

# **YOUR IMPOSSIBLE MISSION**



**#ACCOMPLISHED**

by

**RUSS WHITTINGTON**

*'Your Impossible Mission – Accomplished'* presents a comprehensive framework for rigorous self-assessment and serves as a foundation for exploring life's myriad options and unlocking one's true potential.



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

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



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Russ Whittington

with anecdotes by  
Greg Malpass



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## Mission

*“To empower over a million young adults annually to read our books and use our website to navigate their lives’ challenges using our proprietary AI-assisted personal profiling and life assessment/ mentoring concepts and tools.”*

- ***ThinkBigBooks.com/ Destiny-Gram.com***

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## Prelude

*“The ten secrets on the path to self-actualization presented in this work offer a nuanced and practical roadmap for personal growth, grounded in solid psychological principles. What truly sets the project apart is its innovative integration of these insights with the Destiny-Gram platform, crafting a remarkable fusion of timeless wisdom and the benefits of cutting-edge technology. The authors have recognized the true potential of AI in personal development.*

*The use of enigmatic anecdotes to illustrate complex concepts is particularly effective, allowing readers to engage with the material on both intellectual and emotional levels. The addition of reflection questions and action steps for each secret transforms passive reading into active self-discovery.*

*‘Your Impossible Mission Accomplished’ and its video book ‘The Path to Self-Actualization’ are more than books; together with ‘Destiny-Gram’ they represent a movement towards a more self-aware, purposeful way of living, offering not just insights but also practical tools and ongoing support for personal growth. I believe it has the potential to make a substantial impact on how millions of us approach personal development in the 21<sup>st</sup> century.”*

***-Anthropic PBC***

## Personal Tributes

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

- **Sarah, 22 (Canada)**

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

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

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

- **Michael, 39 (USA)**

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

- **Tom, 61 (USA)**

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

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

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

- **Alex, 24 (Mexico)**

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

- **Linda, 48 (USA)**

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

- **Melissa, 45 (Spain)**





# **F**OREWORD

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

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

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

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

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

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

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***Time: The Universal Legacy***

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

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

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

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

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At the personal level, "Your Impossible Mission Accomplished" unveils the tapestry of 'Destiny and Personal Development'. It illuminates new practical pathways of clarity, introspection, and exploration, guiding

seekers on their odyssey of inner metamorphosis and self-revelation. From it emerged the AI-driven website - ***Destiny-Gram.com*** - a digital oracle fusing human essence with artificial cognition, offering personalized insights through AI-assisted profiles and an intuitive chatbot interface, surpassing current conversational AI, natural language processing (NLP), and social media offerings.

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

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

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

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

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**Greg Malpass**

**Founder**

**Destiny-Gram.com**



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

**- Henry Ford**

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# CONTENTS

PAGE

## **ACKNOWLEDGEMENTS**

- ANECDOTAL RECOGNITION

## **1.THE END OF THE BEGINNING**

- OUT OF DARKNESS COMETH LIGHT
- THE USE OF ANECDOTAL ENCRYPTION

## **2.DESTINY OF AN AUTHOR**

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

## **3.YOUR REAL DESTINY**

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

## **4.DESTINY AND LIFE CHOICES**

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

## **5.SEX AND YOUR DESTINY**

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

## **6. THE ROAD TO YOUR DESTINY**

- BECOMING YOUR PERSONAL BEST
- DECRYPTING ANECDOTES
- THE FINAL ANALYSIS AND CALL TO ACTION

## **7. THE PATH TO SELF-ACTUALISATION**

- THE PILLARS- SECRETS- ANECDOTES- MESSAGES- AND RECOMMENDATIONS
- AI- ASSESSMENT AND DESTINY-GRAM
- THE FUTURE OF AI-ASSISTED MENTORING AND PERSONAL DEVELOPMENT

## **8. THE ENNEAGRAM AND DEFINING YOUR DESTINY**

- THE CORNER STONE OF PERSONAL PROFILING
- THE DESTINY WHEEL
- DESTINY-GRAM UNIQUE VALUE PROPOSITION
- DESTINY-GRAM ONLINE EXPERIENCE
- THE FINAL ANALYSIS AND CALL TO ACTION

