modern Homo sapiens skeletons come from Africa. They date to nearly 200,000 years ago on that continent. They appear in Southwest Asia around 100,000 years ago and elsewhere in the Old World by 60,000-40,000 years ago (see Section 19). Let's call it circa 100,000 years ago that 'Intelligent-Old-Us' started our Cognitive Quest into the world's future - to make the arithmetic easier (see graphs below).

Nothing notable happened for almost 98,000 years, save a few Revolutions and subsequent Wars of course with Humans dying at the hands of Humans throughout history. The important Revolutions which shaped the course of history on planet Earth are- The Cognitive Revolution when Homo Sapiens appeared with all their intelligence and learning capabilities (between 100,000-60,000 years ago); The Agricultural Revolution when they ceased to be Hunter-Gatherers and started Farming (about 12,000 years ago); and The Scientific Revolution (about 500 years ago) or perhaps more significantly what is known as the First Industrial Revolution, which marked the transition to new manufacturing processes in Europe and the United States, in the period from about 1760 to 1840 (in a period of 80 Years, starting just 260 years ago).

And since then 1840 to 2020 (the last 180 Years) we have been in a Technical Revolution of seemingly exponential scale, leading to our present Digital Age, i-Phones, and Artificial Intelligence.

Finally, you and I are in this world on average, depending on our circumstances, for just three score year and ten - 70 years. All this puts 'Time in Perspective'.

'Matter and Life' have existed and evolved over this concept which we call 'Time'. Putting this into some sense of a Time Scale, in percentage terms of Existence:

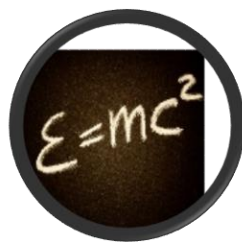
- The World has been in existence only in the last 33% of the Universe's existence.
- Homo Sapiens have only been around in the last 0.002% of the World's existence.
- Your life will represent just 0.07% of the time Homo Sapiens have inhabited the world.

- Only the last 3% of the existence of Homo Sapiens has been dedicated to Industrial and Technical Revolution

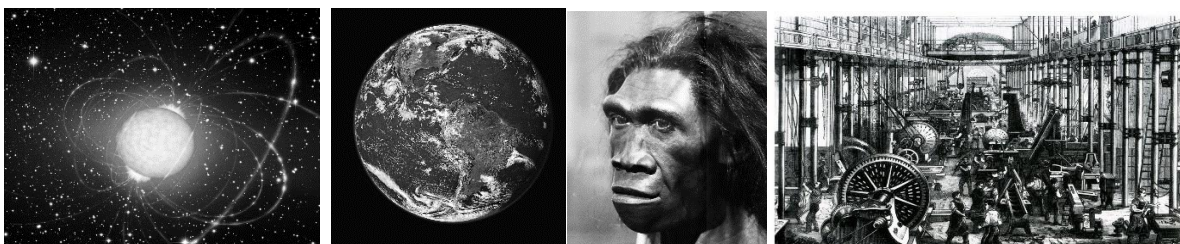
Your existence is 'relatively insignificant' and hardly measurable on the scale of the Passage of Time in terms of comparison with Homo Sapiens' Overall Development since the start of their existence, and since the dawn of the Age of Industrial and Technological Revolution.

You are insignificant on the Scale of Things. And I bet you can't even name your ancestors beyond your Grandparents. How shallow and inward looking are we. We have little sense of real-world history, nor forward thinking beyond our own lives, because we can't conceptualise them. We are wrapped up in ourselves and indulging in similar habits of the ages, albeit using new technologies.

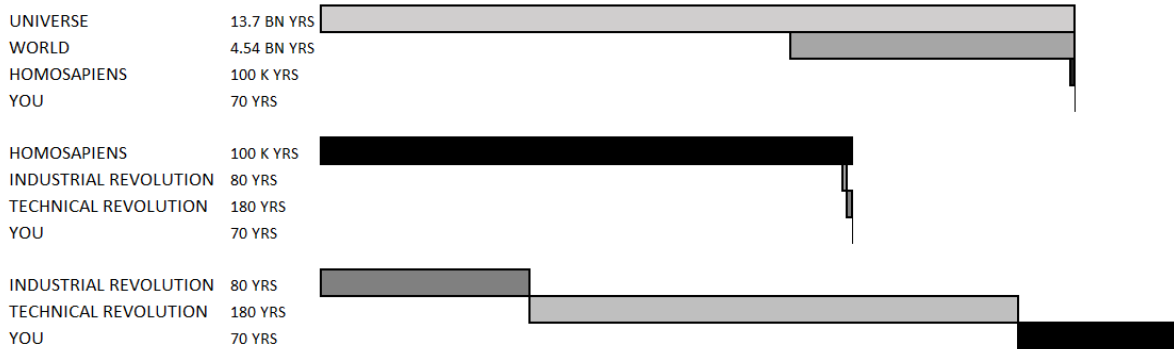
Maybe that's why we shouldn't worry ourselves over it all. After all, Conclusions about Happiness earlier in this Section included learning to 'Live in the Moment'. Well, I suggest rather than fretting about our past mistakes, and our plans for next year- we should contemplate how we can make our Lives relevant to World and its History and Future and make our little Marks more meaningful for Others.



"TIME IN PERSPECTIVE"
(SPAIN 2020)



TIME IN PERSPECTIVE



Bob's Definition, above, is all about the 'Ergonomics' of 'The Route to a Successful Life'. Greg's Definition of Success below is NOT a Definition. There is no such thing because only you alone can measure and decide your Life's Success. Being 'Successful in Love' is probably the Universal Measure of Success most of us would consider foremost. 'Loving your Spouse, your Family, Your Friends, Your Community, Your Enemies, Humanity.' But, you can do Something More than those Things about Your immediate Self & Your Loved Ones. That's not to say that you shouldn't always put them first. Your Destiny doesn't have to be about Changing the World; nor be measured by your Station, Status or Wealth in life.

*"If you want to change the world, go home and love your family" -
Mother Theresa*

My Message for 'Setting your own Measure for Success' and then 'Becoming Successful', moving forward is:

*"You are less than a Speck in the Sand
in the History of the World's Beaches;
Get Used to It and Don't Act like One.
But Do Something Special to You.
Personal Success is about Discovering Yourself,
Improving Yourself and Helping Others;*

*Find New Purpose in the Rest of Your Life;
and Pursue a New Personal Inner- Calling
Derived from something of Real Substance for You,
Defined by You.*

*Then, Remember Action is the Foundational Key to all Success.
By Acting on these Conscious Life Changes,
you will be more Successful
You will be Happier, and You will become Your own Destiny.*

*Success is Simple: Plan, Decide, Then Do What's Right,
the Right Way, at the Right Time.
And the Time is Now.
One Day You will be able to Say-
I Planned my Success and I Made it Happen."*

- Greg Malpass

Back on Planet Earth, here are some Practical Tips to Achieve Success. They are sourced from Dr Bob Montgomery's book - The Truth About Success & Motivation':

1. Discriminate. Ask yourself, is this a zero-sum game or a non-zero-sum game. Do I start by competing or co-operating? - I've concurred with most of the rhetoric about beating yourself up, not beating other people in the game of competition.
2. Win by Making Everybody a Winner. - This is an extension of the Co-operate versus Compete argument. Teamwork and collective cooperation to achieve tasks is a very 'Homo-Sapiens' based quality, that most animals don't share, with the exception of elephants and a few other species. (see Section 19). If only it didn't sometimes result in a shift to Competition, Aggression and even worse Conquest and Killing.
3. Set Realistic Goals. - A reality check is useful, as long as it's not an excuse for not setting even higher goals. Goals are what you set yourself. And achieving them is nothing to do with luck. The essential ingredient to Performance and Success is often Dedication and Practice. Gary Player, the South African Golfer, famously said "Funny thing, the more I practice, the luckier I get." It is also about Ability and Circumstances, but as the saying goes "Anything is Possible", or as Nike would say "Just Do It." Stop doubting yourself, Human beings can really rise to most occasions when they put their mind to it. Work hard and make it happen. In terms of Setting your New Direction, Working on your New Inner-Calling and Achieving, remember:

"What the mind can conceive and believe, and the heart desire, you can achieve." - Norman Vincent Peale

4. Adopt internal criteria for success that are appropriate for you, then realise your successes. - Performing to an internal audience is the essence of my message about setting your own new direction and measuring your success. And watch out for those

armchair critics!

5. Plan and Run a Balanced Lifestyle. – Well, my past lifestyle cannot be classified as particularly Balanced or Normal. I've been exposed to some 'helter-skelter' business experiences, travelling in life's 'fast-lane' to mix my metaphors. I've been involved in turbulent marital relationships. But in the essential things of importance, I've tried to maintain balance. I am a dedicated father, and in business I never sought personal gain through corrupt practice, and in my personal life I have never stolen from anyone. But I've always worked in stops and starts, been powered by adrenalin boosts, suffered with depression, and failed a lot. 'And you became a divorced, burnt-out drunk', my critics may say. It is probably true that the people who lead balanced lifestyles are those who are more likely to be consistently successful overall in all of the components of life. Boring bastards.

Planning a Stressless Balanced Lifestyle is not my forte, and that's why I'm taking examples and instruction from Bob's book, where he prescribes Steps.

- Step One- Set your current goals, in terms of Career, Family, Friends, Education, Recreation, Health, Personal Development and Others.
- Step Two- Set your current priorities- short term and long
- Step Three- Get a Picture of your Present Lifestyle- I spend too much time in the Bar! Unless I'm writing - my new passion.
- Step Five- Review your Progress Regularly – Take care of the Four 'Rs': Look after your Rewards, Relationships, Recreation and Relaxation. There I go again drifting into an imbalanced, unsuccessful lifestyle, ignoring this advice. But conformity to a Set of Rules about How to Live Your Life will never work. Listen to advice, take note, but decide what suits you, and analyse what makes you Happy. But never lose the Bigger Picture.

I don't buy, either, into the concept of 'Developing Skills for Success'. This sounds like a Self-Help-Book-Jargon-Loaded instruction manual. The Two Ps, the Six Fs, the Four Rs... That is not to belittle other peoples' work, no doubt that my works will have their fair share of criticism. With criticism comes attention. And there is nothing wrong with setting Frameworks. Michael Porter and the Boston Consulting Group made million out of their Business Strategy Frameworks and Flow Charts and Grids.

My Book is however, focused on Learning Truths from experience and self-reflection rather than following Instructions. My Key Concept of finding New Purpose, and an Inner-Calling, and my Anecdotes about my experiences, are meant to flow into the ultimate Decision Making being developed and made by the Reader, based on something profoundly personal, not following a List of pre-ordained instructions captured in 'Catch Phrases'.

That said- there are *Skills* that will help individuals build on their successes, whether based on developed Personality Attributes, or Practiced Instruction, where instruction fits.

Skilful Communication - Putting Feelings First – Listening Well – Developing Positive Body Language - Anger Management- Practicing Methods of Conflict Resolution – Being Assertive – learning Problem Solving Skills. All these elements of developing skills are all relevant to helping people succeed in their chosen fields. But telling people what to do is not the same as helping them decide themselves what to do. People may read or listen, but there is nothing more motivational than someone being empowered to find their own way forward. And remember when it comes to giving instruction, and people's capacity to listen- 'Three-quarters of what is said is ignored, misunderstood, or soon forgotten.'

In all the above there is a danger of getting bogged down into endless repetition of the same ideas, raising too many issues, losing focus, or rambling too many personal anecdotes.

You can learn a lot of these skills by having a good mentor, or simply copying what good people whom you respect actually do themselves. Emulation is not copying. A child learns from watching and listening and copying parents, siblings, schoolteachers and others. Being a successful copycat is not to be sneered at. Copy good people.

Sometimes it also pays to be second in line, copying and improving on the one you are following or copying. The Chairman of one of the Companies with which I worked, always advocated being second into a market, not first. "After all", he would say "The Pioneers in America got Arrows up their arses!" Sir Eric Pountain.

Two of the most important areas for seeking Success (and Happiness) in Life are:

- Success in Love- Broken Marriages can Destroy Lives
- Parenting- There is No More Responsible nor Rewarding Job

yet innocent; open to others, yet self-reliant; strong, yet able to yield; centred on the highest values, yet able to accept imperfections; realistic about the suffering existence imposes on us, yet full of gratitude for life as it is.

In Section 15 I talk a lot about 'Transcendence' and 'Going beyond the Ego'. It's not 'Psychobabble' and I don't intend to defend it. The quality of your life is confirmation that, in the moment of Self-Transcendence, you have attained essence- your deepest, truest self. It brings about a maturity, a humanity and a wisdom. The goal is not to strengthen our Ego, but to transcend it- and living in essence we find Happiness.

The testimony of the greatest humans who have ever lived is that the way to make the most of ourselves is by transcending ourselves. We must learn to move beyond self-centredness to make room within ourselves for others, as concluded by Laurie Santos – "When you transcend yourself, the fact will be confirmed by the quality of your life and the Happiness you discover".

To recap some home truths about Happiness captured in Santos' analysis:

"Helping others can help with your Happiness. Taking time for social connection; Focusing on other people rather than yourself; Being positive and grateful for what you have; Doing healthy habits like Exercise and Sleep; Being focused on the here and now; Meditating; Not comparing ourselves with other people- all these things help. And the Universal Recipe for Happiness is Taking time to be others orientated and being in the present moment. Mix this with a little exercise and some good sleep- and you are almost there."- Laurie Santos

Succeeding at Parenting dwarfs all this. There will be trials. And there is always someone who is ready to criticize. How can you be a doting father and be a drunk? Sometimes my baby tucked me into bed, turned off the TV and woke me in the morning to take her to school. Then at the age of 10 she cried for three days because I said she couldn't sleep in dad's bed at night anymore. She didn't understand that she was growing up, all she understood was that she needed love.

Years later, I was in Spain with my Stepdaughter and I remember one night over a wine the gist of the conversation. I said "Cindy, I often talk about sex. But I am not untoward, I don't look at you inappropriately, and I never touch you." "I know", she said. No more was needed to defend against any

*"And all of this happens because the world is waiting,
Waiting for one child
Black, white, yellow, no-one knows
But a child that will grow up and turn tears to laughter,
Hate to love, war to peace and everyone to everyone's neighbour
And misery and suffering will be words to be forgotten, forever"*



***"THIS IS SIMPLE HAPPINESS- IT'S SIMPLE"
(JAMIE aged 5, UK- 1992)***

10/11

T - is for the truth you always tell me
 H - is for Happiness.
 E - is for each of us
 B - is for Both of us
 E - is for never ending love
 S - is for security
 T - is for us together for ever
 D - is for all the dreams
 A - is for all the affection
 D - is for You my Daddy
 G - is for a Good person that you are!
 R - is for Remembering the good times
 - is for everything
 G - is for Grate!

Grate! And, then the Santa List!

Dear Father Christmas I now you are
 busy but please could you bring me a
 few things: Finger nail fun, Chocolate factory, Pottery
 craft, Colour candles, Spirograph 3D, Treasure chest
 Activity set, Wild N' Wacky Painter, world coloring set,
 reaction Station ~~Multi~~ Multi-Activity set, ~~for~~ for my
 olly and Jewellery thank you very much.

To Lapland



***"OH HOW I'M SO PROUD TO BE A DAD"
(HONG KONG 2007)***

"These are just a few one-liners, as I reflected about life over a beer in Hong Kong:

- *So emotionally overwhelmed and Happy at the moment of her birth and ever since*
- *So proud of her good humour, nature and kind soul*
- *So proud of her fine looks, exemplary personality and attitude*
- *So proud when she was worried that I couldn't afford many Christmas presents so she put all 25 of them on Santa's list*
- *So proud when she got her first 'moving' acting role as a Tree in the Nativity School Play*
- *So proud when she recited her 'Spaghetti' poem in front of all the whole class and the parents*
- *So proud when she played the lead role as Oliver in the Annual Play*
- *So proud how understanding she was when I tried to do your hair every morning (and it looked absolutely tragic in the school photos)*
- *So proud to see her little face and school cap coming out of Preparatory school every afternoon*
- *So proud when she came second in the 100-metre sprint*
- *So proud of her when she ironed my work shirt for me at 5 years old, and burned her hand*
- *So Happy that we made so many imaginary friends like Frederick, Cedrick, Quasimodo, Crocodile, Abi, Piojo, and so many more whom I can't remember, but I bet she does*
- *So Happy that we could watch Super Ted, with Bulk (me) and Texas Pete (Abi), Jungle Book with Balou, and Power Rangers on TV together every Saturday morning*
- *So Happy to have enjoyed her renditions of the Spice Girls best hits, and dance routines*
- *So Proud how she'd turn the light off and tuck me in, and wake me for*

breakfast if I'd ever had one too many!

- *So content to take her to Miami and Peru on her annual trips to visit her Mom. 'I'm not ready to travel from Miami to Lima unaccompanied' she'd say with confidence beaming all over her face 'Bye Dad.'*
- *So tolerant to take her to her school friends' birthday parties nearly every weekend*
- *So content to accompany her to the movies to see Toy Story and the 'Spice Girls' again.*
- *So humbled to have prayed to God every day to bring her all the love and happiness in the world and the heavens, and safety and protection.*
- *So proud she made it into Grammar School out of hard work and study*
- *So glad when she had her first period when she was actually with her mom in Peru*
- *So proud when she starred in so many school plays and Youth Theatre*
- *So Happy to help her complete her school Project on Peru, for which she got a school prize*
- *So Proud to watch her play and contribute to the team spirit in the school hockey team*
- *So distraught when I had to allow her to sleep over at her first boyfriend's house one weekend*
- *So proud at the amazing school grades she achieved and acceptance at Bristol University*
- *So proud of her when she first drove a car without sitting on my lap to do it*
- *So proud of her at graduation*
- *So proud that she got to see almost the whole world, country by country*
- *So proud of her to date such a great guy like Matt*
- *So proud that one day I will walk her down the aisle*
- *So proud that one day she will make me a Grandad, and put up with my pranks*
- *So Happy she makes me cry for good reason*
- *So proud she became my best friend*

Done; next subject.

Lessons Learned



SECTION 22- LESSONS LEARNED "Truth About Success & Happiness"

1. KEY LESSON: - "Helping others can help with your Happiness. Taking time for social connection; Focusing on other people rather than yourself; Being positive and grateful for what you have; Doing healthy habits like Exercise and Sleep; Being focused on the here and now; Meditating; Not comparing ourselves with other people- all these things help. And the Universal Recipe for Happiness is Taking time to be others orientated and being in the present moment. Mix this with a little exercise and some good sleep- and you are almost there."- Laurie Santos
2. *In whatever stage of life you are in now, be grateful and enjoy the little things to the fullest and 'Treasure the Love of your Partner, your Family and your Friends', so that when the day comes when the curtain comes down, you can wear with you the true wealth of this world.*
3. *If you want to live a happy life, tie it to a goal, not to people or objects.- Albert Einstein*
4. *Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.- Albert Schweitzer*
5. *Neglecting a wife or her needs is a crime, being honest is a virtue and being humorous is a gift she will enjoy. But fail on the first two, and I can give you good advice on how to navigate the troubled waters of Divorce.*
6. *'Humour' is the most natural antidote to depression and promoter of happiness and good feelings. Humour simply makes us happier. Laughter and endorphins go hand in hand. Maintaining Humour is a*

prerequisite to being Happy.

7. *Assertion rather than submission, manipulation, or aggression, leads to more satisfying and successful interpersonal relationships and so enriches your life. Everyone is entitled to act assertively, and to express his or her honest thoughts, feelings and beliefs. Sometime a level of assertiveness or even conflict can lead to more understanding, and respect and ultimate truer friendship.*
8. *Two of the most important areas for seeking Success (and Happiness) in Life are: Success in Love- Broken Marriages can Destroy Lives; and Parenting- There is No More Responsible nor Rewarding Job*
9. *The 'Essence of Success' is the achievement of one's own goals, set by oneself, and ultimately measured by one's self, and one's own Yardstick. It doesn't matter a Dam about other people and their opinions or competitive reactions in this respect.*

MISSION STATEMENT: "I will Do Something Special to Me. Personal Success is about Discovering Yourself, Improving Yourself and Helping Others; I will Find New Purpose in the Rest of my Life; and Pursue a New Personal Inner- Calling Derived from something of Real Substance for me, Defined by me."

Consciousness, Reciprocity & Inclusiveness

THE CONCEPTS OR IMPORTANCE OF 'CONSCIOUSNESS, Reciprocity and Inclusiveness' are maybe considered nebulous or undefinable for some, or 'psychobabble' for others- Psychological jargon, buzzwords, and esoteric language to create an impression of truth or plausibility. I am no psychologist, but I can tell you the importance of understanding these concepts is paramount, and everything that precedes this Section, is only in preparation for you setting your own Blueprint about how you spend the rest of your life. 'Consciousness, Reciprocity & Inclusiveness' are Simple Concepts which sound complicated. I will discuss them in lay terms, that is all that is needed to get to grips with their importance- in everything you do from now on.

Let's start with 'Consciousness'. The problem of Consciousness is arguably the central issue in current theorizing about the mind. Despite the lack of any agreed upon theory of Consciousness, and despite centuries of analyses, definitions, explanations and debates by philosophers and scientists, Consciousness remains puzzling and controversial, being at once the most familiar and most mysterious aspect of our lives.

Consciousness

Perhaps no aspect of mind is more familiar or more puzzling than Consciousness and our Conscious experience of Self and World. Consciousness at its simplest is 'sentience or awareness of internal or external existence'.

"I am convinced that the way forward for the human race is to recognize and protect the fundamental right of sovereignty over Consciousness, to throw off the chains of our divisive religious heritage, to seek out forms of spirituality (or no spirituality at all if we so prefer) that are truly supportive of liberty and tolerance, to help the human spirit to grow rather than to wither, and to nurture our innate capacity for love and mutual respect. The old ways are broken and bankrupt and new ways are struggling to be born. Each one of us with our own talents, and by our own choices, has a part to play in that process." – Graham Hancock

Strong words by Hancock, in his own right a controversial character. Hancock describes himself as an "unconventional thinker who raises

controversial questions about humanity's past". Hancock gave a TEDx lecture titled "The War on Consciousness", in which he described his use of ayahuasca, the Amazonian brew containing a hallucinogenic compound DMT, (see Section 15) and argued that adults should be allowed to responsibly use it for 'Self-improvement and Spiritual growth'. At the recommendation of TED's Science Board, the lecture was removed from the TEDx YouTube channel.

Consciousness is the 'Ultimate Intelligence' according to Sadhguru the Indian Mystic and Guru. I recommend you take time to listen to his Youtube recordings of inspiration on so many topics. There are few less inspirational than his enlightening Explanations of, and descriptive inter-relations between - Consciousness, Spirituality, Integrity and Inclusiveness.

My take on the importance of Consciousness, and its understanding as a layman, falls very much in the Sadhguru camp, not that I'm sure he will pay credence, or align much importance to my humble endorsement. He's a great advocate of not being determined by other people's views:["Evolving into Consciousness" Sadhguru]



***"EVOLVING INTO CONSCIOUSNESS"
(SADHGURU - INDIA 2017)***

<https://www.youtube.com/watch?v=A8uqf6olz3M&list=TLPQMjYwODIwMjA4RiFquqD4VQ&index=1>

"My own 15-point summary/ rendition of the Great Mystic's thoughts:

- 1. Your body, your mind, your intelligence and experiences are all particular to you, even though they are just part of this planet. They are yours.*
- 2. There is no ownership of Consciousness, it's like a bubble that burst,*

no bubble or air belongs to anyone – but it's still there

3. *Medical definition of Wakefulness versus Consciousness is wrongful explanation of Consciousness. An anaesthetic is a substance that induces insensitivity to pain. It doesn't impair Consciousness*
4. *Your body, your brain are just dimensions of the body's access to Consciousness*
5. *Consciousness is to appreciate the Basis of Existence – some call it God, but it's putting a meaning on something that in itself can't be defined*
6. *Only humans are sophisticated enough creatures to access the dimension of Consciousness*
7. *Consciousness is not something you can understand, but you can experience it*
8. *It may be possible for those who are under 'Drug Induced' conditions to experience it, because the drugs help them lose their sense of identity, helping them access another dimension. But it won't last once the drug wears off, and confusion sets in*
9. *People who don't seek to experience Consciousness normally mistake their Psychological Drama of bundles of ideas, opinions and prejudices for Life*
10. *At death 80% of people don't experience pain or show fear. Mostly their faces depict expressions of bewilderment. They are perplexed and confused at their lost time- that they thought their drama was real*
11. *It's like going to see a movie and falling asleep during the trailer, only to awake as the movie ends, wondering what you missed*
12. *People's made-up worlds have become larger than the real worlds where their phones are more important than the cosmos*
13. *Living on an existential basis, the individual considers himself as a free and responsible agent determining his own development through acts of the will - 'living in the moment' leads to a sense of disorientation, confusion, or anxiety in the face of an apparently meaningless or absurd world*
14. *Being human means, you can consciously decide the nature of your experience, rather than that of a compulsive reaction. Acting compulsively like animals represents a lack of evolution*
15. *Consciousness is acting consciously not compulsively. The Basis of Spirituality is doing everything Consciously."*

We are so engrossed in our phone screens that we are missing the cosmos. Sadhguru explains that for most of us, our psychological creation has become larger than the Creator's magnificent creation. Correcting this compulsive behaviour and evolving into Conscious action is the essence of the Spiritual process.

Consciousness is the whole essence of being human. Enhance your perception by understanding it and take charge of your life. Be conscious of your mortality; Pay attention to yourself and fix yourself inside. Apart

from that- don't take it all too seriously. It's too important for that.

If you are a conscious being conscious about what you are doing, you do things consciously, and you are not an animal – it's not rocket science. Why make it so complicated.

Reciprocity

Reciprocity can be described as the act of 'Giving with the Expectation of a Return'. "This for that." In Buddhism, it's the basis of 'Karma', both good and bad – what you give is what you will receive. Or 'What goes around comes around', depending which way you look at it. If you are good in this world the Buddhist believes you will reincarnate in better circumstances. And visa-versa. But Buddhism is a philosophy, not a religion, (see Section 20).

Most organised religions concentrate solely on the positive side of its definition. 'The Governing Rule' of Religious Understanding is 'The Law of Reciprocity'- ie. 'Do unto others what you would have done unto yourself.' This Governing Rule is defined and discussed in the Section on- 'Great Principles Shared' (see Section 19).

And in the 'Name of Allah, the Gracious, the Merciful' - Islam, as a world religion with over one billion followers, has an important role to play in facilitating dialogue and cooperation with other groups in the modern world. The Golden Rule in Islamic traditions has been explicitly invoked by numerous Muslim leaders and organizations towards this end.

The Ethics of Reciprocity is any moral dictum that encourages people to treat others the way they would like to be treated. As the term can be found in the sacred texts of the world's great religions, as well as the writings of secular philosophers, and due to its ubiquity in many contexts, it has become an important focal point for interfaith dialogue and the development of international human rights norms, not just in a religious context.

The rule often appears as a summarizing principle of good conduct, the supreme moral principle of right action between human beings. Though not always understood literally, as it is often qualified by competing moral imperatives, it generally functions as an intuitive method of moral reasoning. Despite the different formulations, wordings, and contexts in

which the rule appears across religions and traditions, it was Jeffery Wattles who argued in his book called 'The Golden Rule', in 1996 that there is enough continuity in meaning and application to justify describing the Ethics of Reciprocity as the Golden Rule.

By reciprocating, we can ensure that other people receive help when they need it and that we receive assistance when we need it. Reciprocity often also allows people to get things done that they would not be able to do on their own.

A Thesaurus of the word Reciprocity throws up words like- cooperation, mutuality, reciprocation, interchange, exchange, mutual benefit, mutual exchange, give and take, concession. It's very simple 'Do good and things that benefit others, and without asking or expecting- you will likely receive good out of it – even if it is only your good feeling about yourself'.

The Reciprocity Principle is definitely not only one of religious dogma, it is one of the basic laws of Social Psychology – and what I personally would simply call 'Common Sense' : It says (somewhat on the flip-side) that in many social situations we pay back what we received from others.

The benefits to wider communities, as well as organizations and individuals when principles of generalized reciprocity are implemented are easy to predict:

- *Citizens', Employees' and Individuals' trust in each other increases.*
- *Group cohesion intensifies*
- *Stronger connections develop as generalized reciprocity unlocks hidden resources within groups.*
- *Peoples' emotions are lifted and improved*
- *Individuals and Employees start to like their neighbours, friends, co-workers, managers, and the organization more*
- *Employees' intrinsic motivation to fully engage in work is heightened.*
- *Efficiency and effectiveness of resource exchange within the company is greatly improved as employees are able to uncover new resources and solve more complex problems faster, resulting in saved time and money for the company.*

There are always critics in all aspects of life. Some philosophers have scoffed at the rule, noting that a crude, literal adherence to the outward phrasing can lead to moral absurdities. Harry J. Gensler a leading authority

on Catholic philosophy, a Jesuit priest, and a Professor of Philosophy at Loyola University Chicago who wrote a book about Ethics and The Golden Rule- responded to this criticism by formulating the rule in these terms: "Treat others only as you consent to being treated in the same situation." Context matters in the process of moral reasoning; what the rule demands is not rudimentary application as much as it is ethical consistency vis-à-vis human beings, as the first principle from which the morality of an action is analysed. It is the locus of one's conscience, a guide for everyday behaviour.

That's enough Definition and Analysis and while not wishing to define a simple concept with any more intellect than is really necessary, I accept the application of the rule ought to be informed by a balanced collection of principles and values that manifest the rule in action. For this reason, writers throughout history have used the rule "as a hub around which to gather great themes." Notions of justice, love, compassion, and other virtues have all been related to the rule by various religious traditions. Accounting for all of these considerations and responding to common objections, both Wattles and Gensler have convincingly defended the Golden Rule from its detractors and have presented it as a viable principle for a modern moral philosophy.

And it's not a modern concept. Throughout history people who 'reciprocate' in a positive way- win. Those who don't - falter.

I could cite many personal anecdotes to prove a rule, but no doubt so could you. Once in South America I took a Company Employee under my wing. During World War II, the Waffen-SS recruited significant numbers of non-Germans, as conscripts. Some who didn't want to fight escaped to South America. Moma Petrovich did escape and worked for years for the company he loved. He became a colleague and I helped him. One day he didn't seem himself. He had terminal cancer. His lawyer son Aleksander was mindful of what his father had told him of my friendly support. Thirty-five years since Moma's death, Aleks still takes interest in my well-being and offers support and help in my professional career wherever he can. That's one example of positive reciprocity.

As perhaps an opposite example of 'what comes around goes around' I like to cite the story of the Koplowitz sisters in Spain, among the highest of Spanish billionaires in the Iberian Peninsula ["Koplowich Sisters v Los Albertos", Spain 1993]. I spent a lot of time visiting Spain at the time

looking for Strategic Partners or Merger Candidates for my employer in the run up to the Europe Union in 1992 and was most impressed with what they came to represent as both "Achievers and Givers", Captains of Industry and Great philanthropists. They dared to live and give. ["Dare to Live" Andrea Bocelli & Laura Pausini]



**"KOPLOWICH SISTERS V LOS ALBERTOS"
(SPAIN 1993)**

"Sex scandals make headlines, especially when the culprits lose out, the victims win glory and it all causes great sensation as circumstances go full-circle. This a story of 'Karma', and 'Reciprocity' where the unfaithful actions of two cousins caused bedlam and scandal, and a reaction by their exceptionally beautiful and talented wives that surprised a nation.

Esther María Koplowitz y Romero de Juseu, 7th Countess of Casa Peñalver, is a Spanish billionaire businesswoman and philanthropist. She is Vice-President of the Board of Fomento de Construcciones y Contratas (FCC), now one of the leading diversified Spanish groups, employing around ninety thousand people. Her sister Alicia Koplowitz y Romero de Juseu, 7th Marchioness of Bellavista, G.d.E is also a Spanish business magnate and noblewoman.

When their father, a Polish immigrant died, they inherited Construcciones y Contratas, S.A. (CYCSA), the company founded by their father. Alicia then sold her part of the company to her sister and created one of the largest family offices in Europe called Omega Capital. She ranks as Spain's richest woman

Both girls were brought up by an influential and trusted family confidante, and barely debutantes they married very young. Esther married in 1969, to Alberto Alcocer and her younger sister by one year,

Alicia, married his cousin Alberto Cortina six months later. This was very much a case of two beautiful and very rich heiresses marrying "up" into the Spanish establishment. The two "Albertos" were good in business though, and in the seventies and eighties the company grew spectacularly well under their guidance with the two girls content to build their families.

The 'Albertos' represented the senior executive management of the family company FCC.

Then, 32 years ago, on February 11, 1988, the magazine Diez Minutos published on the cover the photographs of a scandal that would shake the foundations of the Ibx 35 during the following months: Alberto Cortina, Alicia Koplowitz's husband, and Marta Chávarri, Fernando's wife Falcó, Marquis of Cubas, were immortalized leaving a hotel in Vienna together. Those images confirmed the romance and, therefore, the infidelity. Marta Chávarri, was the young wife of the Marquis de Cubas and great-granddaughter of the Count of Romanones.

The day after Alicia Koplowitz forced her husband to resign from his position as administrator of Construcciones y Contratas (now named FCC), the family empire. The separation had many business consequences. After the FCC board of directors accepted the resignation of Alberto Cortina they appointed his cousin Alberto Alcocer, married to Esther Koplowitz, Alicia's sister, as the new president. But the sisters, despite concerns whether 'the young girls' were up to the job, decided to join the council. That decision became a turning point in their Destinies and the Destiny of FCC. Their hearts began to take over everything – the company, their personal finances, and aristocracy itself.

The result of the indiscretion was disastrous for Marta Chavarri's husband, Fernando Falcó, presented their separation by mutual agreement in the family courts of the Plaza de Castilla in Madrid. But her only son, Álvaro Falcó, remained in the custody of her father, who would live with her in the marital home. Ever since then, Marta became a target of the press. A photographer had taken a snapshot of Marta Chávarri without underwear, 'in all her glory', during the previous summer in a nightclub. The photo sold for six million pesetas

That was just the start of political, journalistic, and economic upheaval. A most important thing for the public was the media's wide publication of the victory against their ex-husbands. Esther Koplowitz then parted ways shortly after from Alberto Cortina's cousin Alberto Alcocer. They had both been portrayed as "submissive women who, after they divorced, accelerated their business acumen and greatly improved their business, and its fortunes"

The divorce of Esther Koplowitz and Alberto Alcocer went on to cause further sensation. Some time later, she married Fernando Falcó, who was married to Marta Chávarri and whom she left when she began her relationship with Alberto Cortina, then the husband of Alicia Koplowitz and, therefore, Esther's brother-in-law. A real mess, of 'Soap Opera Dallas' proportions, that served to close a circle. Normality has returned to their lives 30 years later.

The story has yet another moral tale/ twist in terms of the sisters' enormous, combined philanthropy. Clearly even with all their troubles Esther and Alicia Koplowitz remain enormously wealthy, fascinating and, even today, remarkably beautiful women.

And now the second Esther Koplowitz is on the block. Like her mother she is both beautiful and brilliant, and is well equipped to tackle the not-yet-easy task of steering the business back to its former glory. We can only wish her all success. What a remarkable family, all round. The father (and grand-father) Ernest Koplowitz founded an enduring dynasty, albeit in a land completely foreign to his birth."



**"DARE TO LIVE"
(ANDREA BOCELLI & LAURA PAUSINI)**

<https://www.youtube.com/watch?v=zLmFEIksvh8>

*"Dare to live until the very last
Dare to live! Forget about the past
Dare to live!
Giving something of yourself to others
Even when it seems there is
Nothing more left to give"*

Inclusiveness

Starting again with definition - The Definition of Inclusiveness is:

- *An aura or environment of letting people in and making them feel welcome; or*
- *The practice or policy of including people who might otherwise be excluded or marginalized, such as those who have physical or mental disabilities and members of minority groups*

Well, it goes as far or as wide as your definition allows. Inclusivity should enter most aspects of our lives- countries and communities, home and family, and work. It is part of, and indicative of how we love and lead.

*"Inclusiveness is not just the fundamental nature of the spiritual process, but the very basis and goal of life itself."
- Sadhguru Jaggi Vasudev*

The philosophy goes on to explain that in 'Love and Leadership' inclusivity means reaching out, not dominance and power. It is not the opulence of the structure but the inclusiveness of the people which makes a home. It discourages the management of the other person – but encourages one to seek how to include the other person in all one does.

When this sense of inclusiveness happens to you, you will understand that being loving and compassionate is not an idea. To live in empathy is not some esoteric principle. This is the way a human being is made. If you stop identifying only with things you have accumulated over a period of time, you will be able to experience this.

Prejudices get in the way, and accepting all others into our fold whom we consider less than ourselves for whatever reason (well founded or not) is not always easy to do. Nevertheless, Integrity and Inclusiveness are the path to success. I have found the process sometimes hard to give anything other than lip service, and it influenced my choice of 'Sacred Cows' (see Section 2) in the early building blocks of my own Change Development. Find a dimension of integrity within yourself – the world nor people can sway you. What you do is not about yourself everything you do affects people around you. But equally don't be determined by people's views. Being inclusive and submitting to others views are separate issues.

"We have the technology, resource & capability to address every issue on the planet. The only thing missing is inclusive consciousness." - Sadhguru

Inclusiveness is to be addressed at each level in our personal lives, work and in society:

1. At the 'Personal Level' - The basis of Spirituality is Inclusiveness. Going beyond the physical. Going beyond boundaries. Being Boundary-less. What you collect can be yours, but it can't be who you are.

2. At the 'Working Level'- The concept of Inclusiveness can be embraced in practical ways among groups at work and in our communities:

- *Everything can be said - Employees can express their disapproval, approval, and criticism without personally hurting or harming the leader. The leader can view the information objectively, without defence and resistance.*
- *Everything is allowed to be there -Success is shared and awarded to the other. Successes of the team are celebrated together and everyone's contribution, no matter how big or small, is recognized. Team members use 'we' instead of 'I' and the leader ensures that everyone can have a share in the success of the organization.*
- *Communication is open and direct - There are no false bottoms in conversations. The leader has no hidden agenda; one's attitude stimulates openness. Every dialogue radiates the atmosphere of trust and respect without limiting convictions. The leader looks for the dialogue and ensures that employees can contribute optimally. The dialogue is inspiring and coaching.*
- *New ideas are considered with an open mind - The leader has no bias and can assess the value of all ideas openly.*
- *The leader is persistent and confident in decisions - Decisions made are followed with determination if the facts do not change. Trust in handling does not become dogmatic because external influences are taken into account objectively.*
- *The leader encourages others in terms of personal growth - One gives freedom in restraint and does not ask too many questions. The leader encourages others to discover mastery and is not afraid to learn from others.*

The best leaders realize that getting to know themselves is a lifelong process. By mirroring and reflecting, they continue to look for their deeper motives. They examine their negative feelings and turn them into a better understanding of their motives, similar to the self-study done in the sections on the Enneagram Personality and Personality Development (see Sections 13-15). Such leaders transform teams and organizations. They can lead diverse teams and use the power of diverse teams.

3. At the 'National Level' - The Haas Institute Inclusiveness Index/ Reports represent The Haas Institute's efforts to measure and holistically examine the degree of inclusivity or marginality experienced by different groups across societal settings and social

cleavages, such as gender, race/ethnicity, religion, disability, and sexual orientation – in different countries across the world.

The Haas Institute for a Fair and Inclusive Society at UC Berkeley was founded in 2010 through funding by the Evelyn and Walter Haas, Jr. Fund, as a part of the UC Berkeley Initiative for Equity, Inclusion, and Diversity. Organized into seven research clusters, the Haas Institute involves over 100 researchers and faculty across the University of California system. Eight endowed chairs focused on equity and inclusion form the core of the clusters.

At the heart of the Haas Institute are seven clusters of teaching and research focusing on urgent areas of disparity. "Working collaboratively, we feel we can make the most immediate and enduring difference toward developing and sustaining a more equitable and inclusive society."

The seven research clusters are: ["Haas Institute Global Inclusiveness Rankings", October 2018].

- Disability Studies
- Diversity and Democracy
- Diversity and Health Disparities
- Economic Disparities
- LGBTQ Citizenship
- Race, Diversity and Educational Policy
- Religious Diversity



**"HAAS INSTITUTE GLOBAL INCLUSIVENESS RANKINGS"
(USA, OCTOBER 2018)**

Country Name	Raw Score	Scaled Score	Country Name	Raw Score	Scaled Score
Netherlands	1.4865	100.00	Belgium	0.5754	65.23
Sweden	1.0418	83.03	Australia	0.5278	63.42
Norway	0.9705	80.31	Albania	0.5101	62.74
Portugal	0.8182	74.50	Argentina	0.5022	62.44
Ireland	0.8130	74.30	Czech Republic	0.4971	62.25
United Kingdom	0.7757	72.88	Estonia	0.4775	61.50
Canada	0.7103	70.38	Fiji	0.4650	61.02
Finland	0.6729	68.96	Dominican Republic	0.4590	60.79
Germany	0.6681	68.77	Japan	0.4588	60.78
Denmark	.06637	68.61	Bolivia	0.4528	60.55
Croatia	0.6049	66.36	Lesotho	0.4495	60.43
Austria	0.5803	65.42	South Africa	0.4493	60.42
			Italy	0.4456	60.28
Switzerland	0.4435	60.20	Madagascar	0.3100	55.11
France	0.4429	60.18	Namibia	0.3025	54.82
Costa Rica	0.4415	60.13	Paraguay	0.3018	54.79
Lithuania	0.4412	60.11	Uruguay	0.2948	54.53
Spain	0.4303	59.70	Ghana	0.2792	53.93
Mongolia	0.3658	57.24	Tanzania	0.2766	53.83
Slovenia	0.3650	57.20	Bosnia and Herzegovina	0.2531	52.94
Cyprus	0.3573	56.91	Liberia	0.2487	52.77
Honduras	0.3370	56.14	Chile	0.2484	52.76
Mauritius	0.3329	55.98	Poland	0.2433	52.56
Ecuador	0.3322	55.96	Malawi	0.2401	52.44
Serbia	0.3102	55.12	Mozambique	0.2246	51.85
			Philippines	0.1950	50.72

High

Medium-High

Country Name	Raw Score	Scaled Score	Country Name	Raw Score	Scaled Score
Burkina Faso	0.1919	50.60	Zimbabwe	0.0729	46.06
Burundi	0.1795	50.13	Mali	0.0681	45.88
Zambia	0.1689	49.72	Togo	0.0602	45.57
Hungary	0.1632	49.51	Slovakia	0.0544	45.35
Nicaragua	0.1590	49.34	Bulgaria	0.0541	45.34
Senegal	0.1588	49.33	Latvia	0.0384	44.74
Colombia	0.1386	48.57	Greece	0.0374	44.71
United States	0.1171	47.75	Ethiopia	0.0317	44.49
Belarus	0.1068	47.35	Niger	0.0309	44.46
Armenia	0.0906	46.74	Macedonia	0.0192	44.01
Panama	0.0886	46.66	Benin	0.0008	43.31
Peru	0.0757	46.17	Papua New Guinea	0.0004	43.29
			Vietnam	-0.0059	43.05
Sierra Leone	-0.0208	42.48	Lebanon	-0.1338	38.17
Haiti	-0.0250	42.32	Sri Lanka	-0.1549	37.37
Cote d'Ivoire	-0.0318	42.06	Cameroon	-0.1677	36.88
Mexico	-0.0369	41.87	Georgia	-0.1685	36.85
Chad	-0.0450	41.56	Bangladesh	-0.1780	36.49
Romania	-0.0493	41.39	China	-0.2225	34.79
El Salvador	-0.0517	41.30	Brazil	-0.2295	34.52
East Timor	-0.0598	40.99	Mauritania	-0.2382	34.19
Uganda	-0.1078	39.16	Nepal	-0.2401	34.11
Ukraine	-0.1163	38.84	Tunisia	-0.2423	34.03
Guinea-Bissau	-0.1234	38.57	Gambia	-0.2488	33.78
Nigeria	-0.1261	38.47	Kazakhstan	-0.2615	33.30
			Turkey	-0.2770	32.71

Medium

Medium-low

Israel	-0.2893	32.24	Kyrgyzstan	-0.4617	25.66
India	-0.2921	32.13	Russia	-0.5573	22.01
Guatemala	-0.2975	31.93	Tajikistan	-0.5920	20.69
Moldova	-0.2975	31.92	Central African Republic	-0.6170	19.73
Thailand	-0.3078	31.53	Malaysia	-0.6192	19.65
Angola	-0.3269	30.80	Yemen	-0.6342	19.08
Republic of Congo	-0.3285	30.74	Algeria	-0.6416	18.80
Indonesia	-0.3616	29.48	Jordan	-0.6552	18.27
Guinea	-0.3641	29.38	Rwanda	-0.7552	14.46
Botswana	-0.4022	27.93	Myanmar	-0.7572	14.38
Pakistan	-0.4178	27.34	Iran	-0.8151	12.17
Egypt	-0.4451	26.29	Sudan	-0.8735	9.95
			Iraq	-1.1341	0.00

Low

The report released by the Haas Institute at the University of California-Berkeley at the end of 2018 found that the US had become less inclusive - - in other words, less welcoming to women, minority groups and people with disabilities -- compared to the rest of the world since Trump's election at the start of 2017.

Inclusion is necessary for strengthening the state because it creates peace and harmony among different sections and societies and among people with different abilities. It brings tolerance and teaches them the importance of respecting others. It makes the employees more successful. Appreciating diversity, equality and equity, cooperativeness, participation, community, and sustainability. Well done, Netherlands, Sweden, Norway, Portugal and Ireland.

For Measure, if you seek to design and consolidate your 'Change Blueprint' around these fundamental concepts of "Consciousness, Reciprocity and Inclusiveness" - I would add Kindness and Generosity. Achieve that and you've probably got it made.