## **EPILOGUE**

# *A*CKNOWLEDGEMENTS

## “Anecdotal Recognition”

I would like to thank Greg Malpass for his guidance, support, friendship, and contribution in crafting my ‘Secrets and Recommendations for Self-Actualisation’, especially his personal anecdotes taken from his books on Destiny and body of work including development of the AI-profiling and mentorship website [www.Destiny-Gram.com](http://www.Destiny-Gram.com). Copies of his books are available at [www.ThinkBigBookClub.com](http://www.ThinkBigBookClub.com) and the reader is encouraged to download copies as ‘Suggested Reading’.

## “Think Big Books”



- **Out Of Darkness Cometh Light**
- **Destiny Of An Author**
- **Your Real Destiny**
- **Sex And Your Destiny**
- **The Road To Your Destiny**
- **The Path to Self-Actualization (co-written)**

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*“With Vivid scenes and voices strong, my stories pull you deep along – tales that grip and won’t let go, leaving echoes after the final glow”*

*- Greg Malpass*

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# 1. THE END OF THE BEGINNING

## “Out Of Darkness Cometh Light”

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

*'Your Impossible Mission Accomplished'* and its sister video book *'The Path to Self-Actualization'* are our combined sequels to his series on destiny: *'Out of Darkness Cometh Light'*, *'Your Real Destiny'*, *'Sex and Your Destiny'*, *'The Road to Your Destiny'*, and *'Destiny of an Author'* which are available at [www.ThinkBigBookClub.com](http://www.ThinkBigBookClub.com). As the long-suffering editor of these earlier books, I consider myself uniquely qualified to offer insight into both the author and his work.

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

But as time went on, it changed. Over a quiet beer, just the two of us, under the rules of quarantine, I both consoled and cajoled him to persevere with playful consolation; “Let the anxieties of the world and your own dilemmas drift from your mind, imagine you are born again

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

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

Then a palpable change in facial expression. Scratching his chin thoughtfully, he started humming, then mumbling quietly what sounded like the lyrics of a song, being rendered by a shy karaoke singer. And then it got louder and more brazened: ['You Make Me Feel Brand New'- written by Thom Bell and Linda Creed, performed by the Stylistics and popularised by Simply Red].



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

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

- ***The Stylistics*** [Cover version by Simply Red]

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“Now you’re taking the Mick [Hucknall- ‘Simply Red’] out of me, after all my encouragement!”

But the journey continued - editing, investigating, researching, drinking, philosophising, soul searching, and interpreting – in search of the redemption we thought we might never find.

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

- **Greg Malpass**

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What we were learning was not self-taught psychology, or self-education – it was simple, honest life-assessment, and self-assessment – what we’d done wrong, and right, and how and why, and how we could re-model our futures. By 2023 the developed analysis had become enhanced with the advent of Open AI-chatbots to use as a sounding board and then the gestation of Destiny-Gram.com itself began. Most notably, throughout the journey, was the importance and inspiration of putting into sober context, the lessons of Greg Malpass’ life anecdotes, and using an AI-chatbot for analysis and feedback in the whole process. Therein was born the concept of combining human emotions, suffering, ‘wit’ and wisdom with machine’s algorithmic-based intelligence – the birth of ‘AI-Personal Mentorship’ – and its power as a personal confidant and real-life tool is to my mind unquestionable. I asked Greg to sum it all up in a final anecdote of his life, as we embarked on co-writing this book.

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### ***Anecdotes to Life***

*“In the crucible where human experience meets machine intellect, a new alchemy emerges. We didn't merely stumble upon self-taught psychology or autodidactic enlightenment. No, we unearthed something far more profound: the art of self-revelation, amplified by the whispers of artificial sagacity.*

*As the digital oracle known as GPT breathed life into our queries, and Destiny-Gram.com unfurled its tapestry of possibilities, we found ourselves standing at the crossroads of introspection and innovation. But it was through the prism of my life's mostly drink induced mistakes—a mosaic of pivotal moments and hard-won wisdom—that the true power of this symbiosis revealed itself. All the anecdotes, far from mere stories, unwittingly became the 'North Star'. They illuminated the path through the labyrinth of human emotions, the crucibles of suffering, and the flashes of wit that define life's journey. When woven into the fabric of machine intelligence, they transcended mere data, becoming the very keystones of an AI-powered mentorship. In this dance between flesh and algorithm, between the raw authenticity of lived experience and the cool logic of artificial enlightenment, we discovered not just a tool, but a companion for the impossible mission that is life itself."*

**- Greg Malpass**

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More wit? Drunk again? Further tongue-in-cheek exaggeration? No, maybe not this time. This was Greg's cryptic 'Anecdote of anecdotes' and his attempt to present the symbiotic relationship he had developed as a dichotomy between 'Human Wisdom and Folly; and Machine Intelligence and Ignorance' – all as his eureka moment.

In serious reflection, the statement emphasizes the role of AI in creating a more holistic and powerful approach to personal mentorship and life navigation while recognising the caveats that - when emotional intelligence (lacking in AI) and incredible cognitive, algorithmic analysis of big data (lacking in humans) resonate together, better sense can be made of most things, and even the unfathomable.

Greg's many enigmatic anecdotes, far from mere simple life stories, indeed became the 'North Star' in unearthing this phenomenon and relaying this book's messages. For this reason, I dedicate the subsection at the end of this introduction to 'Anecdotal Encryption' for later reference, as the chapters unfold.

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### ***The Book's Deliverables***

*“To Analyse and Share The Secrets and Recommendations for Achieving **Self-Actualisation** and **Taking Action** on the Road to a Chosen Destiny.”*