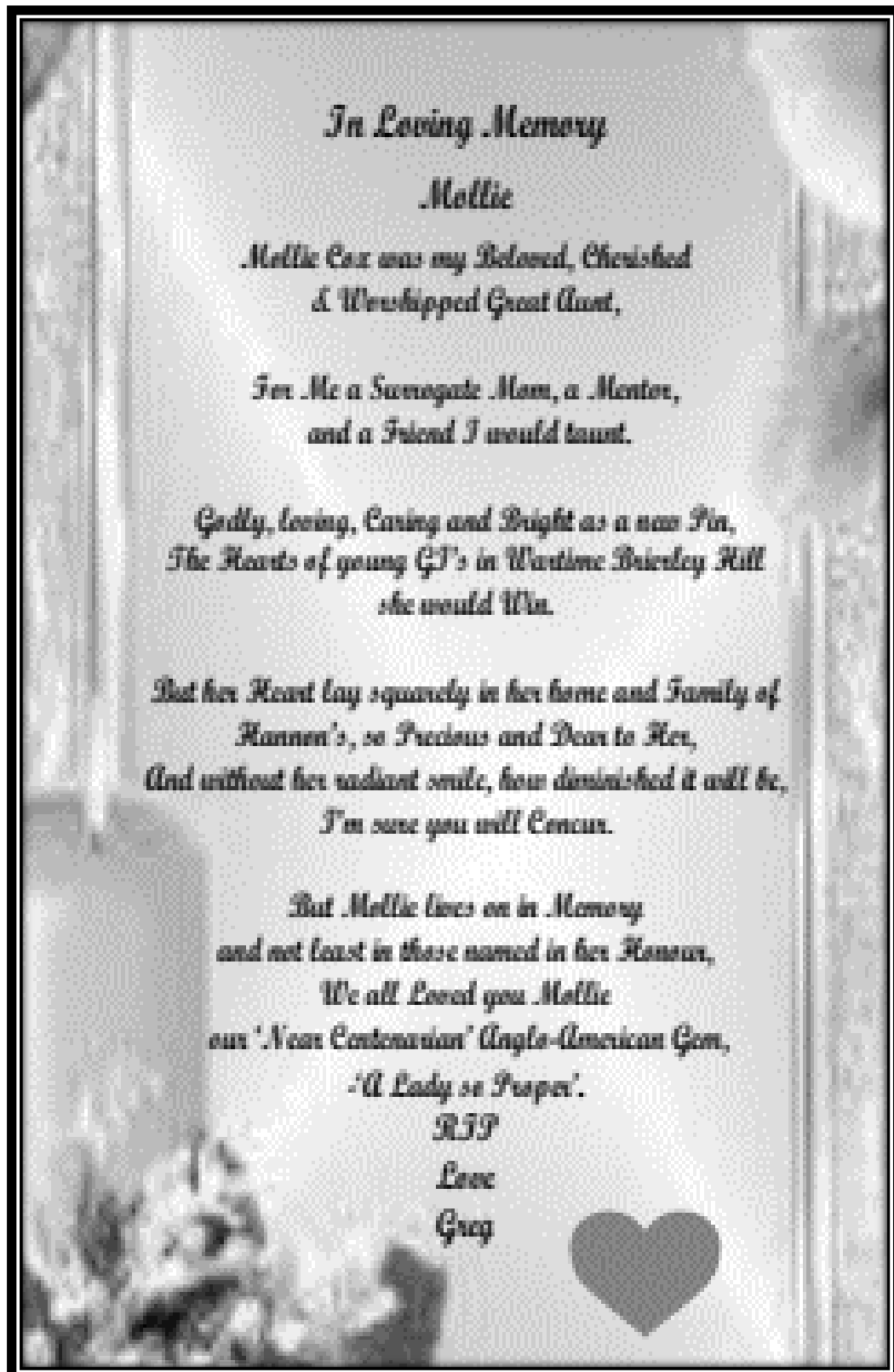
One formidable lady whom I'd like to mention as an inspirational example at this juncture is 'Aunt Mollie'. Mollie Brown left post-war England to follow her dream with a dashing young husband to-be Sid Cox. She had passed the war years being a best companion for my mom, her niece although there were only a few years between them. After my own mother's passing I kept in touch with her, writing to her with my heart on my sleeve, calling her my 'Surrogate Mom'.

Higher consciousness is the consciousness of a God or 'the part of the human mind that is capable of transcending typical animal instincts'. Mollie was at peace and as one with her God all her life and lived a holy life and wholesome life putting her family first.

Mollie always offered more than she ever expected to receive, following her Faith and belief in the 'Golden Rule of Reciprocity'. Emotional Reciprocity exists when you provide empathetic support to someone and, when you're in need, that person meets you at an equal level to provide you with empathetic support. It's a mutually beneficial relationship with balanced levels of give and take. Mollie gave love and moral support to, and doted on, her daughter, Cynthia, her Son-in-law Dennis, and the grandsons Ryan and Sean and the great-grandchildren. She did likewise to me and my sisters and particularly to my mom with whom she bounced all her emotions off throughout their lives.

Mollie only understood 'Positive Karma', and never had a bad word for

anyone, outside the political arena. She was Kind in her demeanour and Generous in her Spirit and Soul. I put her on a pedestal and cite her as an example to us all. Just months before her death, I finally got around to writing to her in the USA ["Bye Mollie", USA 2020].





**"BYE MOLLIE"
(USA, 2020)**

"My Dearest Mollie

The lovely pictures of my 'Great' Aunt on Facebook at 99 and a bit; and the great picture of the whole family on Dennis' Homepage has finally brought me to put pen to paper- snail mail always your preferred form of communication [but I'll scan and WhatsApp it to Cynthia].

I don't know the names of all your great grandchildren, but I know there is a sweet little one called 'Mollie'. Now I bet that name selection was no more a coincidence than you naming your daughter Cynthia [after my mom].

I was back in the UK recently to give the eulogy at Paul's funeral. Despite his debilitating physical condition ever since his stroke nine years ago, it was lung cancer which caused his demise. We always stayed close and I took him to the 'Pub' just three weeks before he died.

Dirk is fine but with his hands full caring for Marlene who has some form of illness affecting her muscles in her throat and ability to swallow, for nearly three years now. Plus caring for his autistic son James who has deteriorated since his wife left him.

But enough of negatives. The 'Hart' and 'Brown' families have long lasting genes, and you are set to beat Nan's record of 102 years young. If I can make it I'd love to make it over for your 100th. I keep in touch with Sean by WhatsApp, and he seems a nice guy (not just because he has a healthy interest in the progress of Wolverhampton Wanderers in the UK Premiership). I know Jamie and Matt have met up with him also. Jamie had a most wonderful wedding in Romeo & Juliet's fair Verona, Italy last September. They followed on with a six-month honeymoon cross half the globe again and doing all the hot spots in Canada, West Coast of USA, Mexico and Costa Rica. Amazing. I told her my honeymoon lasted 6 hours!

Carolina is fine still living in Peru. When I left the UK in April 2014, I had lost Demi, my home, my job, and most of my money- but Cindy elected to come with me and we bonded like never before. She's now back in the UK and living in Birmingham with her English partner Connor, of Irish parents- seems a great guy.

I went back to the UK five times last year to be at the side of Tanya whose brain tumour finally got the better of her. She died next to me at 3am, the very day when at 8am I had to fly to Verona and put a smile on my face and make an entertaining speech as the proud father of the beautiful bride – and she was, and I was, and I did.

Demi had a hysterectomy and I visited her in the UK. We remain good friends and the love is still 'palpable'. She still says she would have lived in a tent for me, had I not... I guess she suffered too much with my drinking and womanizing.

I have a lovely modest studio apartment in Spain, my new baby is a 23-year-old Jaguar XK8, and at last a sensible as well as kind and caring (albeit bossy) partner named Maricarmen (also from Peru who I met there in 1983). So... all for now. I love you with all my heart. You are an inspiration, a great example and mentor for your entire family.

Love Greg"

Lessons Learned



SECTION 23- LESSONS LEARNED "Consciousness, Reciprocity & Inclusiveness"

1. KEY LESSON: - "The importance of understanding the concepts of Consciousness, Reciprocity & Inclusiveness Consciousness, Reciprocity & Inclusiveness is paramount, and everything that precedes this in the Book, is only in preparation for you setting your own Blueprint about how you spend the rest of your life.
2. *Consciousness is to appreciate the Basis of Existence – some call it God, but it's putting a meaning on something that in itself can't be defined. Only humans are sophisticated enough creatures to access the dimension of Consciousness*
3. *Consciousness is acting consciously not compulsively. The Basis of Spirituality is doing everything Consciously*
4. *For most of us, our Psychological Creations have become larger than the Creator's magnificent creation. Correcting this compulsive behaviour and evolving into Conscious action is the essence of the Spiritual process.*
5. *The Governing Rule' of Religious Understanding is 'The Law of Reciprocity'- ie. 'Do unto others what you would have done unto yourself.*
6. *'Do good and things that benefit others, and without asking or expecting- you will likely receive good out of it – even if it is only your good feeling about yourself.*
7. *Notions of justice, love, compassion, and other virtues have all been related to the rule by various religious traditions. Accounting for all of these considerations and responding to common objections, both Wattles and Gensler have convincingly defended the Golden Rule from*

its detractors and have presented it as a viable principle for a modern moral philosophy.

- 8. Inclusiveness is- the practice or policy of including people who might otherwise be excluded or marginalized, such as those who have physical or mental disabilities and members of minority groups*
- 9. Inclusiveness is not just the fundamental nature of the spiritual process, but the very basis and goal of life itself. - Sadhguru Jaggi Vasudev*

MISSION STATEMENT: At the 'Personal Level' - The basis of my Spirituality will be my Inclusiveness. Going beyond the physical. Going beyond boundaries. Being Boundary-less. At the National Level we must strive to help strengthen the state because it creates peace and harmony among different sections and societies and among people with different abilities. It brings tolerance and teaches them the importance of respecting others. It makes the employees more successful. Appreciating diversity, equality and equity, cooperativeness, participation, community, and sustainability. "

Part Six

The Personal Blueprint

"PURPOSE – DESTINY – HAPPINESS"



"There is only one happiness in life, to love and to be loved."

-George Sand

24.

Purpose & Destiny

PEOPLE WITH TRUE PURPOSE FULFILL THEIR DESTINY AND FIND happiness. Purpose is the destination while Destiny is the pathway that takes you there. Find your Purpose and Fulfil your Destiny (by doing what's necessary)- is the clear life message that provides 'The Final Solution'.

However, the 'Eureka Moment' and climax in the search for the Purpose and the practical way to achieve Destiny in the doing - are somewhat more elusive to discover. They require a way to find oneself while battling through life's maze of distractions and goals set in a world of day-to-day Competition, Conflict, Materialism, Technology and Artificial Intelligence. So, it has become more difficult in these modern times of exponential technical growth since the years Before Google. In post pandemic 2021 more than ever, we will need new inspiration, ideas, information and tools to help us live happy and purposeful lives.

Section 16 was about the specifics (for you) of how you can Identify Your Inner-Calling, Your Destiny, Your Route to achieving your New Purpose, that hitherto maybe you've been too busy with your "busyness" in day-to-day life, to think about. It requires Understanding your Personality a lot deeper and Going beyond your Ego- to trigger the desire for Change. A separately published Book 'This is your Destiny' is dedicated to Specific Focus on that very Personal Analysis without the Theory. After all, unleashing that 'Genie', the hidden 'Calling' which is the Answer to You 'Fulfilling Your Destiny'- is what it's all about and probably the main reason you bought the Book.

Now you have decided the 'What', there is the 'How' to consider. To achieve that 'True Purpose' and fulfil 'Your Destiny' requires a Plan, a Strategy, Tactics, Practical Action, not just daydreaming. And the Action will require 'Changes'- maybe in your career, work practices, spouse and family matters, location, lifestyle, time management, etc. Below I discuss some of the drivers, ideas, information and tools that might help.

As the Covid 19 virus started to decline slightly, at the time of writing in the second half of 2020, people seemed to have somehow become more philosophical in their approach and moved on in terms of their appetite for returning to their old work regime. Some used time in 'Lockdown' to get

closer to loved ones and may be simply grateful for not catching the virus themselves. Of course, people have suffered financially, some irretrievably. But a seeming unwillingness to go back to the same is not laziness, but a new sense of priority.

If you reflect on people, who spent their life in a job, however successful their careers may have been, whether they feel really fulfilled upon retirement. Irrespective of their achievements and dedication to their cause at work- most will be reflecting on lost time, neglect of not spending enough time with loved ones, or worse. Having dedicated their lives to working in a company may give them a sense of pride for what they achieved in being responsible and dedicated- but at the end of day it was just a job. It paid the mortgage and the school fees, but wasn't their Life Purpose nor Destiny, that was their duty. After completing the Analysis Exercises, you will hopefully have identified for yourself your new direction and intent – Your Inner-Calling, Life Purpose and Destiny. Now you are going to live your Destiny out. I doubt whether it features in your 'Day Job'.

So, I'm hanging my hat on the quote that 'Purpose is the destination while Destiny is the pathway that takes you there'. It is an inevitable route to purpose. For example, Jesus came to save us from sin, but He was destined to taste death on the Cross, and He eventually had to submit to His Destiny, in order to fulfil His Purpose. Tough call, to which few of us could contemplate.

Many people spend their lives reacting to situations instead of being proactive and figuring out the needs and values that drive them. 'Swimming with a shoal of salmon rather than hunting with the Barracuda'. Even when some think they know their purpose they often mistake it with a short-term goal. Many others who are asking themselves what their Purpose is in life- truly want to find meaning- but they become complacent, de-motivated by setbacks, disinterested or at the very worst- cynical in their final analysis.

None of us are beyond reproach, but none of us should be beyond redemption. You can make changes if you want.

Goals, like buying a house or opening a business, yield a sense of achievement and are essential to living the life you desire. But Purpose takes your life to a far higher level. 'Goal Setting' is not to be belittled, but it's only the stepping-stones to achievement. Your 'Purpose' is what you consider your final destination- and to get there it might have nothing to

where you were. A new environment may also help you to stop bad habits like drinking too much in bars with the same old loser colleagues.

- *FORGET SHORT TERM GOALS-* If you focus only on achieving short-term goals, you will never find your true passion or learn how to find your purpose. The goals you work toward must always be based on pursuing your New Purpose.
- *FORGET PAST CONSTRAINTS AND TAKE OWNERSHIP OF YOUR LIFE -* If you let your past conditioning control how you evaluate your life and discover your Purpose, you're going to live a life based on others' expectations. Don't look outside of yourself, look inwardly and truthfully. True fulfilment comes from designing your own life. This is how you unlock the extraordinary. To find your purpose, you must decide what's truly right, and know it in your heart and soul. You must not let yourself be driven by fear or anxiety, or other people's views.
- *DEVELOP THE BIGGER PICTURE-* Before you can ask yourself "What is my purpose?" you first have to know what an ideal world looks like for you and how you fit into it. Maybe you can't change the world, but you can have a view and play your part. You can campaign, promote policies, vote well, act in the community, you can ask questions – for example: "Can Health, Wealth and Global Warming be balanced?" (This is why this Book contains so much reference to Global Issues affecting us all- Power, Wealth, Economies and Politics, Climate Change, Poverty, Corruption, Leadership, Personalities, Egos, Shared Principles, Sex, Spirituality and Philosophy). Create a Global Life Vision view of your own, identifying what life would look like if you and everyone else were living up to their fullest potential, including a moral set of ethics, and exercising the key ingredients of a Global Blueprint- 'Consciousness, Reciprocity and Inclusiveness. '
- *ABANDON MEDIOCRITY-* Consider what you would do if you had no restrictions. Disregard any thoughts about what you should do or how other people might like you to live, be your own (Wo)man. Don't drift into mediocrity again. Don't do the exact same thing day in and day out. Look for any opportunity you can to do something out of the ordinary. Add adventure to your life, break out of your status quo.
- *DECIDE and then ACT-* With new purpose set an idea of the type of future you'd love, and the practical steps you can take to start on the

path. No matter what you decide to do, the choice should be your own. Don't let critics scorn at you new life mission. Keep in mind that their opinions are just that- their opinions. You are the only one who can—or should—control your Destiny. That is not to say that you shouldn't seek counsel from people whose opinions you respect and trust.

- *PERSERVERE- You will feel passionate once you've found the new path you want to take, it will be only too apparent to you. It will be what you've decided to do, not a product of blindly following instructions in this Book or any manual. If it's so profound, it is likely that you will have to persevere through diversity, difficulties, trials and tribulations but keep pushing through, no matter what obstacles come your way. If you have chosen the right Purpose- be positive, committed, and work passionately. The chances are, you'll reach your ultimate goal in time to become your Destiny. Destinies that require an early death in order to leave a lasting legacy are invariably sad.*

If the Analysis is too deep and you are uncomfortable with some of the life decisions or actions. I'm saying you might have to make to fulfil your Purpose- take heart. Some theories about Purpose are not so deep, and they represent simple and painless action to achieve Purpose. I am prepared to consider other views.

There is an emerging idea of there being 'Primary and Secondary Purpose'. According to Eckhart Tolle, a spiritual teacher and best-selling author, the question of finding your life's purpose is best approached by realising that there is a 'Primary and a Secondary Purpose'. And they differ remarkably in their nature. The concept of secondary purpose is exactly that being discussed, debated and written about most of the time, including this Book.

Secondary Purpose, Tolle claims, has to do with finding 'Mission' or life's 'Inner-Calling'. Familiar stuff for those who have read thus far – a 'Secondary Purpose' primarily concerned with where we want to go in life, pursuing 'Real Purpose'.

The problem with this type of Purpose, however, according to Tolle's analysis is that it implies a 'future'. Or put simply... we basically need time to get there. And this is where the secondary purpose differs from the primary purpose. Primary Purpose does not involve time. In fact - and as simple as it may sound - the primary purpose of your life he concludes is: "to be, exactly where, how and who you are, right now, in this very

moment.” Rather similar to the Buddhist view.

What could be easier? I’m in the Pub watching the match and I feel real Purpose and I’m Happy (we are 2-0 up). On the surface, I’m being too cynical about this - the immensity of being where you are, right now. There is a lot to be said for living for the moment- and the sense of being grateful for all we have in this world and life. That’s spirituality with consciousness, not animal instinct.

In spiritual terms, everything has come together, in this very moment, and placed you right here, right now. And your primary purpose should be to align yourself, to that truth.

In this sense, but in this sense only, in my opinion, this Purpose (which I wouldn’t call Primary) is with you all the time, the entire day, every day of your life, and in everything you do. Being aware of that is accepting our existence. It’s your ‘Higher Purpose’.

Eckhart Tolle’s analysis suggests that if we are not aware of the present moment, then our actions have the tendency to become a means to an end in whatever we do every day; and we are essentially living in a conceptual world, with our mind wanting us to be somewhere different in the future. I’m afraid for me that while this conclusion accepts our awareness of existence and consciousness, it denies our evolution, our progress, and our need as the most intelligent and only conscious species on the planet to be driven, not merely by awareness but by a need for a ‘Higher Purpose’ in life. Both the journey and the destination are important, and it is consciousness and awareness of their meaning which are their life blood. [“Listen to Jeff Bezos”]. The richest man in the world (head of Amazon) is worth listening to, surely. Music to your ears. “It’s all about meaning” ... “People want to know they are doing something interesting and useful” ... “Be proud not of your gifts, but of your hard work and your choices” ... “Always take a long term point of view. A lot of people say you should live for the now. I’m not one of them. No, you should think about the great expanse of time ahead of you and try and make sure you are planning for the future in a way that will make you satisfied and works for you.” Success is Music also, Eckhart take note:



**"JEFF BEZOS"
(MOTIVATION HUBS)**

<https://www.youtube.com/watch?v=EctzLTFrktc>

*"When you find your passion,
It's a fantastic gift for you because it gives you direction,
It gives you Purpose.
You can have a job or a career or have a Calling.
The best thing is to have a Calling."*

In Section 22 on the 'Truth about Success and Happiness' I did talk about 'Dogs'. They live totally in the present. They do not worry about the past and do not dream about the future. They do not contemplate the concept of 'Purpose or Destiny'. And Dogs are naturally happy, their 'Happiness' is very much in the 'now'.

But Dogs are dogs and Homo Sapiens are human. Rather like my Anecdote about the 'Discerning Ant' in Section 19, or my focus on 'Consciousness' in Section 23- I conclude that we have evolved (or been created) as a species of Higher Order - Creatures with Consciousness (although sometimes you wouldn't believe it). As such we owe it to our creator, if not our families, communities, countries and planet earth – to exercise some common purpose and meaning to it all. If your nine to five job - and sitting in the pub all weekend watching your favourite football team and abusing the referee vociferously and offering your drunken superior advice to the club's manager – is your only Purpose in Life, give me an ant's view, or that of a kindly elephant, any day.

In Section 15 on 'Going beyond the Ego' I explore in more depth the idea of Self-Transcendence and Spirituality being connected. One of the inherent qualities of self-transcendence is the expansion of one's consciousness beyond the self, to something higher. We are also the only species on the planet that can be inclusive and help others in a way that is much more than natural instinct. If you are not able to put your own needs and interests aside and see the big picture and how you fit into it, you are unlikely to experience Self-Transcendence nor find True Purpose and Happiness.

Famous People and their Destinies

Bear in mind that it was not always easy, not even for the most successful or famous of people.

*"Hardship often prepares ordinary people for extraordinary destiny."
– C S Lewis*

Maybe one of the most inspirational examples is the life story of Oprah Winfrey. Oprah had a difficult childhood. She lived in great poverty and often had to dress in potato sacks for which she was mocked at school. She was also sexually abused at an early age. Her response: "Turn your wounds into wisdom...move on...The biggest adventure you can ever take is to live the life of your dreams."

And, for me, her most Inspirational Quote:

"What I learned at a very early age was that I was responsible for my life. And as I became more spiritually conscious, I learned that we all are responsible for ourselves, that you create your own reality by the way you think and therefore act. You cannot blame apartheid, your parents, your circumstances, because you are not your circumstances. You are your possibilities. If you know that, you can do anything." – Oprah Winfrey

Well she took control of her life, she pursued her dreams and she succeeded and is one of, if not the richest black female Chat-Show host and performer in the USA. Her Destiny was to put her difficult childhood behind her and 'Just Do It'.

Others have 'made it' only to find their Legacy being more about their untimely Demise (usually alcohol and drug related) than their Talents, Music or Acting prowess. There are too many celebrities to mention in this category, from Amy Winehouse to Janice Joplin, Michael Jackson to Whitney Houston, and Judy Garland to Marilyn Monroe.

In 1976, Elvis Presley aged only 42 died from multiple causes; fourteen different drugs were found in his bloodstream. Presley's Purpose had been to become someone through his singing. His Destiny was an early death due to his lifestyle. But his Legacy was only cemented by such a death giving him legendary status, deeply ingrained in popular culture, and crowned "The King of Rock and Roll."

"I didn't know what I wanted to do as a kid. But I used to pray to God that I'd amount to something someday. I never dreamed that something like this would happen. – Elvis Presley

Lady Diana set her Purpose at the time of her marriage to be the best wife to Charles and Princess, and subsequent mother that she could. She was young, circumstances changed and apart from several affairs she immersed herself in her work. She was celebrated in the media for her unconventional approach to charity work. Her patronages initially centred on children and youth, but she later became known for her involvement with AIDS patients and campaigning for the removal of landmines.

Since her untimely death in a car accident, Her Legacy has had a deep impact on the Royal Family and British society. She might have claimed at one stage that her Purpose became just her children, her charity work and "the love of her life" British-Pakistani heart surgeon Hasnat Khan. In reality it was her Demise that stamped for ever her Legacy as being "The People's Princess", ["Goodbye England's Rose", Elton John]. And Ladies of Fame and Beauty who die young, stay young. I cite Eva Peron as another example.

Both Mother Teresa and Princess Diana were known for their intense compassion and charity work with the poor and needy. Mother Teresa had a lasting impact on the Princess, who was inspired by meeting her. Mother Teresa didn't die young but she did die within a week of Lady Diana. Sir Elton John also re-wrote a song for her, "Sandals in the Bin!"



**"CANDLE IN THE WIND/GOODBYE ENGLAND'S ROSE"
(ELTON JOHN)**

<https://www.youtube.com/watch?v=1o9rLDCfO6o>

*"Goodbye England's rose
May you ever grow in our hearts
You were the grace that placed itself
Where lives were torn apart
You called out to our country
And you whispered to those in pain
Now you belong to heaven
And the stars spell out your name"*

Software developed by computer experts Steven Skiena and Charles Walker in 2013 started using algorithms to rank people of fame according to opinions expressed on the internet. Not wishing to play importance to such dubious or debatable listings it is interesting to look at how the 'World's Most Important People' played out their 'Passions with Purpose', and how their 'Destinies and Legacies' will live on, leaving their marks either positively or negatively for the Ages to Come. The 'Top Ten' were listed as such, take your own informed view.

1. Jesus
2. Napoleon
3. Muhammad
4. William Shakespeare
5. Abraham Lincoln
6. George Washington
7. Adolf Hitler
8. Aristotle
9. Alexander the Great
10. Thomas Jefferson

Commenting in further detail with reference to the Biographies of a few of the Top 50 ["A Few Famous People"]:

- **WILLIAM SHAKESPEARE**- William Shakespeare the English poet and playwright is widely considered to be the 'Greatest Writer in the English language'. He wrote 38 plays and 154 sonnets. His Destiny was to write Plays.

"Shakespeare, no mere child of nature; no automaton of genius; no passive vehicle of inspiration possessed by the spirit, not possessing it; first studied patiently, meditated deeply, understood minutely, till knowledge became habitual and intuitive, wedded itself to his habitual feelings, and at length gave birth to that stupendous power by which he stands alone, with no equal or second in his own class; to that power which seated him on one of the two glory-smitten summits of the poetic mountain, with Milton's his compeer, not rival."– Samuel Taylor Coleridge

"A FEW FAMOUS PEOPLE"



Jesus



Adolf Hitler



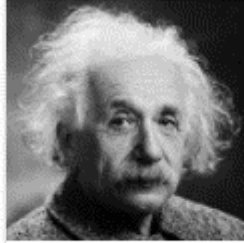
Marilyn Monroe



Donald Trump



Mao



Albert Einstein



Cleopatra



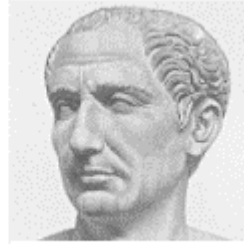
Michael Jackson



Charlie Chaplin



Abraham Lincoln



Julius Ceasar



Joan of Arc



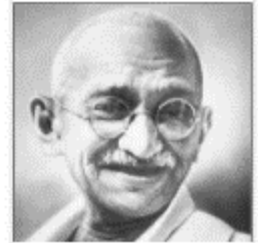
John Lennon



Mother Theresa



John F. Kennedy



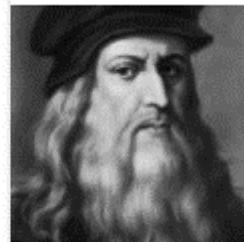
Gandhi



Nelson Mandela



Princess Diana



Leonardo Da Vinci



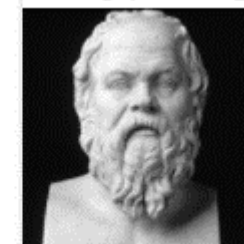
Christopher Columbus



Queen Victoria



Pablo Picasso



Socrates



J.K. Rowling



Audrey Hepburn



Steven Spielberg



George Washington



Frida Kahlo



Winston Churchill



Madonna



Augustus



Van Gogh



Leonardo DiCaprio



Jane Austen



Paul McCartney



William Shakespeare



Johnny Depp



Joseph Stalin



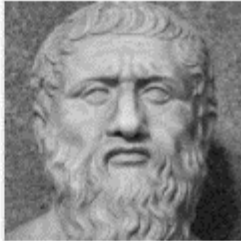
Tutankhamen



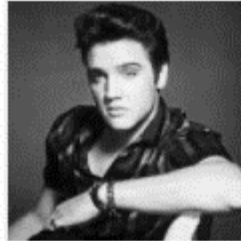
Charles Dickens



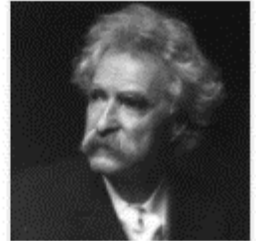
Vladimir Putin



Plato



Elvis Presley



Mark Twain



Barack Obama



Whitney Houston



Michelangelo



Tom Hanks

Source: List Challenges

- **MARILYN MONROE**- Although Monroe cultivated an image of the 'dumb blonde' – in fact, her image and persona was something she took care to cultivate and develop – through the media and the strength of her acting. Although many were dismissive at the time, she took on the powerful Hollywood studio system and, against expectations, developed her acting career with her own intentions. However, behind her confident public persona, she struggled with relationships and resorted to a heavy drug use, which had a damaging impact on both her mental and physical health. In one sense, Monroe lived the American dream – rising from anonymity to become a famous actress, but it was a Dream and Purpose tinged with sadness for fame did not bring peace of mind or happiness. Her Destiny was also to become her lasting fame for her beauty and lifestyle (and love affairs within the White House) long after her death.

"I am good, but not an angel. I do sin, but I am not the devil. I am just a small girl in a big world trying to find someone to love."- Marilyn Monroe

- **ABRAHAM LINCOLN**- Lincoln was one of the Greatest US Presidents having lived his Calling, his Purpose, which became his lasting Legacy, despite his assassination. No wonder he comes in 4th place after religious leaders like Jesus and Muhammad.

Lincoln was widely regarded as one of America's most influential and important Presidents because apart from saving the Union, promoting Republican values, and bringing about the emancipation of the slaves, Lincoln was also viewed as the embodiment of the ideals of honesty and integrity.

"Posterity will call you the great emancipator, a more enviable title than any crown could be, and greater than any merely mundane treasure."

- Giuseppe Garibaldi, 6 August 1863.

"With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds...." – Abraham Lincoln

"I have always thought that all men should be free; but if any should be slaves, it should be first those who desire it for themselves, and secondly, those who desire it for others. When I hear anyone arguing for slavery, I feel a strong impulse to see it tried on him personally."

- Abraham Lincoln

Five days after the surrender of Robert E. Lee and the Confederate Army, Lincoln was assassinated by John Wilkes Booth while visiting Ford's Theatre. Lincoln's death was widely mourned across the country.

- **NELSON MANDELA & SIR WINSTON CHURCHILL**- Different but Similar. Warmonger and Pacifist. Nelson Mandela was of course the South African political activist who spent over 20 years in prison for his opposition to the apartheid regime; he was released in 1990. In 1994, Mandela was later elected the first leader of a democratic South Africa. While winning his freedom and becoming President was his Destiny, his Purpose was always to end the injustice of Apartheid.

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."– Nelson Mandela

If there was ever a story about Purpose and a Destiny- it was displayed by Nelson Mandela and Winston Churchill with their tenacity and determination.

"If there are dreams about a beautiful South Africa, there are also roads that lead to their goal. Two of these roads could be named goodness and forgiveness."– Nelson Mandela

"I felt as if I were walking with destiny, and that all my past life had been but a preparation for this hour and for this trial... I thought I knew a good deal about it all, I was sure I should not fail."– Winston Churchill, *The Second World War*

"What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?" – Winston Churchill

- **MOHANDAS GANDHI**- And then there was Gandhi. Mohandas Karamchand Gandhi was an Indian lawyer, anti-colonial nationalist, and political ethicist, who employed nonviolent resistance to lead the successful campaign for India's independence from British rule, and in turn inspired movements for civil rights and freedom across the world.

"When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and

murderers, and for a time they can seem invincible, but in the end they always fall. Think of it—always.”– Gandhi

*After holding up a cup of salt at the end of his salt march he said:
“With this I’m shaking the foundations of the British Empire.”–
Gandhi*

Gandhi declared that he was a seeker of the truth and that’s Destiny in itself. Shaking the foundations of the British Empire certainly was.

“In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth.”– Gandhi

Gandhi also said his great aim in life was to have a vision of God. Maybe that was his Purpose rather than Winning Independence for India peacefully.

- **VINCENT VAN GOGH-** Then there was Van Gogh, a true visionary. Van Gogh lived from moment to moment and was never financially secure. He put his whole life into art and neglected other aspects of his life – such as his health, appearance and financial security. During his lifetime, he sold only one painting – ironic since now Van Gogh’s paintings are some of the most expensive in the world. These examples are gems.

*“What am I in the eyes of most people — a nonentity, an eccentric, or an unpleasant person — somebody who has no position in society and will never have; in short, the lowest of the low. All right, then — even if that were absolutely true, then I should one day like to show by my work what such an eccentric, such a nobody, has in his heart. That is my ambition, based less on resentment than on love in spite of everything, based more on a feeling of serenity than on passion.”–
Vincent Van Gogh*

- **J.K. ROWLING-** Finally, a lady who went through difficulties and became richer than the Queen of England.

“There’s always room for a story that can transport people to another place.”– J.K.Rowling

Yes, Success and accumulated Wealth can give you a sense of achieved Purpose and Destiny and Happiness. How many famous and successful sportsmen just say with pride: ‘Playing tennis, golf, football... was my

Destiny'. If it involves achieving your Life Purpose it is especially so- but that's not always the case ["Tony Jacklin- Fore!", UK 1970].

"Your own Life Purpose is your own Precious Dream, Passion and Aim in Life all rolled up together. Only you personally can unravel the truth. But I can tell you, it is unlikely to be a lifelong subservient employee selling your time to a boss, a servant to any bully, a prostitute selling your body to someone undeserving, or an abused wife or husband. It is to be you. "



**"TONY JACKLIN- FORE"
(UK, 1970)**

"Tony Jacklin's story can teach us about Purpose and Destiny, almost in spite of success. Son of a lorry driver, he became the best UK golfer of his generation. But at 55, Jacklin quit competitive golf because of the unacceptable stress which it causes him. He wasn't Happy. 'When I won the US Open, my wife Vivien said my voice had gone up three octaves with the stress, but at 25 I had lots of ambitions, and nothing was going to get in the way of them'. He went on to say 'Golf has never given me what I would consider a lucrative living. Perhaps sometimes I could have been better advised and I could have made more from sound investments. Either way, what I made out of golf is all gone. I still need to work.' It is clear to see that despite his success, Golf had not fulfilled him, neither spiritually or financially.

He had suffered setbacks and tragedy in his life. His first wife Vivien died suddenly of a brain haemorrhage in April 1988, aged 44. In an interview in 2002, Jacklin said: 'You can't understand the anguish of losing a spouse until it happens to you. I lost my will to live after my first wife died. I contemplated doing something very terrible to myself. Eventually I recovered.'

Jacklin said in an interview in 1989 that he was barely on speaking terms with his mother. 'To get along with people I have to like them.

My mother and I don't get along. I don't share the belief that blood is thicker than water. She has tried to run my life long enough,' Jacklin said. Had she stopped him from pursuing his Real Purpose?

But At 76, Tony Jacklin 'Has Never Been Happier'. He still swings the sticks, but now devotes most of his time to artistic woodworking, as well as to designing and renovating golf courses. He also co-wrote his first novel, 'Bad Lies', published in 2018 to good reviews. His quotes of late are very telling:

'Golf is a microcosm of life. It's filled with ups and downs and every day you start over. It takes infinite patience and hard work. You don't need any other hobbies if you want to be good at golf. I think what makes it the greatest sport is that you can play it when you're 8 and when you're 80. You can play with your grandkids and your heroes. You couldn't get out on the tennis court with Roger Federer, but you could play a round with Jack Nicklaus.

I am the happiest I have ever been. The only sad part is that when you get past 65, life seems to go by so fast. It makes you take pleasure in every day.

The moral- Golf is a great Game for him, and he put his Passion, Dedication and all his Time into pursuing it as his Purpose early in life. But Time is passing quickly now, and he seems to have a sense of lost time. Golf didn't provide him Happiness- it stressed him out and his putting suffered. It was not his Destiny to find Happiness in a life playing golf. Woodwork is enough to do that now seemingly.

Another maverick golfer, John Daly quit competitive golf after the Murphy's Irish Open at Druids Glen, where his last two rounds were 81 and 74 en-route to 67th place from 68 qualifiers. His benefactor, Eli Callaway, said 'In my book, he's probably going through one of the most difficult recovery periods any alcoholic has gone through. He's trying to recover in one of the most stressful, difficult games on earth and be a champion in front of millions.

Daly has been successful in multiple businesses. He is endorsed by Loud-Mouth Golf Apparel and owns a golf course design company. In addition, Daly has written and recorded music, and has released two music albums. But, Daly's ('Long John') Legacy is what he is best known for- Primarily for his driving distance off the tee (and entry in the Guinness Book of Records), his non-country club appearance and attitude, his exceptionally long backswing, the inconsistency of his play, and his personal life. You can't have it all. 'Drive for Show Put for Doe'.

His quip was 'All my ex-wives wear Rolex watches.... I've spent \$12 million- \$3million on Drink, \$3million on Women, \$3million Gambling, and I wasted the rest'. In reality he allegedly lost \$60 million gambling, and probably a similar sum in divorce settlements.

We love likeable rouges in Sport- Daly, George Best, Alex Higgins to name just three."

At five like every little boy, I wanted to be a Train Driver, at eleven it was an Airplane Driver. By fifteen I knew being a Train Driver was not my Destiny, although there is no stigma attached to being one. Neither was being a Pilot, because of a perforated eardrum and in this case a stigma attached (in my right eye). So why not follow my passion and become a Professional Golfer. I became obsessed, I played 54 holes a day during school breaks and watched my hero Tony Jacklin on TV when it was too dark to play myself. But my Passion wasn't matched by my ability and whatever you decide is your Purpose to achieve in life, you have to be realistic about whether you can make it. Failure is unlikely to bring with it Happiness. At seventeen I decided it was to become a Rally Driver, and had to be told, by World Renowned Rally Instructor Andy Dawson, on a Rally Course I attended, that I wasn't quite good enough. Maybe, in hindsight, I shouldn't have given him the credence he expected or maybe deserved- because I was driven (sorry for the pun) and I was good. But at that time my mother convinced me that University should be my priority. My passion for cars continued for the rest of my life, and my mom some years later said maybe I should be a car dealer if cars made me so Happy. Taking over my Grandfather's Transport business is probably one mistake I made, but who knows- maybe it wasn't to become my Destiny. My Grandfather was a mentor to me, and he passionately wanted me to take over his firm one day. If Destiny was calling - Seven Years at three Universities never really filled the hole that not fulfilling my youthful sporting and career passions created. I realised that also when I fell in love with a Filipino girl who said she only dated Professional Golfers and Airline Pilots!

But Rallying and Golf are Competitive Sports, and I'm not naturally competitive with others. You have to match your passions with your Personality Traits. But I would point out that in both sports you are competing with the elements rather than the Driver or Golfer next to you. You don't have to look them in the eye, they are elsewhere on the Race Circuit or Golf Course.

So, finding real Life Purpose, that Inner-Calling, and finding your Destiny don't always hit you in the face, or come with following childhood passions, or though they can. Civil Engineering became my Career- but it was never my Passion- that's why I went back to school

and studied an MBA at Business School. An international career was to follow. But getting drawn into Global Infrastructure and the Corruption and Politics in the Macho Construction Sector around the countries of world didn't do it for me either. But perhaps those experiences sparked in me the desire to Write. My first attempt at writing about my Industry met with little success in 2017. Maybe it has become my Destiny to write again, this time in 2020, from the heart- that will provide the success, and money, to help me continue to achieve with my Life-Long Purpose. After all my father was a journalist. My Primary Purpose is, always has been and always will be 'The Love & Protection of, and Provision for my daughters'-(since November 10th, 1989). Prior to that date I couldn't have expected that.

Lessons Learned



SECTION 24- LESSONS LEARNED "Purpose & Destiny"

1. KEY LESSON: - "People with True Purpose Fulfill Their Destiny And Find Happiness. Purpose is the destination while Destiny is the pathway that takes you there. Find your Purpose and Fulfil your Destiny (by doing what is necessary)- is the clear life message that provides 'The Final Solution'.
2. Goals, like buying a house or opening a business, yield a sense of achievement and are essential to living the life you desire. But Purpose takes your life to a far higher level. 'Goal Setting' is not to be belittled, but it's only the stepping-stones to achievement. Your 'Purpose' is what you consider your final destination- and to get there it might have nothing to do with your past life or actions or achievements. Invariably it will entail change.
3. Forget Past Constraints and Take Ownership Of Your Life - If you let your past conditioning control how you evaluate your life and discover your Purpose, you're going to live a life based on others' expectations. Don't look outside of yourself, look inwardly and truthfully. True fulfilment comes from designing your own life. This is how you unlock the extraordinary. To find your purpose, you must decide what's truly right, and know it in your heart and soul. You must not let yourself be driven by fear or anxiety, or other people's views.
4. There is a lot to be said for living for the moment- and the sense of being grateful for all we have in this world and life. That's spirituality with consciousness, not animal instinct.
5. "What I learned at a very early age was that I was responsible for my life. And as I became more spiritually conscious, I learned that we all are responsible for ourselves, that you create your own reality by the way you think and therefore act. You cannot blame apartheid, your

parents, your circumstances, because you are not your circumstances. You are your possibilities. If you know that, you can do anything.” – Oprah Winfrey

MISSION STATEMENT:- I will Decide and then I Will Act- With new purpose I will set an idea of the type of future I'd love, and the practical steps I can take to start on the path. No matter what I decide to do, the choice will be my own. I won't let critics scorn at my new Life Mission. I will Keep in mind that their opinions are just that- their opinions. I control my Destiny, not them. That is not to say that I shall not seek counsel from people whose opinions I respect and trust.”

25.

Happiness in the Spotlight

THE ULTIMATE ROUTE TO LIFE'S TRUE RICHES, SUCCESS AND happiness is Finding True Purpose in your Life and doing what's necessary to Fulfil your Destiny. That is the Conclusion I have reached and am sharing with you throughout this Book. And if you are not yet quite there, particularly if it's due to problems in the past, remember- 'Out of Darkness Cometh Light'. I draw your attention to the 'Key Messages' given in the Sections focused on 'Finding Personal Happiness'- Section 8: 'Be Careful What You Wish For'; Section 15: 'Going Beyond the Ego'; Section 20: 'Buddhist Wisdom'; Section 22: 'The Truth About Success And Happiness'; and Section 24: 'Finding True Purpose'. Do that, 'Decide on your Purpose', 'Act to Become your Destiny' and - Enjoy your Happiness.

So, what's the rest of the Book about. In Section 26 I summarize all the Key Lessons learned in the conclusion to each Section; and try to answer some of 'Life's Big Questions' as far as they can be answered. Finding the 'True Meaning in Your Life' and 'Your Destiny' are deliverables for the Book, not trying to answer: 'What's the Meaning of Life' and 'Where did we came from' or 'What's the Destiny for Homo Sapiens and the Planet itself'.

I don't have the knowledge, nor have done the research to be able to comment in detail about the Future of our Planet, and Environmental Issues affecting the Planet and their effects on our Survival chances, let alone our Happiness.

*"Our consumer society is running amok. The global population is growing by the second. We are turning the Earth's resources into waste faster and faster. And it's not even making us Happy."
- The World Counts*

Population Growth, Climate Change and other social issues of Ecology could be the subject of a book in their own right. As I mentioned in Section 19 on 'Great Principles Shared'- it's not a diversion I wish to take, given my focus on us as humans and how we can progress and improve and change ourselves at the personal level, here and now.

Nevertheless, these Environmental issues facing the world will be neglected at our peril. Take time out and watch and listen to Michael Jackson's graphic

video and shocking portrayal of our treatment of each other and our world and its wildlife. ["Earth song"- Michael Jackson]. What have we done to the world? He spoke. A man who always seemed troubled and unhappy. Despite achieving his goal to be a music performer, his childhood was far from happy. He was regularly beaten and threatened by his authoritarian father and this legacy of abuse left him scarred throughout his adult life. But he found Happiness both in his Music and his Fantasy Escape- 'Neverland'. Due to his Music and his early death, his Legacy will always be him becoming "The King of Pop" of all time.

"In a world filled with hate, we must still dare to hope. In a world filled with anger, we must still dare to comfort. In a world filled with despair, we must still dare to dream. And in a world filled with distrust, we must still dare to believe"

- M. Jackson



**"EARTH SONG"
(MICHAEL JACKSON)**

<https://www.youtube.com/watch?v=R-qZqU3g0do>

*"Did you ever stop to notice
All the blood we've shed before
Did you ever stop to notice
This crying Earth, these weeping shores."*

Sustainability of the Planet, by definition, is crucial to all our long-term Happiness and Survival. Young people are thankfully more attuned than previous generations were about the effects of 'Climate Change, Pollution and Population Growth'. Commendable Websites like TheWorldCounts.com were created with the intent, or at least modest hope, that it may contribute to such awakening. The Danish based Website aggregates numbers from Research Institutes, News Services and a variety of Organizations around the World. It states for example that - 'If the Earth's history were squeezed into one-year, modern human has existed for 37 minutes and used up a third of Earth's natural resources in the last 0.2 seconds.' (see my Anecdote 'Time in Perspective', Section 22 'The Truth about Success & Happiness'). The Web-Site notes on Climate Change and Population Growth include:

- *Climate Change - The threat of abrupt and irreversible climate change*

is growing. There is an increasing consensus that critical tipping points are approaching after which global warming will be impossible to stop. The loss of the Greenland and West Antarctic ice sheets would cause sea levels to rise 10 meters. This could happen already in this century.

- *Growing World Population- The world population of 7.7 billion people represent just 0.01 percent of all living things. Yet since the dawn of civilization, humanity has caused the loss of 83 percent of all wild mammals and half of all plants. The world is heading for 5 billion consumers. If everyone on the planet lives like western consumers, we would need 5 planets to support us.*

Some depressing statistics to contemplate, and serious matters for us all to address as humanity. All our actions have consequences.

Despite my Book's lack of attention to Global Environmental Issues, the rest of the Sections in the Book attempt to and are dedicated to summarizing all the broader Life Conclusions about our World as a group of individuals, and the Effects of our Actions. I've written them, not necessarily to address effects on Happiness, but they represent my views on a range of Global Issues affecting not just the Individual but All the Rest of Us in the World: 'The Wisdom of Change'; 'Scenarios for the World in a Post Pandemic Future'; and 'How to get Close to Greatness' as an Individual and as a World Society. I relate my own take on a 'Kind of Eutopia for the World'- 'Religious Congruence'; 'Social Capitalism'; 'Bottom-Up Working and Thinking'; 'Focus on Children and a 4-Day Week'; and 'Individual Consciousness and Reciprocity'.

But I want to go back to putting your 'Happiness in the Spotlight'. I did a 'Word-Count' of my Book so far and it stated that I've used the word 'Happiness' no less than 370 times already. Substantial coverage I suggest. What follows is an Array of Opinions with broad Consensus with extracts from 'World-Counts' Quotes on 'Well-Being and Happiness' and 'Forbes Reports on Billionaires'. After all it's a Cop-Out to declare that becoming a Billionaire wouldn't bring with it a 'Sense of Well-being', but a 'Guarantee of Happiness'?

Well-Being and Happiness

Is Happiness the Meaning of Life? What we are really asking seems to be, "When considering my life as a whole, is it best for me to pursue, as my ultimate objective, a state of overall emotional joy and contentment combined with physical pleasure?" Aristotle pointed out thousands of years ago in the *Nicomachean Ethics*, Happiness is the one thing that we do for its own sake, without reference to any further ends. For anything that we want, we want it either because the thing itself makes us Happier, or because it enables us to obtain some further good that will make us Happier. Then again, we may consciously think that we have higher and more noble motives than to make happiness our ultimate aim. Nonetheless, Happiness does appear to be what we do, in fact, aim for most as humans.

World Counts Relates:

1. Achieving all Levels of Happiness

Happiness is a complex concept that cannot be pinned down to one simple dimension. Daniel Nettle describes three levels / types of happiness in psychology each representing different aspects of the positive emotions we strive for as human beings.