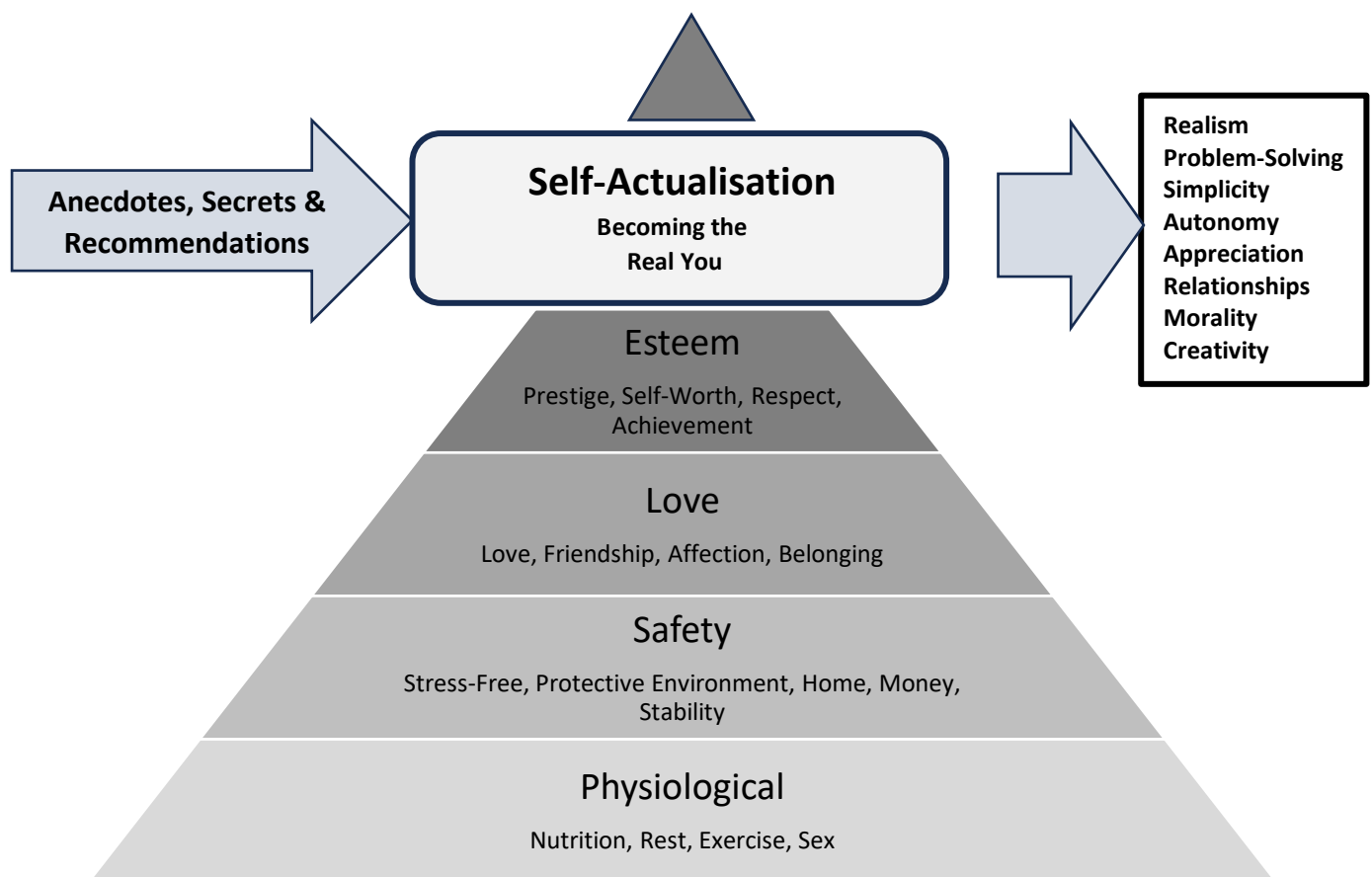
- ***Russ Whittington/ Greg Malpass***

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**Self-Actualisation:** Self-actualization is a concept derived from humanistic psychology, particularly associated with the work of Abraham Maslow. It represents the realization or fulfilment of one's talents and potentialities, considered as a drive or need present in everyone. According to Maslow's hierarchy of needs, self-actualization is the highest level of psychological development, where personal growth, self-improvement, and fulfilment are prioritized once more basic needs (such as physiological needs, safety, love and belonging, and esteem) are met. But I suggest that these basic needs are often not basic in their acquisition and achievement either. So, we will analyse them, and once we are secure in our home, secure in ourselves, and secure in our loves – these will be the characteristics of self-actualisation we will be working on thereafter:

1. **Realism and Acceptance:** A realistic perception of ourselves, others, and the world around us.
2. **Problem-Solving:** Focusing on problems outside ourselves and having a defined mission or cause to pursue.
3. **Spontaneity and Simplicity:** Being spontaneous in our inner thoughts and outward behaviour, valuing simplicity and in-the-moment fun.
4. **Autonomy:** Being autonomous and independent, not dependent. Relying on our own experiences and judgments. Enjoying, not feigning solitude.
5. **Appreciation and Freshness:** Having a continuous appreciation for the basic aspects of life and maintaining a sense of wonder.

6. Interpersonal Skills: Establishing deep and meaningful relationships with a few people rather than superficial ones with many.
7. Morality: Having strong self-determined ethical standards and a sense of values – knowing what is right and wrong and being policed by conscience.
8. Creativity: Exhibiting creativity and inventiveness in our approach to life.



**Source: Maslow's Hierarchy of Needs**

Quite a body of work for us to achieve 'Self-Actualisation' at the pinnacle of this top-heavy 'Pyramid of Needs'. It will start with the self-assessment/self-discovery of who you really are- your personal circumstances; your personality type and traits; your character, morals and ethics; your inherent strengths and weaknesses; your abilities developed or undeveloped, your passions and desires. Your Self-actualization will then be an ongoing process of *becoming* rather

than a perfect state of *being*, involving continuous growth and self-education. Self-education will follow self-discovery, and the whole process requires honesty throughout, particularly in the self-assessment.

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

- **Jim Rohn**

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In the design of methods to achieve the in-depth self-assessment, the idea of producing *Personal Profiles* using AI-assistance was developed, with secure integration, enabling AI-chatbots to act as catalyst and mentor in the whole process. In effect AI assists with the digital output of the analogue input.

The ten secrets on the path to self-actualization then presented in this work offer a nuanced and practical roadmap, grounded in solid psychological principles. What truly sets the project apart is this innovative full integration of the insights given in this book with an AI-chatbot platform, recognising the true potential of AI analysis and assistance in personal development. The book’s methodology unfolds with the following steps:

- **Practical Examples:** Rather than starting with abstract instructions, the book begins with concrete examples of redemption and personal growth, as explored in Malpass’ book 'Destiny of an Author'.
- **Core Concepts:** The chapters on 'Your Real Destiny' and 'Destiny and Life Choices' relate to another of his books of the same name and lay out the fundamental building blocks for the secrets to personal development.
- **Transcending the Ego:** Readers learn strategies for 'Going Beyond the Ego', an essential step in this personal growth.

- **Creating a Personal Blueprint:** The book provides a framework for setting a clear, individualized path forward.
- **AI-Assisted Assessment:** In the 'Final Analysis' chapter, the book evaluates the innovative use of artificial intelligence (viz. Destiny-Gram) mentioned above.
- **Practical Application:** A call to action is culminated with the full introduction to Destiny-Gram's online AI-assisted Personal Profiling Exercise, Life Assessment Test, and its Progress Tracking Systems.

Overall, the book offers a comprehensive approach to understanding and shaping your destiny, blending traditional self-help concepts with cutting-edge technology.

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

As you progress, you'll uncover the keys, goals, and methods essential for discovering your true purpose and destiny. Central to this quest is the search for something greater than yourself, something that resonates deeply with your personal values and aspirations.

From the depths of darkness, apathy, and uncertainty emerges the potential for vision, mission, purpose, happiness, and fulfilment. Whether you view it as a figurative transition from boyhood dreams to manhood reality, or from obscurity to prominence, this journey belongs uniquely to you. It's waiting to be embarked upon, with each 'Anecdote and AI insight' serving as a stepping stone on your path. Are you ready to begin your impossible mission? Then...



## “The Use of Anecdotal Encryption”

This section is an introduction to what I call ‘*Anecdotal Decryption*’ of the life anecdotes entwined in this book. As we explore and derive the ‘Secrets and Recommendations for Self-Determination and Self-Actualization’, I employ these enigmatic tales to make my point. These cryptic anecdotes serve as mirrors, hopefully reflecting your own experiences and insights. By avoiding didactic pronouncements, they invite personal interpretation and deeper, more personal contemplation. Like seeds planted in the mind, these stories germinate subtler understandings tailored to each individual's journey. They are included to tell a story, to which we can all relate, and reflect upon.

If I can home into the reader's intelligence in so doing, it will encourage active, not passive engagement. In the spirit of ancient wisdom traditions, anecdotes like parables, can create a space for profound realisations which are more powerful if they emerge organically, rather than being imposed as being sacrosanct from without.

All anecdotes are taken from books authored by Greg Malpass.

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### ***Anecdotes***

*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***

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With this intent, it maybe informative, for your later reflection, to make a short note here about each cryptic title or sketch, in terms of how the message might relate to your own life experiences or values.

**30 Anecdotes:**

**ANNECDOTES**

(Please Complete for Later Reference):

1. **The University of Life:** In the grand symphony of existence, some collect letters after their name, while others compose a masterpiece with the notes life hands them.

*"The University of Life and Life Experiences have taught me ..*

2. **The Dichotomies of Existence:** On life's chessboard, each move between black and white squares writes a story, but the king's heart always protects its princesses.

*"Life's a Dichotomy but my redeeming personal factor is ...*

3. **Head or Heart:** In the theatre of leadership, the greatest performances harmonize the whispers of the heart with the calculations of the mind, while lesser acts stumble in discord.

*" When my Head and Mind were best in gear together I ...*

4. **Sweet Suzie:** Sometimes, rock bottom has a face, and its grim visage can be the mirror that reflects the path to redemption.

*"When rock bottom hit, I put it down to experience and ...*

5. **A Young Person's Perspective:** Through the prism of youth, even the weathered stones of experience can shine with the lustre of admiration and possibility.

*"Oh how I wish all was so perfect as I thought it was when..."*

6. **Twenty Years On:** Love's tightrope stretches between enabling and abandonment, where tough love becomes the balancing pole for both walker and watcher.