LEVEL ONE HAPPINESS - represents momentary feelings of joy and pleasure. Short-term positive emotions sometimes referred to as simple pleasures. They can result from a good meal, a hobby we enjoy, watching a good movie, listening to piece of music we like, sex and so on. It is quite easy to observe this level of happiness because of the immediate feelings of joy people experience. These types of emotions are also pretty easy to measure and compare because brain scans show that certain parts of our brain are active when we have these emotions. This level of happiness is pleasurable, but the good feelings do not last for very long and we will return to our 'baseline' mental state quite quickly.

LEVEL TWO HAPPINESS- represents judgements about feelings, sometimes referred to as well-being (see below). The second level of happiness is more thoughtful and requires an assessment that goes beyond the momentary feelings of level one. Questions about happiness and well-being normally works at this level - if you are asked about how happy you are with your life in general your answer will reflect a level two assessment of your happiness (probably you are not enjoying a hobby or having sex when asked this question so level one is out). Level Two happiness is also relative

in the sense that you compare your situation with other people as well as how you have felt in the past. Happiness from continuous comparison with other people is unstable because no one (or very few people) can win in all domains of life all the time. In case of failure, focusing too much on this level can lead to frustrations and a sense of worthlessness. Excessive focus on comparison and self-promotion also risk to alienate the people around you and can lead to self-absorption, jealousy, cynicism, and the oppression of others.

Many studies of happiness in psychology works at this level. If you read about research saying for example that people in country A are happier than people in country B then most likely it refers to level Two happiness measured through various surveys (see Section 5).

LEVEL THREE HAPPINESS- represents a higher meaning of life, flourishing and fulfilment at a higher level - achieving one's full potential and Purpose in Life. It can be seen as accomplishments with a higher meaning and has to do with self-realization, (see Section 24). It is related to Maslow's hierarchy of needs where self-actualization is at the top of the pyramid (following physiological and safety needs and needs for love, belonging and self-esteem). Level Three happiness is more difficult to measure than the other two levels. People high in level Three happiness live more in harmony with their deeper values and therefore have fewer inner conflicts because they often feel that what they do has meaning and is contributing to a greater cause. According to Daniel Nettle you could say that one is optimally happy at this level. However, you can't have high levels on all three all the time - at least that's very difficult. If you focus too much on the momentary joys and pleasures of level one, then you probably won't work hard enough to reach your potential and succeed on your long-term objectives in life. On the other hand, if you spend all your time working towards long time goals, you'll probably forget to enjoy the simpler things in life.

Based on attaining Level Three Level of Happiness, Happiness is all about finding 'The Meaning and the Purpose of life.' People at level Three can also feel happiness from doing good for others and making the world a better place, when it forms part and parcel of their meaning and purpose in life. This level of happiness is based on the human desire for connection, goodness, meaning, compassion, friendship and unity. Some have summed it up as simply: "Love". At this level we move away from ourselves to focus on the well-being of others. In essence our own happiness depends also on the happiness of others.

The limits of level Three happiness can be said to be human imperfections. Nobody is perfect and human relationships involve disappointment, jealousy, and the risk to be hurt. That's part of life.

Encompassing all levels of Happiness is ultimate and a challenge. But Psychologists have labelled the desire for ultimate happiness a call for connection to the larger universe or transcendence. Some fulfil this desire through spirituality or religion, others through philosophy, art, or scientific endeavours to find answers to some of the big questions of life, human existence and the universe. There's no definitive or universal answer. You have to find your own calling- that is what it's All about.

2. Becoming Happy through Positivity

Researchers compared a group of people, who were instructed to write about a positive experience for 20 minutes 3 times a week, to a control group, who wrote about neutral topics. Not only did the first group experience larger spikes in happiness, but three months later they even had fewer symptoms of illness. There is proof that you can become Happier and more Positive than you are by systematically focusing on the bright side of things.

External circumstances account, on average, for no more than a tenth of your total level of happiness. The rest is based on your focus and how you interpret these circumstances. Creating a positive focus in your mind on what's going on in your life on an everyday basis has a major impact on your level of happiness, viz. the "half full / half empty" glass analogy. "Two shoe salesmen were sent to Africa in the early 1900s to assess opportunities. They wired separate telegrams back to their boss. One read: "Situation hopeless. They don't wear shoes." The other read: "Glorious opportunity! They don't have any shoes yet".

Just as having a positive focus can boost your happiness, a negative focus can do just the opposite. A negative focus reduces your creativity and motivation and can cause stress and depression.

As an illustration 'World Counts' cites two poignant examples.

- Tax auditors that are trained to look for errors and irregularities in their jobs have been shown to transfer this negative focus to their everyday lives.

- Lawyers are taught to be very critical and look for mistakes, flawed arguments etc. This is an essential skill for them to do their job! But it comes at a cost. The negative focus spills over to the rest of their lives, and studies have found them to be more than three times more likely to suffer from a depression.

When our brains constantly scan for, and focus on, the positive, we profit from three of the most important tools available to us: Happiness, Gratitude, And Optimism.

3. Being Grateful

According to the research few things are as important to our well-being and happiness as the capacity to feel grateful for the good things in our lives.

People who are grateful have more energy, are less likely to be depressed and more likely to be happy. And bear in mind that these positive effects don't result from external factors such as higher income or better jobs. We're talking about the ability to express gratitude in a given situation. And this is something you can work with.

In a study, people 'trained' to become more grateful became happier and more optimistic over a period of only a few weeks. They even felt more socially connected and experienced other positive effect. Note that nothing in their 'objective' situation changed. They simply learned to appreciate their current situation more - and this actually gave them the energy and optimism to change the areas of their lives that needed improvement.

We can't change reality through sheer force of will, but we can change how we process the world around us. Gratitude is not about lying to ourselves, or denying the negative, but about focusing on what is good and then using the energy this gives us to make adjustments in our lives.

4. Understanding the Adaptation Effect

Several studies have shown that people overestimate the extent to which life changes will affect their happiness - for good or bad. Just like other emotions, happiness is fleeting. It ebbs and flows, influenced by the experiences we go through in our everyday lives. We seem to adapt to major changes in our lives, whether positive or negative. This is what's referred to as 'The Adaptation Effect'. After a particularly significant life

event, we will react accordingly, either with grief or elation, but after a while, our happiness level will return to previous levels.

Let's say you won a million dollars today; will that make you a happy person? Of course, it will, for a time. But after a few months, when your desires and expectations adjust to your new situation, so will your happiness level. When you lose someone, you love, no matter how important they are to you, you will go through a period of grief and mourning, but eventually – you will find happiness again. Such is the resilience of human beings. Such is the power of our human brain. The stability of our emotions is essential to our well-being, and our brains will work to reduce the effect of our environment on our emotions. We adapt.

In a study conducted by a team of psychologists from The University of Massachusetts and North-western University, they concluded that lottery winners were not significantly happier than the control group participants. On the other side of the study, they found that people with spinal cord injuries were not as miserable as one might expect.

In a research finding published in the Journal of the Royal Statistical Society, they found that divorced couples were happier after their separation was finalized. Did that contradict the concept of a happiness set point? Major events do not change our happiness levels in the long run. Time heals or accustoms us to circumstances.

A research conducted by Sonja Lyubomirsky, PhD, a University of California showed that people can achieve long-term happiness and an increase in well-being when they make a conscious effort to think positively (see 2 above), count their blessings (see 3 above) and perform acts of kindness.

Another British study concluded that 'death in the family' and 'end of a relationship' had the highest negative impact on long term happiness (ie. there are some traumas we never really get completely over). It also showed that what matters most to people is social well-being and interpersonal relationships.

5. Achieving 'Well-Being'

Well-Being and Happiness, what's the difference. Maybe the level of intensity, or actual level of Happiness (defined above). Five different dimensions of the concept of "well-being" can be identified:

- Positive emotion - Normally short-term, "simple" pleasures such as food, watching TV, or sex. Positive emotions are subjective in the sense that we like different things - though some pleasures are universal (or at least very close to being so). Positive emotions are easy to observe and measure as increased activity in certain areas in the brain.
- Engagement - You probably know the feeling of being engaged in challenging activities where you forget everything that's going on around you. Such a state of total absorption is also known as "flow" state. When we are in this state our abilities are often stretched to the maximum creating the feeling that we are exploiting our full potential.
- Relationships - This dimension is about social connectedness and having love and intimacy in your life through friends, family, and romantic partners. Well-being of this type is characterized by the fact that your own well-being is dependent of the well-being of others and the experiences and feelings you share and enjoy together.
- Meaning - Playing a challenging computer game (engagement) with good friends (relationships) while eating chips and drinking coke (positive emotion) can be awesome. But most people need something more to be truly fulfilled. Some kind of higher purpose that goes beyond the self. Something with meaning on a higher level.
- Achievement - This dimension is about accomplishment and success - competing and winning in some objective way where victory (or something equivalent) can be easily observed. Often (but not always) involves some kind of external recognition of what has been achieved.

The need for the dimensions above in our lives in our search for Happiness is not unique- it is universal. But how important each dimension is varies a lot depending on the individual's personality and preferences and true purpose. For example, if you are very competitive, personal achievement is essential to you. For others it is a minor concern.

The better you know yourself and your preferences, the easier it is for you to create the life you want and reach a high level of well-being and happiness (see Sections 14 through 18).

There are many ways and theories of categorizing the different levels of well-being and happiness, and how to achieve them. The bottom line is that yours are yours. The concept of 'well-being' described above was developed by Martin Seligman, an American psychologist who has been a pioneer in the study of happiness and positive psychology. Below is a Summary on Happiness to keep under your pillow at night. ["World Counts Summary on Happiness"]

If you are not convinced by the theorizing, let's return to the Dream of becoming a Billionaire. That's sexier.



"SUMMARY ON HAPPINESS" (WORLD COUNTS)

"The Search for Happiness is Universal - The search for happiness is a human endeavour – a universal goal. We all want to be happy, and we empathize with each other's need for it. We search for it with all our might, our thoughts and actions focused on only one goal in life – to be happy. From all the Theories available, Happiness can be defined and categorized and analysed in several different ways:

THREE LEVELS OF HAPPINESS

- *Momentary feelings of joy and pleasure*
- *Judgements about feelings*
- *A higher meaning of life, flourishing and fulfilling one's potential*

FOUR LEVELS OF HAPPINESS

- *Happiness from material objects*
- *Happiness from comparison: being better, more admired than others etc.*

- *Happiness from doing good for others and making the world a better place.*
- *Ultimate, perfect happiness - finding your calling*

a. Five different dimensions of Well-Being

- *Positive emotion*
- *Engagement*
- *Relationships*
- *Meaning*
- *Achievement*

BENEFITS OF BEING HAPPY

- *It is good for our health. Happy people have stronger immune systems and have a longer lifespan, than depressed and unhappy people.*
- *Makes you more giving. Since you are happy, you feel more contentment and tend to share their blessings with others.*
- *Helps you handle stress better. Helps you recover from trauma faster.*
- *Is beneficial to your relationships. Compared to discontented people with a lot of hang-ups, happy people have a higher chance of getting married and having successful relationships. They also have a broader and more meaningful network of friends.*
- *Encourages success. Happy people are more creative and energized and this attitude translates to their work performance.*
- *Happy people are reported to live 14% longer, increasing their lives by 7.5 to 10 years.*

CAUSE AND EFFECT OF HAPPINESS

Since the 1960s, scientific disciplines have conducted research on happiness, to determine how humans can live happier lives. The scientific pursuit of positive emotion and happiness is the pillar of positive psychology, first proposed in 1998 by Martin E. P. Seligman.

The studies have come up with varied results and views on the cause of happiness. Here are some of their findings:

- *One result from the 75-year Grant Study of Harvard undergraduates show that loving relationships, especially with parents, have a great impact on our well-being in our later years.*
- *Based on twin studies, Sonja Lyubomirsky concludes that 50% of our happiness level is determined by our genes, 40% is related to our self-control, and 10% is influenced by personal situations and life circumstances.*
- *Finnish research on 701 individuals showed that happiness activates our whole body, from the head down to the legs.*

- *People are able to extract more pleasure out of ordinary experiences as they age. Younger people defined their happiness more by extraordinary experiences.*
- *Excessive money, beyond what we need to feed, clothe and house ourselves only increases happiness by a fraction.*
- *A Harvard Business School Study found that we are happier when we spend money on others, rather than on ourselves.*
- *Relationships are keys to long-term happiness. The effect is strongest on married couples, but deep meaningful relationships with others have the same impact.*
- *Surveys by Gallup, the National Research Centre and the Pew Organisation states that people who are more spiritual tend to be happier than those who are not.*
- *Religious people who benefit from social contact and peer support also showed an increased tendency to be happy and satisfied with their lives. The practice of optimism and service to others are contributing factors.*
- *Research findings show that 8 hugs a day can increase your levels of oxytocin, and result in a happier you. A higher level of oxytocin is attributed to feelings of trust and camaraderie.*
- *People's moods significantly improve after engaging in exercise. (University of Bristol, 2008)*
- *Acts of kindness make people more well-liked and accepted. This leads to social acceptance and an improved self-image. (University of British Columbia, 2012)*
- *In a significant study by the University of California in 2008, researchers concluded that surrounding yourself with happy people will increase the possibilities of your future happiness. Happiness is said to be contagious.*
- *The experience of being able to buy material things causes happiness, not the possession itself. It satisfies our higher order needs for social connectedness and vitality, and heightens the feeling of being alive. (San Francisco State University, 2009).*

DEFINITIONS OF HAPPINESS

- *In her book, "The How of Happiness", Sonja Lyubomirsky, a professor of psychology at the University of California, defines happiness as, "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."*
- *The Merriam-Webster dictionary defines happiness as: A state of well-being and contentment A pleasurable or satisfying experience*
- *Author Ayn Rand says: "Happiness is that state of consciousness which proceeds from the achievement of one's values".*
- *Mahatma Gandhi says: "Happiness is when what you think, what you say, and what you do are in harmony".*

- *To psychological researchers, the two components of Subjective Well-Being (SWB) are "feelings of happiness" and "thoughts of satisfaction with life".*

WHAT MAKES US HAPPY

Every individual has their own definition of what makes them happy. But the extensive research on happiness have shown that there are certain needs that must be satisfied in order to achieve this emotional state. What we are referring to is long-term happiness and not the momentary feelings of joy we experience in our everyday lives.

Psychologist Martin Seligman and the findings from Positive Psychology studies asserts that humans are happiest when they have the following:

- *Pleasure (delicious food, a warm bed, anything that pleases one of the 5 senses)*
- *Engagement or Flow (the experience of an enjoyable and challenging activity)*
- *Relationships (social ties are an extremely reliable factor of happiness)*
- *Meaning (belonging to something bigger than ourselves)*
- *Accomplishment (the achievement of goals)*

Psychologists have long distinguished the difference of Life Satisfaction (your thoughts and feelings about your life as a whole) from Subjective Well-Being (your actual feelings of happiness at the moment.) One does not decide the outcome of the other.

If you were asked to rate your happiness right now, it will not be an accurate indicator of your Life Satisfaction. You may be feeling discontented with your work or having a fight with your loved one – and you will give your state of happiness a low rating. Subjective Well-Being is dependent on current situations.

Maybe you just had a promotion or bought a new car and you're feeling on top of the world. You're happy. But if you were asked if you're satisfied with your life in general, you may rate your Life Satisfaction differently. You probably have more plans for your life that have not come to pass.

This shows that happiness is not equal to Life Satisfaction or feelings of fulfilment, which equates to long-term happiness. Your overall sense of well-being cannot be determined by how happy you are today or last Friday.

IN CONCLUSION- The studies suggest that to achieve long-term happiness, you need to see yourself as a person who is making a difference in this life and improving the well-being of others. Someone who matters. If you focus on these areas, you will have a greater chance of achieving the state of happiness that every human being long for."

26.

Find a Lover & Become a Billionaire

THE ULTIMATE ROUTE TO LIFE'S TRUE RICHES, SUCCESS AND happiness can for some be all about other priorities:

Dr Jorge Bucay is an Argentine Gestalt Psychotherapist, Psycho Dramatist and Writer. His books have sold more than 2 million copies around the world, and he purports the importance of finding a lover to combat depression and help find happiness.

Many people have a lover and others would like to have one. And then there are those who do not have a lover, or who had one and lost her or him. Those in the latter two categories often end up in psychotherapists' clinics claiming they're sad or have other symptoms of depression such as insomnia, lack of interest, pessimism, weeping spells or body pains.

They tell stories that their lives pass in a monotone and without expectations, working just to survive and that they do not know how to fill their free time. In short, they appear truly hopeless.

Many already visited other clinics where they received sympathy and a reliable diagnosis: "Depression" and the inevitable prescription of antidepressants. Dr Jorge Bucay will tell such patients that they do not need antidepressants, but what they really need is a lover!

With such advice it is not surprising that patients are taken aback by the simplicity of the diagnosis. There are some who think: How is it that a professional is disposed to deliver quite happily such an unscientific remedy. And then there are those who say goodbye, albeit shocked, but invariably don't return. Maybe they took heed of the advice or ignored it as irrelevant. Nevertheless, those who decide to consider the therapy, and do not leave, are given further counselling: A lover is, "What excites us; What occupies our thoughts before falling asleep and Who also sometimes keeps us from sleeping. Our lover is what makes us distracted from our surrounding environment. What lets us know that life has meaning and motivation."

Sometimes the lover maybe an existing partner with whom the patient has lost intimacy and passion. In other cases, it will be someone who is not an existing partner.

It is often found in scientific research, that literature, music, politics, sports, and most vocational activities, require the need to transcend spiritually to feel friendship, good feelings, and experience the obsession of seeking pleasure in a hobby.

In short, it is "someone" or "something" that puts us "in love with life" and sets us apart from the sad destiny of boredom. And what causes boredom? Boredom is a product of being afraid to live. It's easy to assess how some live. They take their blood pressure, they have doctor consultations, they take all manner of multi-coloured prescriptions, worrying with disappointment at each new wrinkle in the mirror's reflection, shielding themselves from excessive cold, heat, humidity, sun and rain.

Boredom and lethargy postpone the opportunity to enjoy life today, in the vain hope and fragile argument that perhaps we can do something about it all tomorrow. It is easy to get stuck in a rut. Dr Jorge Bucay has a compelling argument when he tells all of us who feel down in life to find a lover if we don't have one, be a lover, and the protagonist in Life.

The tragedy is not to die, but when death does come for it to be without good memories, and never remember anyone fondly. The tragedy is not being willing to live. Without any doubt, the advice is compelling- get a lover!

"Death is the destiny of us all, but our greatest loss can be what dies inside us while we still live."- Norman Cousins

Psychological analysis concludes that to be happy, active, and feel joy, you have to be in love with life. Having a sensual lover is one very important and gratifying ingredient. But remember the lover of your life may not always be the love of your life. ["Carusa"- Paula Seling], ["Rosita", Peru 1990-2016].

As the Old Lady said, "If only I'd known then what I know now". Never live your regrets, and sometimes it's never too late to right a few wrongs. I've been fortunate to have had numerous lovers, albeit latterly at the expense of my second marriage. It's funny in life when you count the ones that got away rather than the conquests in life. It just goes to underline how

important sex is when you have a strong relationship with someone of the opposite sex. I'm not an advocate of having a strong platonic relationship with someone with whom you get very close. I cite Maria del Mar, Giovanna, Dora Callington, Sue Ling, Helena Días, Yutta, Karen Barnes and Esperanza to name just a few.

Rosita became the *lover* of my life, if not the love of my life – it wasn't to be my destiny. The affair began as my first marriage was faltering. It lasted over 25 years and was based on occasional encounters whenever I was in country, and the passion never waned nor thwarted. Where every drama is fake? ["Holding Back the Years", Simply Red]; ["Caruso", Paula Seling].



**"HOLDING BACK THE YEARS"
(SIMPLY RED)**

<https://www.youtube.com/watch?v=l7GnVHmTiI8>

*"Holding back the years
Thinking of the fear I've had so long
When somebody hears
Listen to the fear that's gone
Strangled by the wishes of pater
Hoping for the arms of mater
Get to me the sooner or later"*

**"CARUSO "
(PAULA SELING)**

<https://www.youtube.com/watch?v=SkJvV-oE9pc>

*"He looked in the eyes of the girl, those eyes green as the sea
then suddenly a tear slipped out and he thought he was going to
drown.
I love you very much
Very, very much, you know
it's become a chain
the melts the blood inside the veins, you know
Power of lyric, where every drama is fake"*

If you can find and maintain your sexual relationship with a life partner you have it made, as long as you are never deceiving yourself. Either way the Number One Secret is 'Find A Lover, a Life Love and Love Her'. If you can do that you are two thirds of the way to happiness.

**"MY LOVE"
(PAUL McCARTNEY)**



<https://www.youtube.com/watch?v=eKuFyHwG188>

*"Don't ever ask me why
I never say goodbye to my love, it's understood
It's everywhere with my love
And my love does it good"*

Become a Billionaire

Who Wants to be a Billionaire- I do. The more we analyze Happiness the less Happy and more anxious we seem to get. Maybe a Lottery Win is what we all need for that 'quick-fix' to any unhappiness or frustrations we harbour about our financial position. So, who would like to be a Billionaire?

You and I both most likely would. Well, a few million would do fine. The irony in that it easy to burn through a million dollars in the 2020's. Money matters, and you never know- Finding True Purpose and Happiness may coincide with 'becoming stinking rich and famous'. There is nothing wrong with having the wish of becoming rich and famous as a goal or a by-product of pursuing one's life purpose, BUT it's finding the Real Purpose in your Life and Fulfilling your Destiny (by the means necessary) which will give you Happiness. Remember, there are many concepts or outcomes that do not correctly define true purpose (see Section 15). When you have discovered your true Purpose in life, your Destiny is the route to it – and you will know the former but might need help with the latter. To get there you will have gotten personal with yourself and delved into your most personal inner-feelings (Part Four- 'Your Personal Secret'). Purpose without Passion is not worth pursuing. A true-life Purpose and Destiny describe a set of 'Actions and Beliefs' both requiring Passion.

So, how to Become a Billionaire in the process? Well, best ask a Billionaire, not me. Elon Musk claimed to have worked 22 hours a day, including on the factory floor- to save his company Tesla and make it all happen. But let's talk Money.

Money, money, money. It's not really important until you have none. Then there's credit if you are short of cash. But credit is like sex- some people get it, some don't. Oh, how I wish I could get my hands on \$2million and give it all to my daughters. It would be part of pursuing my Purpose. Not being able to be over-generous with them due to my own problems with money (and the Coronavirus related crash in value of my overseas Retirement Bond) - makes me decidedly frustrated and even momentarily un-happy. Maybe my Destiny will be in the success of this Book, generating the funds for me to do so.

You know the 'Old Adages, Myths, Proverbs and Philosophical Aphorism' - centered around how 'Money Can't buy Happiness'. Well, I agree to a point. Even in this Book I buy into the accepted school of thought in principle. I whole heartedly concur with the wise advice in selecting your 'Inner-Calling', for example, if it involves the desire to make money as a by-product. You can only become truly accomplished at something you love. Don't make money your goal, nor lust for it. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you. If there is a market for the product of your Passion which has Value- you will likely get rich.

A colleague in Spain called 'Alan' was struggling financially. He was (rightfully or wrongfully) accused of robbing a mutual friend. Bar jobs had dried up (pardon the pun) because of the Covid 19 virus. So, he found his Life Calling- to become a Multi-Level Marketing Executive.

His sales banter was convincing. "Are you ready for a change? I was, and you should be too! If you're interested in how I did this for myself, talk to me now and let's get started on your weight loss journey and making lots of money at the same time. It's win-win, and I want to help you!" The Product - Weight Loss Roast Coffee; the Company 'Valentus', the Sales and Marketing Strategy- Multilevel Marketing all rang alarm bells. It may be a legitimate product, business, and marketing strategy, but 'Pyramid' schemes are always controversial.

"A sketchy and unsustainable business model", I warned him. I wished him well in making money as one of the top-level members of his 'Pyramid(s)'. But he was already obsessed with his 'Big Sell' and recruiting newer members, with jargon of 'Gold' and 'Platinum' Memberships. He denied it but inevitably recruits will pay some upfront costs up the chain, to him who enrolled them. As newer members in turn recruit underlings of their own,

a portion of the subsequent fees they receive is also kicked up the chain. No doubt he can make good money, but it won't be money well made, I suspect.

A Google Search should have been his minimum required level of due diligence. Even if apparently legitimate, the problem with all 'Pyramid Schemes' is that they are based on use of this money from new recruits to pay people at the top rather than those who perform the work. These schemes involve taking advantage of people by pretending to be engaged in legitimate multilevel or network marketing. You can spot pyramid schemes by their greater focus on recruitment than on product sales. Don't trust Get Rich Quick ideas- they are not your Destiny.

He got upset about my cynicism, taking it personally. I reassured him that I was not belittling him, nor his product, I was simply stating that his focus seemed to be all about making money rather than selling the product and its benefits. And making money out of his friends will only end in losing friends and un-happiness all round. Money made this way will not make a man with empathy Happy.

"Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of filling a vacuum, it makes one."

- Benjamin Franklin

So, surprise, surprise, Alan's enthusiasm for his own 'Sell' seemed to wane quickly. It was consuming too much energy. Pyramid Selling is not your way to fortune and fame and Happiness either. But Money is a great motivator. A 2010 study out of Princeton University found that there's a correlation between happiness and wealth, to a point of about \$75,000 per year. When people make more than \$75,000 a year, their happiness doesn't increase, but the lower their income is the worse they feel, the study found. Well, this maybe be true, but it says poverty causes misery rather than money makes you Happy. Giving up a regular income and putting your passions and creative juices into a new well-conceived Idea/Venture/Dream/Inner-Calling- and making it work will more likely fulfil you. A concept endorsed by most 'doers', and no-one less than the great President Franklin Roosevelt, unless you are one of those old cynics like Oscar Wilde.

"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."

- Franklin D. Roosevelt

*"It is better to have a permanent income than to be fascinating."
- Oscar Wilde*

Money and Happiness can conflict in several ways. Not least in friendship-good relationships being a crucial element of maintaining Happiness. Many a wiseman will point out "A friend in need is a friend indeed." Equally if you want to know what a man is really like, take notice of how he acts when he loses money; and how a man reacts when he is asked for money. ["A Friend In Need, Spain 2020].



***"A FRIEND IN NEED"
(SPAIN 2020)***

"God we've had some fun times socializing and being silly over the years. That's what friends are for. Trevor is fun-loving, kind, thoughtful, principled where it matters most, and a loveable rogue. And when a friend needs help- no questions, you help. Years ago a friend Terry 'imposed' a £10,000 loan on me without solicitation, because he knew I needed it at the time. He tore up the loan agreement I made up, and smiled saying, "I know you will pay me back." He became a greater friend of mine, not just because of that, but by mentioning that you will have got the measure of the man.

I helped many in similar ways. And in turn I helped a good friend of mine, Trevor, in a different way. On more than one occasion I had helped with loans and advice. But he had gotten himself into trouble with creditors leading to his bankruptcy. He thought debts were written off, they are not. The Administrator Deloitte were chasing him years later to try and recover, for the creditors, a far larger inflated sum than the one for which he had gone bust. Lawyers are expensive so I wrote letters on his behalf and fabricated copious financial accounts providing justification that his Partner, Beverley, had rights to more than 50% equity in the family home (due to her mortgage payments, her investments, her contribution to up-keep, repairs, etc., since Trevor's financial demise). That way his creditors would have less of a 'Call' on

the equity in the family home. You can't get blood out of a stone. A £90,000 creditor claim was reduced by £30,000. Not a bad discount for a few wisely worded letters. Trevor bought me a large whisky, even though I told him he didn't even have to do that.

Years later he asked me (and another mutual friend Mikey) to lend him £5,000 each, to pay for living costs while he attempted to sell his house at a Top Dollar price tag. Four years later he did sell; and he repaid his loans. He went to Spain, went into a Restaurant business and made a successful and Happy new life for himself. He got married to his partner of 36 years and I drove the bride to the Church. Life was good. Good for him; I was Happy for him, his success and always considered him my 'Best Friend'. He had a heart of gold, an appealing way about him, a genuine, if not always legally or politically correct, way about doing things. And he would do anything for people.

He had his 'Old School' principles. He'd never 'Grass' on anyone. He was known for occasionally receiving stolen or dodgy goods but would never ever steel or misrepresent the goods himself. 'Lord Byron Whisky' that nearly sent me blind; 'White Mountain Wine' that should have been blue; Coffee Tins the size of a fridge. But in honorable style, once when the Police raided his home, finding that he had received stolen goods, he put his hands up and confessed on the proviso that his Partner was not to be implicated in any way. 'Salt of the Earth is our Trev!'

I always said that if your child was skating on thin ice in winter and fell through a fracture in the ice- Trevor would be the one to dive in, before anybody had time to call the emergency services. I held him in high regard and loved him, and still do. When he suffered a heart attack I was shaken and concerned. When he was short of a few Pounds, I asked him to do the plumbing in my two new bathrooms. I paid him £500, and the subsequent flood repairs cost me the same amount! Everyone loves to love Trevor. He had hundreds of friends, customers and admirers in his new Spanish home/town.

Then in early 2020 I called him and asked whether he could lend me a few hundred Euros for two months while I awaited a transfer from my Overseas Bond. He couldn't. Times were bad since the Coronavirus had hit his restaurant business. He was to look into how he could arrange something and get back to me. He never did.

I didn't speak to Trevor for months, other than sending a 70th Birthday Wish by WhatsApp. I was disappointed with him, not Happy by the fact that I seemed to be less close to my friend because of it, and un-happy about losing some faith in him, and losing faith in my own judgement of him as 'the one'. No doubt he wasn't flush with cash, and he will get

in touch and the good old times will return, but it will never be the same. Oh, how evil an effect money, the desire for money, and the lack of money can have on people and relationships and events. And credit wasn't easy finding.

I was always the one who gave or lent money to everyone else, and as recently as two months prior gifted £300 to my Brother-in-law, and earlier another £1,000 for my stepdaughter. On this occasion the shoe was on the other foot. I ended up securing very expensive credit borrowings of Euro2,000 on a Credit Card issued by my Bank, with unscrupulous conditions attached (purchase of a home alarm system because my home which was acting as collateral might be under threat from squatters one day before the credit was repaid). The truth is the Bank stipulates purchase of their affiliate insurance schemes (health, property, etc.) for just about any normal banking Transaction. All of this costed me an extra Euro 2,000 (over three years)- 100% of the Loan Capital Amount. Bloody Hell Trevor, not your fault and not your intent, but if I'd offered him 100% interest, I'm sure he'd have raised the money to loan me somehow."

"He who loses money, loses much; He who loses a friend, loses much more; He who loses faith, loses all." - Eleanor Roosevelt

My mother always said, "Never a borrower or lender be." Wise advice, but we all live on credit. I was used to having a £50,000 line of credit available at all times. I had become really quite poor in comparison with foregone days of international travel and business, carrying five gold and platinum credit/cash cards with £10,000 overdraft facilities attached to each, and almost unlimited use of the Company Card, within justifiable reason. On business and private expenses, I would ring up \$20,000 monthly bills, and cover them. How times change, and despite substantial income and credit facilities, never did I have the money to be independent from Creditors, Banks Loans, Overdrafts, and Mortgages. But, as some of the Anecdotes in this Book do relate, I benefited and built knowledge from many an experience on the emotional and financial rollercoasters of life.

"If money is your hope for independence, you will never have it. The only real security that a man will have in this world is a reserve of knowledge, experience, and ability." - Henry Ford"

Probably the Best Quote for me about 'What we Should Do in Life', particularly when Money is a key topic, was that offered by William A. Ward. He said, "Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you retire, save.

Before you die, give.” A Life Lesson in that Quote alone. And there is no Quick Fix Answer to ‘How to Become a Billionaire’. First ask yourself why you want a billion, then ask yourself what’s far more important than that for you to achieve in life- then go and do that. That’s the ‘Route to True Riches, Success and Happiness’. The Money will Follow.

Forbes Reports on Billionaires

We do seem to take delight in scanning the Forbes Rich List with Envy and Amazement. The world has 46.8 million millionaires, collectively owning \$158.3 trillion. On top of this, there are, according to Forbes, 2,153 billionaires. Even as the number of Americans applying for unemployment benefits approaches forty million in 2020, the total net worth of U.S. billionaires has grown some \$434 billion since the COVID-19 economic shutdown began, an analysis by Americans for Tax Fairness and the Institute for Policy Studies reported in May 2020.

Where did their money come from? Taken together, self-made billionaires have a total of nearly \$5 trillion. Another 30.9% of billionaires made at least some of their wealth themselves, while 13.3% inherited their wealth entirely.

Internet and Technology based businesses and their wiz-kids founders prevail right at the top- Fortunes made include: Bezos’ Amazon, Gates’ Microsoft, Ellison’s Oracle, Zuckerberg’s Facebook to Musk’s Tesla (originally funded from the proceeds of the sale of PayPal). I put it to you that none of these individuals set out on their missions to become billionaires.

The desire to become rich is nothing new. ‘Who wants to be a Millionaire’ might be remembered now as a UK TV quiz show, but it used to be everyone’s dream. Now a million probably wouldn’t see many through their lifetime’s financial needs, unless wisely invested. The desire is seen by some psychologists as a form of ‘mental illness’. Oliver James wrote a book called ‘Affluenza’ about the corrosive effect of capitalism on people’s mental health. The desire to be obscenely wealthy, he argued, is a sickness caused by advertising and spiraling wealth inequality. I’m not sure the desire to be rich is necessarily wrong, it depends on what the intent to do with the wealth is. It’s rather the western obsession with ranking wealth spreading that seems slightly un-balanced.

But spreading it is, as well as actual wealth itself. Outside the *Greedy Capitalist* based Countries, Russian and China, on Forbes 2020 Rich List

now boast more than 100 billionaires each, a level previously only reached by the United States.

It is a rather recent phenomenon however, that the obsession is turning to disbelief at just how wealthy rich people are. At the Top of the List are some world-wide well-known Personalities ["Top of the Rich List", Forbes, USA 2020]. But the majority of the 2,000+ billionaires (now defined as a thousand million) are unknown to you and me. We've never heard of them. How can you be so rich and not be recognizable to the man in the street, or maybe even the taxman in some cases.

But we love thinking about wealth, matching the money to the personal histories of people we do not know and will never meet. The obvious unspoken questions are "Are they beautiful? Are they happy? What did they sacrifice to get on the list?"

According to most money experts it has for a long time been associated a lot with a flawed correlation between more money and increased happiness. It's since been proven by research not to be the case; but it has been successful in giving us all a bit of a complex when it comes to those who are doing better than us financially.

"We have a love-hate relationship with wealth." stated Brad Klontz founder of the Financial Psychology Institute. "We have these negative beliefs about money such as money corrupts, rich people are greedy, and family money means that you are aimless and lack creativity."


While studying people's relationship to wealth, Klontz also found that the same people who associate negative traits to wealthy people also believe that wealth would change their lives for the better. The end result gives us the same psychological fascination with rich people as with the popular kids in school - we love to hate them but are also desperate to be them. It turns out that the more closely we relate to their stories, the stronger we dislike them.

"We tend to have hostile and negative beliefs about people who have what we want and look like us, be it a shared culture, gender, race or background. When we feel envy we like to think about how that person is not deserving of the advantage they have," – Brad Klontz

Since Money and Wealth (and subsequent Lists of the Global Rich) have lost their British style for reservation and reticence over the years, this Book would be incomplete without appropriate reference. After all, what use is wealth if you cannot flaunt it. ["Top of the Rich List", Forbes 2020]. This list was drawn up notably before Elon Musk's Galactic rise to the Top as the Richest Man in the World with the success of his Tesla and SpaceX. With a






net worth of \$197 billion, Tesla founder and CEO Elon Musk is the richest person on the planet, much ahead of Amazon founder and CEO Jeff Bezos, who came in second with a wealth of \$189 billion on 2 mar 2021 Forbes Listing. The previous listing, at the time of writing is given below.

**"TOP OF THE RICH LIST"
(FORBES, USA 2020)
LISTS**

No. ↕	Name ↕	Net worth (USD) ↕	Age ↕	Nationality ↕	Source(s) of wealth ↕
1 —	Jeff Bezos	\$113 billion ▼	56	 United States	Amazon
2 —	Bill Gates	\$98 billion ▲	64	 United States	Microsoft
3 ▲	Bernard Arnault and family	\$76 billion —	71	 France	LVMH
4 ▼	Warren Buffett	\$67.5 billion ▼	89	 United States	Berkshire Hathaway
5 ▲	Larry Ellison	\$59 billion ▼	75	 United States	Oracle Corporation
6 —	Amancio Ortega	\$55.1 billion ▼	84	 Spain	Inditex, Zara
7 ▲	Mark Zuckerberg	\$54.7 billion ▼	35	 United States	Facebook
8 ▲	Jim Walton	\$54.6 billion ▲	71	 United States	Walmart
9 ▲	Alice Walton	\$54.4 billion ▲	70	 United States	Walmart
10 ▲	S. Robson Walton	\$54.1 billion ▲	77	 United States	Walmart

Source: Wikipedia Forbes List 18 March 2020

The above is just a 'Snapshot' at the Top in March 2020, in the early stages of the Covid 19 virus. Forbes' Real-Time Billionaires rankings actually track the daily ups and downs of the world's richest people. The wealth-tracking platform provides ongoing updates on the net worth and ranking of each individual confirmed by Forbes to be a billionaire. At the time of writing in August 2020, there were movements, in Ranking and Net Worth, as some benefited and others not so. ["Billionaire Profiles"]

	1	Jeff Bezos	\$196.3 B
	2	Bill Gates	\$114.5 B
	3	Bernard Arnault & family	\$109.7 B
	4	Mark Zuckerberg	\$98.1 B
	5	Elon Musk	\$91.7 B

Source: Forbes World's Real-Time Billionaires List

Go for your Fortune if it's your Destiny to do so, like those above. But never waver from William A Ward's wise advice (mentioned above) on the Chronology for Wealth Creation: *"Earn before Spending; Investigate before Investing; Save before Retiring; Give before you Die."*

And remember- the Ultimate Route to Life's True Riches, Success & Happiness is to follow your Dream, define your Purpose and then Act, making it your Destiny to finding a way to achieve it. If you end up featuring in the Forbes Billionaire List en-route, then that will be the 'Icing on the Cake'- and what a cake. I wish you well and Enjoy most each million you give away.

"BILIONAIRE PROFILES"

(Source: Forbes)

#1 Jeff Bezos

CEO and Founder, Amazon

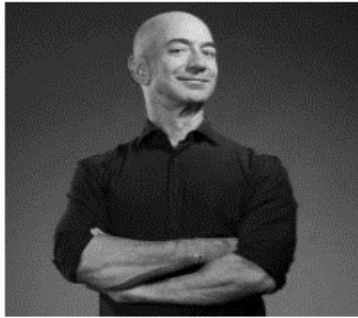


PHOTO BY MICHAEL PRINCE/FORBES COLLECTION

REAL TIME NET WORTH

as of 8/23/20

\$196.3B

- Jeff Bezos founded e-commerce colossus Amazon in 1994 out of his garage in Seattle. He runs it as CEO and owns an 11.1% stake.
- Between March and April 2020, amid the pandemic, Amazon said it hired 175,000 additional workers.
- In April 2020, Bezos said he would give \$100 million to Feed America, a nonprofit that operates food banks and food pantries across the country.
- Amazon has faced criticism from U.S. senators and the general public for its treatment of warehouse workers during the coronavirus pandemic.
- He divorced his wife MacKenzie in 2019 after 25 years of marriage and transferred a quarter of his Amazon stake to her.
- In 2019, Amazon notched \$280.5 billion in revenues and a record \$11.5 billion in net profit.
- Bezos owns The Washington Post and Blue Origin, an aerospace company that is developing rockets for commercial use.

#2 Bill Gates

Cofounder, Bill & Melinda Gates Foundation



PHOTO BY MARTIN SCHIEDLER

REAL TIME NET WORTH

as of 8/23/20

\$114.5B

- With his wife Melinda, Bill Gates chairs the Bill & Melinda Gates Foundation, the world's largest private charitable foundation.
- In May 2020, the Gates Foundation said it would spend \$300 million to fight the coronavirus pandemic, funding treatment, detection and vaccines.
- Gates has sold or given away much of his stake in Microsoft -- he owns just over 1% of shares -- and invested in a mix of stocks and other assets.
- In mid-March 2020, Gates stepped down as a board member of Microsoft, the software firm he founded with Paul Allen (d. 2018) in 1975.
- The foundation works to improve global health and to create equal opportunity for people around the globe.
- To date, Gates has donated \$35.8 billion worth of Microsoft stock to the Gates Foundation.

#3 Bernard Arnault & family

Chairman and CEO, LVMH Moët Hennessy Louis Vuitton

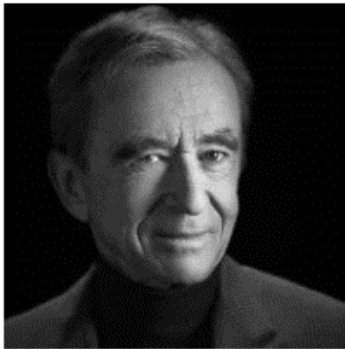


PHOTO BY JAMEL TOPPIN/THE FORBES COLLECTION;

REAL TIME NET WORTH

as of 8/23/20

\$109.7B

- One of the world's ultimate taste-makers, Bernard Arnault oversees an empire of 70 brands including Louis Vuitton and Sephora.
- In November 2019, LVMH struck a deal to buy American jeweler Tiffany & Co for \$16.2 billion, believed to be the biggest luxury brand acquisition ever.
- LVMH spent \$3.2 billion in 2019 for luxury hospitality group, Belmond, which owns or manages 46 hotels, trains and river cruises.
- His father made a small fortune in construction; Arnault got his start by putting up \$15 million from that business to buy Christian Dior in 1985.
- Four of Arnault's five children work in corners of the LVMH empire: Frédéric, Delphine, Antoine and Alexandre.

#4 Mark Zuckerberg

Cofounder, Chairman and CEO, Facebook

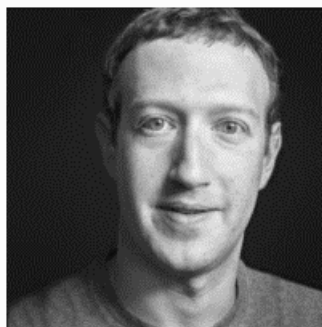


PHOTO BY MARTIN SCHOELLER FOR FORBES

REAL TIME NET WORTH

as of 8/23/20

\$98.1B

- Facebook, the social network Zuckerberg runs, has become a go-to communications tool during the coronavirus pandemic lockdown.
- The Chan Zuckerberg Initiative, his philanthropic and advocacy arm, announced it would help quadruple the Bay Area's COVID-19 testing capacity.
- Zuckerberg started Facebook at Harvard in 2004 at the age of 19 for students to match names with photos of classmates.
- He took Facebook public in May 2012 and still owns about 15% of the stock.
- In December 2015, Zuckerberg and his wife, Priscilla Chan, pledged to give away 99% of their Facebook stake over their lifetimes.

#5 Elon Musk

CEO and Chairman, Tesla



PHOTO BY PATRICK T. FALLON/BLOOMBERG

REAL TIME NET WORTH

as of 8/23/20

\$91.7B

- Elon Musk is working to revolutionize transportation both on Earth, through electric car maker Tesla - and in space, via rocket producer SpaceX.
- He owns 21% of Tesla but has pledged more than half his stake as collateral for loans; Forbes has discounted his stake to take the loans into account.
- He settled with the SEC in September 2018 for making alleged "false statements" about a plan to take Tesla private, and had to step down as chairman.
- SpaceX, Musk's rocket company, is now valued at nearly \$36 billion.
- He grew up in South Africa, then immigrated to Canada at age 17. He landed in the U.S. as a transfer student to the University of Pennsylvania.

Source: Forbes

Elon Musk Leads by Example

Use Your Interests to Start a Career - Elon represents America's true entrepreneurial spirit. He started businesses in areas that interested him. His fascination is what spurred his businesses.

Own Your Work - Elon could've easily worked for Toyota or Lockheed Martin if he wanted to simply create hybrid technology or build spacecraft, but Elon wanted to be free to expand on his ideas and bring his designs to life. He knew that he had bold goals and groundbreaking ideas that couldn't be fully accomplished unless he was making the decisions.

Make a Statement - It's not easy to run a company and oversee the design details of every single product, but Elon sees it more like he's leaving his mark on the world through technological innovations.

Work Hard - Many people were skeptical of his visions and ideas, but by not giving up, Elon has shown that his designs and technology are key innovations for this century and beyond.

- *"When something is important enough, you do it even if the odds are not in your favor."*
- *"Some people don't like change, but you need to embrace change if the alternative is disaster."*
- *"I think it is possible for ordinary people to choose to be extraordinary."*
- *"Failure is an option here. If things are not failing, you are not innovating enough."*
- *"There's a tremendous bias against taking risks. Everyone is trying to optimize their ass-covering."*
- *"My biggest mistake is probably weighing too much on someone's talent and not someone's personality. I think it matters whether someone has a good heart."*
- *"I think we have a duty to maintain the light of consciousness to make sure it continues into the future."*
- *"You shouldn't do things differently just because they're different. They need to be... better."*

Elon, for me sets one of the best examples for entrepreneurs, because he as an engineer sticks to his real passions and solutions, and where he thinks they may help humanity. He has no time for MBA's like me. Even if he falls one day on his face because of some of his 'out of this world' ideas, where many have questioned his sanity his imagination alone will have inspired.

Elon Musk believes that Homo sapiens' time on earth has been just a spec in the passage of earth time and may not endure due to either internal or external events and their effects. He states that it is human's obligation to seek to colonize other planets in our solar system just in case.

Now there's ambition and foresight, and he says life would be boring if you didn't get out of bed with a burning desire to do something worthwhile that inspires you. If you emulate just that, you are halfway to life fulfilment.

Lessons Learned



SECTIONS 25 & 26- LESSONS LEARNED "Happiness in the Spotlight"

1. "KEY LESSON: THE ULTIMATE ROUTE TO LIFE'S TRUE RICHES, SUCCESS AND HAPPINESS IS Finding True Purpose in your Life and doing what's necessary to Fulfil your Destiny."
2. 'In a world filled with hate, we must still dare to hope. In a world filled with anger, we must still dare to comfort. In a world filled with despair, we must still dare to dream. And in a world filled with distrust, we must still dare to believe'– M. Jackson
3. Level Three Happiness represents a higher meaning of life, flourishing and fulfilment at a higher level - achieving one's full potential and Purpose in Life. It can be seen as accomplishments with a higher meaning and has to do with self-realization. It is all about finding 'The Meaning and the Purpose of life.' People at level Three can also feel happiness from doing good for others and making the world a better place, when it forms part and parcel of their meaning and purpose in life. This level of happiness is based on the human desire for connection, goodness, meaning, compassion, friendship and unity. Some have summed it up as simply: "Love".
4. We can't change reality through sheer force of will but we can change how we process the world around us. Gratitude is not about lying to ourselves, or denying the negative, but about focusing on what is good and then using the energy this gives us to make adjustments in our lives.
5. There is nothing wrong with having the wish of becoming rich and famous as a goal or a by-product of pursuing one's life purpose, BUT it's finding the Real Purpose in your Life and Fulfilling your Destiny (by the means necessary) which will give you Happiness. Purpose without

Passion is not worth pursuing. A true-life Purpose and Destiny describe a set of 'Actions and Beliefs' both requiring Passion.

6. *'He who loses money, loses much; He who loses a friend, loses much more; He who loses faith, loses all.'* - Eleanor Roosevelt
7. *'We tend to have hostile and negative beliefs about people who have what we want and look like us, be it a shared culture, gender, race or background. When we feel envy we like to think about how that person is not deserving of the advantage they have.'* - Brad Klontz

MISSION STATEMENT: For the Rest of My Life- Before I speak, I will listen. Before I write, I will think. Before I spend more, I will earn. Before I invest, I will investigate. Before I criticize, I will wait. Before I pray, I will forgive. Before I quit, I will try again and again. Before I retire, I will earn again and save. Before I die, I will give.

Part Seven

The Global Solution

"LOVE – GIVING"



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

— William Shakespeare

26.

The Final Solution

THIS IS IT FOLKS. WE GOT HERE- THE 'FINAL SOLUTION' – AND IT'S not the Code Name for the horrific Genocide of Jews, the evil brainchild of Adolf Hitler; it is the Antonym, and in the 'Life Code' given at the end of the 30 Sections of this Book- and you won't need an Enigma Machine to decipher that. But before we reflect on this, you will excuse me for, at this late juncture, writing to the small subset of casual readers, the impatient ones, who have only just joined us while casually browsing the 'self-help' shelves in the bookstore- maybe looking for the 'Holy Grail of Finding a Lover and Becoming a Billionaire' at a glance with no intention of reading any Book. It does not apply to you my loyal, faithful, dedicated reader! You may gleefully ignore the reproval that the statement below delivers to the Phantom Book-Browser, and likely potential vociferous Critic.

I know we've all done it- idly browse books I mean. You never know- that 'Get Rich or Get Sex Quick- or Meaning of Life' Solution (depending on how deep or shallow you are) may be found in a casual browse or a fifteen minute 'speed read' - anything is possible. If all else fails you can always Google the reviews or even buy the Book. Well, let me let you down now. There is no 'One Answer' and this is Not a 'Pick 'n Mix' Book. If you went straight from the Contents page to Sections 10 and 13 - You were maybe drawn to read about 'How to get Sex, Lust and Find Lovers' (*The Human desire for a Quickie*). Now, if you've skipped from Section 25 to here looking for 'The Final Solution and How to Become a Billionaire', you may be disappointed again. Or maybe you're intrigued enough to read a little further? The mention of 'Lovers & Billionaires' - was to entice you in. Guidance along the 'Key Steps to Becoming Your Destiny' and the Offering of Answers to some of 'Life's Big Questions' - are to keep you in. (*The Human desire to find True Meaning and enduring Happiness*).

But either way there is No Quick Thrill, and No Quick Fix on offer. Your Conclusion to all your own Problems. Self-Analysis and Self-Discovery is complex and requires open minded commitment. Read the entire Book or put it back on the shelf. Commitment to reading a book can only ever be a first step in Life's Transformation, assuming that is what you seek- Find a lover and Become a Billionaire it's good advice. But, if in so doing you discover and become your Destiny it must be worth *a read*.

"The ending is not always where you expect it to be. The end is not what you should be seeking. It is the journey that counts"
– Dr Tanya Malpass

So, if you've skipped to the end- repent. Go back to Section One and enjoy the full journey of Self-Analysis, without knowing the outcome, with the excitement of uncertainty, the joy of personal Self-Discovery, and the absolute delight of finding New Purpose and becoming your Destiny. This Book requires your Input to get your Personal Output- it's not a reference Book. But seriously, it's not my job to criticize potential readers- I do so in contemptuous jest. We are not all motivated to read 'Books of Philosophy'. If you desire only to read about the 'Method' of finding New Destiny and not the 'Analysis'- please read the sister Book - "Your Real Destiny".

Now for the rest of you, who are obviously committed to the journey, this Section is a concerted attempt to pull together all the Parts of the Book (References, Pointers, Inputs & Outputs) in terms of Final Statements, Messages, Key Lessons Learned and Conclusions and Summary of all that precedes them. As far as it is possible, we will try not to leave Life's Big Questions unanswered in so doing.

Key Steps to Becoming Your Destiny

A picture is better than a thousand words. The Diagrams (see Below) Show, Describe and Summarize: The Key 3 Steps To "Finding Yourself And Becoming Your Destiny" developed in Section 17 by learning how to 'Put Trust in the Wisdom of your Soul' and the 7 Detailed Steps To "Life's True Riches, Success And Happiness" on the 'Journey To The New You'.

"If I can cross the globe promoting my ideas expressed in this Book- you can move mountains to achieve your Purpose and Destiny"

There are 3 Key Headline Steps to 'Finding and Becoming Your Destiny'. They are: Developing Self-Understanding; Going Beyond the Ego; and then Becoming the New You by Acting. They are achieved through following the 3 Steps (see the 4 sub-headings under each step) while enacting them all by 'Putting Trust in the Wisdom of your Soul'. That is what I entitle the 'Master Flow Chart' ["Putting Trust in the Wisdom of Your Soul", Spain 2020].

STEP ONE- Develop Self-Understanding

Analysing the Real You is all about Defeating the Negative & Beginning with the "End in Mind". There are four 'reflective stages' in this itself.

- Setting Sacred Cows to identify what is most sacred to you (see Section 2)
- Identifying your Personality Type using the Enneagram Test and really understanding the driving forces in your nature which make you who you are (see Section 14)
- Recognising some Home Truths in terms of Past Faults & Actions and learning what it will take to go Beyond your Ego by identifying a Higher Purpose; and literally seeking a Spiritual Awakening in so doing (see Section 15)
- Identifying with the need to design a Personal Change Development Programme for you based on your defined Saving Grace linked to your deepest Desires

STEP TWO- Go Beyond the Ego

Being Proactive and Thinking Win-Win in using knowledge about yourself to find that illusive "Inner-Calling". There are four 'action-based stages' to achieve this (see Section 16).

- Mapping your Positive Personality Set and getting into the detail of your Enneagram Personality Type results and Recommendations.
- Develop Valuable Ideas & Plans around your Passions and Desires, caveated by a Reality Test with knowledge of your strengths and weaknesses, skills set and experience
- Seeking & Deciding on an Inner-Calling using the "Malpass Matrix"
- Synergising the Effort on Value outside Yourself. That entails reading the Sections in the Book about the World and Life in general, not focused on you the individual, and understanding their Key Messages (see Parts Two and Five)

STEP THREE- Become the New You

Enjoying Spiritual Awareness, & "Enlightenment"

- Striking out into a New World & following your Inner-Calling, recognising Lessons Learned (see Section 27) and the Wisdom of Change (see Section 26)

- **Prioritising Efforts** as you decide them to be
- **Enacting your Dreams & Having Fun- Just Do It**
- **Maintaining Higher Moral Probity** and reflecting on the **Key Lesson Learned in Part Three**. Probably best not to go back there

Finally, it's of course all about **'Becoming Your Destiny'** – Becoming that 'Final Solution' in all we do and become. Consolidating All the Conclusions Drawn, the Blue-Print Drawn, enacting that New Purpose/Destiny and 'Finding True Happiness' in so doing- and 'Waking Up to Your Future'.

7 Steps To "Life's True Riches, Success And Happiness"

The 7 more detailed charted Steps to 'Life's True Riches , Success And Happiness' are a Flow Chart representing the Subject Matter of the 30 Sections of this Book which are: Setting Up to Re-Shape Yourself; Understanding the Global Problem; Addressing the Personal Ego; Discovering the Secret; Implementing the Blueprint; Being the Final Solution; and Drawing Life Conclusions. ["The Journey to The New You", Spain 2020]. By Confronting 7- 'Self Questions' I list and describe each 'Step, the Pitfalls and Methods' used to achieve the 'Final Solution':

7-SELF QUESTIONS

1. Where I want to Go
2. Where Others Falter
3. Where I falter
4. What I need to Do
5. What Principles I need to Adopt
6. Who I am Now
7. What is My Destiny

7- STEPS

1. Setting Up to Re-Shape Yourself
2. Understanding the Global Problem
3. Addressing the Personal Ego
4. Discovering the Secret
5. Implementing the Blueprint
6. Being the Final Solution
7. Drawing Life Conclusions & Becoming your Destiny

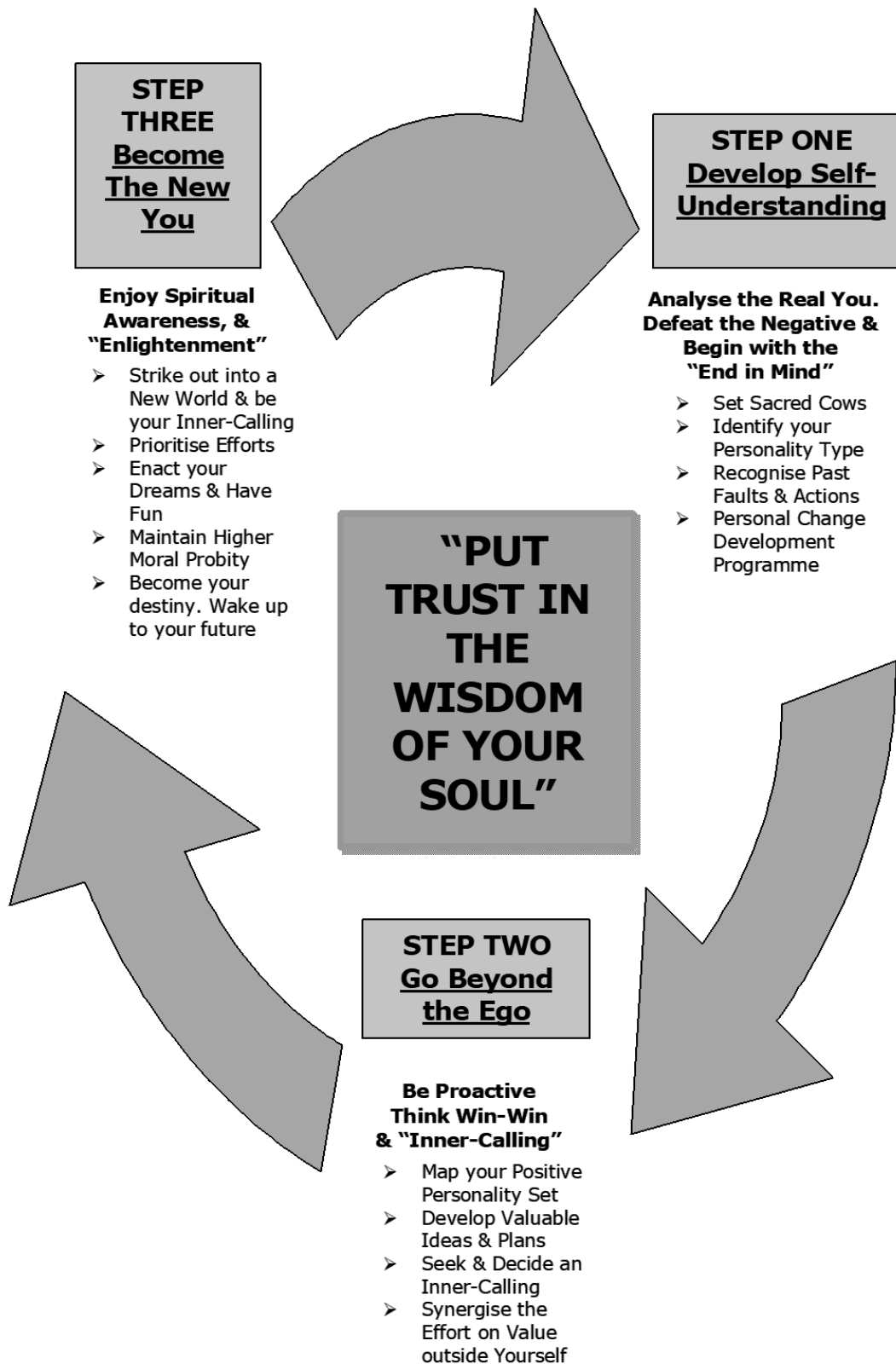
PITFALLS

1. Letting Others Run your Life
2. Blaming Others for your Bad Breaks
3. Showing Subconscious Contempt for your own Potential
4. Allowing Fear to Dominate your Life's Progress
5. Failing to Manage your Psych & Manage your Mind
6. Being Negative and not Learning the Magic Secret for Winning Command of Others
7. Failure to Believe in the Power of your Mind and your Control over it

METHOD

1. Setting a Route to Self-Awareness and Identifying what's Sacred to You
2. Understanding the Human State & Global Problems of Power, Politics & Corruption and Your own Personal Ego
3. Being Careful What You Wish For & Developing Valuable Goals based on Guidance & Lessons Learned by Great Leaders of the Past
4. Analysing your Personality and Going Beyond the Ego to Identify your Inner-Calling, and Secret to your Personal Happiness
5. Learning from Great Principles of the Past setting a Blueprint for myself from understanding the Truth about Success & Happiness, the Importance of Morals, Reciprocity and Inclusiveness
6. Finding True Purpose and being the 'Final Solution' focusing on Love & the Wisdom of Change and Synergising the Effort on Value outside Yourself
7. Becoming your Destiny through Drawing on all the Conclusions and putting Plans into Action, believing that it's Never Too Late, and Never Giving Up.

**"PUTTING TRUST IN THE WISDOM OF YOUR SOUL"
(SPAIN, 2020)**



" JOURNEY TO THE NEW YOU" (SPAIN, 2020)

7-SELF QUESTIONS

1. *Where I want to Go*
2. *Where Others Falter*
3. *Where I falter*
4. *What I need to Do*
5. *What Principles I need to Adopt*
6. *Now Who am I*
7. *What is My Destiny*

7- STEPS

1. *Setting Up to Re-Shape Yourself*
2. *Understanding the Global Problem*
3. *Addressing the Personal Ego*
4. *Discovering the Secret*
5. *Implementing the Blueprint*
6. *Being the Final Solution*
7. *Drawing Life Conclusions & Becoming your Destiny*

METHOD

1. *Setting a Route to Self-Awareness and Identifying what's Sacred to You*
2. *Understanding the Human State & Global Problems of Power, Politics & Corruption and Your own Personal Ego*
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PITFALLS

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3. *Showing Subconscious Contempt for your own Potential*
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5. *Failing to Manage your Psych & Manage your Mind*
6. *Being Negative and not Learning the Magic Secret for Winning Command of Others*
7. *Failure to Believe in the Power of your Mind and your Control over it*

Setting Up to Re-Shape Yourself
1. Where I want to Go

Understanding the Global Problem
2. Where Others Falter

Addressing the Personal Ego
3. Where I Falter

Discovering the Secret
4. What I need to Do

Implementing the Blueprint
5. What Principles I need to Adopt

Being the Final Solution
6. Who Am I Now

Drawing Life Conclusions
7. What is My Destiny

Taking Control and Putting it all into Action

Dreams and Destinies become nothing without a Plan and even more important - Action. Unless you are one of those people who believe in 'Divine Destiny' and you are waiting to see what God drops your way- you will be Active in going about the business of 'Achieving your Destiny' once you've found within yourself what it is. It's now or never. Choose and Act wisely.

"Destiny is not a matter of chance it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved"
- William Jennings Bryan

"Your life cannot be repeated. It is now or never, so find out who you are, what your heart longs to achieve, and then sail away from safe harbours and explore your greatest dreams [& Your Destiny]"
- Kenneth O' Foster

"Death is the Destiny of us all, but our greatest loss can be what dies inside us while we still live." - Norman Cousins

"Your life is like a coin. You can spend it anyway you want, but only once. Make sure you invest it and don't waste it. Invest it in something that matters to you and matters for eternity."
- Tony Evens

According to psychologist Abraham Maslow, we have a 'Hierarchy of Needs'. Self-Actualization is that highest level of Need- that of knowing and becoming Your Destiny:

- Self-Actualization - Achieving individual potential
- Esteem – Self-respect and respect from others
- Belonging - Love, affection, being part of a group
- Safety - Shelter, protected from danger
- Physiological - Health, Food, Sleep

When the lower needs are not satisfied, the higher needs are sacrificed. The lower you go in the needs hierarchy, the more control you need. Good health, food and sleep are necessary for us to survive. They take precedent over all needs. Once these needs are satisfied, then we can pursue higher needs in the hierarchy.

Discovering your Purpose and Destiny in Life and taking back the Feeling of Control in your life will bring with it happiness.

*"Grant me the serenity to accept the things I cannot change...
The courage to change what I can...
And the wisdom to know the difference."*

This quote is called the 'Serenity Prayer'. There's wisdom in these simple words. Knowing when things are in your control, and when they are not is important to your happiness and peace of mind. It's a fact of life that we can't always understand why some events happen. A death in the family, a disaster, getting laid off, and other life events that shake the ground we walk on.

By all means aim for the stars, I'm all for that (see below "Aim for the Stars") but also know your own strengths and weaknesses. The ability to look at yourself objectively and without judgement is a requirement for real happiness and success. In Part Four we discovered how Self-awareness allows you to focus on activities that highlight your strengths, while at the same time, you can develop your Personality Type's weak points or avoid situations where you will feel most vulnerable.

Taking Control of one's own Destiny is essential to our mental, emotional and physical well-being, and all human beings need it. So, you are the author of your life. You are never helpless. At any moment, you can decide to change the course of your life. It's all up to you, and it's all about you. This Book only sets examples, relays experience, gives guidance and structure for your own self-discovery. But there have been Lessons Learned en-route (see below "Lessons Learned & Mission Statements")

Aim for the Stars

Despite our progress as Homo Sapiens in terms of physical, mental and cognitive and development in the last 60,000years, and our exponential technological advancements in the last century, many of us remain limited by "false" mental barriers.

After rigorous testing and analysis of the human body and the physical capabilities of our anatomy scientists concluded that it was not possible for a human being to run a mile in under 4 minutes. It simply couldn't be done, they said. But Roger Bannister didn't take any notice of these conclusions.

In 1954 he broke the 4-minute barrier. Running a mile in four minutes requires a speed of 15 miles per hour.

This was a phenomenal achievement of course. And what was even more astonishing was that once this imaginary time barrier was destroyed, lots and lots of runners started breaking the four-minute barrier every year. And not only breaking it. Since 1954 the time for the fastest mile has been improved by almost 17 seconds. Currently the mile record is held by Hicham El Guerrouj from Morocco, who ran the mile in 3:43.13 in Rome in 1999.

The story illustrates how the human mind can play tricks on us. If we believe a barrier to exist then it does exist. But not because it is impossible to overcome the barrier. Simply because we believe it to be so.

"The man who thinks he can and the man who thinks he can't are both right. Which one are you?" – Henry Ford

This does not mean that no barriers exist of course. The three-minute mile will probably never be run. But you shouldn't let others decide these barriers for you. If you do then they most certainly do exist.

In setting your own Goals, purpose and Destiny - Use the power of your subconscious mind. Your subconscious mind can influence your physical body. This can be a barrier as well as a strength. You should decide to unlock the power of your subconscious mind and use its influence in a positive and empowering way.

The inspiring book, "The Hope that I have" was written four years after the author had been given an 18- month life expectancy by physicians of some repute. Written by an author who conquered terminal illness, this is no run of the mill hope, it is infectious – written by my loving sister Dr Tanya Malpass.

"Hope sits on the pages, runs through the words, bounces through the lines, and flies infectiously into the mind of the reader.. I sense that this is a book to share with as many people as possible - people with or without cancer, doctors, patients and anyone who wants to live joyfully, even when facing uncertainty". – Hen

So, anything is possible. Imagine the massive consequence of this conclusion. You have capabilities that you can't access simply because you don't think you can. But if you can break all mental barriers then you can

achieve things you didn't think possible and reach your full, real potential and Destiny despite the hurdles. Remember all the lessons learned I've shared which hopefully might help you in dealing with your hurdles.

There will have been no point in living 63 years nor writing about my life experiences if there are no lessons to learn and share. There are a total of 133 'Lessons Learned' listed at the end of all the Sections, and 25 Personal 'Mission Statements', from Part One Section 1 to Part Six Section 25. Below I summarize those top 25 which I categorized as 'Key Lessons' ["Key Lessons Learned & Mission Statements"], and 25 'General Mission Statements' applicable to us all, used for further analysis in Section 16 - 'Identify Your Inner-Calling'; and in the sister Book "*Your Real Destiny*"

And don't confuse 'Fate' with 'Destiny'. Fate is what puts opportunities in front of us but our destiny is ultimately determined by our decisions. For instance, if you go to a party and meet the perfect guy that was fate. But what you do about it is your destiny... Our destiny is not something we can sit by and let happen to us

Lessons Learned & Mission Statements

If you have valiantly soldiered on through 25 Sections waiting for a 'Final Solution' it may not surprise you that the Conclusions and Key Lessons Learned are crucial to that wait. They have been summarised in 'Mission Statements' too, in order that the compass is secured and difficult to budge. But finally, the KEY MESSAGES and MISSION STATEMENTS are the necessary for the sweet spot of the Final Solution, and I summarize them here:

SECTION 1

"The Art & Evolution of Self-Discovery"

- KEY MESSAGE: "A Life of Mediocrity Is an Injustice to The Miracle of Our Birth and the 25,000 days on average we consume our time here until death. Time is precious so why wait until retirement to set aside the time to adjust our consciousness and moral compass on-route to real life purpose and fulfilment. All or nothing. ["Mediocrity Sucks"]."
- MISSION STATEMENT: "As I Seek to Lift Myself from The Shadows, I Shall Not Focus on The Mundane Daily Realities, I Shall Re-Examine Myself. I shall dream more, make my dreams reality and seek to love even more in the process. Most importantly I shall set my own standards and priorities

and become my own leader. I don't need or want any more bosses. Whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, I shall dwell on these things."

SECTION 2

"Identifying What's Sacred to You"

- **KEY MESSAGE:** "Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian. You Are Responsible for Your Life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on. Now is the time to start the process."
- **MISSION STATEMENT-** "I will always dream and shoot higher than I know I can do. I do not bother just to be better than my contemporaries or predecessors. I compete only with myself and try to be better than the often- flawed side of my personality. In the search for my inner-feelings and characterisations of whom I perceive myself to be, I will focus on who I actually am, and who I seek to become. In so doing, and being honest with myself, I Will Set the Right Sacred Cows As The Foundation Blocks For My Self-Determination And Change Programme."

SECTION 3

"Perversions of Power"

- **KEY MESSAGE:** "The important point that Aristotle raised was that the mutual or 'Common Interest' of men is what brings them together. So, one of the purposes of a State is to work as a body that respects the Common Interests of the citizens that reside there. Hence, it can be said that Common Interest Is What Brings People Together to Help Each Other."
- **MISSION STATEMENT:** "Our Common Mission and Purpose Should Be to Accept and Route Out The Existence of 'Corruption' and 'Perversions Of Power' in Manipulation Of Our Companies, Political And Economic Systems. We will strive with others to help identify it and help eradicate it by compliance with New World Order Anti-Corruption Policies- involving information sharing to facilitate International Policing and Identification and Penalisation of all serious immoral acts of injustice & criminology. I for my part will do my bit"

SECTION 4

“The Evil that Good Men Do”

- KEY MESSAGE: “Empowerment of Women Is A Necessity for The Very Development of a Society, since it enhances both the quality and the quantity of human resources available for development. Empowerment is one of the main procedural concerns when addressing human rights and development.”
- MISSION STATEMENT: “UK Boards of Directors shall dig deeper in finding Women of potential in their Organisations and promote them according to their ability. I Will Do My Bit Where I Can with The Promotion of Women of Potential and Enforcement of Equal Rights.”

SECTION 5

“The Human State”

- KEY MESSAGE: “There are probably three main things when consensus defines ‘Human State’ as being ‘Happy’. They are Based on The Need for A Real Meaning in Life and A Need for Moral Concerns. They precipitate themselves in: Close positive personal relationships with family and friends; a job or past-time that one loves and gives purpose; and helping others with focus particularly on one’s own children.”
- MISSION STATEMENT: “I will take responsibility for finding Joy, then I will Grow all on my own. I Will Choose to Be Joyful. I Won’t Let Others, And Their Negativity or Criticism or Cynicism- Hold Me Back”

SECTION 6

“Conflict, Ethics & Accountability”

- KEY MESSAGE: “As individuals, It Is Our Capacity for Self-Accountability That Keeps Us Functioning Ethically and Responsibly. While people may be accountable to others, they may not be as accountable to themselves when there is no one else to observe, monitor or hold them responsible. Self-accountability is the cornerstone of ethics: It is who you are and what you do when no one is watching.”
- MISSION STATEMENT: “We will expect good governance not as a result of implementing our laws, but from ourselves and the personal qualities of

those who govern with us; and the most important element of government will be the method of choosing our leaders. I shall seek to do my little bit of good where we I can. I will have a personal zero-tolerance in terms of personal involvement in corrupt activity, and I avoid those who don't. To Do My Bit To Counter Poor Governance I Will Campaign And Vote For Good Leaders Where I Can."

SECTION 7

"The Cancer of Corruption"

- KEY MESSAGE: "In Gandhiji's words, 'Corruption and Hypocrisy Ought Not to Be Inevitable Products of Democracy, as they undoubtedly are today.' In respect to India's Political system, Columnist Steve Chapman's words in response were that, 'The bad news is that our democracy does a poor job of giving the people what they want. The good news is that it's easier to fix a rotten system than a rotten people.' "
- MISSION STATEMENT: "I Will Not Work for or With Companies or People Which/Who Get Involved in Corrupt Practice to further their own cause. Life is too short. I will not get involved in, nor get coerced to get involved in, nor aid and abet, nor condone any form of corrupt activity, even petty acts of unfairness and misuse of power, which are vexatious to the spirit."

SECTION 8

"Be Careful What You Wish For"

- KEY MESSAGE: "Successful men and women invariably treat others well, as they would wish to be treated themselves. And notwithstanding the need to toil diligently to provide for one's household, A Man Should Seek To Spend As Much Time With His Family As Possible, considering excessive time spent on the acquisition of wealth or other pursuits at the expense of time spent with the family as a denigration of his duties."
- MISSION STATEMENT: "We Should All Strive to Treat Each Other Well, As We Would Wish To Be Treated. I will put people first, try not to be judgmental, and not be afraid of sentiment."

SECTION 9

"Inspiration from Leaders who Made History."

- KEY MESSAGE: "But there have been shafts of light. To try and fill the gap

It Is Worth Learning From The Inspiration Shared By Certain Great Leaders not driven by being on the wrong side of conflict and armed conflict but Being Inspirational In Their Quest For Change, Freedom And Liberty, The End Of Conflict, Peace And For Good.”

- MISSION STATEMENT: “While I will continue to be inspired by great leaders and mentors, As I Age, I Will Strive to Be My Own Leader and Pass On My Wisdom And Experience To Others. I will do this by my writing, my words, my counselling of others who seek it, and by talking to my grandchildren on my knee.”

SECTION 10

“Love, Lust Sex & Jealousy.”

- KEY MESSAGE: “The Divine obliteration of God's enemies’ is not amongst us yet. The Balance in Burden of Criminality should shift to those Agents (Pimps) who arrange and Aid and Abet Prostitution and Abuse Prostitutes, and those Punters who are violent or also Abuse the Ladies. Meanwhile prostitutes should be protected. Illegal or Immoral Forms Of ‘Prostitution’ In Most of Their Forms Will Never Be Eradicated Around the World While Men with Money Seek Easy Sex for Money, And A Culture of Corruption Prevails in Society.”
- MISSION STATEMENT: “I Will Look at Bringing Love into Everything I Do, Not Just into My Relationships. (To have successful relationships we should seek the three Components of love- Intimacy, Passion and Commitment, plus a healthy respect for ourselves). I will not be judgemental of others in their Life Choices. I will not seek to hurt others in my actions- particularly in terms of taking sexual partners. I will never seek comfort from a prostitute, but I will continue to seek to respect and protect Prostitutes where I consider they deserve so, and I am called upon to do so”.

SECTION 11

“Money, Greed, Pride & Prejudice.”

- KEY MESSAGE: “‘Charity Cures Greed’ By Putting the Desire to Help Others Above Storing Up Treasures For Oneself. ‘Humility Cures Pride’ By Removing One's Ego and Boastfulness. Readymade solutions. adopting an ‘attitude of service towards others’ is all that we need.”

- MISSION STATEMENT: "I will focus on my family first, and in so doing i am unlikely to go wrong. I will not judge myself by my worst mistakes and I will less likely be defined by them. my self-image will reveal my true colours to myself and i will not focus on my image to others. I will work on managing my negative personality traits which expose my flaws and lead to bad decisions. I will fight my prejudices against the dull and uneducated. i will temper my pride and any latent narcissism I harbour. they are never insurmountable. i will strive for happiness, but also to make money as a by-product. i will use the money to help others, particularly my daughters and future grandchildren."

Section 12

"Addictions & Personality Disorders"

- KEY MESSAGE: "It's a fact. Alcoholism impairs overall Life Performance so the opportunity cost is considerable."
- MISSION STATEMENT- "Today is a new day and it brings with it a new set of opportunities for me to act on. I am attentive to the opportunities and I seize them as they arise. I have full confidence in myself and my abilities. I can do all things that I commit myself to. no obstacle is too big nor too difficult for me to handle because what lies inside me is greater than what lies ahead of me. I am committed to improving myself and I am getting better daily. I am not held back by regret or mistakes from the past. I am moving forward daily. Absolutely nothing is impossible for me. I will temper my drinking and control my alcohol dependence. I will eat more healthily and exercise. I will be a fit grandfather."

Section 13

"Secret Number One- Find A Lover"

- KEY MESSAGE: "Boredom and lethargy postpone the opportunity to enjoy life today, in the vain hope and fragile argument that perhaps we can do something about it all tomorrow. it is easy to get stuck in a rut. It is a compelling argument which tells all of us who feel down in life to find a lover if we don't have one, be a lover, and the protagonist in life."
- MISSION STATEMENT: "I will strive to never harm other people, either my own partner or others, by my own sexual behaviour. It is not wise either to put a disproportionate emphasis on the value of sex itself. It's no joke."

When it's right it's wonderful. when it's wrong it can be fun and fulfilling, but it can be emotionally regrettable. As Rod Stewart sang, 'elusions of that grand first prize are slowly wearing thin.' ["I was only joking", Rod Stewart]. So, if I ever again 'take a lover' while in a committed relationship- i must be mindful and aware the happiness it gives me may be momentarily and may turn into a life of continued regret and depression."

Section 14

"Understanding Your Personality & Nature"

- KEY MESSAGE: "At the end of the day it's our personality (& importantly your character) which defines who we are as a person. Apart from our abilities and training, it is what helps us or hinders us in just about everything we do in our work and social relationships or helps us to accomplish the things we aspire to do and become."
- MISSION STATEMENT: "I will- become 'the master of my own destiny': decide what I want in life and go after it. ...focus on what I can control, not what I can't. ...quit playing victim. ...put myself first, but don't neglect others. ...face my fears. ...embrace failure. ...learn to trust myself. ...take action."

Section 15

"Going Beyond the Ego."

- KEY MESSAGE: "Engage in meditation and self-transcendence. self-transcendence is, at its core, about transcending (or rising above) the self and relating to that which is greater than the self. in simple terms, it is the realization that you are one small part of a greater whole. It's appropriate to act accordingly."
- MISSION STATEMENT: "I will become more self-aware by- recognising past faults; logging some of my lessons in life; and mapping a positive personality set to help me 'go beyond the ego'. I will use this process to develop valuable personal ideas and plans."

Section 16

"Identify Your Inner-Calling"

Section 17

“Put Trust in Wisdom Of Your Soul”

- KEY MESSAGE: “You don’t need any methods to get rid of the wrong ideas you have about yourself. all you have to do is stop believing them. The best way to do this is to replace them with ideas that more accurately reflect the real state of affairs.”
- MISSION STATEMENT: “The goal is to find the ‘Truth about Success and Happiness’ - to do this I will transcend a journey of ‘Self Discovery and understanding’ to ‘Go beyond my Ego’ and identify my true Inner-Calling”.

Section 18

“Maximise Your Mental Power”

- KEY MESSAGE: “The bottom line is that- ‘good marriage, family and community seem to have more impact on our happiness than money and health. happiness begins within’. happiness also consists of seeing one’s life in its entirety as meaningful, and worthwhile.”
- MISSION STATEMENT: “I will maximize my mental power to become my destiny and i will always remember that successful people are those who end up doing what they really want to do and are doing it on purpose with maximum effort.”

Section 19

“Great Principles Shared”

- KEY LESSON: “Charity unites us all and is perhaps the purest form of doing right by people and following the Governing Rule of all religious understanding - ‘the Law of Reciprocity’. admirably depicted in the teachings of the Muslim faith. Savage and competitive instinct is Not the natural Human Condition. Our conscious mind and intellect allow us to choose a ‘Sharing/Gentle/Loving’ demeanour and a ‘Life of Selflessness’. We have gained this Moral Instinct from Nurturing.”
- MISSION STATEMENT: “In my life I will follow the Governing Rule of all religious understanding which is the Law of Reciprocity – ‘do unto others what you would have done unto yourself.’ [“the Governing Rule”], and in this I believe the whole of humanity should be united..”

Section 20

“Buddhist Wisdom in The Search for Happiness”

- KEY LESSON: “Religious people and atheists alike could find a moment of revelation by studying the insight Buddhism offers for happiness. the goal of Buddhism is a state of lasting, unconditional happiness known as enlightenment. to bring us to this state, Buddhism points us to lasting values in this impermanent world and gives us valuable information about how things really are.”
- MISSION STATEMENT: “In the end, how we act in the face of adversity reveals our true character. I can't always change the external reality, but I can control, change and decide how I react. and I will always respect the peaceful and humble teachings of the Buddhist faith.”

Section 21

“Wealth Creation & Moral Sentiment”

- KEY LESSON: “Over time, a move to political and economic systems based on ‘Capitalism with a Social Conscience’ will benefit society and the individual- adopting artificial intelligence (AI) and algorithm systems to embrace a socially minded and socially assessed form of capitalism, where the goal is making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. We should all become advocates of ‘Social Capitalism’.”
- MISSION STATEMENT: “The bottom line is- if I become successful and wealthy it is inconceivable that I wouldn’t be even more generous with my charity and philanthropy.”

Section 22

“Truth About Success & Happiness”

- KEY LESSON: - “Helping others can help with your happiness. Taking time for social connection; focusing on other people rather than yourself; being positive and grateful for what you have; doing healthy habits like exercise and sleep; being focused on the here and now; meditating; not comparing ourselves with other people- all these things help. And the universal recipe for happiness is taking time to be ‘Others Orientated’ and being in the present moment. Mix this with a little exercise and some good sleep- and you are almost there, (-Laurie Santos).”

- MISSION STATEMENT: "I will do something special for me. Personal success is about discovering yourself, improving yourself and helping others; I will find new purpose in the rest of my life; and pursue a new personal inner-calling derived from something of real substance for me, defined by me."

Section 23 **"Consciousness, Reciprocity & Inclusiveness"**

- KEY LESSON: - "The importance of understanding the concepts of consciousness, reciprocity & inclusiveness is paramount, and everything that precedes this in the book, is only in preparation for you setting your own blueprint about how you spend the rest of your life. To deny our Consciousness as humans and consider ourselves driven by instinct like animals- degrades the Human Spirit. You can choose a Life of Reciprocity and Inclusiveness."
- MISSION STATEMENT: "At the 'personal level' - the basis of my Spirituality is my 'Consciousness, Reciprocity and Inclusiveness'. Going beyond the physical. Going beyond boundaries. Being boundary-less. At the national level we must strive to help strengthen the State because it creates peace and harmony among different sections and societies and among people with different abilities. It brings tolerance and teaches them the importance of respecting others. It makes citizens and employees and individuals more successful. Appreciating diversity, equality and equity, cooperativeness, participation, community, and sustainability. "

Section 24 **"Purpose & Destiny"**

- KEY LESSON: - "People with true purpose fulfill their destiny and find happiness. Purpose is the destination while destiny is the pathway that takes you there. Find your purpose and fulfil your destiny (by doing what is necessary)- is the clear life message that provides 'The Final Solution'."
- MISSION STATEMENT:- "I will decide and then I will act- with new purpose. I will set an idea of the type of future I'd love, and the practical steps I can take to start on the path. No matter what I decide to do, the choice will be my own. I won't let critics scorn at my new life mission. I will keep in mind that their opinions are just that- their opinions. I control my destiny, not them. That is not to say that I shall not seek counsel from people whose opinions I respect and trust."

Section 25- Key Lesson Learned

“Happiness in The Spotlight”

- KEY LESSON: “The ultimate route to life’s True Riches, Success and Happiness is finding ‘True Purpose’ in your life and doing what’s necessary to ‘Fulfil your Destiny’.”

- MISSION STATEMENT: “For the Rest of My Life- Before I Speak, I Will Listen. Before I Write, I Will Think. Before I Spend More, I Will Earn. Before I Invest, I Will Investigate. Before I Criticize, I will Wait. Before I Pray, I will forgive. Before I Quit, I will Try again. Before I Retire, I Will Earn and Save. And Before I Die, I Will Give.”

And if all the above 25 Lessons seems too much of a ‘mishmash’ or too many ‘one-liners’ together to absorb, take a read of my Personal Summary and Key Personal Statement- ‘The Final Solution’. [“The Final Solution”, Spain 2020]. And if even that Summary leaves you with too many messages to digest all with focus, read and reflect on- ‘My Book in 4 Key Messages’. [“My Book in 3 Key Messages”, Spain 2020].



**"THE FINAL SOLUTION"
(SPAIN, 2020)**

The following 'Key Lessons- Personal Statement' is a Summary of my chosen key 'Lessons Learned' and personal 'Mission Statements' which define my own path forward. They are derived from the conclusions I have shared with you, during the preceding 25 Sections of this Book. It serves to provide 'My Personal Life Conclusion' and may prove a guide to your own:

"We are all responsible for our own lives. Firstly, life is short so a man should seek to spend as much time with his family as possible. Looking back- it's a good marriage, family and a role in the community which seems to have more impact on our happiness than careers, money or even health. Happiness is not just about that occasional 'feel good' sensation, it is about seeing one's life in its entirety as meaningful, and worthwhile. To achieve that one has to become more self-aware and develop valuable personal ideas and plans. 'People with true Purpose fulfil their Destiny and find Happiness'. And while Purpose is the ultimate Destination, it's Destiny which is the pathway that takes you there. In other words, it's what you do to achieve your Purpose which will be your Destiny; and often it's as much the journey that brings Happiness as much as finally reaching the Destination.

So, in the time I have left I am intent on finding my own new Purpose for the rest of my life. I will then pursue that new Purpose and personal inner- calling, which will not be chosen lightly. It will be derived from something of real substance for me, defined by me (see Section 16). Successful people are those who end up doing what they really want to do and are doing it on purpose with maximum effort. No matter what I decide to do, the choice will be my own.

I won't let others, and their negativity or criticism or cynicism- hold me back. It took me a year to write a Book, which some might

disregard at a glance or with an unkind comment. A life of mediocrity is an injustice to the miracle of our birth, and so many of us choose to go with the flow of others and become too influenced by what's going on around us, according to Facebook, Twitter and others. As I age, I will strive to be my own leader and pass on my wisdom and experience to others, in a positive way.

I will choose to be joyful and joke my way through life, as usual, using wit and sense of humour not just to amuse or protect myself, but to 'lighten' the day for all around. Life should be about fun worth sharing, not misery to dwell on. And I will look at bringing love into everything I do, not just into my relationships. Having fun, being kind and happy is the right way. It would be a kinder world if we all followed the Golden Governing Rule- 'Do unto others what you would have done unto yourself.' Who would be 'shitty' to others then?

While I strive for success and happiness, I hope to make money as a by-product. Because if I become successful and wealthy it is inconceivable that I wouldn't be even more generous with my charity and philanthropy. I will use the money to help others, particularly my daughters. I want to buy them a house each at least before I confront Saint Peter. But in order to do much of the above I will need to temper my drinking and control my alcohol dependence. I will need to eat more healthily and exercise. I intend on being a 'fit grandfather'- that's what I will be.

'I must be the change I wish to see in this world' - Mahatma Gandhi

Remember the Key Lesson: 'The Ultimate Route to Life's True Riches, Success and Happiness Is Finding True Purpose in Your Life and Doing What's Necessary To Fulfil Your Destiny.' So, find your Purpose and fulfil your Destiny (by Doing what is necessary, not sitting on your arse)-it is the clear life message that provides The Final Solution!"

The following 'Key Lessons' and universal 'Mission Statements' are for use in the Analysis of Personality and Inner-Calling Section 14-16 and also form part of the Input for the Book 'Your Real Purpose'.



"Key Messages and Mission Statements- in brief"

	KEY MESSAGES ("We are")	MISSION STATEMENTS ("I will")
1	<i>A Life of Mediocrity Is 'An Injustice to The Miracle of Our Birth'</i>	<i>I will Seek to Lift Myself from The Shadows of Mediocrity & Re-Examine Myself</i>
2	<i>We Are Responsible for Our own Lives, and the Change we Seek</i>	<i>I will Set 'Sacred Cows' for my Change Programme</i>
3	<i>Common Interest is What Brings People Together to Help Each Other</i>	<i>I will work for the Common Interest and not get involved in Any 'Acts of Corruption' or 'Perversions of Power'</i>
4	<i>Empowerment of Women Is a Necessity for The Very Development of a Society</i>	<i>I Will Respect and Promote Empowerment of Women and Enforcement of Equal Rights.</i>
5	<i>Humans Need A Real Meaning in Life and have Moral Concerns</i>	<i>I will Choose to pursue a Joyful, Kind & Meaningful Life</i>
6	<i>It Is Our Capacity for Self-Accountability That Keeps us Functioning Ethically and Responsibly</i>	<i>It will be Self-Accountable to Myself and Function Ethically and Responsibly</i>
7	<i>Corruption and Hypocrisy Ought Not to Be Inevitable Products of Democracy</i>	<i>I Will Not Vote for; Work for; or Get Involved with any Government Bodies, Companies or People Which/Who indulge in Corrupt Practice</i>
8	<i>A Man Should Seek to Spend as Much Time with His Family as Possible</i>	<i>I will Strive to Work Hard and Treat Others Well, but I will Always Prioritize my Family in terms of my Time, Affection and Dedication</i>
9	<i>We should all Learn from The Inspiration Shared by Certain Great Leaders – In their Quest</i>	<i>As I Age, I Will Strive to Be My Own Leader and Pass on My Wisdom</i>

	<i>for Change, Freedom and Liberty, The End of Conflict, Peace and Goodwill</i>	<i>and Experience to Others for the Common Good.</i>
10	<i>Illegal or Immoral Forms Of 'Prostitution' In Most of Their Forms Will Never Be Eradicated Around the World While Men with Money Seek Easy Sex for Money, And A Culture of Corruption Prevails in Society</i>	<i>I Will Look at Bringing Love into Everything I Do. I will not be judgemental of others in their Life Choices, including Prostitutes and I will respect them where I consider they so deserve</i>
11	<i>Charity Cures Greed by Putting the Desire to Help Others Above Storing Up Treasures for One's Self. 'Humility Cures Pride' By Removing One's Ego and Boastfulness</i>	<i>I Will Strive for Happiness with Humility. But I will seek to Make Money as A By-Product. I Will Use the Money to Help Others, Particularly My Daughters</i>
12	<i>It's A Fact. Alcoholism Impairs Overall Life-Performance So the Opportunity Cost Is Considerable</i>	<i>I Will Temper My Addictions. I Will Eat Healthily and Exercise.</i>
13	<i>We should all Find A Lover- If We Don't Have One, Be A Lover</i>	<i>I will never 'Take A Lover' without being Mindful that it May Turn into A Life of Continued Regret and Depression</i>
14	<i>At the End of The Day It's Our Personality (& Importantly Our Character) Which Defines Who We Are as a Person</i>	<i>I will become 'The Master of My Own Destiny': Be Me, Proud of Me- and Decide What I Want in Life, And Go After It</i>
15	<i>Engage in Meditation and Self-Transcendence- It is The Realization That We Are One Small Part of a Greater Whole. Act accordingly</i>	<i>I Will Become More Self-Aware and Develop Valuable Personal Ideas and Plans. That way I will understand my Purpose in this World.</i>

16	<i>We Don't Need Any Methods to Get Rid of The Wrong Ideas We Have About ourselves. All we Have to Do Is Stop Believing Them</i>	<i>I Will Transcend A Journey Of 'Self Discovery and Understanding' To 'Go Beyond My Ego' And Identify My 'Inner-Calling'</i>
17	<i>Good Marriage, Family and Community Seem to Have More Impact on Our Happiness Than Money and Health. Happiness also Consists of Seeing One's Life in Its Entirety as Meaningful and Worthwhile</i>	<i>I will End Up Doing What I Really Want to Do and will Do it on Purpose with Maximum Effort. And my Family will come first.</i>
18	<i>Charity Unites Us All and is Perhaps the Purest Form of Doing Right by People</i>	<i>In My Life I Will Follow the Governing Rule- Do Un to Others What You Would Have Done Un to Yourself. And I will give</i>
19	<i>Religious People and Atheists Alike Could Find A Moment of Revelation by Studying the Insight Buddhism Offers for Happiness</i>	<i>In the End, How I Act in The Face of Adversity Reveals my True Character. I will be guided by Buddhist Philosophy</i>
20	<i>'Capitalism with a Social Conscience' Will Benefit Society Where the Goal Is Making Social Improvements, Rather Than Focusing on Accumulation of Capita</i>	<i>If I Become Successful and Wealthy It Is Inconceivable That I Wouldn't Be Even More Generous With My Charity And Philanthropy</i>
21	<i>Universal Recipe for Happiness is Taking Time to Be Others Orientated and Being in The Present Moment</i>	<i>I Will Find New Purpose in The Rest of My Life Derived from Something of Real Substance for Me, Defined by Me, but to the Benefit of Others</i>
22	<i>The Importance of Understanding the Concepts of Consciousness, Reciprocity & Inclusiveness is paramount</i>	<i>The Basis of My Spirituality will be My Consciousness, Reciprocity and Inclusiveness</i>
23	<i>People with True Purpose Fulfil Their Destiny and Find Happiness. Purpose Is the Destination While Destiny Is the Pathway That Takes You There.</i>	<i>No Matter What I Decide to Do, The Choice Will Be My Own. It will be to Fulfil my Destiny, and to have Fun on the Way.</i>

24	<i>The Ultimate Route to Life's True Riches, Success and Happiness Is Finding True Purpose in Your Life and Doing What's Necessary to Fulfil Your Destiny</i>	<i>I Will Find True Purpose in My Life and Do What's Necessary To Fulfil My Destiny. Before I Speak, I Will Listen. Before I Die, I Will Give</i>
25	<i>Our lives cannot be repeated. It is now or never, so find out who you are, what your heart longs to achieve, and then sail away from safe harbours and explore your greatest dreams [& Your Destiny</i>	<i>I must be the change I wish to see in this world - Mahatma Gandhi</i>



**"THIS BOOK IN 4 KEY MESSAGES"
(SPAIN, 2020)**

1. *"The Art & Evolution of Self-Discovery" [Say No to Mediocrity]*

KEY MESSAGE: A life of mediocrity is an injustice to the miracle of our birth and the 25,000 days on average we consume our time here until death. Time is precious so why wait until retirement to set aside the time to adjust our consciousness and moral compass on-route to finding Real life Purpose, Happiness and Fulfilment. All or nothing. ["Mediocrity Sucks"]

2. *"Route to Self-Knowledge" [Time to Move On- Finding your True Purpose & Destiny]*

KEY MESSAGE: Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian. You are responsible for your life. You can't keep blaming

somebody else for your dysfunction. Life is really about moving on. Now is the time to start the process of 'Self Discovery and finding True Purpose and Destiny'.