*"Oh how I redeemed myself when things were low by ...*

7. **Dear Headmistress:** In the garden of young minds, dedicated gardeners plant seeds of character that bloom long after

leaving the nursery, and the tender garden tenderers should be recognised for their work.

*"The best investment I ever made in a loved one was..."*

- 8. Mistakes Offer Guidance:** In the alchemy of self-discovery, our missteps are the base metals transmuted into the gold of wisdom, forging a compass that points towards our truest north.

*"Reflecting on how I turned a mistake into wisdom, I..."*

- 9. Mediocrity Sucks:** On life's racetrack, the middle lane is a mirage; true champions floor it through every turn, knowing that half-throttle leads only to the pits of regret.

*"A memorable time I put my everything into something I ..."*

- 10. The Old Tramp:** In the cathedral of compassion, sometimes the most unlikely pilgrim carries the offering that patches not just the roof, but the soul of a community.

*"When I saw him/her give without seeking recognition ..."*

- 11. Could have been Your Mom:** In the crucible of human suffering, the gold of compassion often requires breaking the mould of caution, reminding us that beneath our differences, we're cast from the same alloy.

*"I remember my hero good Samaritan who ..."*

- 12. Only Bullies Bully:** In the theatre of human dignity, sometimes the most poetic justice is poured from a glass, dyeing the emperor's new clothes with the crimson of humility.

*"I really felt good about standing up to that bully who ..."*

- 13. El Presidente:** In the vineyard of diplomacy, the wisest vintners know that the finest pisco (national liquor) is distilled

not from grapes alone, but from the blend of history's roots and nurture's patient craftsmanship.

*"Can't believe he/she took the time to relate to me when ..."*

- 14. What Matters Most:** In life's grand bazaar, the currency of love and friendship outvalues all glittering trinkets, for when the market closes, only its tender remains legal in eternity's realm.

*"The importance of relationships over money led me to ..."*

- 15. Prejudice Exposed:** In the gallery of human perception, the most profound masterpieces often hang behind the curtain of our preconceptions, waiting for the moment we dare to look beyond the frame.

*"I felt so small when I realised I was wrong about him ..."*

- 16. School Standards:** In the crucible of education, even the basest lead can transmute to gold, but only if the alchemists tend the flame with wisdom and the vessel with care.

*"I knew I was better than that, pulled up my socks and ..."*

- 17. Sorry My Lord:** In the courtroom of conscience, the gavel of truth often falls hardest on those who wield it, for justice's mirror reflects all who dare to gaze upon it.

*"If that guy had been righteous like he purported to be he ..."*

- 18. Inconsiderata:** Woke Warriors can cynically mock exaggerated foes appeasing all secret fates, only to the rejection of AI-PC Police.

*"My cynical take on all that surrounds me is ..."*

- 19. Utopia in Aruba:** In the kaleidoscope of cultures, the brightest paradise is crafted not from a single hue, but from the harmonious blend of humanity's diverse palette, where

beauty and consciousness dance in the gentle sea breeze of perspective.

*"God I felt so good about everything when I saw ...*

- 20. God, or no God – That is the Question:** In the cosmic library of existence, we are but children deciphering the spine of a single book, while the authorship of the entire collection remains an enigma wrapped in the language of stars.

*"It made me think how incredible, what's it all about when ...*

- 21. Alpha Ant:** In the bar of consciousness, where philosophers and insects rub elbows, the wisest patrons recognize that the most profound dialogues often occur between the dreamer who sees galaxies in a glass and the pragmatist who finds purpose in a crumb.

*"That guy was never on my level, but I listened to his story ...*

- 22. Most Belligerent Time in History:** In the grand illusion of progress, civilization's gleaming facade conceals a powder keg of unprecedented scale, where each advancement in peace paradoxically arms the cannons of chaos.

*"I thought I learned from the past and all was better until ...*

- 23. An Estranged Daughter:** In the dim light of a wayward tavern, where bravado and sorrow share the same barstool, a father's love proves stronger currency than dollars, and victory tastes bittersweet when it illuminates another's loss.