3. *"Be Careful What You Wish For" [Your Children & Family Come First]*

KEY MESSAGE: Successful men and women invariably treat others well, as they would wish to be treated themselves. Notwithstanding this, and your new 'Chosen Path' of Destiny, and your commitment to toil diligently to provide for your household- 'A (wo)man should Love his/her Children and Spouse first, and seek to spend as much time with his/her family as possible, considering excessive time spent on the acquisition of wealth or other pursuits at the expense of time spent with the family as a denigration of his/her duties.' Nurturing and Loving our Children is finest attribute of the Human Condition of Consciousness.

4. *"Great Principles Shared" [Always Be Kind & Charitable]*

KEY LESSON: Kindness and Charity are perhaps the purest form of doing right by people and following the Governing Rule of all Religious Understanding - 'The Law of Reciprocity'. admirably depicted in the teachings of all faiths. ["Letter to editor, Gulf News- 2008]; ["The Mother of Gifts"- Nigeria 2006].

<https://www.youtube.com/watch?v=WdxRmcgsKDO>

*"It doesn't matter how I go
Or all of the things I know
But now it's here to make me love again"*

Life's Big Questions Answered

The premise that one can answer these questions is flawed. The best minds in our world- Leonardo de Vinci, Albert Einstein, Stephen Hawkins, Sir Isaac Newton, Thomas Edison, Charles Darwin, Plato, Aristotle, Socrates, Confucius, Sigmund Freud, even the great Benjamin Franklin- none could- generically.

And of them there are five Key Big Questions which we all ask ourselves at some time in our lives, even if some can never be answered definitively. After all, whether you are religious, spiritual, agnostic or atheist- some answers rely on Faith not Science and are unprovable. And Reality itself may be just a figment of our imagination. Is the Universe deterministic? Is

there a parallel Universe? Would we even recognise Alien Life if it was already here? Is it all simulation, nothing more than a Computer Game?

We are all, at the end of the day, constrained by our brain capacity and knowledge. In arriving at a unified sense of identity we can at least 'get our heads around' the concept of Consciousness and Freewill, after 2,000 years of rational enquiry. Whether we humans have a chance of a transcendent future may be beyond us to contemplate- so it becomes too tempting to immerse ourselves in the 'today' and just getting on with life.

Here are the Big Five Q and A's:

1. WHAT'S THE PURPOSE OF LIFE

The reason that the Question- What's the PURPOSE OF LIFE and MY DESTINY – is unanswerable is because it is personal to you, by analysis and definition. Generic examples may be:

- To Find Happiness
- To Procreate
- To Save the World
- To Conquer the World
- To Love and Nurture one's Children & Family
- To Become the Best Person one Can Be
- To Serve Others
- To Follow (one's) God's Will
- To have No Purpose

I can buy into most (if not all) without putting a priority on them, other than the ultimate priority of humans 'To Love & Nurture our Children and Protect our Families and Communities'; but the last one denies the Human Condition of Divine Consciousness. That is why- the whole 'Purpose of Life is to Have True Purpose and Find your own Destiny'. That is what this Book has been all about.

Probably one of the Great Myths was related by Yuval Noah Harari in his book 'Sapiens':

" Humans are the outcome of blind evolutionary processes that operate without goals or purpose. Our actions are not part of some

divine cosmic plan. Any meaning that people ascribe to their lives is just a delusion”- Yuval Harari.

Existential nihilism is the philosophical theory that life has no intrinsic meaning, or value. But a single human or the entire human species is insignificant in the universe without Purpose. Don't subscribe to 'nothingism'.

"Your purpose in life is to live the life of a hero." - Anonymous

It's all about consciousness. We should all find and move forward with real meaning and positivity; it can't be put off. It can't be put off because of the day job and our daily social networking backlog. I loved the T-shirt on a guy I met recently. It simply said, as though it had been washed 1000 times, in very, very fade type 'The Future'. Nobody knows- but try making your future the best one you can.

2. IS THERE A GOD

If Yes or no – what does that mean to me. If yes or no – how is that relevant to what I do on earth. It's irrelevant to what I do, because my faith does not define me, my actions do. If I have faith I am blessed; if I declare myself an atheist I am stupid and close minded- there has to be *something*- the 'Human Condition will not Consciously allow for a Nothing'. So, get used to it. Find your own God. If I believe in something, I am inquisitive, whether it's based on Creation or Evolution. If I know there is a God, some atheists may say I am deranged. If I think I am God- I am deranged. If I Love and Nurture my child diligently, I have a Conscious Mind to do so and am a Loving Human and therefore understand the Cause and Effect of Self Understanding. My Moral instincts and my Loving and Selfless living have been achieved from my mother's nurturing, and that received by my ancestors. It's our 'Natural State', our 'Human Condition', our 'Conscious Mind' at work. We are not animals driven by Instinct alone. Call him, or her, or it, or my spirituality what you like- "God is Love". And "May your God go with you", as the atheist comedian Dave Allan used to sum up his weekly shows.

3. IS THERE LIFE AFTER DEATH

I met a Hospice nurse who had worked with the dying all her working life and witnesses more than 1,000 people die during her forty-year career. She

believed the Soul, or something lives on when a person dies. She could feel it on so many occasions.

The idea of reincarnation is a central tenet of all major Indian religions- Buddhism, Hinduism, Jainism, Sikhism- and believed by great philosophers like Socrates and Plato. Followers of Christianity, Judaism and Islam and Muslims expect an afterlife promised by God. In June 2005, the first major study of physicians' religious beliefs (University of Chicago) found 76% believe in God and '59% of Doctors believe in some sort of Afterlife'. Einstein called himself an Agnostic and said he did not believe in life after death, adding one life was enough for him. However, Einstein also characterized himself as devoutly religious in another sense, see Section 19 'Great Principles Shared'.

I provide no conclusive argument about afterlife, but rather like a corpse exists after death, why not a soul. If there exists a soul- it's not likely to stick around and wait for its incineration with the body. It will have moved on.

If you get comfortable and in tune with your mortality and purpose in life; whatever comes next you will take in your stride. And when you die on that journey- die joyfully, willingly and lovingly.

4. DO I REALLY UNDERSTAND MYSELF

No, but if you diligently follow the exercises and analysis described in Sections 14 through 18, with the help of the Enneagram Personality Test, and some deep penetrating self-analysis into your own True Character- you may be a lot closer to doing so.

When you know yourself you will realise it. Life becomes simpler, and you take control of your Destiny. 'Knowing who you are is a prerequisite to Finding Purpose and becoming your Destiny'. You will never get it unless you Go Beyond your Ego.

"Know Thyself." – Socrates

5. WHY AM I HERE- WHERE DID I COME FROM

You came from your Mom, the Universe, the Big Bang? Look in the mirror and ask the question again. You are not here to become a 'dickhead', your

mother deserves better, so wake up. What motivates you? You might conclude somewhat cynically that we are all born and are here to compete with one another, to fight for survival, and win, and of course to procreate before we decline and ultimately die- the 'Life Cycle'. But Babies and old Nannies don't compete nor procreate but their in-built instinct to fight to survive is strong- it's not about the life treadmill for them, at their stages of life and development. And it's not just about instinct for humans to survive either- it's about having a Conscious Mind and Intellect to decide what we want. Once you know what you want, and how to get it, you will know why you are here.

You may start clumsily along the road to finding Destiny. How can I get more, contemplating the role of money, sex, work, family, contentment? How can I decide on my role in the world & my desires? Is it too late to change and achieve? What holds me back- addictions? Ultimately where am I going, what can I do to make the change I want? These are all the Questions and Doubts addressed throughout this Book.

My own key Conclusion, and probably that of most of you who have diligently progressed through the Sections and Stages of Self-Discovery- is that it is all about 'Love'.

Science has denied our unlimited capacity for Love. For you to achieve all you want in life, or what you're capable of achieving, irrespective of your chosen Purpose or Destiny- you need to embrace love, the Human's strongest nurtured instinct. 'If you do not embrace the role of Love in your life as a Human Being, you will never truly understand Why you are Here'.

When we contemplate the Big Five Questions above, we are not being just being inquisitive, we are seeking Answers that go beyond just ourselves, and our Egos- they are questions of the Soul. And as we try to answer them, the answers will mould our lives, our belief structures and our actions and behaviour. And in deciding what we do, the final question we will ask ourselves on our death beds is "Do I regret doing or not doing that."

Other Life Questions we invariably ask ourselves are dealt with in the various Sections of the Book:

- WHO DO I LOVE AND WHO LOVES ME?

Am I content in my personal relationships? Am I inclusive? Have I loved enough? How about my sex life- have I neglected it, or that of my partner's? (Sections 10, 13, 15, 19, 28).

- WHAT IS THE WIDER WORLD'S PROBLEMS & HUMANITY ABOUT?

What's my view on Politics, Corruption, the Human State, Leaders, Wealth and Moral Sentiment? How do these impinge on what I think and Do? (Sections 3-9, 19-23, 29)

- HOW DO I START MY SELF- DISCOVERY?

What's the Art and Evolution of Self-Discovery; How do I decide what is sacred to me. (Sections 1,2)

- WHAT IS HOLDING ME BACK?

Addictions, too much focus on sex and money, the seven deadly sins. (Sections 10-12, 15). It's never too late

- WHAT DO I WANT TO ACHIEVE IN LIFE?

Understanding my Personality, Character and Desires and identifying an Inner Calling. (Sections 14-16)

- WHAT'S MY TRUE PURPOSE & DESTINY?

Understanding who I am, what my Soul and Mental Power can tell me about myself, Going beyond the Ego. Learning the Truth about Success and Happiness and importance of Reciprocity and Inclusiveness. Discovering True Destiny. (Sections 14-18, 22-23, 24)

- HOW CAN I BE HAPPIER?

Knowing me, and what I want, knowing what makes me happy, and focusing on Happiness. (Sections 2, 8, 22, 23, 25)

- WHAT DOES THE FUTURE HOLD?

What are the Scenarios for the future in a Post Pandemic World, how will they affect me, what are my options and priorities? (Sections 27, 28, 29)

- WHAT IS THE WAY TO GO?

What's the Bottom Line, the Holy Grail, the Lessons from Great Leaders of the Past, What's the guidance for the way forward? (Sections 9, 19, 20, 23, 29, 30)

"All Great Truths start with Blasphemy" – George Bernard Shaw

"Well for God's sake... Isn't it all about – Laughter, Fun, Consciousness, Reciprocity & Inclusiveness"

The Question is why do we make it more complicated than that? Is it because we are both conscious and complicated, particularly when it comes to love? ["La Question", Francois Hardy].



**"LA QUESTION"
(FRANCOIS HARDY)**

<https://www.youtube.com/watch?v=uKhRdQk568w>

*"I don't know why I stay in a sea that makes me drown
I don't know why I stay in air that will get me choked
You're the blood of my wound, you're the fire of my burns
You're my question without an answer, my mute cry and my silence."*

The Human Transformation

The Bottom Line, the Holy Grail is the realisation that we are all (despite our particular personality) actually naturally 'Loving Creatures', conscious of all our actions, and have natural unconditional selfless moral instincts. In light of that it becomes easier to answer, at least at the personal level, the Big Question 'What's the Meaning of Our Existence'. It's above all to Love and Nurture our off-springs and make it a better world for them.

The origin of our 'loving way', and of why we humans became conscious when other animals haven't- is the subject of a book entitled 'Freedom- The End of the Human Condition' by Australian Biologist Jeremy Griffith. In so far as it explores an interesting theory of the behaviour of our ancestors and how 'nurturing' has helped us develop our unconditional selfless moral instincts- it offers interesting answers to what we've become and why, and how we can liberate ourselves. Its core themes are based on the premise that we survived as a species because we lived in a loving, sharing, gentle

state two million years ago, and the commonly held views that we depicted savage instincts are false; this is something developed in the last 2,000 years of psychosis and alienation while we have been in denial of our true selves. ["Freedom- The End of the Human Condition", Australia 2016]. - Sir Bob Geldof, the humanitarian and musician summed it up:

"I've never felt the world more threatening, more fractious, more fissiparous, more febrile...We need to think, we need new ideas, we need proselytizers, we need obsessed people, which I think Jeremy is. We need him to be questioned. We need 'FREEDOM' to be argued, we need it to be read and talked about and understood. It may be right; it may be wrong. But you need someone as committed as Jeremy to trying to understand what gets us here...Jeremy made me think afresh and think differently. I hope he does it with you." - Sir Bob Geldof



**"FREEDOM- THE END OF THE HUMAN CONDITION"
(JEREMY GRIFFITH, AUSTRALIA 2016)**

'What Griffith's book does is take humanity from a state of bewilderment about the nature of human behaviour and existence to a state of profound understanding of our lives--understanding that drains away all the pain, suffering, confusion and conflict from the world. Kirkus Review quote: 'How could we be good when all the evidence seems to unequivocally indicate that we are a deeply flawed, bad, even evil species?' Clearly, it's not an easy question to answer, and the author succeeds in not treating the subject lightly. He includes a plethora of material for readers to absorb, including poetry, song lyrics, information on Bonobos ("humans' closest relatives"), and thoughts from thinkers from Plato to Søren Kierkegaard to E.O. Wilson... an undeniably intriguing, well-organized investigation.'

The fastest growing realization everywhere is that humanity can't go on the way it is going. Indeed, the great fear is we're entering endgame where we appear to have lost the race between self-destruction and self-discovery—the race to find the psychologically relieving understanding of our 'good and evil'-afflicted human condition. This book by Australian biologist Jeremy Griffith claims to present the 11th hour breakthrough biological explanation of the human condition necessary for the psychological rehabilitation and transformation of our species. The culmination of 40 years of studying and writing about our species' psychosis, 'Freedom' humbly offers no less than the 'Holy Grail' of insight we seem to have need to free ourselves from the human condition. It is, according to Professor Harry Prosen, a former president of the Canadian Psychiatric Association, 'The Book that will [or attempt to] Save The World!'. Griffith ventures right to the bottom of the dark depths of what it is to be human and returns with what he purports is a fully accountable, true explanation of our seemingly imperfect lives. Maybe an oversimplification of the redeeming and thus transforming understanding of human behaviour – but with it covers all the other outstanding scientific and philosophical mysteries about our existence which I try to truthfully explain above - including 'The meaning of our Existence', of the 'Origin of our unconditionally Selfless Moral Instincts', and 'Why we humans became Conscious when other animals haven't'. Yes, the full story of life on Earth it claims can finally be told."

"The main upsetting clash is what occurs when a conscious mind develops in the presence of pre-established instincts. We can see how absolutely wonderfully exonerating and psychologically transforming this psychosis-addressing-and-solving explanation of the human condition is, because after 2 million years of uncertainty it allows all humans to finally understand that there has been a very good reason for our angry, alienated and egocentric lives. Indeed, this fact of the utter magnificence of the human race—that we are, in truth, the heroes of the story of life on Earth—brings such intense relief to our angst-ridden cells, limbs and torsos that it will seem as though we have thrown off a shroud of heavy weights. The great, heavy burden of guilt has finally been lifted from the shoulders of humans. Yes, doesn't the core feeling exist in all humans that we are all immense heroes? Doesn't this explanation at last make sense of the immensely courageous and defiant attitude of all humans? And won't this explanation bring deep, bone-draining relief to the whole of each person's being?"

– Jeremy Griffith.

Its themes summarised in my own analysis of the arguments:

- Our troubled human condition (psychosis) is based on the incorrect assumption that we are naturally aggressive savages driven by instincts of competition and survival and pro-creation; all based on natural selection and selfish opportunism
- Our conscious understanding has sent us into a turmoil of anger and retaliation against our intellect in order to focus on this imaginary egocentric conception
- Our gene based conscious mind, our goodness, unlimited capacity for love, and our intellect will win over our nerve based mistaken instinct for being bad. In fact, becoming conscious has made us heroes
- We acquired our latent moral instincts, loving selflessness from being 'nurtured' as children- maternal-ism which as children we see as selfless altruistic love
- Science has denied ourselves our loving instinct. We are moving towards the 'Darkest Era' of our 'Corrupted Condition' unless..
- we liberate ourselves from these false instincts and start enjoying a sharing, gentle life with a calm untroubled mind with "Life Centred Around the Off-Spring!"

As John Lennon would sing- 'Imagine there's no countries, It isn't hard to do, Nothing to kill or die for, And no religion too, Imagine all the people, Living life in Peace.' Sounds good. Or maybe we should contemplate the world in 2,000 years from now- 'The Planet of the Apes', a society in which apes have evolved into creatures with human-like intelligence and speech. In fact, today the endangered species 'Bonobo Apes' are the closest species on earth to ourselves, and maybe they depict more about how we used to be ourselves two million years ago, before the 'Great Fall' over the last 2,000 years into Jeremy Griffith's rendition of modern man. Primatologist Frans de Waal states Bonobos are capable of altruism, compassion, empathy, kindness, patience, and sensitivity, and described "Bonobo society" as a "Gynecocracy". They are unique among nonhuman apes for their distinct social organisation which, like many macaque species, is largely matriarchal. At the top of the hierarchy is a coalition of high-ranking females who dominate the majority of males and make the core of the group. Females often have the final say on where the group travels. Aggressive encounters between males and females are rare, and males are tolerant of infants and juveniles. A male derives his status from the status of his mother. The mother-son bond often stays strong and continues throughout life. While social hierarchies do exist, and although the son of a high-ranking female may outrank a lower female, rank plays a less prominent role than in other primate societies. And due to the promiscuous

mating behaviour of female Bonobos, a male cannot be sure which offsprings are his. As a result, the entirety of parental care in Bonobos is assumed by the mothers.

My premonition then, for the year 4020, is:

"A world where Humans will have transformed into highly intelligent 'Bonobos Type creatures and characters- altruistic, compassionate, kind, cooperative, loving and sensitive. Social Ranking and Hierarchies in work and social gatherings won't be prominent, but at the very Top (eg. Political and Group Leaders) Women will rule, always having the Final Say. Men will worship their Mothers throughout their lives, their Partners and Children. The Mother-Child bond will always be strong but Women will be liberated and sexually more promiscuous than men, (although DNA testing will allow blood fathers to play their full role in the nurturing of children)."

Wow, what a world. Stand by your beds guys. In Sections 4 and 5 I do explore the rightful role of women in the future and conclude a Key Message that- 'Empowerment of Women is a Necessity for the very Development of a Society, and one of the main procedural concerns when addressing human rights and development.' In Section 4 I also conclude that women are indeed genetically programmed to be better leaders, and less likely to engage in evil acts; and in Part Three we look at many examples of how women have been prejudiced against, abused, and their roles demeaned. I for one have always loved my Mom first, my Partner(s), my Daughters above all, and my Sisters. Women in general have played a major dominating role in my life- maybe why I long to have a little grandson or two, with whom I can be naughty at will. But, it's not a "macho" thing- but I don't see the testosterone driven man ever accepting a partner who is instinctively promiscuous, any more than we can expect women to accept the same in us. It's just another example of what makes us conscious and good, not just instinctive. (see Sections 10, and 13). Love just doesn't work that way- if only it could- 'Ageless and Ever Green'. ["Evergreen", Barbara Streisand].



**"EVERGREEN"
(BARBARA STREISAND)**

<https://www.youtube.com/watch?v=L7AIBlzCluc>

*"Morning glory and midnight sun
Time we've learned to sail above
Time won't change the meaning of one love
Ageless and ever evergreen"*

All the above goes somewhat beyond the scope of this Book, and my thinking. Jeremy Griffith's book demands a 'Psychological Transformation' to lift us all from this 'Burden of Guilt' about 'being bad' which we seem to have harboured ever since the time of Moses' account of the Garden of Eden. But this Book is not about 'Healing the Soul' it is about finding 'True Purpose and Destiny and Happiness'. There have been pseudo-idealistic attempts to 'put things right' according to the Griffith theory- at the global, national and social levels around the globe- 'From Socialism, Political Correctness, to New Age Movements' – but they all turned out to be false starts.

In the book 'Freedom' there is reference to comparison of the development of the Human Condition of *Homo Sapiens* with the individual between 40 and 50 years. This 'Pseudo Idealistic Adolescentman' stage encompasses the time of the 'mid-life-crisis' and the adoption of Pseudo Idealism—the 'born-again in support of cooperative idealism' lifestyle.

"This 40-year-old 'do good in order to delude yourself that you are actually good, that you are actually free of corruption and thus the dilemma of the human condition', extremely deluded strategy of coping with the problem of the now massively corrupted human-condition-afflicted state has been so seductive that it developed into an industry so huge and so influential that the dishonesty involved threatened to destroy humanity." – Freedom 2016

I think we could all be accused of sometimes 'doing good in order to be seen to be good', none of us are 100% altruistic and without ego. But most of us invariably mellow as time passes. At my age I'd rather make a friend than an enemy. And if by doing good you make friends, what's wrong with that.

I condone much of the rhetoric surrounding 'doing good' supported in this Book. But I draw the line, and I do not promote, any of the extreme or idealistic levels of some 'Moral Conscience' driven 'New Age' - Thinking and Beliefs.

Thinking

- Religion's born-again idealism
- Marx's enforced idealism
- New Age & Environmental idealism
- Feminism's imposed idealism
- Political Correctness' rigid idealism
- Escape through drugs idealism

Beliefs

- A belief in the total power of natural healing and 'spiritual energy'... as found within Tai Chi and Reiki. (Although I admit to being 'spiritual' as a person)
- The belief that nature is sacred above all else, as found in beliefs in Gaia and Paganism. (Although nature and protecting our environment must play an important role in our future)
- A belief in the idea that individuals have a 'deeper' inner potential to be realized – but only with the help of various psycho-therapeutic interventions. (Although I promote the need to find an 'Inner-Calling' and admit [unrelatedly] to being an alcoholic and even state in Section 15 that I might give Ayahuasca a go one day).
- A belief in mysticism, clairvoyance and the psychic power of certain individuals. (Although Mental Telepathy is considered Real- eg between twins).
- A belief in fate which might be uncovered through practices such as the tarot or astrology. (Although this Book proposes that you use self-discovery techniques to identify and decide your own Purpose and follow and become your Destiny).
- A belief in extra-terrestrials, and 'cosmos' religions. (One God's enough).

Maybe better to stop thinking altogether, it hurts. Have a beer and tell some jokes. And most importantly, while I dabble with amateur Spiritualism, I do not believe in Astrology nor Mysticism.

And in Political terms I do not believe that there is need any more for either Left Wing nor Right Wing discredited dogmas. I believe Religious Fundamentalism has failed us all miserably too. The 'Human Condition' is about Love, Compassion and Normality not Idealism or Radicalism; Peace not War and Tolerance but not with Submission – (there is still no place for

Chamberlain type appeasement without realism nor Hitler type evil without resistance). And finally, our training in Competition and Winning rather than Cooperation and Nurturing has gone too far, clouding our great ancestors' grand 'Survival & Nurturing Plan'. Look around you in the park or on the beach on a sunny day. Most people seem to get it! – "Your life should be centred around your offspring".

I discuss these concepts of - the balance of Competition versus Cooperation in Section 22; and about 'The Truth About Success and Happiness', and the whole concept of 'Goodness' throughout the Book's Parts Four through Seven.

Social, Political and Religious Concepts for the Future

In Sections 28 and 29 I take the Conclusions drawn a little further in terms of how 'The Wisdom of Change' will itself be manifested in a 'Post Pandemic World'. I give my take on scenarios for the Political and Individual's reforms where we as the Human Race can move towards a form of Eutopia and Greatness. The concepts of key importance, and their effects, according to my own analysis and viewpoint are, in summary:

Social Capitalism

'Social Capitalism' will eventually replace currently known and understood political forms. It will expand the concept of a socially minded form of capitalism, where the goal is making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. Social Capitalism and Cooperative ownership in politics, businesses, work and communities without the need for dominant, autocratic or elected central leadership will become the norm. These concepts were developed in Section 19 about 'Great Principles' of the Past and are further discussed in Sections 21, 25 and 29 on 'Wealth Creation with Moral Sentiment', Focus on Happiness, and getting 'Close to Greatness'

Bottom-up Management & Remote Working

Bottom—up and Remote Working practices will proliferate. People will specialise and do industries' and businesses' grass roots work and research and share their practice and knowledge with each other on the internet.

Independent roles based on 'contract type working' for multiple clients and 'best practice' will provide income for self-motivated, informed individuals sharing knowledge.

Remote working on a larger scale will boost cooperation and cohesion and offer companies the flexibility to deal with unexpected circumstances and events in the future, such as the COVID-19 crisis. Work practices and Job types will change. The Head Office, High Street Banks and Department Stores will go. New Industries will evolve around AI, Virtual Reality, Internet of Things, Robotics, 3-D Printers, Drones and Remote Electric Vehicles, Payments & Currencies, Connected Homes (see Section 28). And the future will continue to be about essentials- Essential Consumables (food, drink, medicines, fuel, etc.)

Religious Congruence

Religious congruence and unity is more of a *hope* than a prediction. While not a key *message* being promoted or a campaign focus for this Book it is discussed in Section 19- 'Great Principles' of the Past. In that Section I explore the areas of commonality across all main religions and seek out areas for congruence- where people of all faiths can agree, and OUGHT to agree, and not just on the Golden Rule of Reciprocity (doing unto others as one have done unto oneself).

The religious profile of the world will change rapidly, driven primarily by differences in fertility rates and the size of youth populations among the world's major religions, as well as by people switching faiths. Over the next four decades, Christians will remain the largest religious group, but Islam will grow faster than any other major religion. Atheists as a percentage of total population will decline. So, if current trends continue, Religion will continue to feature in people's lives. 'Inclusiveness', tolerance and seeking 'Religious Congruence' may reduce conflict and fundamentalism.

Individual Consciousness & Reciprocity

The ultimate 'Truth about Personal Success and Happiness' will not be finally founded without the individual and society going further with a deeper understanding of two fundamentals- perceptual 'Consciousness', and subjective 'Reciprocity'. They are discussed in Section 23 and further reference in Section 29 on getting 'Close to Greatness'.

AI and its Effects

AI and its effects are a whole subject of futurism that is not covered adequately in this Book, but refer to Section 28. I am not qualified to make informed comment, nor have I researched the subject. At 63 I doubt I will ever be qualified to do so. It is debated broadly in Sections 27 and 28 in so far as they will affect the job market and people's lives generally. After all, Alexander Graham Bell's telephone was ridiculed, and he was told his invention 'would never catch on'. Who am I to even offer a view of how AI will affect our world- but it will, for good or bad, and most probably both

A 4-Day Week and Re-Focusing on Kids

The effects of AI on the job market coupled with Remote Working will allow people to spend more time at home and with their families. It may allow them to move their homes to completely new remote "Mull of Kintyre" environments. This is a real opportunity. It may translate however just in people spending more recreational time with Virtual Reality, High-Tech Gadgets, or On-Line and Social Networking. One day, subject to Politicians and Economists telling us we can afford it- it might turn into the opportunity to have a day dedicated to our children, and nothing else- rather like the Holy Day used to be dedicated to worship. This possibility (sorry- I hear you say – 'Dream') is explored in Sections 27-29.

Grace and Truth

As it says: 'Grace and Truth' are probably the 'Ultimate Closing Sermon' (Matthew 5-7), for everyone to set their sights on adhering to, (see Section 30). There is no prediction herein from me- this is a secular Book and promotes no specific Religious Dogma- although many are quoted.

The Message 'The Sermon on the Mount' is by far Jesus' longest explanation of what it looks like to live as His follower and to serve as a member of his God's Kingdom. In many ways, Jesus' teachings during the Sermon on the Mount represent the major ideals of the Christian life. But it shouldn't stop there. It's key messages, albeit not all, are appropriate to Muslims, and most Faiths and those of No Faith at all. Why- because they contain some common sense messages about being a good person.

Tensions between Christians and Muslims

If these tensions can be put to bed, then there should be more global effort to achieve it. The tension between followers of all different religions,

especially Christianity and Islam, is one which might escalate with changes in population growth, religious tolerance, demographics and economic stability- occurring differently in different parts of the world. No-one wants another 911 nor persecution against any peaceful Muslims anywhere.

The 'Sermon on the Mount' could be used as a powerful evangelistic tool for Islam. Quoting it, if only in its smallest key part, in the right setting, can illustrate the dramatic key difference between Jesus' teachings and that of Islam when it comes to violence ('The Cross vs the Sword'). If that helps, rather than antagonise- then so let it be. I don't promote Christianity over Islam; I seek to encourage Religious Congruence.

The theme of Islam and the Sermon on the Mount belongs to a lively, controversial field of discourse, in which representatives of the major monotheistic religions conflict in their claims to truth, and it has formed a central point in their encounters. The key ethical message (and probably the hardest to which to adhere) is the requirement to 'Love thine Enemies'. It is ground-breaking and not only conflicts with Quranic versus, but is also contrary to the Bible's own Old Testament 'Eye for an Eye- Law of Retaliation'. The Quranic verses of violence (as in "Kill the unbelievers wherever you find them") do not have such obvious limitations on retaliation and inflicting violence against perceived or proven wrong doers.

Don't get me wrong, I am no passivist, harm my children and I will retaliate whatever the religious beliefs of others or those that prevail in any particular jurisdiction. And, for example, I remember threatening to expose a negligent surgeon in Spain with a 'Duty of Care' *denuncia* for threatening to throw my English neighbour off the waiting list for a hysterectomy. There are always examples where you must stand your ground. Jesus never called for violent acts against 'Enemies of the Faith', and neither should Muslims – but he did physically throw the traders out of the synagogue.

I do commend those Muslims who call for a more tolerant expression of their faith. Islam is essentially a peaceful religion. All peaceful Muslims abhor the terrorism carried out in the name of their religion. In fact, the Quran's teachings are focused on tolerance, restraint and nurturing peaceful behaviour.

Jesus Christ (known as Isa in the Qur'an) is a highly revered Prophet in Islam. Most of his teachings on the Sermon are entirely consistent with Islamic teachings as they appear in the Qur'an and Hadith (sayings of Prophet Muhammad). The Sermon on the Mount is probably one largest

single collection of teachings that could easily be taught at a Muslim congregation.

"...Whoever kills a person, except as a punishment for murder or mischief in the land, it will be written in his book of deeds as if he had killed all the human beings, and whoever will save a life shall be regarded as if he gave life to all the human beings". -The Qur'an 5:32

...Those who spend (freely), whether in prosperity, or in adversity, who restrain anger, and pardon (all) men—for Allah loves those who do good."- The Qur'an 3:134"

Differences do not always fall on the 'Right Side' for the Christians. Refer to Jeremy Griffith's book on 'Freedom' in Section 26 where he states the current Human Condition of Homo Sapiens in our corrupted and savage form has been all about a burden of guilt since Adam and Eve ate the 'forbidden fruit'. After all, Christians are taught to believe that people are born with the 'original sin'. Islamic belief is far more palatable- 'All people are born innocent and pure'.

Would you Adam and Eve It

In that huge quest to understand where we came from, what we are here for, and where we are going, it pays not to forget demographics. In Section 19 I discuss the concept of Homo Sapiens' ancestral 'Adam', whether in the Biblical sense and a 6,000 year time frame, or 60,000 years ago when we seem to have become truly 'conscious'; or even 2 to 3 million years ago when primitive man started to roam the world. However, you perceive it, even figuratively, Adam and Eve are generation 1, and their population is 2 to the first power. Generation 2 is 2 to the second power. Generation three has a population of 2 to the third power, and so on. The 32nd generation would have just under 4.3 billion people in it and if all their parents were still alive, that's a total population of 6.45 billion. Throw in some surviving grandparents, and you're over 7 billion, easy. Figure 20 years for an average generation, and you're looking at, theoretically, just 640 years to get where we are as a global population from the same ancestry - from a standing start. So, mathematically, it's entirely possible that a genetically perfect couple created directly by God, even if it were just 6,000 years ago could have resulted in our population of 7 billion today.

Let's take the Biblical argument further. Even if we assume that indeed there was a planetary mass extinction event (aka the flood) in 2370 BCE,

leaving 6 fertile humans (3 couples); and the midpoint of a woman's fertile years was around an age of 25- Then it means that there have been roughly 175 human reproductive cycles (aka generations) until today, where the world population is a little over 7.6 billion.

If we want to know the effective:

$$6 * x^{175} = 7,600,000,000$$

so solving for x ,

$$x = \log_{175}(7,600,000,000/6) = \frac{\log 7,600,000,000 - \log 6}{\log 175} \approx 4.06$$

In other words, each human must produce an average of 4.06 children that go on and become parents themselves, repeating the cycle. This may not seem too unlikely - but the maths is getting more difficult to justify the theory.

In conclusion, it's better to study the actual known statistics, or United Nations estimates, of world population growth from 10,000 BC to today, which are more informative and are staggering:

The chart below ["The size of the world population over the last 12,000 years", Our World in Data] which shows the increasing number of people living on our planet over the last 12,000 years. A mind-boggling change: The world population today that is 1,860-times the size of what it was 12 millennia ago when the world population was around 4 million – half of the current population of London.

What is striking about this chart is of course that almost all of this growth happened just very recently. Historical demographers estimate that around the year 1800 the world population was only around 1 billion people. This implies that on average the population grew very slowly over this long time from 10,000 BCE to 1700 (by 0.04% annually). After 1800 this changed fundamentally: The world population was around 1 billion in the year 1800 and increased 7-fold since then.

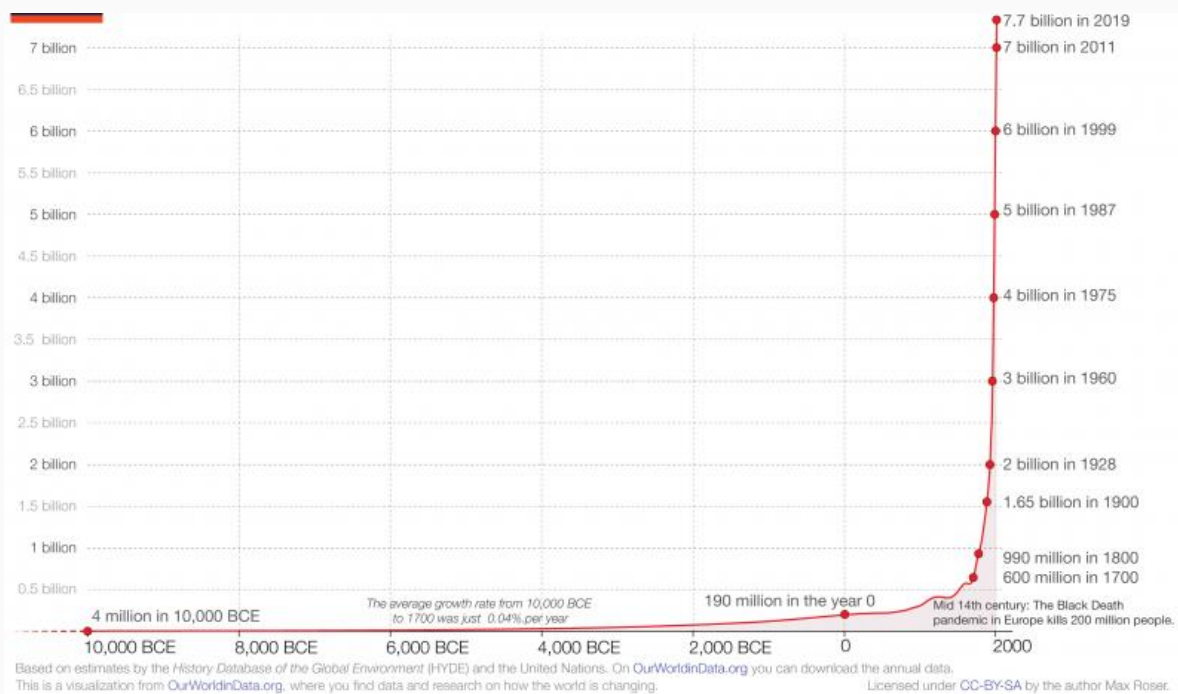
Around 108 billion people have ever lived on our planet. This means that today's population size makes up 6.5% of the total number of people ever born.

For the long period from the appearance of modern Homo Sapiens up to the starting point of this chart in 10,000 BCE it is estimated that the total world population was often well under one million.

In this period our species was often seriously threatened by extinction. Now the graph is exponential, rather like the serious threat of Covid 19 growth as I write.



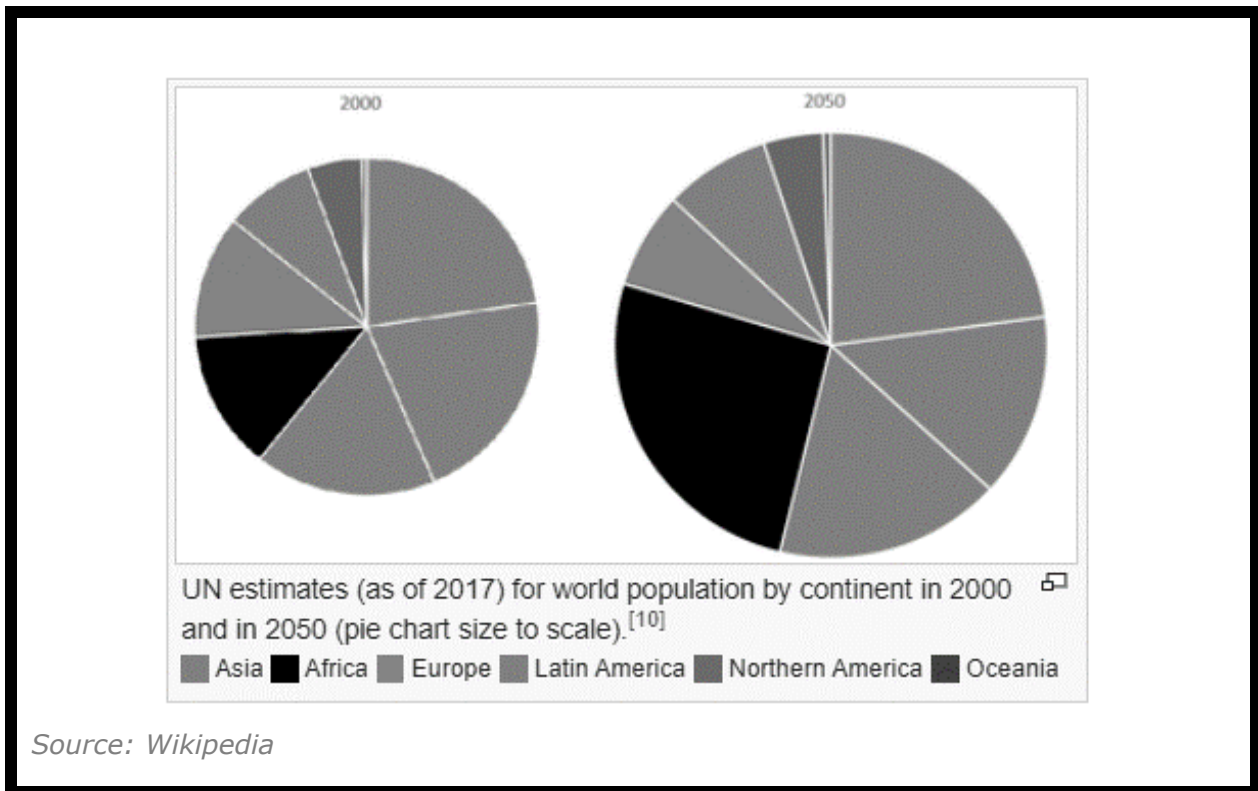
**"THE WORLD POPULATION OVER THE LAST 12,000 YEARS"
(OUR WORLD IN DATA, 2020)**



Source: www.OurWorldinData.com

The UN Population Division expects world population, currently (2020) at 7.8 billion, to level out at or soon after the end of the 21st Century at 10.9 billion.

The conclusion is a simple one. When Jesus walked the earth, there were just 190 million inhabitants world-wide, most of whom he couldn't reach out to directly in his lifetime. It took years of teaching and gospel spreading. The world population was just 2.5% of today's population of 7.8 billion, and 1.7% of the projected population by the end of the century.



How times have changed when you can put a relatively meaningless joke or message or image on Facebook or You-Tube and it can reach tens of millions in 24 hours. We have grown so exponentially in a time of significant scientific progress; lifestyle changes, and social networking (where your nan can go viral globally within hours) - that we have lost the sense of our roots and purpose as a species. We have become egotistical, it's all about us (me and my immediate circle of Facebook friends), greedy, overly flippant about technology and its use, overly competitive and aggressive in our quest to 'win' in life. Our Purpose in Life 2 million years ago (while there were so few of us around) was to be naturally 'Loving Creatures', conscious of all our actions, cooperating together to survive in a dangerous world, focused on 'Nurturing our Children' and developing natural unconditional 'Selfless Moral Instincts' to help each other, which became our *raison d'être* for living. Perhaps it's Time for Change- and by that this time I mean - 'Going back to the Future'.

The number 42 is, in 'The Hitchhiker's Guide to the Galaxy' by Douglas Adams, the 'Answer to the Ultimate Question of Life, the Universe, and Everything', calculated by an enormous supercomputer named 'Deep Thought' over a period of 7.5 million years. Unfortunately, no one knows what the question is. Thus, to calculate the 'Ultimate Question', a special computer the size of a small planet was built from organic components and named 'Earth'.

27.

The Wisdom of Change

THE PRECEDING SIX PARTS AND TWENTY-SIX SECTIONS OF THIS book have all been about researching and finding the right way to 'Change your Life', assuming that it what you desire. The Research and Conclusions have been shared- your decision and actions going forward are only yours.

In these 'Post-Script-Post-Conclusions' Sections (27 through 30) I explore 'The Wisdom of Change' itself not its design or derivation. Then I consider 'Scenarios for a Post Pandemic Future', which are just those- scenarios and conjecture not fact nor presumption. 'A Model Life' I do conclude however would be one I call 'Close to Greatness', and then I dare to close the Book with no less than a 'Sermon'; not mine I hasten to add, nor that of a futurist, but one of old (almost 2000 years old) albeit one 'with some clout'. These 4 Sections are not the 'Words of Wordsworth' but they are mine and they are all about 'Change'- changes in our world, changes in ourselves, and why.

Jonathan Kerr, a PhD candidate at the University of Toronto, wrote about and quoted William Wordsworth (who was 250 years old on April 5th, 2020) about 'Change' and 'Modern Life'. In our own modern era, in which 'human' rights and dignities are extending from people to animals and forests, to water, air and the soil, Wordsworth's claim that 'man and nature are essentially adapted to each other' should strike us as particularly apt. As he engaged with his Changing World – both its challenges and its exciting new possibilities – Wordsworth anticipates some of the concerns at the heart of our own: about the health of the environment; about the question of our relationship with other, non-human life-forms; and about how our lives are interconnected with the world of nature. At 250, Wordsworth is still giving, in other words. As his poetry navigates the complex changes in his own historic moment, it also yields insights that are remarkably pertinent to our own twenty-first-century spot of time.

*"To her fair works did Nature link
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man."
– William Wordsworth*

But where's the wisdom in this, writing about Nature and Change and quoting works from 250 years ago. And then we all die. That's not wisdom, that's fact, and there is no changing that. Why not just seek pleasure and get on with life as it is today – is not all the rest bullshit? Live for the moment or something worse will surely happen to you. Why would we go seeking an 'inner-purpose'; what place does this have in our busy lives and a world of 7.8 billion people. Why drive for 'something more' why not 'more of the same', why 'more of something better' why 'more of more' or 'more of nothing'.

"Oh God, give us the serenity to accept what cannot be changed, the courage to change what can be changed, and the wisdom to know the one from the other." - Anonymous

The world's wisest man, King Solomon didn't live in a world of 7.8 billion people but gave us little comfort in the thought that no matter how special we might think we are, in generations to come no one will care. "For the wise man, like the fool, will not be remembered; in days to come both will be forgotten. Like the fool, the wise man too must die." While Solomon was clearly right about that, the irony is that he himself has proved to be a notable exception to his own rule. Have I made my point.

"We can't be afraid of Change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea. Holding onto something that is good for you now, may be the very reason why you don't have something better." — C. JoyBell C.

In this (and still maybe to some of you- 'seemingly nebulous') search for the Holy Grail of 'Purpose and Destiny' throughout the rest of your life (and twenty-five Sections of the book) the focus is on examining and understanding yourself- starting with our Ego. But in developing the positive traits of our Personalities and going beyond the Ego to identify an Inner-Calling we aspire to now become our Destiny (Section 14 through 18). This is not some strange fiction, or I doubt enduring cynics would have read thus far. Will life have any lasting meaning beyond our deaths? Well, ask your kids. There is no answer to whether there is a God, then look at your kids. The secret lies perhaps in thinking long term on the significance of others (not just the kids) who, by our future acts of devotion, we will help realise their own big dreams and thereby reach beyond ourselves and our own life spans. It doesn't always have to be just about ourselves. Then you write a book, it's a surprisingly simple solution.

The role we all need to play in loving and nurturing our children is the common theme throughout all the rhetoric. If we help our children to reach beyond themselves, our rewards will be in how that lasting change changes our lives. That in itself will offer new meaning and purpose for all, and particularly those who embrace the over-riding truth and message reiterated so many times in this Book that maybe it should have been its title- 'our children will become the living message we send to a time we will not see'.

This Book has been written to help people find Destiny and Change their lives. Changed lives- that's what is ultimately important for each of us. That's what will truly last- not 'just bugging on'. The greatest good we may ever accomplish may be through someone else whose life we have influenced in seemingly insignificant ways. If you can develop altruistic tendencies in the changes you make in your life, it can only lead to greater good and potentially a greater legacy. The 2020 Pandemic itself miraculously, for example, pulled communities and countries together in a common cause of fellowship, mutual respect and charity.

"Your personal steps to life's true riches depend on the sacred cows you chose for yourself, a proper analysis of yourself and your character, and the life priorities you set yourself to identify an inner calling and become your destiny. If you trusted in the wisdom of your soul and took the steps in Part Six designed to help you deliver your destiny, you will have gone well beyond your ego to becoming the new you. It is hoped in the process you will love more, laugh more, and have fun. And in the delivery of your own destiny, it follows that you will ultimately one day leave your greatest legacy."

In Section 28 I take the liberty to indulge in speculation about the future. What I hope will be my own personal enduring legacy will be my undying campaign for global prioritisation on our children, our most valuable natural resource. I discuss what I perceive should be Homo Sapiens main purpose and focus going forward, to save our species not just from Pandemics and war but from potential ravishment by an obsession and addiction to technological advancement, where old myths are replaced by new God-like Artificial Intelligence and new generation technologies, including not only artificial intelligence but genetic engineering. A nightmare scenario might shape the world one day where we live in and undermine the very basis of our existence- our children born not out of natural selection or love, nor our love of them based on that, but their protection reliant on the role of AI and a technology-based society, where the importance of their futures and future generations is no longer based on the endurance of love and

humanity. Maybe sounds like the story line for a science fiction movie, but my Proposal tabled in Section 28 about our kids is a simple and uncomplicated one, far from science fiction, it entails no new thought, technology nor new sacrifice at all- it states the obvious. If you make a sacrifice for your child, it's no sacrifice at all. ["Sacrifice"- Elton John]



**"SACRIFICE"
(ELTON JOHN)**

<https://www.youtube.com/watch?v=6EljX5-Wqbo>

*"and it's no sacrifice
Just a simple word
It's two hearts living
In two separate worlds."*

Our changed lives will be our greatest legacy. Changed lives will be the gifts that truly keep on giving, generation after generation. Sometimes sacrifice is necessary. The strongest evidence of love is sacrifice. No matter how seemingly insignificant our own lives, we achieve significance through the lives that we touch for good. And never are our lives more significant than when the lives we touch are brought to know who we truly are. There is no greater opportunity than to achieve this through parenthood. If there be any truer measure of a man than by what he does it must be by what he gives. Live truth instead of professing it. No person was ever honoured for what he received. Honour has been the reward for what he gave. What greater calling than the giving of ourselves to our children.

I consider, along with many others, the Coronavirus to have given humanity a "Wake Up Call" across the world. It is somewhat late for me to refocus on my daughters' childhoods because they are grown, but whatever stage in your children's or grandchildren's lives it is never too late to push out the boat. I am dedicating all the income I derive from the success of this Book to them. My commitment to them will never die until the day I die. My legacy will be the love they received and the love they give their own children.

A young successful attorney once said, "The greatest gift I ever received was a gift I got one Christmas when my Dad gave me a small box. Inside was a note saying, 'Son this year I will give you 365 hours, an hour every

day after dinner.' My Dad not only kept his promise, he said, but every year he renewed it, and it's the greatest gift I ever had in my life. I am the result of his time."

So, the Wisdom of Change is within your grasp to behold. It is the truth about your route to true personal success and happiness.

"Whether what I do myself is seen in the eyes of the world to be great or small, I only hope that when future generations pass unknowingly by my weathered gravestone, in reading my Epitaph , that someone else might be walking on a different path because of something I have done or written or said. And not just a different path, but a higher one that has resulted from that person living his or her Destiny". – Anonymus

"We shall not cease from exploration. And the end of all our exploring. Will be to arrive where we started; And know the place for the first time."

— T. S. Eliot, *Four Quartets*

Take me to the magic of the moment where children of tomorrow dream away in the wind of change, ["Wind of Change"- Scorpions] and let me learn from others how change can give freedom ["Sail away to freedom"- 2000]; ["Shackles" - Mary Mary] ["Changes"- David Bowie]

"Everyone thinks of changing the world, but no one thinks of changing himself." - Leo Tolstoy



**"WIND OF CHANGE"
(SCORPIONS)**

<https://www.youtube.com/watch?v=n4RjJKxsamQ>

*"Take me to the magic of the moment
On a glory night
Where the children of tomorrow dream away (dream away)
In the wind of change"*



**"SAIL AWAY TO FREEDOM"
(VENEZUELA- 2000)**

"Along my life's long overseas travels I have met those who made it in life and those who lost it all, usually due to broken personal relationships not economic crises. I have met people who went from rags to riches and changed not always for the better in the process. But few stories about material wealth, its attainment or loss, touched me more than three very different distant salesmen, who shared a common purpose- to abandon their high octane, high powered careers, to dedicate more quality time to their wives and children. But not to throw the baby out with the bath water, but to find new careers to support their lifestyle and new purpose.

I met David in Venezuela on a UK Trade & Investment Trade Mission which I was leading with the UK Trade Association 'British Expertise'. The usual meetings with Government Ministers, a reception at the Ambassador's residence with invitees from the Business community, and one-on-one get togethers were designed to boost trade, investment and exports between the nations. The truth about how to do business was more often learned from the banter between delegates and local 'Mr Fixits' otherwise known as local business leaders late in the evening at the bar.

More to the point on this occasion I was listening to David's story. He was an ex- top City Banker, Trader and ex-Analyst who had made his fortune working 14 hours a day for a top city Merchant Bank. He admitted having reached 'burn-out' point only finding respite on the occasional weekend sailing trips on his yacht. What did he do? He resigned. His new-found passion was travelling the world on two monthly Trade Missions attending Boat Shows around the world. He had negotiated a non-exclusive sales contract with an international Yacht manufacturer and given his sales skills and sailing skills/knowledge found that the sale of one yacht a year to a befriended Arab Sheikhs on trips could finance his lifestyle. Furthermore, he never

missed a Parents Night at his son's school, nor attendance at the school's home rugby matches, not to mention total time dedication to his family throughout the extended school holidays. He was free, happy, content, proud and rich in life as well as being relatively well off financially and making a living out of his passion for his hobby."

**"SHACKLES"
(MARY MARY)**



<https://www.youtube.com/watch?v=wRayKxgePQI>

*"Just glad to be free
Know what I'm saying, uh!
Take the shackles off my feet so I can dance
I just want to praise you"*



**"BUCKET LIST"
(LIBYA- 1981)**

"Tom was a very different character. I met him in Tripoli Libya in 1981. I was delivering a tender to a Government Department. I met him in the madness of the jungle of the Government buildings being bounced from bureaucrats and civil servants to corrupt official trying to levy registration fees, in my 'baptism of fire'. He was a grey-haired English gentleman with a tradition colonial look, softly spoken aristocratic accent and attire, boasting a RAF moustache and safari shorts. 'Dr Livingstone I presume', I almost said to him. His story was that his life-long worldly travels had taught him one thing. There is no gold, only gold rushes, and real wealth is spending time with the family. He had long left his job as an international salesman for a consumer goods global conglomerate. His overseas excursions these days were more infrequent but as an independent businessman, and short and sweet as he could make them. Tom was long in the tooth. Selling picks and

shovels may have been the way forward in the Alaskan and Californian gold rushes of the 19th century. In this Libyan 1980's market, dominated by Colonel Gaddafi's and his inner circle of centralised international buyers, there were one-off pickings for the eccentric entrepreneur. Tom had even got to briefly meet Gaddafi on a previous trip and negotiated a sale contract for 250,000 plastic buckets with one of his side-kicks in an anti-room in the Presidents Palace. Not being a consumer item on many peoples' minds he had found little competition on price, nor the need to pay excessive bribes to secure the contract. He was headed home the next day to his grand-daughter's christening in Camberley. "



**"DON CORTEZ WHISKY"
(PERU- 2000)**

"Richard was a third entrepreneur who had left the employment of a globally branded liquor exporter, Diageo I think I recall, and aligned himself with a distiller of un-branded blended whisky in Scotland. He also travelled on Trade Missions homing in on high wealth individuals with Dynasty families and selling them the idea of having their own whisky with dedicated labels and branded cases to gift to their friends in high society. After all what did they know about good whisky. He made a handsome mark-up and a good living, getting home frequently and for extended periods also".

I learned from these gentlemen both the importance of making 'Changes', the benefits that come with being with the family as much as possible, and the benefit of striking personal relationships with High Society individuals however elusive they maybe. I went on to meet many a nation's President, members of Royal Families in the Middle East and International Groups' CEO's from the Prince and Grandson of the King of Saudi Arabia to the cousin of Fidel Castro in Cuba. But I never made the Change I craved to carve a real Destiny for myself,

until now. Did you know David Bowie didn't know what he was waiting for, but he was a member of Mensa- and the master of 'Changes'.

**"CHANGES"
(DAVID BOWIE)**



<https://www.youtube.com/watch?v=LCgzX7vwIFk>

*"Still don't know what I was waitin' for
And my time was runnin' wild
A million dead end streets and
Every time I thought I'd got it made
It seemed the taste was not so sweet
So I turned myself to face me
But I've never caught a glimpse
How the others must see the faker"*

Change is so pervasive in our lives that it almost defeats description and analysis. One can think of it in a very general way as alteration. But alteration in a thing raises subtle problems. One of the most perplexing is the problem of the consistency of change: how can one thing have incompatible properties and yet remain the same thing?

Impermanence, also known as the philosophical problem of change, is a philosophical concept that is addressed in a variety of religions and philosophies. In Eastern philosophy it is best known for its role in the Buddhist three marks of existence. It also is an element of Hinduism. In Western philosophy it is most famously known through its first appearance in Greek philosophy in the writings of Heraclitus and his doctrine of Panta Rhei (everything flows). In Western philosophy the concept is also called becoming. If you really want to be a dreamer- be one. ["Pure Imagination", Barbara Streisand].

**"PURE IMAGINATION"
(BARBRA STREISAND)**



<https://www.youtube.com/watch?v=9kP-EP3ucis&list=RDL7AIBlzCluc&index=8>

*"If you want to view paradise
Simply look around and view it
Anything you want to, do it
Want to change the world?
There's nothing to it."*

Embrace change, but remember:

"In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you." – Buddha

But let's not get too complacent as a race of human beings, sharing this world, either..

High likelihood of human civilisation coming to end by 2050

In June 2019 a paper produced by the Melbourne-based think tank the Breakthrough National Centre for Climate Restoration, was presented by the former chief of the Australian Defence Forces and retired Royal Australian Navy Admiral Chris Barrie.

A drastic shift to a zero-emissions industry is called for soon if we are to avert the catastrophic climate repercussions, the authors warn. Climate change will cause ecological collapse followed by disease pandemics, nuclear war and lethal heatwaves.

Sobering prediction - The predicted catastrophic chain of environmental disasters will require drastic change to be averted. So, what does a Post Pandemic Future hold for us. No crystal ball predictions have much weight in my view, it really is up to us and what we as the human race collectively decide to do; unless the reader is an advocate of Nostradamus' gloomy prophecies.

28.

An AI or Nostradamus World Future

MICHEL DE NOSTREDAME, KNOWN AS 'NOSTRADAMUS,' WAS OF course the French astrologer, physician and reputed seer, who is best known for his book *Les Prophéties* which is a collection of 942 poetic quatrains allegedly predicting future events, the first edition of which was published in 1555. He foretold some of the biggest events in world history including wars, draughts, invasion murders and battles, including the rise of Adolf Hitler, the Great Fire of London, the assassination of former US President John F Kennedy, and the terror attacks of 9/11.

Nostradamus' predictions and prophecies are vague and are for some rather questionable in their interpretations from somewhat vague and predominantly quite negative poetic quatrains but have nevertheless been quite accurate based on those interpretations.

For the sake of considering one view of the world's future, let's take his predictions for 2022:



**"NOSTRADAMUS"
(FRANCE - 1555)**

"Nostradamus interpreted predictions for 2022 (the 10th quatrain of Centuria III) are bleak:

- *The death/disappearance of a political figure*

"The sudden death of the first character, he will be changed and they will put another in his kingdom."

Some believe it refers to North Korean leader Kim Jong-Un, others to Queen Elizabeth of the United Kingdom, and others to Russia President Vladimir Putin.

- *Artificial Intelligence Taking Over*

"The Moon in the full of night over the high mountain /The new sage with a lone brain sees it /By his disciples invited to be immortal/Eyes to the south. Hands in bosoms, bodies in the fire."

As more AIs develop consciousness, prophecies warn that one of them will become self-aware and take control of our systems. He predicted that by 2022 artificial intelligence may rule the computer with a human interface.

- *The European Union's Downfall*

"Sacred temples of the Roman time, will reject the foundations of their foundation."

Those who have devoted their lives to deciphering the writings of the French prophet are certain that he refers to the European Union and foresees its demise, which could have begun with Brexit and could culminate with the collapse of this political community.

- *The Huge Immigration*

This prediction indicates that in 2022, world hunger will increase due to the multiplication of armed conflicts. As a result, there will be greater population movements. Nostradamus predicts that seven times as many migrants will wash up on the beaches of Europe. Those who do not die will be imprisoned.

- *The US Dollar Will Collapse*

Inflation will spiral out of control and the US dollar will collapse and gold, silver and bitcoin will be considered assets in which it is worth investing more money.

- *Meteor Strike and Asteroid Shower*

He wrote about a long trail of sparks in the sky made of fire. This would not only mean an asteroid may strike the earth but it will also cause tremors in the ocean causing a tsunami which will

lead to earthquakes

- *World Hunger Will Increase*

"So high the price of wheat/That man is stirred/His fellow man to eat in his despair."

According to his predictions, world hunger could increase due to armed conflicts. This will lead to greater population movements. He also added that seven times more people will wash up on the beaches.

- *Nuclear Bomb Will Explode*

"Like the sun, the head will seal the shining sea. The live fish of the Black Sea will almost boil."

According to Nostradamus, a nuclear bomb will explode in 2022 which will lead to climate changes and changes in the earth's position. This will also lead to years of darkness, a great freeze, famine, floods and earthquakes.

So, even in Nostradamus' forever doom and gloom predictions, 2022 seems closer to Armageddon than ever. Discounting predictions outside our control such as a Meteor strike, most of the others are manmade – from political and political leader downfalls, famine and immigration to nuclear war.

One area which currently remains under human control in its current development is Artificial Intelligence, but even that seems to have the potential to become self-determining.

Artificial Intelligence

"[AI] is going to change the world more than anything in the history of mankind. More than electricity."- AI oracle and venture capitalist Dr. Kai-Fu Lee, 2018

Intelligence is a rare and valuable commodity. From the mysterious brain of the octopus and the swarm intelligence of ants to Go-playing deep learning machines and driverless vehicles – intelligence is the most powerful and precious resource in existence. Despite recent advances in Artificial Intelligence (AI) that enable it to win games and drive cars, there are countless untapped opportunities for advanced technology to have a significant and beneficial impact on the world. Particularly so at the

intersection of AI and robotics. Driven by three big trends, we're currently in the middle of a powerful new wave of AI.

Computer power is growing, algorithms and AI models are becoming more sophisticated, and perhaps most important of all, the world is generating unimaginable volumes of data. Data, measured in billions of gigabytes every day, is collected by networked devices in virtually every industry. As a result, AI is being tightly interwoven into almost every aspect of our lives, from our cars and medical devices to robots and entertainment.

The future of AI involves advanced cognitive systems capable of doing what machine learning systems can't. They will intelligently and fluently interact with human experts, providing them with articulate explanations and answers, even at the edge of the network or in robotic devices. Across the board, people will see and work with systems endowed with rare and valuable intelligence

Cognitive artificial intelligence – truly intelligent symbolic AI software with bio-inspired, human-like reasoning – will take automation technologies to the next level and enable enterprises to fully utilize their investments in advanced technology. Using cognitive AI, robots can work together to not only analyse time-sensitive data at the point of origin, but also diagnose and solve problems in real-time.

- **Transportation:** Although it could take a decade or more to perfect them, autonomous cars will one day ferry us from place to place.
- **Manufacturing:** AI powered robots work alongside humans to perform a limited range of tasks like assembly and stacking, and predictive analysis sensors keep equipment running smoothly.
- **Healthcare:** In the comparatively AI-nascent field of healthcare, diseases are more quickly and accurately diagnosed, drug discovery is sped up and streamlined, virtual nursing assistants monitor patients and big data analysis helps to create a more personalized patient experience.
- **Education:** Textbooks are digitized with the help of AI, early-stage virtual tutors assist human instructors and facial analysis gauges the emotions of students to help determine who's struggling or bored and better tailor the experience to their individual needs.
- **Media:** Journalism is harnessing AI, too, and will continue to benefit from it. Bloomberg uses Cyborg technology to help make quick sense

of complex financial reports. The Associated Press employs the natural language abilities of Automated Insights to produce 3,700 earnings reports stories per year — nearly four times more than in the recent past.

- **Customer Service:** Last but hardly least, Google is working on an AI assistant that can place human-like calls to make appointments at, say, your neighbourhood hair salon. In addition to words, the system understands context and nuance.

"Everything we love about civilization is a product of intelligence, so amplifying our human intelligence with artificial intelligence has the potential of helping civilization flourish like never before – as long as we manage to keep the technology beneficial. "- Max Tegmark, President of the Future of Life Institute

A New world Order

"Almost every achievement contains within its success the seeds of a future problem"- U.S. Secretary of State James Baker on America's Cold War victory

'A New world Order' was defined to be a term used to refer to a right-wing conspiracy theory that became popular among anti-government extremists from the 1990s onwards. "New World Order" conspiracists believe that a tyrannical, socialist "one-world" conspiracy has already taken over most of the planet and schemes to eliminate the last bastion of freedom, the United States, with the help of collaborators within the government. Through repressive measures, as well as manufactured crises such as terrorist attacks and Pandemics, the globalist conspirators seek to eliminate dissent and to disarm Americans so that the "New World Order" can move in and enslave them. "New World Order" conspiracists also commonly believe that hundreds of concentration camps have been built in the U.S., ready to house dissenters; that the government will declare martial law, possibly on a pretext such as responding to a terrorist attack; and that the government will engage in mass gun confiscations.

The new world order is trying to form around the principles of self-determination and international concern for the workability and decency of all governments. These principles are not yet operational; at least they don't yet add up to an "Order." Every new crisis — Kuwait, Somalia, Bosnia, Russia — is treated differently. We are making this world order up as we go along, and we are making mistakes.

The Term is the same, but my concept of a New World Order' is different. It is based on the above principles of: "Uniting around Commonly Held Interests of - Caring for our Children; Seeking New Political Forms with a Social Conscience; Embracing new Work Methods and Business Structures; and Using Artificial Intelligence to enhance all of the above – Caring for the Family; the Community; the Nation and Humanity."

The alternative is a scenario of disintegration. The nation's best bet for reducing the prevalence and severity of mental retardation, emotional disturbance, antisocial behaviour, and a host of other personally limiting and socially costly disabilities is to mount developmental and preventive programs from childhood on and to maintain them dependably as long as need is present. The best bet for breaking the cycle of poverty and perpetuated social incompetence is to strengthen the family, and embrace Change Focused on Children First and a quickened global conscience that humanity may grow in wisdom, strength, and humane concerns."

In the post-industrial age, we need to build new connections among people, caring communities in which adults watch out not only for their own but also their neighbours' families.

In this context and taking advantage of the opportunities presented by the nearly worldwide acceptance of the Convention on the Rights of the Child, we must be sure to provide means to hear the voices of children. We need to recognize the contributions that children and youth often can make to their communities. Such a combination of participation and representation is likely to do much to promote children's dignity. We must listen, and we must act so that crisis becomes opportunity ["Opportunity", Spain 2020].



**"OPPORTUNITY"
(SPAIN, 2020)**

"Doubt not, we are indeed at a time of global liberation - a liberation of the human spirit enabled by a terrible Pandemic, but also from the growth of a worldwide marketplace of ideas, a development itself facilitated by the expansion of communications and information technology. Out of every cloud comes a silver lining.

Liberation and the resulting deceleration of the arms race permit redistribution of wealth - perhaps more precisely, reinvestment of wealth - to free children both at home and abroad from the bondage of poverty, disease, and ignorance. The exchange of ideas also reveals the logical and moral force of the concept of personhood and opens the door to the experience of being treated as a person worthy of respect - discussions and experiences that enable a greater understanding of the meaning of personhood for children.

We have the possibility for a renaissance - an age of enlightenment premised on respect for the dignity of children as persons. Taking children seriously is likely to facilitate their intellectual, social, and moral development, and meeting their basic material needs will provide the foundation for healthy maturation. Building a new sense of community will promote a network to support families and to offer connections among people necessary for a strong social fabric.

The risk that children's interests will be neglected is the risk that we will miss the opportunity for a New World Order in which respect for humanity is the linchpin of political life. The development of the Third World (and, one might add, Eastern Europe) rests in large part on the choices that it makes about children's rights. Economic development is inseparably linked to education leading to personal achievement, which in turn is affected by sense of self-respect - a trait that is based in early experiences with autonomy and privacy. Democracy further rests on a sense of equality - respect for others - derived from consistent nurturance leading to a basic trust in people."

Thus, fulfilment of Children's rights is likely to have important future effects. It is often argued that healthy socialization is important for adult productivity. Surely that point is worth consideration. The more important point in regard to survival of an open society, though, may be that early experience in being treated as a person worthy of respect builds a sense of personal significance (of others as well as oneself). Involvement in the community and tolerance of diversity then are perceived as worthwhile and even morally obligatory.

When a society recognizes the personhood of its smallest and most vulnerable members and not only protects them but does so in a manner that promotes their dignity, it sets a tone conducive to promotion of

democratic ideals. When such conditions are not present, the message is clear that raw power is more important than either reason or caring. In much of the world, either scenario is a plausible reality for the future.

We have the choice of a community that is a healthy place for children to grow or - as vividly illustrated by events in former Yugoslavia, Los Angeles, and elsewhere - ever more pronounced and violent division into enclaves separated by race, ethnicity, class, and age.

"Centre place for Children in the New World Order".

Out of this World

Artificial Intelligence takes us to the next level of Technological Development. Who knows what my great grandchildren will amaze me with, maybe even bringing me back to life after death or on a trip to Mars? To Carl Sagan, it all underscores our responsibility to deal kindlier with one another and to preserve and cherish the 'Pale Blue Dot', the only home we've ever known. ["The Blue Dot", Carl Sagan].

"Our loyalties are to the species and the planet. We speak for Earth. Our obligation to survive is owed not just to ourselves but also to that Cosmos, ancient and vast, from which we spring. "- Carl Sagan

**"THE BLUE DOT"
(CARL SAGAN)**



<https://www.youtube.com/watch?v=Bpaw0T2fvtE>

"From this distant vantage point, the Earth might not seem of any particular interest. But for us, it's different. Consider again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives.

The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor, and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there—on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Our posturing, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbour life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps a no better demonstration of the folly of human conceits than this distant image of our tiny world.

To me, it underscores our responsibility to deal kindlier with one another and to preserve and cherish the pale blue dot, the only home we've ever known."

Real Life Priorities for the Future

AI will no doubt be incredibly important for our future- but it will not determine us. Human qualities and frailties from amazement and humour to fear and worry, and in the long run 'hope' are human emotions.

An outstanding act of kindness, a joke, pornography, a world-cup goal, dust in one's nose, a shot of lightning, etc – all provoke or manifest instant uncontrollable human reaction and emotion, that robots will likely never emulate.

Humanity will prevail with all its virtues, aided by development and use of technology. And meantime we will likely have more 'free time' to concentrate on real life priorities personal to each one of us for the future.

Probably the best technical layman's 'internet of things' analysis, debate and conclusions drawn by a non-technocrat expert about the likely effect of technology and AI for our future, for me, was given by Stephen Fry with some considerable intellectual rigour, in the Shannon Luminary Lecture series, published on YouTube on October 3rd, 2017. I recommend a listen; an intellectual 'feet-on-the-ground rendition' of the wonders of technological development, punctuated with historic and mythical anecdotes.

<https://www.youtube.com/watch?v=24F6C1KfbjM>

"Shannon Luminary Lecture Series - Stephen Fry, actor, comedian, journalist, author."

Back to the Future

Friday's child is loving and giving. Shouldn't we all strive to be so even if we were born on a cold and bleak Monday morning? In a Book all about 'change', we are all seemingly willingly to seek to better ourselves and change as we see fit, or able to achieve, with or without instruction. But we are invariably less willing to embrace change that has been imposed upon us by society, even when it's for the betterment of all. Dictatorial Communist regimes, such as China, constantly face resistance from individuals unwilling to conform to their rules or ideals. Basic Quarantine

rules for people during the Coronavirus were not accepted in some countries, where going out and working literally meant survival for some. They did so at their peril.

But 'Quantum Change' and an 'Unprecedented Transition' is now required in our cognitive thinking about life priorities in a Post Pandemic world, if we are to survive as a race and a planet long beyond our own lives. And it is particularly so when it comes to protecting the future for our most precious asset and resource for the future- our children. The progress of Homo-Sapiens over the centuries and generations has led to what? Wars and fallen Empires, flimsy Economies and Political Systems, Leaders and Losers, Revolutionaries, Captains of industry, Poverty and Corruption, Stars and star-crazed Admirers, Billionaires and double- shift Factory Workers, Religious Fanatics, Alcoholics and Drug addicts, Single Mothers, Tecno-freaks, obsessive Social Networkers, absent Fathers and unemployed Depressants- and most of the foregoing putting themselves or other causes as their life priorities other than finding their True Purpose in Life- and nurturing their children to find theirs. After all, a modern future call for a modern child ["The Evolution of The Modern Child", Planet Earth 2050].



***"THE EVOLUTION OF THE MODERN CHILD"
(PLANET EARTH, 2050)***

"The Price Waterhouse Coopers (PWC) 'World in 2050' report was published in February 2017. While the discussion of long-term trends in the report remains of interest, it does not take account of major events since that date, including in particular the recent global COVID-19 Pandemic. The report sets out the latest long-term global growth

projections to 2050 for 32 of the largest economies in the world, accounting for around 85% of world GDP. Key results of their analysis include: The world economy could more than double in size by 2050, far outstripping population growth, due to continued technology-driven productivity improvements, etc..

But perhaps a more futuristic and alarming scenario of family life was that given by Futurologist Dr Ian Pearson who claims that 'parents' will interact with their children through augmented reality (AR) glasses. Wannabe parents of the future will ditch the hard work of having real children in favour of 'virtual' kids.

The digital youngsters will be based on our DNA and act and grow up just like real kids but will live forever and cost nothing to raise. 'By 2050, we'll have a far better understanding of DNA, and people of the future will be able to upload their full genome to a computer database,' Dr Pearson said. 'You could then combine your digital DNA with someone else's and simulate a child that lives a virtual existence.

'Through augmented reality you could chat to them as they wander around the home. If you don't like them you could switch them off and pick a different one.' Technology that lays virtual characters over the real world – known as augmented reality – is already hugely popular. It was a key part of the smash-hit smartphone game Pokemon Go, which superimposed cartoon monsters onto the world as seen through your smartphone snapper.

According to Dr Pearson, it's a matter of time before people begin using the tech to interact with virtual children. 'It will be perfect for people who can't have babies naturally, either through infertility, lifestyle or otherwise. If you have a busy job or don't have a partner to share the load, you could switch the child off when you didn't have the time to look after them. You'll have an easier relationship with them too, because they're not there all the time.' Claims Dr Pearson.

BUT before you bury your head in your hands...Is there a risk that people will pick a virtual child over a real one? Not in Dr Pearson's eyes. He says the experience of having your own kids will always trump anything viewed through high tech goggles.

BUT imagine if your real son's thoughts were yours to know by virtue of an i-phone 25 wherever he may be in the world. Would you relish such a world? I think not. It's definitely not more than 10x i-phones away. Google's Cookies and AI Algorithms annoyingly already know what you are thinking and what you like better than you do yourself.

Human Mental Telepathy is already considered Real- Computers won't be far behind. Scientists can show mind-to-mind communication over the Internet. Mental telepathy, the process of transferring thoughts from one mind to another, has traditionally occupied the realms of either science fiction or the paranormal, both of which are outside of

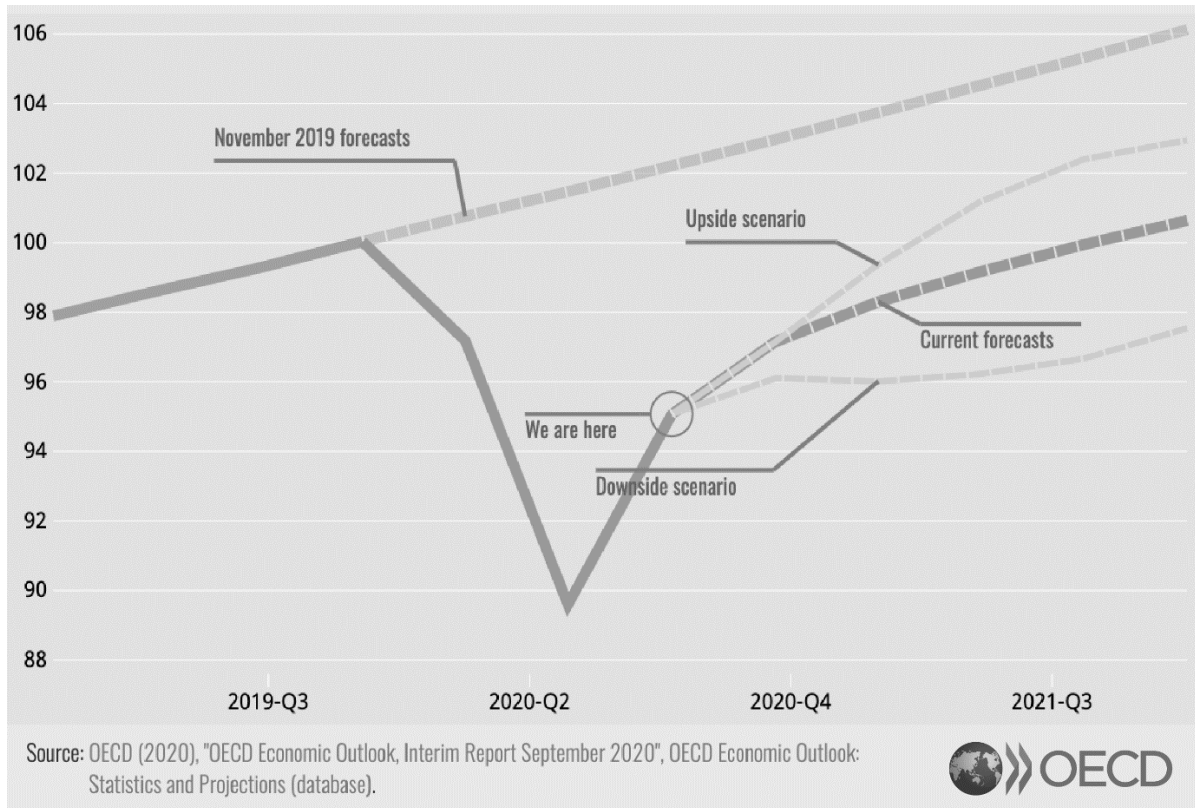
mainstream science. Soon it will be the Intellectual Property of a Social Networking Platform.”

Don't despair- it's really not all negative prediction. You will have dedicated considerable time to have read this far. That in itself is dedication worthy of thanks, so I don't want to get too flippant at this late stage about 'end of world, and 'end of humanity' scenarios.

In terms of dedication of time and effort in our lives, we all dedicate a large chunk to toiling to make a living, sleeping to restore strength, and at least one day a week to religious observance or abstinence from work, or to just putting our feet up, cutting the grass, going shopping or playing or watching sport, the predominant Sunday pastimes in the west. What we don't do more of as we've evolved, despite having more free time and disposable income, is dedicate more conscious time to our children, their nurture, and development of their spirituality, particularly in their formative years. More fun, play and love may be all that is necessary to enhance many children's lives, and 'Change the World', and make the Future bright. Coupled with reduced excessive consumption will alleviate our climate change problems too. And while unchecked human population growth could be a recipe for doom for the planet and its inhabitants, most projections predict population growth having peaked by the end of the century. Maybe we will all cherish the one or two children we have then. [“Worth more than all the money in this World.”- 1991]

But never mind the end of the century, where will we be in six months, a year, 10 years from now? The Coronavirus remains with us. Some of us lie awake at night wondering what the future holds for our loved ones. Our vulnerable friends and relatives. We wonder what will happen to our jobs, even though you maybe one of the lucky ones. Maybe you get good sick pay and can work remotely. Maybe as I write, you are one of our self-employed friends who are staring down the barrel of months without pay, friends who have already lost jobs. The contract that pays 80% of salaries in the UK runs out in December 2020. Coronavirus is hitting the economy badly. Will anyone be hiring when I need work? These are the anxieties facing many people in many continues in late 2020. The most recent OECD forecasts, at the time of writing, still seemed to not take into account a Global Resurgence in the Pandemic, further National Lockdowns, and Economic turmoil. (“OECD Economic Outlook”, September 2020].

**"OECD ECONOMIC OUTLOOK"
(SEPTEMBER 2020)**



Source: OECD. World GDP, index 2019- Q4=100

If the Pandemic ends being with us for a lot longer than expected there are worse forecast scenarios to contemplate. In such circumstances the possible future longer-term outcomes all depend on how Governments and society respond to Coronavirus itself and its Economic aftermath when it does finally wane. Hopefully, whether the virus is here to stay a long time or not, we will use this crisis to rebuild, produce something better and more humane. If not, we may slide into something far worse.

To understand the situation – and what might lie in our more distant future – we can learn from looking at other crises. Some research focuses just on the fundamentals of the modern economy- global supply chains, wages, and productivity. It is perhaps more futuristic (in long term Post Pandemic terms) to look at the way that wider economic dynamics contribute to

ongoing long-term challenges like chronic depressed demand, climate change or even low levels of mental and physical health among workers and those who can't find work. I suggest - perhaps with my mind more on what we need rather than hard economics and reality - we need a very different kind of sustainable economics if we are to build socially just and ecologically sound futures. In the face of Covid-19, this has never been more obvious, but we are (currently- now in 2020) still in short-term reaction mode.

The responses to a protracted Covid-19 Pandemic crisis would simply be an amplification of the dynamic that drives other social and ecological crises from famine to war- 'the prioritisation of one type of value over others'. At the time of writing, it seems for example that Donald Trump's only value for him is the value of his re-election. His response to Covid-19 will wholly depend on that. And if he doesn't get re-elected his unpredictable reaction to defeat could be more disruptive to economies. This dynamic has played a large part in driving global responses to Covid-19 in the USA so far.

So, as responses to the virus evolve, how might our economic and social futures develop? Is there one lesson in the past we can learn from best. Time will tell. In terms of predictions, and from an economic perspective, Simon Mair, Research Fellow in Ecological Economics, Centre for the Understanding of Sustainable Prosperity, University of Surrey developed an interesting argument, in my view, that there are four broad but very different outcomes and possible futures- all a little exaggerated for effect.

Four become Five Futures

The English author and journalist George Orwell bravely recognised the very real danger of humanity losing its nerve when he famously predicted that 'If you want a picture of the future, imagine a boot stamping on a human face [freedom] forever' (Nineteen Eighty-Four, 1949). Economists are no better at putting a positive spin on the future in times of uncertainty. Their factors for predicting future scenarios vary. As the saying goes; 'Ask two economists and you'll surely get at least three views' - and that's on each factor.

The new concept, referenced above, which I found interesting because of its back-to-the-future different scenarios, was developed in an article which is part of 'Conversation Insights' and published by the *arc2020* platform. The Insights Team Centre for the Understanding of Sustainable Prosperity

at the University of Surrey generates long-form journalism derived from interdisciplinary research. The team works with academics from different backgrounds who have been engaged in projects aimed at tackling societal and scientific challenges. In this respect it is very much an 'academic' analysis.

The concept uses the comparison of the importance a political system and economy puts on – 'Value and Centralisation'. ["Value and Centralisation in Covid-19 Responses", UK 2020]. The primary aim of the Global Economy (defined by economists) is to facilitate 'exchanges of money'. This is what economists call 'exchange value'. But reactions to Covid-19 around the world are shaking these 'exchange value' foundations. And they will continue to do so if the Pandemic continues. Not only are there the obvious effects to the economy by Covid-19 already, but some Governments fear that critical systems will be seriously disrupted or overloaded more so over time: supply chains, social care, and principally of course- healthcare. The knee-jerk reaction so far has been for the State to spend, protect urgent services and people's jobs, and leave the economy to its own means during any recovery.

But the long-term effects of Covid-19 may question the basis of the general beliefs and assumptions about markets. The 'needs and demands' and more importantly people's priorities of yesterday are not those of today nor likely tomorrow. The dominant idea of the current system has been that 'exchange value' is the same thing as 'use value'. But it's clearly not, not anymore. People were used to spending money on the *things* that they wanted or considered that they needed, when they wanted or needed them. The act of spending money tells the market how much they value its "use". This is why markets are seen as the best way to run society. Productivity and capacity (and prices) can be matched with 'use value'. A Free Market is perfect, isn't it- supply/demand, competition and productivity to suit.

Now let's re-define the principles, in times of changes during unprecedented crisis. Value refers to whatever is the guiding principle of our economy. Do we use our resources to maximise exchanges and money and perceived value, or do we use them to maximise life and its protection? Centralisation refers to the ways that things are organised, either by a lot of distributed small controlling units or by one big commanding force (be they private or public). Typically, we've understood these in traditional economic/political terms as 'Free Markets and Capitalism' versus 'Centralised control and Socialism'. Now the options for dealing with the changes caused by Covid-

19 promote ideas and hybrid examples. We can populate the suggested four scenarios in a matrix form (see below) with different extreme combinations for effect:

- State Capitalism- centralised response, prioritising exchange value
- Anarchy and Barbarism- decentralised response, prioritising exchange value
- State Socialism- centralised response, prioritising the protection of life
- Mutual aid- decentralised response, prioritising the protection of life

State capitalism is the dominant response we are seeing across the world right now. Typical examples are where Capitalism itself reigns in the private sector and now needs a little help from the Public sector-e.g. in the USA, UK, and here in Spain.

The State Capitalist society continues to pursue 'exchange value' as the guiding light of the economy. But it recognises that markets in crisis require support from the State. Given that many workers cannot work, the State steps in with extended welfare. It also enacts massive Keynesian stimulus by extending credit and making direct payments to businesses. Wow, State help from a Capitalist Government. An opportunity for the neediest to survive; or an excuse to sit at home and get paid; or also an opportunity for the rich to borrow and get richer? Back in the UK with all the kaffuffle they've even forgotten all about Brexit and the negative effect that is also likely to have on their economy.

The expectation here on mainland Europe was that this State help and stimulus will all be available for only a short period. It won't be needed long term. But will it. National debts are at all-time high post war levels. The stronger economies like Germany are already bulking at the idea of helping poorer ailing European nations weather the long-term storm. Debts won't get repaid. Is Europe under threat also? Time will tell as this Book goes to the Publisher. The primary function of the steps which have been taken is to allow as many businesses as possible to keep on trading. In the UK, for example, food is still distributed by markets (though the government has relaxed competition laws). Where workers are supported directly, this is done in ways that seek to minimise disruption to normal labour market functioning. So, for example, as in the UK, payments to workers have to be applied for and distributed by employers. And the size of payments is made on the basis of the exchange value a worker usually creates in the market,

rather than the usefulness of their work.

Money exchange- exchange value is becoming lost concepts and Jobs that are no longer relevant will be lost. These are just some of the arguments which the Conversation Insights team at Surrey University has developed.

Could State Capitalism be a successful scenario to deal with Covid-19? Possibly, but only if Covid-19 proves controllable over a short period. As full lockdown falls away any renewed increased illness and deaths may provoke unrest and deepen economic impacts again, forcing the state to take more and more radical actions to try to maintain market functioning. There is a limit to this action – it's a viscous circle.

Anarchy and Barbarism

This is the bleakest scenario. Anarchy and Barbarism is the future if we continue to rely on 'exchange value' as our guiding principle and yet refuse to extend support to those who get locked out of markets by illness or unemployment. It describes a situation that we have not yet seen.

Businesses fail and workers starve because there are no mechanisms in place to protect them from the harsh realities of the market. Hospitals are not supported by extraordinary measures, and so become overwhelmed. People die. Barbarism is ultimately an unstable state that ends in ruin or a transition to one of the other grid sections after a period of political and social devastation.

Could this happen? If Governments don't or can't prevent market collapse in the face of widespread illness, and market collapse- chaos would ensue. Hospitals might be sent extra funds and people, but if it's not enough, those who need treatment will be turned away in large numbers.

Potentially just as consequential is the possibility of massive austerity after the Pandemic has peaked and Governments seek to return to "normal". This would be disastrous not least because the defunding of critical services during austerity and the effects.

The subsequent failure of the economy and society would trigger political unrest, leading to a failed state and the collapse of both state and community welfare systems. Sounds like the setting for a new 'Doomsday' Movie.

State Socialism

State socialism describes the first of the futures the research team at Surrey could see with a cultural shift that places a different kind of value at the heart of the economy. This is the future arrived at with an *extension* of the measures currently being taken in the UK, and Spain.

The key here is that measures like the nationalisation of hospitals and payments to workers are seen not as tools to protect markets, but a way to protect life itself. In such a scenario, the State steps in to protect the parts of the economy that are essential to life: the production of food, energy and shelter for instance, so that the basic provisions of life are no longer subject to the whims of the market. The state nationalises hospitals and makes housing freely available. Finally, it provides all citizens with a means of accessing various goods – both basics and any consumer goods that we are able to produce with a reduced workforce.

Citizens no longer rely on employers as intermediaries between them and the basic materials of life. Payments are made to everyone directly and are not related to the exchange value they create. Instead, payments are the same to all, or they are based on the usefulness of the work. Supermarket workers, delivery drivers, warehouse stackers, nurses, teachers, and doctors are the new CEOs.

And the likelihood of this outcome? It's possible that State Socialism emerges as a consequence of attempts at State Capitalism and the effects of a prolonged Pandemic. If deep recessions happen and there is disruption in supply chains such that demand cannot be rescued by the kind of standard Keynesian policies (printing money, making loans easier to get and so on), then the State may have to take over production.

While a strong State may be able to marshal the resources to protect the core functions of economy and society, in the longer term it smells of a return to forms of Authoritarianism with all the associated dysfunction, corruption and bureaucracy of a Socialist State.

Mutual Aid

Mutual Aid is the second future in which the Research Team adopt 'the protection of life' as the guiding principle of the economy. However, in this

scenario, the state does not take a defining role. Rather, individuals and small groups begin to organise support and care within their communities. Rather a 'buggers' muddle'.

The risk with this future is that small groups are unable to rapidly mobilise the kind of resources needed to effectively increase healthcare capacity, for instance. But mutual aid could enable more effective transmission prevention, by building community support networks that protect the vulnerable and police isolation rules. The most ambitious form of this future sees new democratic structures arise and groupings of communities that are able to mobilise substantial resources with relative speed. Community responses were central to tackling the West African Ebola outbreak, and can be seen as a pragmatic, compassionate societal response to an unfolding crisis. But worse scenarios conjure up images of the formation of local 'Police States' with roadblocks and enforced protectionism. People coming together to plan regional responses to stop the spread of the disease, and treat it, can both help or hinder.

Nevertheless, this kind of scenario could emerge from any of the others. It is a possible way out of Anarchy and Barbarism, or State Capitalism, and could support State Socialism.

Now let's add a fifth dimension. A long-term solution that can be applied immediately. The concept is - 'Social Capitalism'. "Oh, that old/new hobby horse of yours which you've flogged to death," I hear you think. The philosophy of the political system is described in detail in Sections 21 and 26.

In terms of the Post Pandemic Reaction analogy where does it stand in the matrix of 'Maximising Value- (exchange value, or the protection of life) and Centralisation (centralised or distributed response). The answer- right in the middle.

- Social Capitalism- partly centralised response, prioritising exchange value and prioritising the protection of life

Social Capitalism

The Social Capitalist society continues to pursue 'exchange value' as the guiding light of the economy. But like the State Capitalist it recognises that markets in crisis require support from the State. Given that many workers cannot work, the State steps in with extended welfare as unemployment

benefit not salaries. It does not enact massive Keynesian stimulus by extending credit and making direct payments to businesses unless they provide tangible social benefit. Businesses which have no demand for their products and services may fail if demand is unlikely to revive. Workers will not starve, as the Welfare state steps in. Useless jobs will cease to exist.

The parts of the economy that are essential to life or offer social benefit will be protected, whether or not they are ailing businesses in the Private or Public sectors. They will be run eventually for profit based on the social benefit/ value they produce to society. This will include: the production of some basic foods, energy and housing/shelter, so that the basic provisions of life are no longer subject to the whims of the market. Essential services (some of which may require nationalisation or part State ownership to become viable at acceptable cost in the long term) include Water, Power, Schooling, Prisons, Post Office, Hospitals, Banks and National and Air Transportation).

Individuals and small groups can also begin (with Government support) to organise support and care and provide certain essential services within their communities, where there is tangible social benefit. New flexible local authorities and democratic structures will arise and groupings of communities that are able to mobilise local resources with relative speed.

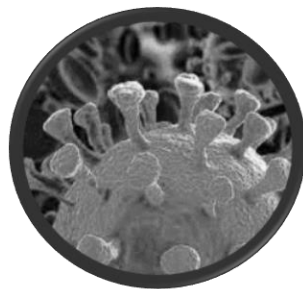
It is not socialism, and it is not classic capitalism. It is not charity nor is it philanthropy. It is about directing capital towards the common benefit via markets as individuals and collectives.

'Social Capitalism' in its wider concept promoted in this Book has come about from a Capitalist like myself, living in a Capitalist society, realising that Socialism hasn't worked around the world but also realising that 'Capitalism of Greed' as we know it may have had its day. Demand has disappeared in many sectors, and businesses are failing. Governments are stepping in not just to keep public services going but to support private businesses and jobs to avoid too much anxiety, panic and instability. But the focus in the long term has to be on supporting businesses that provide a social benefit. While the current focus is on health and protection of life in face of a Pandemic, in the post Covid-19 world of economics, Governments will continue (or try to continue) supporting some ailing Private or previously Publicly owned businesses of social value.