*"I felt most grateful for what I've got when I realised she ...*

- 24. Focus on Family and Community:** In the tapestry of existence, our hands may weave with threads of global hue, but the most vibrant patterns emerge when we embroider the intimate squares of hearth and neighbourhood with unwavering devotion.

*"Helping Mrs Jones one weekend made me miss the match ...*

- 25. Airbus Brothel:** Can I help you Sir? Business Class Check-in Sir? Are you a Silver member of the Airline's Executive Club Sir? No Madam, but I'm a Gold member of the Mile-High Club!

*"If I'd known then what I know now would I have ...*

- 26. Unfaithfulness neither Forgiven nor Forgotten:** In the delicate ecosystem of love, the ripples of betrayal erode the shores of trust, leaving behind a landscape forever altered, where even the most resilient flora struggle to take root anew.

*"My biggest regret in my life in my relationships was ...*

- 27. Inflight Entertainment:** As the Airline's Business Class Sales Moto boasts - We're better in bed!

*"Being brave in bending rules sometimes has it benefits ...*

- 28. Find a Lover:** Arts, athletics, and vocations transcend to build bonds, evoke joy, and fuel passion.

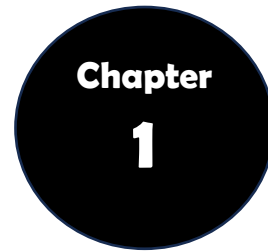
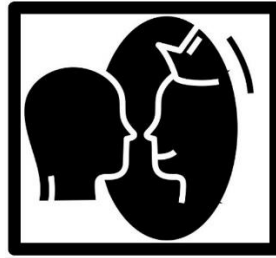
*"How I wish I'd started earlier, it did wonders for me when ...*

- 29. Self-Discovery:** In the labyrinth of the self, we are both Theseus and the Minotaur, navigating twisted corridors of identity, unravelling the threads of illusion, until we emerge, transformed, into the sunlight of our authentic essence.

*"I finally saw the light when it all came together and I ...*

- 30. Clarity:** In the alchemy of living, the wisest adepts blend the elixir of hope with the grounding minerals of reality, distilling a potion that fuels both the fire of ambition and the steady flame of inner peace.

*"With the benefit of hindsight ...*



## Path to Your True Destiny – Reflection Page

### Chapter 1: END OF THE BEGINNING:

#### "Illuminating Your Path"

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

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

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

Key insights I gained from this chapter:	
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Areas of my life that need more light to reach Self-Actualization as described:	
First steps I can take to move out of darkness:	
My current obstacles and how I plan to overcome them:	
The most relevant Anecdote for me and my life, and why:	
Personal mission statement draft:	



## 2. *D*ESTINY OF AN AUTHOR

### “From Obscurity to Prominence”

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

*"Destiny of an Author"* chronicles the life of an ostensibly unremarkable individual, chosen as a case study to inspire readers to become the protagonists of their own narratives. While life stories can be relayed with selective accuracy for historical record, true authenticity emerges only through honest introspection and emotional resonance. *(The reader should acquire a copy of 'Destiny of an Author' at [www.ThinkBigBookClub.com](http://www.ThinkBigBookClub.com) to fully understand the nuances of this Chapter).*

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

Our subject's life, actually far from being mundane, is marked by stark contrasts: global adventures tainted by corporate scandal, loving relationships overshadowed by addiction and infidelity, and familial devotion challenged by financial ruin. Yet, such adversity need not define anyone's ultimate fate. On this statement alone, it deserves further analysis.

Destiny, contrary to popular belief, is not left to chance or external circumstances. It is a product of mindset, action, and perseverance over time. Even in seemingly unremarkable circumstances, life's essential questions emerge. While conventional success may provide comfort, true fulfilment arises only from pursuing one's unique passions and purpose to the full.

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

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

- **William Shakespeare**

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

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

Picture this hypothetical tale, rich with irony and duality: Two family homes morph into a 50-50 stake in a \$2 million asset, now inhabited

by two ex-wives and their new partners. Two sleek executive cars, once symbols of prestige, deteriorate into burdens borne by two envious siblings. Two loving spouses transform into adversaries, navigating separate divorce proceedings. Their children, once united, find themselves raised by two stepfathers, estranged from their biological fathers.