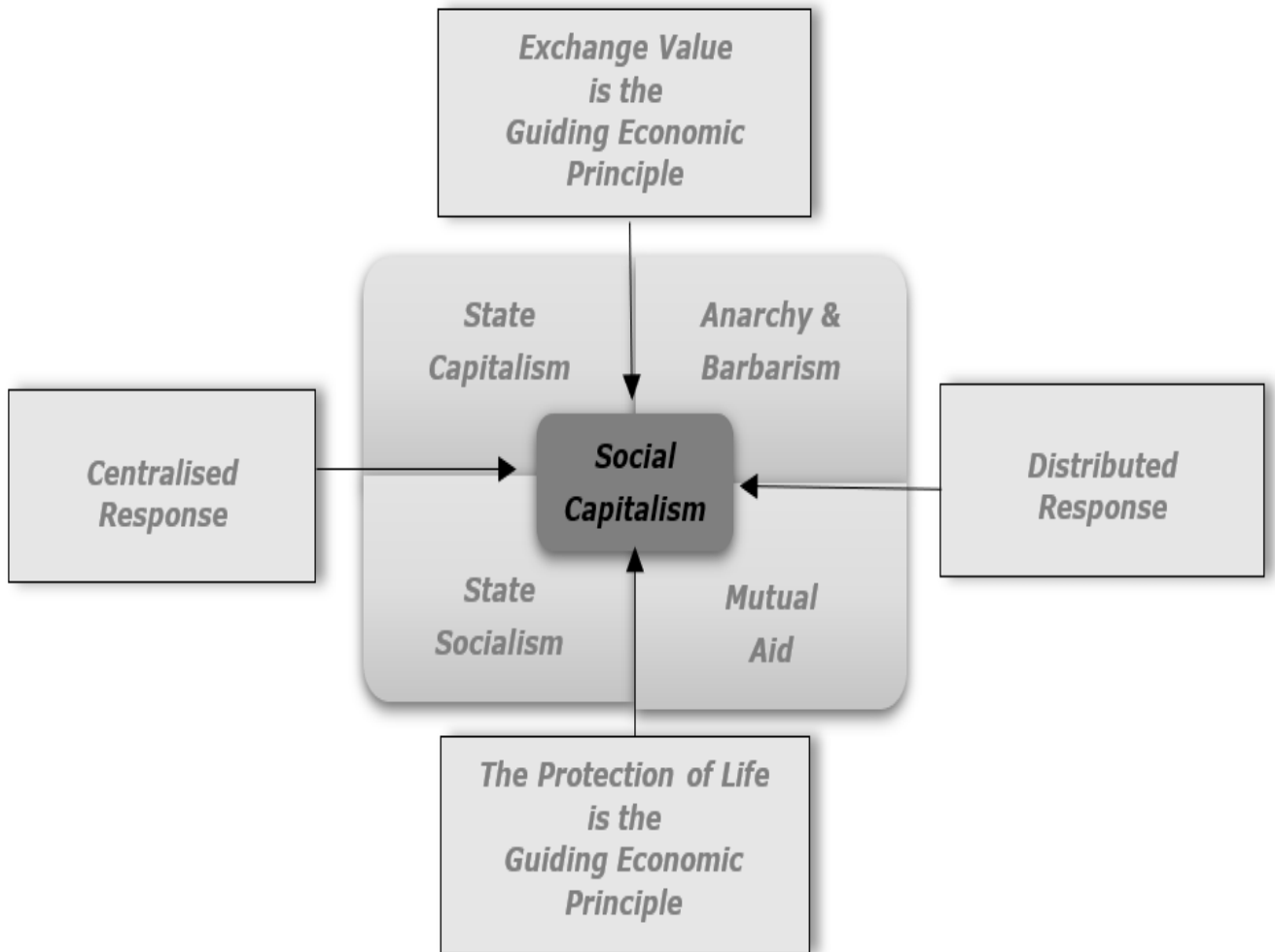
Socially Minded for the Long Term

My take on 'Social Capitalism' I have explained as similar to the 'Nordic Model' and based on the concept defined as a 'Socially Minded Form of Capitalism'. It is not Socialism re-visited a la Jeremy Corbyn or Hugo Chavez. The goal is not to interfere in, or veer too far from capitalistic principles but ensure the political/economical/taxation system favours making social improvements, rather than focusing on accumulation of capital in the classic capitalist sense. Additionally, the private and public sectors should be required to assess the social costs and benefits in investment decisions and apply them to business decisions. Social Capitalism will be about solving social issues and making a profit, and have an ideology of liberty, equality, and justice. Please refer to my conclusion and summary of Social Capitalism given in Section 29.

Social Capitalism is not a top-down regulation of capitalism for the social good. It is a deliberate choice made by individuals to promote equality, fairness, and justice for all. It is a choice to improve societal and environmental outcomes for the betterment of all, including future generations. It is a value system, not an economic or political system. It becomes a political system once individuals and businesses which promote it form a Political Party ensuing its ideas that can stand for election



***"VALUE AND CENTRALISATION IN COVID-19 RESPONSES"
(UK, JUNE 2020)***



Source: Image by Simon Mair Centre for the Understanding of Sustainable Prosperity, University of Surrey and Contents Adapted from Article - Conversation Insights

Social Capitalism will be a practical solution for the long term and best understood as the only sustainable form of classic capitalism with a focus on improved social outcomes, or at least economic social responsibility. While it is recognised that these principles will be adhered to with difficulty in countries where economies are weak, administrations are corrupt, and tax collection is low- that is nothing new. I harbour no naivety here. The global war on corruption, poverty, disease and gross mismanagement will continue, and must be waged ferociously, and by those who can. (See Part Two- 'The Global Problem' and Section 29- 'Close to Greatness')

One sensitive and controversial area will be substantiation for 'The reasons for Nationalisation or co-ownership of essential services'. There is no one answer other than finding 'the best and most cost-effective way to provide the service', country by country. Nordic State Public Services invariably work efficiently and cost effectively, and the management is trustworthy.

The citizen invariably doesn't mind contributing to these services through taxation. Corrupt, untrustworthy, or greedy money-grabbing systems don't endear confidence and invariably fail.

Here are some of the arguments for public ownership, not all supported by myself, but I think the world is changing and when it's trusted Public ownership, the arguments become more compelling:

- The Energy Sector should be nationalised. While it's bottom-line/shareholder focused, it's neglecting its social responsibility to produce clean energy, and it's enjoying guaranteed demand that has resulted in the formation of non-competitive oligopolies in most developed nations.
- Healthcare should probably be nationalised. A service provided to all at the point of need. If the public consider healthcare a right for every human being, the argument is clear. Furthermore, healthcare has guaranteed demand that has resulted in some non-competitive oligopolies.
- Transport is a difficult example. Providers could be allowed to fail. Guaranteed demand isn't certain, and people could conceivably find other means to travel but the poorest in society rely more on public transport. Transport networks are also for the benefit of society and the national economy. Many routes are non-viable on their own. Airlines also compete internationally where Governments can provide subsidies to private companies in some countries and not in others.
- While transport companies could conceivably remain in private hands, the transport network itself could not. The economy would fail if roads and rail lines were not properly maintained.
- Banks have a social responsibility to protect people's savings. However, they don't have a responsibility to be risk-free; only a responsibility to be honest. In other words, banks should inform savers of the risks involved when investing with them, and risk-taking banks should be clearly labelled so as to differentiate them from safe havens. People should also have a choice to place their savings in publicly owned banks that adhere to even stricter regulations.

Practical Realism vs Pseudo Idealism

The above concepts are not just more 'Pseudo-idealistic' notions of reincarnated Socialism. I have been a Capitalist all my adult life. Adam Smith (see Section 21) knew the meaning of 'Wealth Creation with Moral Sentiment', a man ahead of his time. So, before the so-called experts and critics try and rip this argument apart:

Social capitalism is about:

- Non-profit companies working to solve a social or environmental issue, and/or redirecting profit back to the public good.
- For-profit companies that choose improved social and or environmental outcomes even when it doesn't maximise profit. And for-profit companies that redirect some profit back to the public good.
- Investment in companies that are socially and or environmentally responsible, or at least those that do not create social or environmental problems or exploit these for profit.
- Working for or with companies that are socially and environmentally ethical and care for the public good.
- Actively seeking out and purchasing products from companies that are socially and environmentally ethical and care for the public good while boycotting companies that do not.
- Actively talking about and sharing information about ethical companies to encourage others to engage with or buy from them.
- Actively sharing information about unethical companies to discourage others from engaging with them.
- Valuing people for more than their labour or profit they can make a company. It is about creating a positive empowering culture that allows people to be happy and reach their potential.
- Replacing short-term goals that result in exploitation with long-term goals that support investment, growth, and sustainable prosperity.

Fear and Hope

The visions of the 'Five Futures' (see above) maybe extreme scenarios, caricatures, and likely to bleed into one another. The fear is - descent from State Capitalism into Anarchy and Barbarism. Hope is a blend of State Socialism and Mutual Aid. Eutopia maybe is my 'Social Capitalism' - a strong, democratic state that is still based on capitalistic principles but mobilises resources to build a stronger health system, prioritises protecting the vulnerable from the whims of the market and responds to and enables citizens to form mutual aid groups rather than working meaningless jobs.

What is hopefully clear is that all these scenarios leave some grounds for fear, but also some for hope. Covid-19 is highlighting serious deficiencies in our existing system. An effective response to this is likely to require radical social change. I have argued that it requires a drastic move away from markets and the use of profits as the primary way of organising an economy for social benefit. The upside of this is the possibility that we build a more humane system that leaves us more resilient in the face of future pandemics and other impending crises like climate change.

Social change can come from many places and with many influences. A key task for us all is demanding that emerging social forms come from an ethic that values care, life, and democracy. The central political task in this time of crisis is living and (virtually) organising around those values. This is a conclusion I have drawn with the help of the wisdom of Simon Mair's research. Good on ye- The University of Surrey.

We are all 'a family in time of need'. We need to batten down the hatches and buckle down on unnecessary spending. And some of us will have to reduce our dependence on a job, a boss, and a wage to be able to live. There are other ways to survive, and some will prove immeasurably better.

My Partner is an Interesting Person

The economics of collapse and meltdown are fairly straight forward. Businesses which can't make profits are less able to employ- no jobs no money no consumption. But the Government can solve our problems, up to a point. But the Keynesian response of public spending used in the USA at the end of the Great Depression is not the right response for today's dilemma. The economist James Meadway wrote the correct Covid-19 response 'Isn't a wartime economy - with massive upscaling of production; rather, we need an 'anti-wartime' economy and a massive scaling back of production. And if we want to be more resilient to Pandemics in the future (and to avoid the worst of climate change) we need a system capable of scaling back production in a way that doesn't mean loss of livelihood.

These are becoming familiar concepts. What is sure is that small changes won't cut it. Unlike the 2008 crash, economies will not reform on their own, especially as the virus continues to lurk and depress demand and growth. So, back to the 'Big Picture'.

To understand why climate change has gone on unchecked, we need to understand the social reasons that kept us emitting greenhouse gases. And now the threat of the end of human existence is finally hitting in. Equally with Covid-19 the real threat to human life has gotten closer to home. The direct cause of continued threat is the difficult-to-control virus, and lack of vaccine, but managing its effects requires us to understand human behaviour and its wider economic context.

From the macro effects to the micro effects, Social Services and the Job Market are most affected. The bottom line is really quite simple. Tackling both Covid-19 and climate change is much easier if we reduce non-essential economic activity. We have already found our planet benefitting from reduced economic activity and changes in doing things and doing less things less. Oil prices have crashed. Emissions of Greenhouse gases have fallen. We don't have to fly around the world to communicate and do business. The epidemiology of Covid-19 is rapidly evolving. As people mix less outside households, in social situations, in workplaces, and on the journeys people make - fewer cases of Covid 19 spread overall - lifestyles and business life and consumption are changing. I spent 'Lockdown' quarantine in my apartment talking with my partner. I found out she's an interesting person well worth talking with!

Social Services and the Job Market

First, it is quite hard to make money from many of the most essential societal services. This is in part because a major driver of profits is labour productivity growth- doing more with fewer people. People are a big cost factor in many businesses, especially those that rely on personal interactions, like healthcare. Consequently, productivity growth in the healthcare sector tends to be lower than the rest of the economy, so its costs go up faster than average.

Second, jobs in many critical services aren't those that tend to be highest valued in society. Many of the best paid jobs only exist to facilitate exchanges- to make money. They serve no wider purpose to society.

Yet because they make lots of money, we have lots of consultants, a huge advertising industry and a massive financial sector.

Meanwhile, we have a crisis in health and social care, where people are often forced out of useful jobs they enjoy because these jobs don't pay them enough to live.

Pointless Jobs

The fact that so many people work pointless jobs is partly why we are so ill prepared to respond to Covid-19. The Pandemic is highlighting that many jobs are not essential, yet we lack sufficient key workers to respond when things go badly.

People are compelled to work pointless jobs because in a society where 'exchange value' is the guiding principle of the economy, the basic goods of life are mainly available through markets. This means you have to buy them, and to buy them you need an income, which comes from a job.

The other side of this coin is that the most radical (and effective) responses that we are seeing to the Covid-19 outbreak challenge the dominance of markets and 'exchange value'. Around the world Governments are taking actions that three months ago looked impossible. In Spain, private hospitals are doing what the government demands in terms of Covid, and I subscribe to one as a 'Sanitas/BUPA' member.

We are also seeing the breakdown of labour markets. Countries like Denmark and the UK are providing people with an income in order to stop them from going to work. This is an essential part of a successful lockdown. These measures are far from perfect. Nonetheless, it is a shift from the principle that people have to work in order to earn their income, and a move towards the idea that people deserve to be able to live even if they cannot work.

This reverses the dominant trends of the last 40 years. Over this time, markets and 'exchange values' have been seen as the best way of running an economy. Consequently, public systems have come under increasing pressure to marketize, to be run as though they were businesses who had to make money. Likewise, workers have become more and more exposed to the market – zero-hours contracts and the gig economy have removed the layer of protection from market fluctuations that long term, stable, employment used to offer.

Our Economic Imaginations

There has been a broad economic consensus for 40 years. This has limited the ability of politicians and their advisers to see cracks in the system or

imagine alternatives. This mindset is driven by two linked beliefs:

- The market is what delivers a good quality of life, so it must be protected
- The market will always return to normal after short periods of crisis

These views are common to many Western countries. But they are strongest in the UK and the US, both of which have appeared to be badly prepared to respond to Covid-19.

In the UK, attendees at a private engagement reportedly summarised the Prime Minister's most senior aide's approach to Covid-19 as "herd immunity, protect the economy, and if that means some pensioners die, too bad". Shame on him and on the Government. The Government denied this, but if real, it's not surprising.

This kind of view is endemic in a particular elite class. It is well represented by a Texas official who argued that many elderly people would gladly die rather than see the US sink into economic depression. This view endangers many vulnerable people (and not all vulnerable people are elderly), and it is a false choice.

It is hoped that life will return to normal when the restrictions to slow the spread of coronavirus are lifted, but it might not. One of the things the Covid-19 crisis could be doing, is expanding that 'Economic Imagination'. As Governments and citizens take bold new steps, ideas about how the world works could change rapidly.

Wake Up to the Future- Children



**"WORTH MORE THAN ALL THE MONEY IN THIS WORLD"
(UK- 1991)**

"To my dying day I will never forget the day I secured physical custody of my baby daughter. I could never have lived without her, never, and I would never have given her up thereafter, never.

I'd lost her once when my wife absconded to South America, and it had taken me all the £10,000 my mother gave me (to get my baby back) to buy her back to the UK with the 'excess baggage' of a Mother-in-Law who weathered the English winter all of three weeks before escape to sunnier climes in Spain.

I was making every preparation with due legal counsel to secure custody through the courts. I'd taped my wife's home telephone conversations with a string of lovers, I'd thrown money at the situation by bringing other extended family members to the UK, but inevitably we ended in court.

My wife did not endear herself to the Judge by announcing that her husband took the baby to a 'shit-hole of a resort' in Wales at weekends, quite oblivious to the Judge's pronounced accent and annoying inquiry, "What's wrong with Wales?"

After all the father provided security, a home, love and routine, while the mother seemed to have no plan until she decided on her intentions toward the said lovers. The Residents Order was Thursday to Tuesday each week with the father. A great success my solicitor assured me. I was distraught.

It was Tuesday and I was to say good-bye to my baby at the Court steps. "Oh no, you need to go with daddy today, I have to go to Switzerland tonight to visit Uncle Marcos." I asked my solicitor to take my daughter to one side, and asked my wife a straight question, which I should have asked her before expensing £10,000+ on an all-day court case. "How much?" The rest is history, and there began my role as a single father which with the help of a decade of Nannies, lasted until my daughter became of age and went to Bristol University. And what a journey of love."

These are the 'brass tacks'- Humans take longer than other primates to grow up because their larger brains divert energy from body growth during childhood. These concepts were explored in Section 19 'Great Principles Shared'. Children learn quickly and also grow spiritually, while we are too busy preoccupied buying them the latest computer games to amuse them, and while we dedicate our time to work or 'other trivial pursuits' of our own.

This is not an over cynical view.

There's more than one way to successfully pass on genes. Many species don't invest in caring for their offspring at all, simply going for large numbers and leaving it for the strongest few to survive. Others, however, invest heavily in trying to give their young the best start in life. There are some animals with truly astonishing parental strategies to ensure the success of the next generation. From feeding their young with their own flesh to spending nearly a decade teaching essential life skills. A few animal parents go to extraordinary lengths to raise their family which in relative terms would put most of us to shame. Orangutans take *single parenting* to the next level with the mother sacrificing eight years to dedicated motherhood. Adelle Penguins are stars of the animal world where mums and dads work together in *dual parenting* from conception, incubating eggs together. African Elephants who live seventy years go a step further where entire family groups raise young together in a form of *family-parenting*.

Money, sex and infidelity are the main causes of human relationship breakdowns, and of course children often pay a heavy price. Only about three per cent of mammal species are monogamous and it has been a puzzle as to why it evolved in some monkeys and apes but not others. Gibbons, for instance, are strictly monogamous but other great apes, such as polygynous gorillas and promiscuous chimpanzees, are not.

But we as humans are mostly monogamous in terms of commitment to our children, if not in terms of the flesh. We all too often claim children are our life's work but dedicate less quality time to them than we would like to admit. Most people would rather have sex with their partner at weekends than take their kids to the park or Sunday school. I was more prone to going to the pub rather than staying home to help my daughters with their homework. We are not the Godly dedicated parents sometimes we make ourselves out to be.

We could all strive to be better.

"Let's reach out and win the hearts and minds of all peoples in all nations, with a very simple but powerful Message and Proposal. The 'Message' is that we can all unite and act upon a deserving global cause and the 'Proposal' is for a weekly Children's Day ["Children's Day"- Spain 2020] in our work calendars, embodying all that unites and defines the future of the human race- the welfare of our children."-

Kids' Day could be an institutionalised weekly holiday/day off to indulge in the global practice of 'Nurturing our Children', don't belittle it, making it the focal point of our week in all we are and what we all do; uniting humanity and castigating none, nor offending anybody's God. In bringing our ideas for our children together globally will be inspiring in itself and detract from other differences and disputes. In the West many organisations already have a 'dress-down' casual Friday at the office. In other parts of the world employees wear national dress. This Proposal is nothing about dress, it's about action- a totally free Friday outside the office to address our kids' needs first. A secular, not a religious idea- a way to bring more colour and love to our lives and complement existing family, religious and business commitments to which we are already dedicated. Each nation and enterprise and individual will be encouraged to embrace the Proposal, take ownership of initiatives and use technology to spread the best-practice and enhance the inclusiveness. Meanwhile Artificial Intelligence in industry and every other discipline of hitherto human input into the job market will be picking up the slack to maintain Global Economic Output and ensure avoidance of any net Economic Loss. It's not a socialist cause, it's a humanistic cause. It's part and parcel of 'Social Capitalism'. Post Pandemic we will value life, our families and our communities more than ever before, and our Children will always come first.

For those of us who spent half our careers travelling and working overseas, the luxury of being home for extended weekends with a child was never an option. When a man travels the world, he sees a lot and meets a lot of people, but no manner of experience can substitute for the loss of time with a loved child. At a minimum it is always essential to make full use of modern technology, mobiles and social networking to stay in daily touch. ["A God-Dam Story of Love"- Nigeria 2006]. My story of meeting a father estranged from his daughter is a powerful one. It tells us a lot about our Future. During an overseas contract, years prior, it didn't go un-noticed that an elderly Irish driller, Bill McRory, wrote snail-mail to his wife and eight children in England every single day of the 18-month contract. Some make the most of their circumstances. These Anecdotes are potent, and point the way, they are timeless.



"A GOD-DAM STORY OF LOVE" (NIGERIA- 2006)

"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 fuck 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 shit", 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. "

If you consider the argument for a "Kids Day" not strong enough, I urge you to think again. No father should have access to his children rationed for the sake of making a living. The best ideas and proposals are simple, special yet successful in their implementation. I make no excuse for filling the remainder of this final section in the book on children with song, and cheerful and positive anecdote. Children are not a charity in themselves to be just the subject of fund raising, although raising funds for underprivileged children is of course a worthy international cause. There are fine institutions focused already on that effort. Rather the concept is to develop a global super culture that aims to bring out the best in our children, and us as their guardians as a result.

In 1979 Pop music artists, including ABBA, Earth, Wind & Fire, Rod Stewart and Donna Summer, gathered at the United Nations General Assembly in New York City to sing a "Gift of Song" to the world's children. Broadcasted in 60 countries and reaching over 200 million, the event served to kick-off the 'International Year of the Child', a year that brought awareness to children's issues and eventually led to the first universal declaration of children's rights. The single also raised \$4 million dollars for UNICEF's life-saving programs. In 2001 Jackson said that "Heal the World" was the song he was most proud to have created. He also created the Heal the World Foundation, a charitable organization which was designed to improve the lives of children. The "Heal the World" short film furthered Michael Jackson's goal of making art and music that would inspire worldwide peace, love and tolerance, by showcasing a diverse group of children united in their abilities to love unconditionally and their wishes for a brighter future.



**"CHILDREN'S DAY"
(GLOBAL- 2025)**

"Global Kids Day will be the incorporation, in every country, society, institution and enterprise across the globe, of a weekly day's holiday as part of the future work calendar for all nations, where every nation, government, institution, business, organisation, adult and parent from whatever creed will be encouraged to spend one day [selected by the State] of dedicated quality time, effort and giving to the betterment of our children's well-being and their nurture, whether at home or in our schools or wider communities. A new worldwide order uniting around a 'Spiritual' cause for the good of the world's children and their future- 'Our Children come First'

This controversial proposal will spark a debate of the economic and social consequences and distortions even though it is about encouragement, promotion, fostering, development, cultivation, furtherance, and advancement of our children's spiritual futures, not economics. If the world economy can digest a global Pandemic, it can accommodate a 4 day week. The shift in mindset and priorities will be of such a magnitude across country institutions that the proposal may only be accomplished, some might view, with the help of a global Spiritual or Mystic or Financial sponsor, an ideological movement, or a religious type of cult. But none of the above are required. A change in the existing order can be achieved simply by parents themselves voicing their opinion on-mass across all nations and creeds, rather like suffragettes, labour unionists and even some revolutionaries who changed peoples' perceptions of the norm by simply voicing opinion vociferously. Mohandas Karamchand Gandhi was an example of such a peaceful activist who became the leader of the Indian independence movement against British rule. Young children don't have a peaceful platform or voice, but deserve one, and this proposal provides one on their behalf."

Many may argue that raising and nurturing children is an ongoing life-time commitment that doesn't warrant a dedicated working weekday and consider it condescending to suggest to mothers that there is a need for one. Fathers may not. Some may think business commitments, particularly by fathers and working mums, and the economy must take priority during the working week to help provide the future wealth and funding for the society our children deserve. After all taxes and national wealth help some richer nations provide 'Child Allowances' for less privileged families.

But a four-day working week could become commonplace across the world as automation and artificial intelligence increase workplace efficiency. If it ensured that the benefits of rolling out such new technologies are passed

on to staff, then they would be able to generate their current weekly economic output in just four days. Research in the UK in 2018, undertaken by the cross-party Social Market Foundation (SMF) thinktank, found that even relatively modest gains from using robots and AI had the potential to give British workers Scandinavian levels of leisure time.

These concepts are for politicians and economists, employers and employees across the globe to debate but they are unlikely to agree. Collectively what do they know. No-one knows better than a parent what is best for his or her child. That part of evolution theory has been known throughout history. It is not only the strongest human being who survives and blossoms, but also those best cared for by their parents. With Artificial Intelligence (AI) completely replacing roles undertaken by humans in the job market, extra time will become ever more available arguably without a net cost to global economies. It is important that a few rich individuals should not be the only beneficiaries from the ownership and development of new AI technologies. Bill Gate's Microsoft software went global before he shifted his efforts to philanthropy. AI entrepreneurs will prove more inclusive in the development of their technology and its applications. Society and children will benefit and avoid the creation of a 'Useless Class' as predicted in historian Yuval Noah Harari's book 'Homo Deus'. He predicts the rise of the 'Useless Class' and ranks it as one of the dire threats of the 21st century. In a nutshell, as artificial intelligence gets smarter, more humans are pushed out of the job market. In reality parenting will never become a lost cause nor a victim of the corollary of falling demand in the job market. New social structures to spread wealth may be required, but economies will continue to grow, and homo sapiens will have the luxury to focus on the humanity that AI may neglect.

Global Domestic Product (GDP) per capita based on purchasing power parity (PPP) was estimated to be \$17,300 in 2017. Even without the argument of no net loss to society- with one working day in five lost to our children, an economist might calculate that the potential cost to the global economy is \$3,460 per year per capita- A basic hypothetical extrapolation of monetary costs to our global economy that takes no account of either the effects of AI nor the social benefit for happier families and societies all of which might be missed by all except the children who will benefit and most likely pay back society and the economy multi-fold in years to come. And incidentally, as we live longer, we will also expect time commitment from our children in our care, and that's a 'quid-pro-quo'.

My contention is that *all* should want and strive and rally for a 4-Day-Week provided it is agreed that the extra time off on Fridays should be dedicated to our children – and morally adhered to. Ask scientists why they seek to try to connect a brain to a computer or try to create a mind inside a computer. ‘We might soon be able to engineer our desires too, the question facing us is not what do we want to become, but what do we want to want?’ Those who are not spooked by this question, posed by the historian Yuval Noah Harari, probably haven’t given it enough thought. My contention is that AI and computers and technology will never fill the heart’s desire that love provides, but it may aid us in the analysis and logic and provide us the time and means to shift our personal priorities in a new direction that defines ‘what we want to want’ as being ‘want we want for our world and children’. With the manifestation of such a united worthy cause we will truly also end up loving ourselves [“The Greatest Love of All”- Whitney Houston]. The greatest love of all. And I do apologise that this song is repeated.

***“THE GREATEST LOVE OF ALL”
(WHITNEY HOUSTON)***



<https://www.youtube.com/watch?v=IYzIVDIE72w>

*“I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty they possess inside..”*

The songs that Michael Jackson wrote (the latter with Lionel Richie in 1985) which encapsulated best the broad concept of all standing together as one in a charitable cause for children- are Heal the World and We are the World. [“Heal the World”; “We are the World”- Michael Jackson]. My proposal is not about giving more money to charity, it is about dedicating more time and love to loved ones- and demonstrably more than we already do. Am I repeating myself? Make the world a better place for your kids. There is a time when the world should come together as one. And that is grounds for repeating this moving song.

of the world's religious leaders. The Church was a thousand years old before it (ie. its leaders) definitively took a stand in favour of celibacy in the twelfth century at the Second Lateran Council held in 1139, when a rule was approved forbidding priests to marry. In 1563, the Council of Trent reaffirmed the tradition of celibacy. It's not clear that Jesus expected his disciples to follow such a code, and the sanctity of marriage and families were central to his teachings.

Neither the forced denial to the right to fatherhood for Catholic Priests, nor the voluntary abandonment of families by absent fathers are the natural human state. Julian Lennon, the sixties child of John Lennon and his first wife, Cynthia were abandoned by John Lennon when Julian was just five. Maybe that was the driving factor in him becoming such a recluse and doting father to Sean Lennon, sacrificing his music career in New York's Dakota building up until his death by a shooting in 1980. In some way, he seemed to have put his past to amends in the expression of love for his second child ["Beautiful Boy"- John Lennon]. I am so blessed to have two daughters. Before they go to sleep, they should say a little prayer and thank God that they are so marvellous. Life is what happens while you are making other plans. John Lennon RIP.

**"BEAUTIFUL BOY"
(JOHN LENNON)**



<https://www.youtube.com/watch?v=Lt3IOdDE5iA>

*"Before you go to sleep
Say a little prayer
Every day in every way
It's getting better and better
Beautiful, beautiful, beautiful
Beautiful boy"*

And in similar fashion the enduring love respect and dedication he showed his second wife, Yoko Ono, perhaps with some melancholy over his past was only too palpable in the writing of his song 'Woman'. It was written in the stars. ["Woman"- John Lennon]. All this depicts the basic human state, nothing to do with celebrity status nor religion. If you love a lady like he did- you are blessed. That's the meaning of success. There is a little child in every man.

"WOMAN"

(JOHN LENNON)



<https://www.youtube.com/watch?v=ZhfWiU8wGCc>

*"And woman, I will try to express,
My inner feelings and thankfulness...."*

*I never meant to cause you sorrow or pain,
So let me tell you again and again and again,
I love you (yeah, yeah) now and forever,"*

Kids Day & the Four Day Week

Now imagine all the people, even if only one day a week, putting children and family before the State, or Religion, or Business, or Self, taking a day outside the working week to concentrate *all* efforts on our children. Unlike the holy days of Sunday (in the West) or Friday (in the Muslim world), the whole world could embrace the shared intent of *Kids Day* (creating a *Four-Day-Week* and an extended weekend with every Friday with the kids in the West or equivalent Wednesday or Thursday (where there is Muslim working week calendar), irrespective of beliefs in religion, country or politics. Finally, the world living as one, for at least one fun day a week helping children- our own, those of our neighbours and friends, needy orphans and the less privileged- our nation's and our world's children and the next generation which will be all our legacies and after-lives. It's a very simple unique and tangible dream which is achievable by modern Homo-Sapiens. The initiative will go *viral* and will be turbo-charged by just using social networking to spread the message. The Message and Proposal will be vindicated in the endorsement of the conclusions of this book. The idea will not just be born, it will be given lifeblood to grow. Listen up leaders and followers alike and join up. ["Imagine"- John Lennon]

"IMAGINE"
(JOHN LENNON)

<https://www.youtube.com/watch?v=YkgkThdzX-8>

*"You may say I'm a dreamer
But I'm not the only one
I hope some-day you'll join us
And the world will be as one."*

The calling to satisfy the needs to be extraordinary parents and the

satisfaction of attending to the dedicated love and sustenance our children need for their spiritual development- can dwarf the sense of achievement from business and material success to provide for their material well-being and fulfilment in life. So many devoted mothers over centuries already know and bear witness to this. Business success is not enough. 'Behind every successful businessman there is a greater, devoted wife and mother of his children rolling her eyes.' So many men miss the whole point of life, while woman, even successful businesswomen alike, seem to understand the need to address the in-balances between work and family better. When I meet parents who have no time, or even a seeming dislike of their children, I try not to exercise my prejudice and discriminate. But I do get bemused by them and inwardly gloat sometimes at the blessing I have bestowed upon myself by choosing not to convey such negative messages about life and love for our children. My own stepdaughter has a biological father with whom she has never had a relationship, and it still defines her in many ways now in adult life. Cindy's Story ["Lost a Home, Gained a Daughter"] close as I am too it, still inspires me. After a 'Heart-to-Malpass' in 2012 she officially relinquished her surname to make her point and join the clan. ["What's in a Name"- UK 2012].



**"LOST A HOME, GAINED A DAUGHTER"
(SPAIN- 2014)**

"First met my step-daughter-to-be, Cindy, in 1997 on a visit to Thailand from Singapore. Since the split of her mother from her dad, of Chinese origin, she had been cared for by a loving grandmother and step-grandad, while her mom lived and worked in Singapore. Thai children are very warm and respectful to their family elders, and ultimately their country's Royals and the Buddha, being predominantly Buddhist. The culture emphasizes the indebtedness towards parents,

as well as towards guardians, teachers, and caretakers. Most Thai people install spirit houses, miniature wooden houses outside their dwellings, where they believe household spirits live. They present offerings of food and drink to these spirits to keep them happy. If these spirits aren't happy, it is believed that they will inhabit the household and cause chaos.

So, there is usually a sense of peace and humility in a Thai home. Since a serene disposition is valued, conflict and sudden displays of anger are eschewed in Thai culture. It often annoys me when in the west, nearly every Thai lady is classed on sight as an ex-bar girl and selling herself purely for her self-betterment.

The turmoil of divorce, of both Cindy's parents and her blood grandparents before that, did place some stigma in small town Thailand, but the family unit seemed a happy one. Her step-grandfather, a military administrator, had been taken into the family when young and having lost his own family. When the divorce of Cindy's blood grandparents occurred, he married his older guardian out of love and respect for her. He also loved Cindy like his own child and taxied her to school every day. All-in-all a stable loving environment for Cindy. But when I returned to UK to embrace her mom, and my wife to be, I asked "Is there anything I can do for you, you've been caring for my baby all the time I was away in the Caribbean and Americas," "Yes," she replied, "please bring my daughter over to the UK to live with us."

Cindy was in Private School and proud to be 'Pet Monitor' when I left for Hong Kong. But within five short years she had become a handful-rebelling against her mom, her school, authority, and most significantly the school thug, who was also dealing drugs in the school grounds. When he was suspended Cindy took full advantage to wish him well in his future endeavours. This was only to back-fire when he was reinstated, following a meeting of the Trustees of which his wealthy dad was one. By the time I was contacted in Asia by the Head Master the damage was done. Truancy, academic failings, rebellion, depression, an unwanted pregnancy, and even a suicide attempt blighted her natural progress as she matured into a beautiful young lady. My drinking and her mom's gambling exacerbated her rebellious take on life, and her character hardened. I shamed myself by going on an important business trip to Saudi Arabia immediately after her suicide attempt, which I always regretted. But she knew I loved her and was looking out for her. She excelled at a busy bar job that I secured for her, and although not on a professional path, Cindy's personality and self-worth blossomed. She took a boyfriend, she took lovers, she took some drugs- but they were all transient, she is destined for great things.

When our home was under a suspended repossession and her mom moved in with a lover closer to Cindy's age, her future seemed less secure. But I assured her of my intent to pay a handsome monthly allowance until she was well on her feet, living independently, and announced my own plan to escape to Spain.

"I'm going with you", she announced. I was shocked, but proud and content. We packed the remains of a six-bedroom home into a storage room and my Jaguar, and we headed to the Ferry like an adventure. There we lived, and became very best friends, until local mafia tried to recruit her because of her beauty and Asian origin, and I had to send her home for her own protection. In 2014 I lost a home and gained a daughter. A net gain of considerable worth to me. All she needed was for me to spend quality time with her, getting to know her, and taking and showing genuine interest in her well-being. She had thanked me for providing a home and private schooling for her as she grew up, but I knew our new relationship was of more value. She called me Dad, and years prior to leaving the UK we had changed her surname to mine, by deed poll. I had expected her to want to retain her father's name out of respect, but I was mistaken, and she was pleased to become Miss Cindy Malpass. I gave her a letter to commemorate the milestone."



**"WHATS IN A NAME- DAD'S LETTER TO CINDY"
(UK - MARCH 10TH, 2012)**

"This is a note to celebrate your decision to change your surname and formally join the 'M Malpass' clan. We are honoured and very happy and proud by your decision. With my being the only remaining male member of the Malpass family, the family name will lapse when you

and Jamie marry- So let's celebrate every day while it lasts.

Our family life, affecting you, me and Demi particularly has been plagued with depression and full of negativity over recent years. Relationship problems, adultery, anxiety, depression, attempted suicide, mounting debt problems, alcohol and gambling addictions, jealousy, low self-esteem, bereavement, low confidence, redundancy- they have all been there in our family and taken their toll. But the misery and negativity stop here. Our lives are enriched by your decision, and far from being meaningless, will help us out of other obsessions. In spite of the tragedy of a dysfunctional lifestyle over recent years, and further predicaments of late, eg. Possibility of losing our home through re-possession, and uncertainty of Demi's future intentions, we will remain full of spirit.

We will succeed because we have gained a daughter, and a sister- Cindy Malpass, and you are, and always will be very much loved by all of us in the Malpass Family. Dad x"

If you can win the heart, even belatedly, of a stepchild who has grown up with personality and emotional issues- it is extraordinarily satisfying when you get that Father's Day message saying, "I love you." Cindy's unhappiness as a child could have stemmed from the broken relationship with her biological father, or her struggles with bullies at school, or her exposure to her mother and I fighting and struggling with our own demons of alcoholism and gambling addictions- who knows. But what is certain is that "Happiness of children affects their futures. It can explain why some end up miserable, and with mental health issues." In many ways the long term future happiness of Cindy remains engrained in one of my Sacred Cows. However you look at it, it's a wonderful world, and achieving one's ultimate goals in life can only endorse that. ["Wonderful World"- Louis Armstrong]. If more people loved each other, we'd solve more problems together.

**"WONDERFUL WORLD"
(LOUIS ARMSTRONG)**

https://www.youtube.com/watch?v=Q_GommH5rJ8

*"I hear babies cry, I watch them grow
They'll learn much more
Than I'll never know
And I think to myself
What a wonderful world"*

Steve Jobs, an icon of business success, who was a committed family man and inspirational leader of "Apple", spouted that the people who are crazy enough to think they can change the world are the ones who do. And great men who are not now alive, he added, if they had ever used a computer, would have used a Mac! The story about his success is one of both love and loss. He was fired at Apple, the company he established. A public rejection, but he became a beginner again, less sure of his future, but sure of his passion. "You have to find what you love. If you live your life every day as if it was your last, one day you will be right." Remembering that you are going to die, is the sure way to realize that you have nothing to lose. Death is the destination we all share. It is life's best invention. Steve Jobs did die young with cancer despite his millions but focused on his family in good time (See Section 22). Find the path, stay hungry, and stay foolish in its wild pursuit is probably as good advice as any, and never neglect your children.

Cynicism in society and communities is rife with Politicians kissing babies, Chief Executives spouting chapter and verse about company values, and some seriously flawed Religious Leaders preaching congregations on morality. Everybody seeks to be seen to believe what they are told, while knowing what they know that all too often the 'Emperor has no Clothes'. I'm a great advocate of the individual leading himself and defining his or her own moral route through life.

Mark Twain said, "If you tell the truth, you don't have to remember anything." Conversely, 'it's a complicated web we weave if the intent is to deceive'. Children are innocent they seek neither the truth nor deceit. They dream. It's our collective responsibility to help them realise their dreams and in so doing realise our own.

It is hoped that in your own search for an inner-calling, the secret and the blue-print for your own future life, that you get to understand yourself fully and talk to yourself truthfully, and in so doing never again lose the dream of becoming your destiny.

"In the end, the quest for the self and its deepest essence culminates in meeting the Divine."- Don Richard Riso

Global Ideals Close to 'Greatness'

THE BOOK'S FOCUS HAS BEEN ON FINDING THE RIGHT PATH FOR our continued journey as Individuals (and as the Human Race). Our Post-Pandemic opportunity is to demand a different approach from our Politicians and from Ourselves. If we address the existential question about life and its real meaning, purpose or value- both the Individual and Humanity will prosper and get 'Closer to Greatness'.

So, why have I chosen below the Words of Barrack Obama ["A Statesman's Address to the Free World", Barrack Obama], and Music & Lyrics of Michael Masser and Linda Creed sung by Whitney Houston to Close My Messages to you? Well, I've made references to many Quotes throughout this Book, and I can't finish without quoting yet others, so much greater than I in a quest to champion 'Global Change' and help individuals 'Write their own Destinies'. A Great Story should be based on its ending. One of 'Humility and Wisdom'- building Success of the Individual, and all the Nations of the World. Let me address my closing remarks in terms of my conclusions for firstly *The World* and secondly, *The Individual*, and the latter specifically in relation to 'Consciousness and Reciprocity'.

The World- In terms of the World my Focus has been on a Political system of Responsible Capitalism. I call this 'Social Capitalism' only to give a title or label in a World that seems to expect titles, otherwise it might get wrongly branded. It's no more than classic capitalism with a focus on improved social outcomes, or at least economic social responsibility, that aims to ameliorate the social problems caused by capitalism, primarily inequity. Call it- 'The Humanization of Capitalism, Democratic Capitalism, and Social Democracy based on Capitalism', or 'A practical mid-way point between late-form Capitalism and Socialism'. In either cause for Freedom, the eradication of Corruption and focusing on the Rights and Needs of Citizens must prevail.

The Individual- In terms of the Individual my focus has been on exploring the 'Route to Self-Awareness' and 'Identification of an Inner-Calling'- the basis of the whole Realism and some Idealism expressed in the Chapters in this Book. You'll be pleased that I'm not going to repeat them again here, Parts Six and Seven highlight them- Life's Conclusions for you the Individual. The ultimate 'Truth about Personal Success and Happiness' will

however not be finally founded without your understanding of two fundamentals- perceptual 'Consciousness', and subjective 'Reciprocity'. The icing on the cake.

- **Consciousness**- Consciousness is not about being awake! It's what for the Individual evolves toward more inclusive love and awareness. At the level of humanity, we evolve from mass consciousness into individual consciousness, and then into group consciousness. Mass consciousness is related to our more instinctual intelligence and therefore more primitive ways of love. The more conscious we become of our choices, the more capable we become of healthier human love. Health self-awareness, self-respect, independence, along with a sense of responsibility and trustworthiness, give rise to cooperation and collaboration. The balance between self-love and other love is vital. ["The Greatest Love of All", Whitney Houston]
- **Reciprocity**- Reciprocity maybe defined as 'the practice of exchanging things with others for mutual benefit, especially privileges granted by one country or organization to another': To me it's best described by the fundamental teaching of the Buddhist concept of 'Karma', and the 'Golden Rule' in most recognised Religions. It has the greatest value in human relations. The word "karma" means simply "action". In Buddhism, one believes that actions return to the actor. Good actions will be returned, and bad actions will also be returned. This is obviously true in social relationships. If we behave with kindness and generosity to our neighbours, they will return our kindness. Conversely, a harmful act may lead to vicious circles of revenge and counter revenge, such as those we see today in the Middle East and elsewhere. These vicious circles can only be broken by returning good for evil.

The closer we get to understand and live these virtues of 'Consciousness and Reciprocity' the more Inclusive we will become as Individuals and in our Societies; and the 'Greater' we will become as Humanity.

Closing Addresses should End with Great Stories

Most things good end with a 'Great Story'- All is Well that ends Well. Probably the Greatest US President of all time, Abraham Lincoln, in 1863, wrote the Emancipation Proclamation to abolish Slavery. This triggered a

monumental 'Change' in the United States from a system organised around Slavery, from its origins in 1619, to Segregation (abolished by President Johnson with the Civil Rights Act in 1964) to the Democratic Election of the first US Black President Barrack Obama in 2009. [" President Obama Addresses The British Parliament", UK 2011]. From Slavery to Presidency in less than 150 years. Now that's impressive in a Country where in 2010 the National US Census recorded Black and African Americans only making up 12.6% of the population.

Abraham Lincoln recognised the ultimate responsibility of holding Power, even if his actions precipitated a Civil War in his Nation (1861-1865). It became his Destiny.

"Nearly all men can stand adversity, but if you want to test a man's character, Give him Power." - Abraham Lincoln

President Barrack Obama may not be categorised or go down in history as the Greatest US President of all time, but he inspired many with his 'Wisdom and Humility', two great attributes, apart from his unquestionable personal Success. Below are some Quotes that resonate with much of the writings in this Book- about 'Change' and a 'Yes we Can' attitude, so they are worth a read, in my Book!

"I can tell people what I genuinely believe, which is that if we take responsibility for being involved in our own fate, if we participate, if we engage, if we speak out, if we work in our communities, if we volunteer, if we see the joy that comes from services to others, then all the problems that we face are solvable."

"Focusing your life solely on making a buck shows a certain poverty of ambition. It asks too little of yourself. Because it's only when you hitch your wagon to something larger than yourself that you realize your true potential."

"Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere."

"Everyone should try to realize their full potential."

"Life doesn't count for much unless you're willing to do your small part to leave our children - all of our children - a better world. Even if it's difficult. Even if the work seems great. Even if we don't get very far in our

lifetime."

"Money is not the only answer, but it makes a difference."

"Hope - hope in the face of difficulty. Hope is the face of uncertainty. The audacity of hope! In the end, that is God's greatest gift to us; the bedrock of this nation. A belief in things not seen. A belief that there are better days ahead."

"Nothing can stand in the way of the power of millions of voices calling for change."

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change we seek."

-President Obama

President Obama is a 'Personal Success Story', in my view, or even if you don't believe his legacy as President was a Great One. 'The son of a Kenyan immigrant who served in the British Army'. He is also a Deliverer of 'Great' eloquent Addresses. In this Address to the UK Parliament, and the wider Free World President Obama speaks in May 2011 for the Cause of Human Dignity where people unite around their Ideals, rather than being divided by their Differences. With Quotes from Sir Winston Churchill, the Message is for us all to 'March Forward in the Cause of a World that will be more Peaceful, Prosperous and Just'.

What a Statesman. I was so overwhelmed in Abu Dhabi when I heard of his election in late 2008- that I kissed an American adversary of mine at the time, whom I hadn't given enough credence. She kissed me back in mutual respect. Within 232 years of independence from the British the great American people had voted in a Black President. But no ordinary Black President. A man, unlike most politicians, clearly 'genuine', 'humble', 'well-intentioned', a 'helper', a 'healer', and a leader of great stature- in my opinion, and in the opinion of hundreds of millions around the world.

**"A STATESMAN'S ADDRESS TO THE FREE WORLD"
(PRESIDENT BARRACK OBAMA)**



**PRESIDENT OBAMA ADDRESSES THE BRITISH PARLIAMENT
(UK, 2011)**

<https://www.youtube.com/watch?v=fp85zRq2cwq>

"A remarkable man; not an ounce of entitlement in him; totally whole - I knew how smart you are, how honourable you are, how decent you are, how capable you are.." – Joe Biden on Barack Obama

And rightly the UK and USA modestly consider themselves as 'The Beacons of The Free World': The Parts of the World where Democracy and Capitalism or Moderate Socialism rather than Totalitarian or Communist Political and Economic systems prevail. But the World in all its complexity is much more than the ideals of these two Nations. Capitalism has been spreading like wildfire over recent decades, even in parts of the world that hitherto embraced Socialism. But the actions of 'Captains of Capitalism' and the ideals of the Private Sector ruling the World are flawed. Government Control and Government Funding is currently centre stage as National Economies crash across the world. But 'Capitalism Rules' and 'To Hell with Global Poverty and Corruption' (and now the 'Back to Nationalism' effects of the recent Pandemic)- are deep rooted in our Societies and our psych. The result will be more Nationalism, more Corruption, Poverty, more polarization of the 'Haves' and 'Have Nots' until all the above play havoc with our supposed tried and tested Economic Theories. Capitalism does not ensure Social Inclusiveness. The High Moral Ground the Statement below (made by us in the West) proclaims is undermined by the truth:

"Wherever Tyranny, Oppression and Brutality have threatened the Free World, our Countries have stood for the triumph of Good over Evil."

According to the 2017 'Economic Freedom' of the World Index, the top 10 capitalist countries are: Hong Kong, Singapore, New Zealand, Switzerland, Australia, Ireland, Estonia, United Kingdom, Canada, and United Arab Emirates. All very well, but I put it to you that 'Economic Freedom' and traditional thriving Capitalism will not save the world in itself. It is more likely to create more wealth divergence, and more harm to the Planet. A caveat, whilst writing this Book during the Pandemic, might be how the Richer Nations may react with Debt Forgiveness and helping Poorer or Developing Nations with re-building their Economies after the Pandemic and its effects subside. The survival of the European Economic Union may be a case in point.