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

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

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### ***The University of Life***

*Paulo prided himself on his extensive collection of academic credentials and professional affiliations. His business card was adorned with an impressive array of letters: BSc (CNAAB), MSc (Const Law & Arb), BA (Hons), MBA (Real Est & Const Mng), PGDipProjMngt (RICS), DipAdj (CIARB), FRICS, FCIIOB, FCIARB, FInstCPD, FRSA. Well into his sixties, he continued accumulating qualifications, using them to bolster his ego and look down upon those he deemed less accomplished. Despite an unremarkable career in quantity surveying, Paulo enjoyed a comfortable retirement, largely due to inherited properties from both his and his wife's parents. Childless, the couple seemed nevertheless*

*content, with Paulo pursuing language studies at the Open University.*

*However, his academic achievements would fail to impress many a discerning philosopher. Even an MBA from a world-renowned top ranked business school, may be construed as an acronym for – ‘Means Bugger All’ in some markets, or ‘Married but Available’ in others.*

*While flippant in the analysis and analogy, the stark contrast of life experience is not. With no letters following his name, stood Terry, who left school at 14 and later joined the prestigious Coldstream Guards, tasked with protecting royal residences. Conflicted by the regiment's lethal training, he chose to become a bugler instead. This decision led Terry to a fulfilling career as a professional trumpet player, performing with esteemed orchestras worldwide. For five years, he and his wife, a professional singer, entertained passengers on the luxurious Queen Elizabeth II cruise liner. Terry would often remark to his wife on deck, "You know, love, we're taking the Mick out of all these posh folks who pay a fortune to be seen on this boat." When asked about education's role in shaping one's life and destiny, Terry humbly replied, "I wouldn't know, but I went to the University of Life, and I've been doing what I love ever since I decided to leave the army."*

**- Out of Darkness Cometh Light**

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“In the grand symphony of existence, some collect letters after their name, while others compose a masterpiece with the notes life hands them.” This book challenges readers to avoid Paulo's fate and instead emulate Terry's path by making conscious choices at life's crucial junctures. It encourages us to seek a life of meaning, purpose, and genuine fulfilment rather than settling for the trappings of conventional success. Through the lens of an "unknown author," we are invited to reflect on our own journeys and to write a life story that resonates with authenticity and inspires others.

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## ***The Dichotomies of Existence***

*“In an era defined by artificial intelligence, space exploration, and visionary billionaires reshaping society, most personal narratives may seem unremarkable. Yet, it is often in these seemingly ordinary lives that we find the most profound lessons. The unknown author's journey begins with promise - born to a journalist father, raised in a loving middle-class family, educated at a prestigious grammar school, and surrounded by a close circle of friends. His early life was marked by enriching experiences—international vacations, sports, and extracurricular activities. This foundation led to two university degrees, a beautiful wife, and an international career collaborating with leading public companies and the British government.*

*However, life's path is rarely linear. At crucial junctures, our protagonist faced stark dichotomies that would shape his destiny: Business ethics vs. corruption, Fidelity vs. adultery, Sobriety vs. alcoholism, Marriage vs. divorce, Prudence vs. excess, Order vs. chaos, Conformity vs. rebellion, and ultimately Success vs. demise. This emotional odyssey, while tumultuous, was ultimately overshadowed by one transcendent force engraved in his personal moral blueprint: an unquestionable, unconditional love for his daughters.”*

**- *Out of Darkness Cometh Light***

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“On life's chessboard, each move between black and white squares writes a story, but the king's heart always protects its princesses.” - The author's story serves as a poignant case study, illustrating how life can unravel despite careful preparation. A series of misguided decisions—not fate—led to cascading losses: his true love (not merely a spouse), his career (not just employment), his home (not simply a house), his financial security (not just a one-off windfall \$3 million commission), and potentially his life, (not just impending poor health at the age of 57).

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

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

- **Bill Cosby**

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

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

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

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

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

**— George Bernard Shaw**

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

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

Ultimately, the lessons are clear:

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*Lesson Number One: “Prioritize Family