The World- 'Social Capitalism'

"Social capitalism is any capitalist system that is structured with the ideology of liberty, equality, and justice. Instead of aiming to accumulate only economic forms of capital, it explicitly values all forms of capital, including social capital, human capital, and natural capital. Instead of maximising profit for the 1%, it involves profit maximisation for all of society. This eliminates externalities and stops labour, and therefore humans, from being treated as a commodity. This form of capitalism could be called moral capitalism." – Social Capital Research

Socialism doesn't work and Capitalism as we know it may have had its day. In the post Covid-19 world of economics, Governments will be once again stepping in to support some ailing Private or previously Privatised Businesses around the world that provide vital Social Benefits (eg. in Water, Power, Schooling, Prisons, Hospitals, Banks and Transportation). But if such state aid goes too far it will create unfair competition in global markets. The national airlines are examples. Subsidised or state-owned Airlines will have unfair advantage over Private Airlines that have suffered losses and debt burden from the crisis. So, state owned and run enterprises smells of going back to the future of Socialism's State control.

"Socialism is a philosophy of failure, the creed of ignorance and the gospel of envy." – Sir Winston Churchill.

Donald Trump, the staunch Republican loves using the word 'Great' and putting up trade barriers to support 'Americans First' jobs. That might not

work in the long term either. His brash autocratic style was losing its appeal, and even testing social order, at the time of writing this book in early 2020 before the US Elections in November of that year.

But the writing was on the wall with signs of changes in democracy outside the USA. Before Coronavirus itself began to test social order, the wider world was experiencing another plague, a pandemic of authoritarianism. Anne Elizabeth Applebaum, the American journalist and historian, wrote in the New York Times about the 'Twilight of Democracy'. The 'Seductive Lure of Authoritarianism' she claimed has infected democracies around the globe over the past decade. Looking forward this predicts 'Apocalyptic nonfiction' questioning the durability of democracies under stress.

A Book 'The Death of Democracy' by Benjamin Carter Hett reconsidered the rise of Weimar Germany, the German Reich, and explored how partisan intransigence enabled the rise of Hitler. In another Book with a similar theme 'How Democracies Die', Harvard scientists Steven Levitsky and Daniel Ziblatt drew a global roster of recently failed democracies to identify symptoms of would-be autocrats- and Donald Trump ticks all the boxes.

Applebaum's 'The Twilight of Democracy-Seductive Lure of Authoritarianism' focuses not on the aspiring autocrats and their compliant mobs, but on the mentality of the courtiers who make a tyrant possible: - 'the writers, intellectuals, pamphleteers, bloggers, spin doctors, producers of television programs and creators of memes who can sell his or her image to the public.' These enablers are invariably not true believers but simply cynical opportunists with fake news, lies and invented conspiracy theories-seeking to make a fast buck.

The greed for wealth and power is the driving theme behind authoritarianism. Nothing new in that you might conclude- but is there an alternative for long suffering voters. Well, in my view, naive as it may be, the Nordic Model of 'Social Capitalism' does provide perhaps the 'Greater' Story which offers a 'Great' Ending in the long term. What I term 'Social Capitalism' is modelled on this Nordic System of 'Capitalism with a Social Conscience'. Born in the philosophical times and theories of Adam Smith in the eighteenth century, Capitalism with a Social Conscience is not new. Adopted in modern times in the Nordic Region, it can be coined as capturing the unique 'Combination of Free Market Capitalism and Social Benefits'. It has given rise to a society in Nordic Countries that enjoys a host of top-quality services, including free education and free healthcare, as well as

generous, guaranteed pension payments for retirees, to name a few of its attributes.

Since these benefits are funded by taxpayers and administered by an inclusive Government for the benefit of all citizens, citizens have a high degree of trust in their government (albeit this may be a eutopia difficult to sell in most undeveloped countries plagued by corruption and poor administration). In those countries where it works, they have a history of working together to reach compromises and address societal challenges through democratic processes. 'Their policymakers have chosen a Mixed Economic System that reduces the gap between the rich and the poor through redistributive taxation and a robust public sector while preserving the benefits of capitalism.'

The result is a system that treats all citizens equally and encourages workforce participation. Gender equality is a hallmark trait of the culture that not only results in a high degree of workplace participation by women but also a high level of parental engagement by men.

Although often linked to Social Democratic governance, the Nordic model's parentage actually stems from a mixture of Social Democratic, Centrist and Right-Wing Political Parties. But far from becoming the 'Mongrel' of Political persuasions, it encompasses the best of all. I hang my hat on 'Social Capitalism' becoming the predominant Political/ Economic Model for the future across the World ('One Day'), Nation by Nation as Democracy spreads, Corruption falters, the Individual thrives, and 'a lot' of time passes.

Our colleges should teach the Adam Smith 'Theory of Moral Sentiments' and the concept that our Moral Ideas and Actions are our own; but they are also a product of our very nature as social creatures. My concept is that 'Bottom-Up' moral ideals ultimately create communities and society and ultimately in future their government (like giving a thriving child good guidance); Not Morally Barren or Corrupt, Self-Interested campaign-crazed Politicians. ["Confounds the Science", Don Caron/Linda Gower]. Changes are already a-foot with the spread of Social Networking Influence. The basic 'Rules of Prudence and Justice' are needed for society to survive, and thrive- and it should be taught as nothing to do with Politics nor Religions per se.



**"CONFOUNDS THE SCIENCE"
(DON CARON / LINDA GOWER)**

<https://www.youtube.com/watch?v=57jRBt4h6ks>

*"But first he'll have to check in with Fox News,
Because that's the only place he gets his views,
That's how things get planted in his brain,
Where they remain.
And it confounds the Science."*

But given that all this will sound like 'Fairy-Land-Eutopia' to many, and given that Political Dogma such as this requires strong Economies and Political will- from where will the Leadership come is the sixty-million-dollar question? I will make no comment on leadership other than my opinion that the divisive policies of leaders such as Trump will not survive a Post Pandemic world crisis. For the record, one man I would place my 'Chips' on assuming power in the UK one day as a prominent leader who might promote a more inclusive world and embrace my ideas of Social Capitalism would be David Miliband. He is a British public policy analyst who is the president and chief executive officer of the International Rescue Committee which sounds like something from 'Thunderbirds-are-Go' but actually undertakes humanitarian missions in 40 countries out of its base in New York. A former British Labour Party politician, to whom Hilary Clinton took a shine when he was the Secretary of State for Foreign and Commonwealth Affairs from 2007 to 2010. Well, he was no Monica Lewinsky, nor did he wear Blue. But he has a future- now there's a prediction for you, check the Bookie's price on him becoming UK Prime Minister one day if you're a gambler. The Odds on that becoming a favourite are better than Boris' true character coming to the fore in the public's eye in the short term. Personality can baffle brains (see Sections 14 and 15).

"I was always brought up [to believe] that if you can make a difference, you should, and if you don't it's a waste. So, we'll see if I can make a difference... Everything about my politics has been about the future." – David Miliband.

Politicians and Philosophers may come and go, and their thoughts and ideals with them. The enduring ones are those which stay with us over the millennia. While, from my own perspective, the amazing intelligence and in-sight of someone like Stephen Fry may hold an audience in awe, despite his own frailties. As a 'people pleaser', 'homosexual' and 'bipolar' he readily admits he would be unable to withstand the abuse thrown at politicians. Or Yuval Harari, the Israeli historian, philosopher and best-selling author of 'Sapiens' and 'Homo Deus' whose erudite analysis of the past and future of homo sapiens is equally jaw dropping. But he neither, despite his qualities, will be seen as the leader philosopher whom to follow. Maybe they both lack something that Jesus Christ didn't in his teachings and interpretations of the universe? Only a view.

The Individual- 'Know Yourself'



The Journey to Discovering your Real Destiny has been primarily about Getting to Know Yourself, intimately. My Closing suggestion is my 'Think Global, Act Local' Ideal for the Individual, with your new focus:

"Whatever National and Global Political Systems prevail in the years to come- and Whatever path you choose to follow in pursuit of your Inner-Callings and your own individual Destiny- We all need to give priority to focusing on our Families and Children and Communities. Think Global in your philosophy and ideals but Act Local in your day-to-day activities."

Bloody Pandemic, ["If We Hold on Together, Diana Ross]. When normality does return - don't give in to bullies in Government, at Work or at Home.

"When they go low, we go high" (Michelle Obama).

The 'Practical Instructions' or 'Home Truths' I actually gave myself after my own 'Personality Self-Analysis' (Sections 14 and 16) changed my Outlook, and hopefully your own Self-Analysis precipitated your own 'Bucket List' or 'Home Truths' which precipitated the eventual Selection of your 'Inner-Calling' in Section 16. If you don't have your 12 Bullet point List, you won't have derived your 'Inner-Calling' so go back to Chapter 15 and start again, it'll be like watching a Movie a second time to pick up the nuances you pretended to your partner you understood the first time of watching.

My List, only included for example (do yours):

1. *Stop chasing the Past, Stop Worrying, move Forward and Do Something now. Don't think you are Out of Time. You are Not. You are not a 'Tree'- Make your Dreams happen. Take Action.*
2. *Stop being a Victim. Don't Blame Others for your past Knocks and Bad Breaks, they are History.*
3. *Don't seek new Leaders to Follow, look at it as your Psychological Emancipation- Lead Yourself. Do it Your Way. You alone are responsible for delivering your Goals.*
4. *Don't let others Control your Life, not even 9 to 5. Be Independent.*
5. *Don't look for a Job, it's a last Resort. Work from home or Do something that might create Jobs for Others. There is still time. Put your Dreams into Action. Take Responsibility for Making it Happen.*
6. *Focus on doing something that will Build Income and Generate Wealth for your family, rather than just Focusing on Cost Cutting, that's short-sighted.*
7. *Be Positive but Practical. You won't get it all right, you'll make more mistakes along the way. If you fail to Prepare, be prepared to Fail, more than once.*
8. *Never sell your ability short- to yourself. Place a High Value on Yourself, after all the Real People who know you best Do.*
9. *Accept that you won't achieve your Goals without more protracted periods of temperance/ abstinence from alcoholic drink. But don't go 'tea-total', because if you falter and 'fall off the wagon' you will go right back to square one.*
10. *Develop your 'Golden Touch' by all means, it always helps if it's genuine.*
11. *Always 'Do unto Others as you would have Done unto Yourself'. It's everyone's 'Golden Rule'. Don't shit on anyone on your route to success.*
12. *Make it your Destiny to Help Others- it defines Enneagram Type Two's.*

"Remember- Our Children are the Future; Learning to Love Yourself is the 'Greatest' Love of All; Never Walk in Anyone's Shadow; and Find your Strength in Love...Wonders are waiting you to start Live

"May God's luck be with you (Sir) Captain Tom Moore. You found your Destiny, and it will be your long living Legacy. We salute you."



***"THE GREATEST LOVE OF ALL"
(WHITNEY HOUSTON)***

<https://www.youtube.com/watch?v=CjLZyU0szzq>

*"I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty they possess inside
Give them a sense of pride
To make it easier
Let the children's laughter remind us how we used to be*

*Everybody's searching for a hero
People need someone to look up to
I never found anyone ('Apart from Jesus') who fulfilled my needs
A lonely place to be
And so I learned to depend on me*

*I decided long ago never to walk in anyone's shadows
If I fail, if I succeed
At least I'll live as I believe
No matter what they take from me
They can't take away my dignity*

*Because the greatest love of all is happening to me
I found the greatest love of all inside of me*

*The greatest love of all is easy to achieve
Learning to love yourself
It is the greatest love of all*

And if, by chance, that special place

*That you've been dreaming of
Leads you to a lonely place
Find your strength in love"*

Sermon on the Account

THE MESSAGES IN THIS BOOK, IF THERE ARE MESSAGES OF NOTE for you, intended or otherwise, are not motivated by religious belief nor religious dogma. Dogma is an official system of principles or doctrines of a Religion, or the positions of a philosopher or of a specific philosophical school. In the pejorative sense, dogma refers to enforced decisions, such as those of aggressive political interests or authorities be they religious or otherwise. But importantly- 'Philosophy is not Religion'. While Philosophy can consider the virtues of different opinions or viewpoints- Religious dogma is usually based on 'Rules'. The Ten commandments of the Bible, and Ten Precepts of the Buddha are examples of moralistic teachings based on Obeying Rules (refer to Section 19- 'Great Principles Shared').

The Ten Commandments ('The Law of God') came through Moses, but real 'Grace and Truth' came through Jesus Christ's 'The Sermon on the Mount' ('The Golden Rule').

The Ten Commandments were written in negative form and given in the Old Testament (you shall not), while the Sermon on the Mount was spoken in positive terms. In the Ten Commandments, the image is one of God showing Moses and the Israelites that he was mean, loud and unfriendly and unforgiving- laying out the law like a strict father would to an unloved child. But when Jesus came down on Earth and spoke on the Mount, as a human being, his teaching, whether you are religious or not, were groundbreaking and given with understanding of the human dilemma- but given in a loving, gentle and caring way. 'To Hell with the Rules' think more deeply about the philosophy behind the teachings.

Most of the conclusions in this Book relate to substantial aspects of human life and personality and behaviour and what's right or wrong at the end of the day without being too pious about it- some being flippant, but others cogent, serious, cohesive and important; some with similar themes to various religious beliefs; and some maybe worthy of respect in a future Democratic Society, without conflicting with the fundamental rights or diverse religious beliefs of others.

Grace & Truth

The 'Sermon on the Mount' ['The Sermon on the Mount'- Galilee 0030] is my chosen 'Epilogue', if you like- the spiritual route some of the conclusions of this Book ought to be taking us on. The Sermon on the Mount is a collection of sayings and teachings (just happening to have been given by Jesus Christ), which emphasizes his moral teaching found in the Gospel of Matthew.

The Sermon is the longest continuous discourse of Jesus found in the New Testament and has been one of the most widely quoted elements of the Canonical Gospels. It includes some of the best-known teachings of Jesus, such as the Beatitudes, and the widely recited Lord's Prayer. The Sermon on the Mount is generally considered to contain the central tenets of Christian discipleship, but its key teachings can be interpreted to be relevant to most faiths, or those of no faith- (other than in their direct references to God for those atheists among us). Jesus wasn't speaking 'Mars-based gibberish' but revealing God's Kingdom to real people in real cultures. A lot of which he said contradicts the traditional understanding of the Ten Commandments- shocking to many at the time.

As a philosopher, rather than just a religious teacher, Jesus invites people into ways of being in the world that promise the truly good life (or 'human flourishing'). He is a teacher who gathers and instructs disciples; his teachings are gathered together into memorable epitomes; he offers a series of macarisms (beatitudes) that promise true life; and he emphasizes 'virtuous wholeness'. Certainly, there are differences between the content of what Jesus said and what other philosophers taught, but the form and feel of the sermon would be familiar to hearers in the first century.

The influence of the Sermon on the Mount is truly past reckoning. Any rational human being with a conscientious mind is bound to be influenced by its exuberant content regardless of religious background.

"If anyone will piously and soberly consider the sermon which our Lord Jesus Christ spoke on the Mount, as we read it in the Gospel according to Matthew, I think that he will find in it, so far as regards the highest morals, a perfect standard of the Christian life." -Saint Augustine

And the theme of Islam and the Sermon on the Mount MUST find new congruence in the future, for the sake of world peace between religions. The key ethical message is simple- "Love thine enemy", even if they don't share your own faith. Listen up those *few* radical Muslims who spread evil.



**"SERMON ON THE MOUNT"
(NEAR CAPERNAUM ALONG THE SEA OF GALILEE. - c. 0030)**

- *Blessed are the poor in spirit: for theirs is the kingdom of heaven.*
- *Blessed are they that mourn: for they shall be comforted.*
- *Blessed are the meek: for they shall inherit the earth.*
- *Blessed are they which do hunger and thirst after righteousness: for they shall be filled.*
- *Blessed are the merciful: for they shall obtain mercy.*
- *Blessed are the pure in heart: for they shall see God.*
- *Blessed are the peacemakers: for they shall be called the children of God.*
- *Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.*
- *Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.*
- *Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.*
- *Give to him that asketh thee, and from him that would borrow of thee turn not thou away.*
- *Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.*
- *But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;*
- *That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.*
- *For if ye love them which love you, what reward have ye? do not even the publicans the same?*
- *And if ye salute your brethren only, what do ye more than others? do not even the publicans so?*
- *Be ye therefore perfect, even as your Father which is in heaven is perfect.*
- *Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.*

- *Therefore, when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.*
- *But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.*
- *And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.*
- *But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.*
- *Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.*
- *But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*
- *Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.*
- *And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.*
- *Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.*
- *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? Therefore, all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets*
- *Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.*
- *Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good*

tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down and cast into the fire. Wherefore by their fruits ye shall know them.

- *Not ever one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity. Therefore, whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."*

"The Sermon on the Mount seems dangerous. It challenges the whole underlying conception on which modern society is built. It would replace it by a new conception, animate it with a new motive, and turn it toward a new goal." - E. Stanley Jones, Christ of the Mount

The Beatitudes seem to be given to offer various consolations to the downtrodden. But while Jesus does this, he also propounds a stern standard of judgment and offers strict guidance for good behaviour for those who find themselves in a position of privilege. It teaches that God's children are those who act like God. The teachings of the Sermon are often referred to as the Ethics of the Kingdom: they place a high level of emphasis on "Purity of the Heart" and while they embody the basic standard of Christian righteousness- they apply to us all. The ethos of these teachings is eloquently described by Eric Overby, the American surgical technologist and writer, in his poetic rendition of the 'Sermon on the Account' ["The Accounting of Love & Hospitality", USA July 2018].

It's not religion, it's common sense to good 'giving' people from all walks of life; and written in simple English:



**"SERMON ON THE ACCOUNT"
(ERIC OVERBY, JULY 2018)**

THE ACCOUNTING OF LOVE AND HOSPITALITY

*"Do enough for others that it's impossible
For them to keep accounts
Of what they owe you
Or what you've done.*

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

*Make a habit of giving things away.
Pay for other people's meal,
Friends and strangers.
Keep no accounts on that either.*

*Take what is offered to you,
But expect or demand nothing.*

*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.*

*Live a life without clinging to expectations
About who you should be.*

*Your friends and family will change,
Everything does, you will.
Life has a lot of additions and sub-traction;
Change is inevitable.*

*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."*

The Sermon-on-the-Mount above most teachings shows the way – because it goes against the human grain in so many ways. Always set yourself targets which seem impossible to achieve, then prove they are not. Good luck in achieving them.

"Everybody's primary Purpose should be to love and nurture their Children. Their Destiny will be finding a way to achieve this while they pursue Other Life Goals and their Search for Happiness."

If you want a better-life, study and understand who you really are and what you really want out of life. Discover and become your living Destiny. In so doing, try to embrace forgiveness, offer hospitality, learn how-to-be-happy, how-to-live, exude kindness and compassion, learn life's lessons, develop your own life-philosophy. Don't take too much notice of loud cynical critics ('they are vexatious to the spirit'); and finally, and most importantly don't take it all too seriously, after all we are living in a parallel universe. If there is a God, she works in mysterious ways.

"An interviewee was frantically driving around the parking lot looking for a space, with minutes to his scheduled interview. 'Please, please, please God- find me a space'. But before he'd reiterated the name God the third time – a space appeared. 'Cancel that God, I've just found one.' "

Goodbye and Thank You for reading my Book, I hope it helped you; and as the Atheist Comedian Dave Allan would say: 'May Your God Go with You'. And may he lead you into new Personal Uncharted Waters all the way to the Pearly Gates. And remember- Learn to Love Yourself- it really is 'The Greatest Love of All.'

"St Peter was alarmed when 21 drunken Irish gypsies (sorry- Romanis) arrived at the Pearly Gates, rattling them, and demanding entry. They had been involved in a coach crash on their return from a Rugby game. Checking on the 2020-year-old Divine Computer System (installed 1995 BG- years before Google)- he read that all were entitled entry for their exemplary behaviour on earth, as good sons, husbands, and fathers. 'One moment please I need to check with the Boss'. But God told St Peter that if they had lived God fearing lives that they were entitled entry, and their drunken behaviour would have to be tolerated. -Go and grant them entry.'

St Peter returned to God's one-bedroom apartment within minutes exclaiming 'Oh God, they have gone!' 'What,' queried God, 'All 21 of them?'.... 'No, the Gates!'

Trust me to finish on a Politically Incorrect Joke. Never met an Irishman who takes offence. If you got this far in the Book, I doubt you will have either.

"For Siddalee Walker, the need to understand has passed, at least for the moment. All that was left was love and wonder."- Rebecca Wells (Divine Secrets of the Ya-Ya Sisterhood)

"And just think- If your life was tragically cut short, what legacy would you leave? If you haven't yet discovered your 'Real Destiny' – there are two keys, above all, to achieving it - Get off your arse and do something about it."



**"IF WE HOLD ON TOGETHER"
(DIANA ROSS)**

<https://www.youtube.com/watch?v=GtGCbzjsHGg>

*"Wonders are waiting to start
Live your story
Faith, hope and glory
Hold to the truth in your heart."*



**"OUT OF DARKNESS COMETH LIGHT"
(CLAIRE BUCHHOLZ)**

<https://www.youtube.com/watch?v=6nV3UHsRQEW>

"Sin Palabras"

Anecdotes & Musical Credits



THE WHERE, WHEN

NORTH & CENTRAL AMERICA

- USA, Canadá & México
- Honduras, El Salvador, Nicaragua
- Costa Rica & Panamá

CARIBBEAN

- Cuba, República Dominicana, Cayman Isles
- Aruba, Puerto Rico, Jamaica & Bahamas

SOUTH AMERICA

- Venezuela, Colombia & Guyana
- Ecuador, Perú, & Bolivia
- Brazil & Chile

AFRICA & MIDDLE EAST

- Morocco, Algeria & Libya
- Nigeria & South Africa
- Saudi Arabia, Yemen & Oman
- Iran, UAE, Qatar & Bahrain

ASIA & FAR EAST

- India & Pakistan
- Thailand, Malaysia & Indonesia
- Singapore, Hong Kong, Macau & China

EUROPE

- Great Britain, Northern Ireland & Eire
 - Scandinavia, France, Germany & Cyprus
 - Spain, Portugal, Madeira, & Las Canarias
 - Austria, Belgium & Netherlands
 - Luxemburg, Switzerland & Italy
 - Malta, Greece, Andorra & Hungary
 - Czech Republic, Bosnia & Croatia
-

WHO, WHY & HOW

TRUE LEADERS

- the leaders (self-confident, powerful bosses & mentors)
- the motivators (confident success-oriented enthusiasts)
- the reformers (principled and orderly idealistic perfectionists)

UNSUNG HEROES

- the helpers (caring, supportive, nurturing manipulators)
- the thinkers (perceptive, deep analytical thinkers & influencers)
- the artists (creative, intuitive but reserved innovators)

THE MEDIOCRITISTS

- the generalists (comfortable, accomplished middle managers)
 - the peacemakers (reassuring, easy going passivist)
 - the loyalists (committed, dutiful, security oriented nice guy)
-

DEADLY SINS & NEGATIVE ANCHORS

- gluttony, neglect, addiction & self-indulgence
- lust, sexual abuse & jealousy
- greed, narcissism, bullying & corruption
- pride, prejudice, & un-principled eccentricity
- sorrow, depression, regrets & masochism
- wrath, revenge, bad behaviour & combative hostility

GODLY VIRTUES & POSITIVE ACTION

- faithfulness, honesty & loyalty
 - temperance, abstinence & principled control,
 - charity, giving & self-sacrifice
 - diligence, hard work, accomplishment & effort.
 - patience, tolerance, care & respect
 - kindness & love
 - humour, humility & self-depreciation
 - faith & spirituality
 - hope, tenacity & perseverance
-

"Anecdotes are factoids of questionable provenance, burnished to a high gloss, often set in gilded venues and populated with familiar names as background atmosphere, purged of ambiguity in the interest of keeping the narrative flowing smoothly."
- John Gregory Dunne

Anecdotes

- "Let's sail away." – Spain 2020
- "The Unassuming Tramp." – UK 1974
- "Dear Head Mistress." – UK 1999
- "Dark Days in Moscow- Sir Archibald Clerk Russia 1996
- "Caribbean Eutopia." – Aruba 1984
- "Carlos the Commercial Officer." – South America 2000
- "Britain's Saviour in its hour of need." – Brian Hodgkinson
- "Choose your President wisely. The Art of the Deal." – Tony Schwartz
- "Inconsiderata." – UK 2010
- "An Xmas Message." – Abu Dhabi 2008
- "Out of the Mouth of Babes." – UK 2016
- "A Farewell Ode." -Spain 2016
- "A Race to the bottom." – Spain 2016
- "Mediocrity sucks." – UK 1974
- "Death Row Bully." – Spain 2017
- "Schindler's List." – Poland 1945
- "Miss Malaysia." – Malaysia 1997
- "Gay Wedding." – UK 2018
- "The Entered Apprentice." – UK 1978
- "Black South Africa's ANC Lawyer." – Spain 1993
- "Demi's Diaries." – UK 2002
- "Tributes- 8 Loves & Lessons." – Spain 2018
- "The Hope that I have." – UK 2019
- "The biggest scam in the history of mankind." – USA 2019
- "British Union of Fascists." – UK 2012
- "A Dis-United Kingdom." – UK 2020
- "Peace not Harm." – Nigeria 2006
- "Omnipreneurship a la Dabbagh." – Saudi Arabia 2010
- "King Edward VI brats." – UK 1974
- "Black Knight." – UK 1990
- "Boy racer vs Flash Harry." – Wales 1974
- "Serial Philanderer." – Global 1995-2015
- "Final Abandonment." – UK 1999
- "The NHS Army, Matt Kelly." – UK 020
- "Brazilian Dogs." – UK 2010
- "What a Fela." – Nigeria 2006
- "Respect your Chauffeur." – Nigeria/UAE/Spain
- "Senseless." – UK 1996
- "Corinthians 13." – Bible
- "Sana'a Socks." – Yemen 2007
- "Tips are legal." – Nigeria 2006
- "When I grow up I want to be." – Singapore 1997
- "A war hero." – USA 2013

"Water Coups." – Bolivia 2000, Tanzania 2006
 "Killing me softly." – Nigeria 2006
 "Top 10 Corporate criminals." – Global
 "Personal Ethics R- US." – UK, South Africa, India, USA, Iran, Saudi, Singapore, Malaysia, Spain, Thailand, Peru, Mexico, Colombia, Ireland, Brazil, Qatar, UAE, Hong Kong, Nigeria, Macau, Ecuador, Chile, Dominican Republic, Bolivia.
 "School Inspection Report." – UK 1861
 "How I made it." – UK 2013
 "Case Study Biwater" – UK 2003
 "Don't shoot the messenger." – Dominican Republic 2001
 "Not a leg to stand on." -Colombia 1998
 "Business is no place for softies." – UK 1991
 "Be careful whom you seek to emulate." – UK 2012
 "Tribute to Dr Wilem Frischmann." – UK 2014
 "Stan the Man." – UK 2000
 "President Pinera." – UK 2010
 "Brother Paul." – UK 1999
 "Scent of a woman." – Al Pacino
 "A romantic evening." – Dominican Republic 2001
 "Colombian Girls go on top." – Colombia 1994
 "The Sirens." – Spain 2020
 "Sex Statistics." – USA 2019
 "Airbus Brothel." – World Airlines
 "Sexual mythology." – Dr Bob Montgomery
 "10 Famous Serial Cheaters in history." – Alyssa Merwin
 "Dear Grandma Esther Hart." – UK 1993
 "Jealousy in Hindsight." – Spain 1992
 "Carolina Martinetti." – Peru 2020
 "Raw jealousy." – UK 1992
 "Ships in the night." – Spain 2016
 "Meeting people in bars." – Spain 2019
 "Carillion first not Corinthians." – UK 2018
 "Regrets OMG." – UK 1993
 "Regrets mistakes they are memories made." – Wales 1990
 "Lost a home, gained a daughter." – Spain 2014
 "Madam HR's prejudice." – USA 2002
 "Ever had your toothpaste squeezed." – Peru 1984
 "Trump Dysfunctional Type 3 or 8?" – USA 2020
 "A tribute to Don Adolfo Martinetti." – Peru 2014
 "A flawed but still dearly loved father." – UK 2009
 "Phil." – UK 2011
 "WPC's OK." – UK 2000
 "Alcoholics Anonymous and Me." – Spain 2015
 "Alcoholic Moments." – Peru, UAE, Thailand, Hong Kong
 "Company Flat." – UK 1994

"The 12 steps of Alcoholics Anonymous, Dr Bob Smith." – USA 1935
 "Sweet Suzie from Alabama." – Singapore 1997
 "Loss in your darkest hour." – Spain 2014
 "Real Destiny." – Spain 2020
 "Cindy in the Square." – Spain 2014
 "Taken." – Liam Neeson
 "People who like to feel miserable." – NCR 2018
 "Life's a lottery." – Dominican Republic 2001
 "The Girl for me." – UK 2016
 "Yet another near Love on the Rocks." – Spain 2021
 "Shame on me." – Global 2002
 "The story of my life." – UK 2002
 "My Joanne." – Malaysia 2015
 "The Real me." – Enneagram Type Two
 "Categorizing your Boss." – Spain 2020
 "What makes a great leader." – Meir Kay
 "Something changed." – UK 1987
 "Dust in the wind." – UK 2014
 "Running Free." – Spain 2014
 "The 7 wonders of the world." – Meirs Kay
 "Cross country running." – UK 1970
 "Giving away a treasured daughter." – Italy 2019
 "4- point plan." – Spain 2015
 "McKinsey & Co." – UK 1986
 "All around the world." – Spain 2020
 "Lyndon Johnson's 10 keys to success." – USA 1967
 "Think Big Partnership." – UK 2014
 "World Religions." – Spain 2019
 "A discerning Ant" – China 2006
 "A personal God." – UAE 1997
 "An un-Godly experience." – Saudi Arabia
 "911."- Puerto Rico 2001
 "Letter to Editor, Gulf News." -UAE 2008
 "The Mother of gifts." – Nigeria
 "Do unspoken prayers get answered." – UK 2013
 "The safety inspector." – Nigeria 2006
 "Grandma Accounting." – UK 1984
 "Costa Lago." – Spain 1987
 "Sr Paz." – Peru 1984
 "Clay Cross Factory." – UK 2000
 "Creative Accounting.2 – Hong Kong 2007
 "Philanthropist or Golden Tit." – UK 2002
 "Mr Happy, L Santos." – USA 2019
 "Admiral McRaven." – USA 2018
 "Dumb Trump, BSinNY" – USA 2020

"Woman's best friend- think like a dog, Deb Ross." – UK 2017
"Happiness in anecdotes." – Spain 2020
"Diary notes to God." – USA 1985
"Daughter's Valentine." – UK 2018
"Time in perspective." – Spain 2020
"This is simple happiness." – UK 1992
"Oh how I'm so proud to be a dad." – Hong Kong 2007
"Evolving into consciousness, Sadhguru." – India 2017
"Koplowich sisters vs Los Albertos." – Spain 1993
"Bye Mollie." – USA 2020
"Tony Jacklin, Fore." – UK 1970
"Summary on Happiness." – World Counts
"A friend in need." – Spain 2020
"The Final Solution." – Spain 2020
"This book in 4 key messages." – Spain 2020
"Freedom, the end of the human condition." – Jeremy Griffith Australia 2016
"Sail away to freedom." – Venezuela 2000
"Bucket List." – Libya 1981
"Don Cortez Whiskey." – Peru 2000
"The evolution of the modern child." – planet Erath 2050
"Worth more than all the money in this world." – UK 1991
"A God Dam story of love." – Nigeria 2006
"Children's Day." – Global 2020
"Lost a home gained a daughter." – Spain 2014
"What's in a name." – UK 2012
"Opportunity." – Spain 2020
"The Blue Dot." – Carl Sagan
"Sermon on the Account." – Eric Overby

Musical Credits



"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything."
- Plato

Musical Credits

"Angel by my side."- NHS Charity Song
"Tribute to Wolverhampton"- Emily White
"You bring the sun out." – Randy Crawford
"Great Expectations" – Tom Foolery
"Sail away." - David Gray
"Find yourself." – Brad Paisley
"All you need is love." – The Beatles
"Up there where we belong." – Joe Cocker
"Thank you for the music." – Abba
"Girl from Ipanema." – Astrud Gilberto
"Dear Mr President." - Pink
"Driving home for Xmas." – Chris Re
"Million Years ago." – Adele
"A touch of class." – Sting
"The Prayer." - Andrea Bocelli & Heather Headley
"Everybody Hurts." – R.E.M.
"Rainy Night in Georgia." - Brook Benton
"I should have known better." – Jim Diamond
"Escape." – Rupert Holmes
"The thrill is gone." – BB King
"Yer Blues." – Dirty Mac
"Have I told you lately that I love you." – Rod Stewart
"Always on my mind." – Elvis Presley
"Still got the Blues for you." – Gary Moore
"What's love got to do with it." – Tina Turner
"Do you know what you're looking for" – Diana Ross
"A whiter shade of pale." – Procol Harum
"Old Man." – Neil Young
"Back to black." – Amy Winehouse
"Blue Moon." – Manchester City
"Justice for all." - Metallica
"Eye of a tiger." – Rocky Tribute
"If I were a boy." – Beyonce
"Careless whispers." – George Michael
"One sweet day." – Mariah Carey
"Dear Mr 1%." – Michael D'Antuono
"Gentlemen." – Fela
"Englishman in New York." – Sting
"Shine on you crazy diamond." – Pink Floyd
"Bring me sunshine." – Morecambe & Wise
"Heart of gold." – Neil Young
"Bohemian Rhapsody." – Queen

"In the year 2525." – Zayer & Evans
"Time to say goodbye." – Sarah Brightman
"Killing me softly." – Roberta Flack
"Fast car." – Tracey Chapman
"Don't take the girl." – Tim McGraw
"Honesty." – Billy Joel
"Can't buy me love." – Robert Plant
"Remember when." – Alan Jackson
"Lean on me." – Beverley Knight
"Private dancer." – Tina Turner
"Hurt." – Johnny Cash
"On days like this." – Matt Munro
"Beethoven Symphony Rock Cover." – Obaida Al Jarrah
"The long and winding road." – George Michael
"You are so beautiful." – Joe Cocker
"Coward of the county." – Kenny Rogers
"Wish you were here." – Pink Floyd
"I'm like a bird." – Nelly Furtado
"A whiter shade of pale." – Procol Harum
"Leader of the pack." – The Shangri Las
"Je t'aime." – Jane Birkin & Serge Gainsbourg
"Dance with me to the end of love." – Leonard Cohen
"Have you ever really loved a woman." – Bryan Adams
"Let me live my life lovin you babe." – Barry White
"Hay Amores." – Shakira
"Mambo No 5." – Lou Bega
"Snake Dance." – Salma Hayek
"Me and Mrs Jones." – Billy Paul
"Torn." – Natalie Imbruglia
"I don't know how to love him." – Yvonne Elliman
"Run for your life." – Beatles
"Ruby don't take your love to town." – Kenny Rogers
"You can't buy my love." – Robert Plant
"I loved her first." – Heartland
"Money, Pride & Greed." – The Regulators
"When you believe." – Mariah Carey/Whitney Houston
"My Way." – Frank Sinatra
"Peace in our time." – Elvis Costello
"People are crazy." – Billy Currington
"Let it be." – Beatles
"Angie". – Mick Jagger
"What's the use of getting sober." – Louis Jordan
"Carrickfergus." – Jim McCann & the Dubliners
"Rehab." – Amy Winehouse
"Scorn not his simplicity." – Luke Kelly

"Good night my love." – Barry White
"The town I loved so well." – Paddy Reilly
"I have nothing." – Whitney Houston
"Dream a little dream of me." – Ella Fitzgerald & Louis Armstrong
"Somewhere over the rainbow." – Eric Clapton
"Holding back the years." – Simply Red
"Love on the rocks." – Neil Diamond
"Lady." – Kenny Rogers
"Brand new day." – Sting
"Sorry seems to be the hardest word." – Elton John
"I was only joking." – Rod Stewart
"Don't let me down." – Beatles
"Sleeping at last- Type Two." – Enneagram
"Father and son." – Cat Stevens
"You raise me up." – Josh Groban
"Strawberry Fields." – Beatles
"I believe I can fly." – R Kelly
"El Condor Pasa." – Simon & Garfunkel
"Isn't she lovely." – Stevie Wonder
"Blowin' in the wind." – Bob Dylan
"Handbags and Gladrags." – Stereophonics
"Evergreen." – Barbara Streisand
"Hopelessly devoted to you." – Olivia Newton John
"Another brick in the wall." – Pink Floyd
"It's my life." – Bon Jovi
"All around the world." – Barry White & Lisa Stansfield
"Deportees." – Paddy Reilly
"Escape." – Rupert Holmes
"Historia de un amor." – French Latino
"Tears in heaven." – Eric Clapton
"Hallelujah." – Leonard Cohen
"Europa & Samba pa ti." – Santana
"Midnight Express." –Giogio Moroder
"Fragile." – Sting
"Man Stupid." – Koko the Gorilla
"The Lord's Prayer." – Andrea Bocelli
"Your Song." – Elton John
"I met Jesus in a Bar." – Doug Seekers
"In the air tonight." – Phil Collins
"Listen." – Sila Amzah
"I don't know how to love him." – Yvonne Elliman
"Wake up alone." – Amy Winehouse
"Feel." – Robbie Williams
"You raise me up." – Josh Groban
"Money." – Pink Floyd

"It's not true." – WHO
"Hi ho Wolverhampton." – UK 2000
"I am what I am." – Beverley Knight
"Cheeto Christ Stupid- Czar." – Randy Rainbow
"I should have known better." – Jim Diamond
"With a little help from my friends." – Joe Cocker
"Just say you love me." – Simply Red
"My life." – Dido
"Say you love me." – Simply Red
"Guitarist Extraordinaire." – David Gilmore
"When a child is born." – Johnny Mathis
"Dare to live." – Bocelli & Laura Pausini
"Over the rainbow." – Eric Clapton
"Jeff Bezos." – Motivation Hubs
"Goodbye English Rose." – Elton John
"Earth Song." – Michael Jackson
"Holding back the years." Simply Red
"Caruso." – Paula Seling
"My Love." – Paul McCartney
"La Question." – Francois Hardy
"Evergreen." – Barbara Streisand
"Sacrifice." – Elton John
"Winds of Change." – Scorpions
"Shackles." – Mary Mary
"Changes." – David Bowie
"Pure Imagination." – Barbara Streisand
"The greatest love of all." – Whitney Houston
"Heal the world." – Michael Jackson
"We are the world." – Supergroup
"Beautiful boy." – John Lennon
"Woman." – John Lennon
"Imagine." – John Lennon
"Wonderful World." – Louis Armstrong
"Confounds the science." – Don Caron & Linda Gower
"Ground control to Major Tom." – Sean Whetstone
"The greatest love of all." – Whitney Houston
"If we hold on together." – Diana Ross
"Out of Darkness Cometh Light." – Claire Buchholz

Index

Summary Q & A with Author

Q- There are so many stories, comments, analysis, messages and conclusions to draw in reading of your book. How would you most like these messages remembered, reported on, and acted upon by your readers?

A- Critics have said that there are too many of these, and they lack focus. Well, that describes many of our lives. We wonder and wander through life. To find true destiny before it's too late - we need to first really understand ourselves, and then find for what our hearts really long. Then, more difficultly, to stop our dreaming's and make decisions to act upon. Sometimes it's more important to just make the decision 'to do', rather than worry about the 'how', however impossible or improbable the how-to-do may seem. King Canute's command for the tide to turn back might well have, as he confessed, needed divine intervention to enact the seemingly impossible. Kings have their limitations. But on May 25th, 1961, President John F Kennedy announced that an American would walk on the moon before the end of the decade, and on July 20th, 1969, it duly happened. Churchill commanded the sinking of the Bismarck despite Admirals' protestations that it was impossible, to which he replied, "Just go and do it. That's all." The Bismarck was sunk on May 27th, 1941.

"There's a time to start Doing and stop Dreaming – in everyone's life." That is what the book is all about. "Think BIG, but most importantly in doing so, think Big with a Big Heart, it will be so much more satisfying. And never be ashamed of your story – sharing it might inspire others." Being frank and brutal with yourself will likely lead to your best heartfelt words of wisdom about your life.

In understanding ourselves and where we want to go, we must also relate to what's going on in the world around us, which is beckoning for a new world order – tired of war, pandemics, strife, poverty and suffering. The next generation will no doubt wield the strongest-ever power of the individual *en-masse*, globally, to shape a new world of politics and economics.

Rather like a good song with a great theme, tune and lyrics- if your story, dreams and actions have meaning to someone else- they might live with that person for the rest of his/her life. Here is a selection of just a few of the conclusions/quotes from my book, firstly in terms of 'the individual and our world'; and secondly in terms of 'politics and economics':

The Individual

- "A life of mediocrity is an injustice to the miracle of our birth and the 25,000 days on average we consume our time here until death. Time is precious so why wait until retirement to set aside the time to adjust our consciousness and moral compass on-route to finding 'Real life Purpose, Happiness and Fulfilment'.
- Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian. You are responsible for your life. You can't blame somebody else for your lack of real purpose or destiny in life. Life is really about moving on and starting by really understanding yourself and your desires.
- But in seeking new destiny successful men and women should invariably treat others well, as they would wish to be treated themselves. And notwithstanding your new chosen path of destiny and your commitment to achieving it - a (wo)man should above all love his/her children and spouse first and seek to spend as much time with his/her family as possible, considering excessive time spent on the road to destiny or the acquisition of wealth or other pursuits at the expense of time spent with the family as a denigration of his/her duties. It's not a new doctrine - nurturing and loving our children is the finest and probably most profound attribute of the human condition of consciousness. Look after your beautiful babies."

Our World

- "Global kindness and charity come from the collective practice of the Governing Rule - 'The Law of Reciprocity' - admirably depicted not only in the teachings of most faiths, but also in secular society.
- 'Love thine enemy', preached in the Sermon on the Mount, goes against common sense, human nature and logic for most; conflicts with the Quranic verses ('Kill the unbelievers wherever you find them'); and is contrary to the Bible's own Old Testament ('Eye for an Eye'). The Law of Retaliation, retribution and revenge is more natural or *normal* - against perceived or proven wrong doers. Defence of land, nations, sovereignty, religious and political beliefs prevail. But if anyone out there really cares - don't let misguided bullies wield the power.
- I offer no solution, only my own secular, as much as religious, conclusion for homo sapiens' survival - Belief in '*One God or Virtual*

Maker' and the existence of an '*Eternal Soul or Being*' leading individuals down a '*Spiritual*' path most likely to manifest itself in the deep desire to give Love and find true '*Happiness*', tempered and governed by a code of natural human '*Moral Probity*' to which all should strive to comply, or suffer consequences."

Politics & Economics

- "The root of Adam Smith's belief was in 'Good Wealth' which consists of assets that are created, distributed and used in a manner that respects human dignity and promotes the common good, thus leading to increases in well-being. —Bad Wealth consists in assets that are accumulated in an unjust manner (using force or fraud) and distributed in a manner that benefits only elites and excludes the poor and marginalized and is used to create invidious distinctions and not for the common good. Too much of the latter is prevalent in 21st century capitalism, not only in the west, but exemplified also in some other regimes, led by dictators and oligarchs with their immorally acquired wealth.
- 'Social Capitalism' in its wider concept promoted in the book is probably the closest we could idealistically come to future world political order and eutopia. Socialism hasn't worked around the world, but neither has 'Capitalism' with its propensity to breed greed. With the advent of changing working practices and the development of artificial intelligence- sector demand is changing, and traditional businesses are failing. Governments during the covid pandemic stepped in to keep public services going and support businesses and jobs. Short term corrections address short term threats and crises and avoid short term anxiety, panic and instability. But the focus in the long term has to be on developing and supporting sustainable businesses that provide social value and benefit.

Again I offer no solution, only my own conclusion - Individuals believing in themselves and discovering their own destinies and then 'acting right' by themselves and their families in the pursuit of their destinies in so doing will collectively 'do right' by their communities and wider society."

Q- So, what's the 'Bottom Line?'

A- I don't write for the critics, and I particularly dislike bullies, their voice is often one - always bold declaring superior knowledge, education, or intelligence. The meek and quietly ambitious are often wiser and cleverer in deciding what to do - something invariably positive for themselves while often helping others in the deliverance. It's that simple - you don't need to be too complicated to have something profound to offer. All you need to do is discover what that offer is. In becoming your destiny you will likely find happiness and help others either by design or consequence in the process.

Remember, while it may seem such a cliché to finish on, even for the least critical of readers, 'love and kindness in action is contagious and overcomes most problems at the end of the day'.

The time is now. It's time to 'get it all back together', gather the best from your past, and move forward with new meaning and new focus, an even better future designed by you, and nobody else. 'No more excuses.'



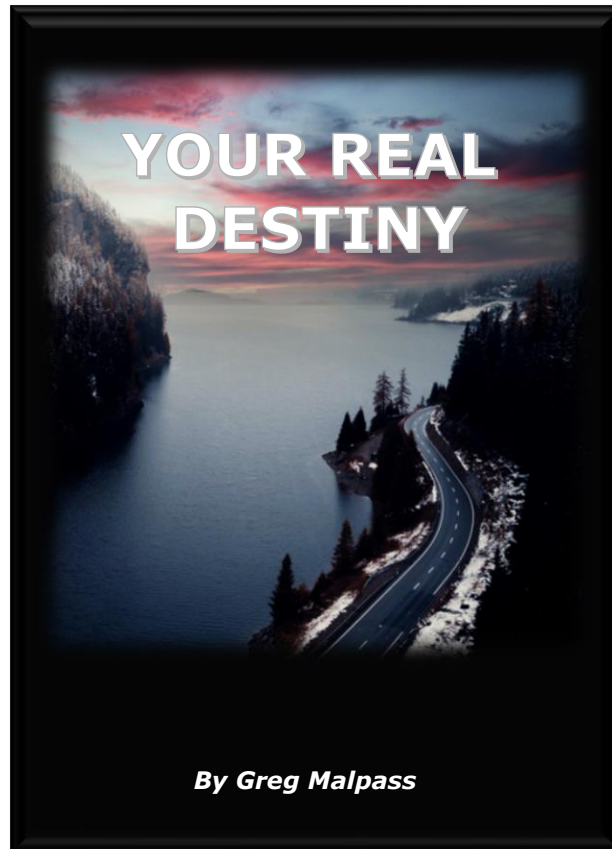
https://www.youtube.com/watch?v=2K7TU1Hh_3U

THE LAST CONCERT - 'No More Excuses'

(PINK FLOYD)

Thank you.

Recommended Reading



YOUR REAL DESTINY

'From Enneagram to Inner Calling'

"Written by the Author during the 2020 Covid 19 Global Pandemic –'Your Real Destiny' is the ultimate 'Life Changing Book' using the world renowned 'Enneagram of Personality' and 'New Ground-Breaking Self Analysis Techniques' to help readers discover their 'True-Life Destiny'.

The Reader will gain the tools needed to truly understand his or her Personality, Needs, Desires, Principles, Purpose and ultimately his or her True Character- based on the individual's Personality and Mental and Moral Characteristics. In so doing the Reader will equip him or herself with the Knowledge to uncover an 'Inner-Calling' and Ability to 'Become his/her Destiny'! This Book will ultimately help Change Lives, help individuals make the right choices for themselves going forward, and most importantly- Encourage Action."

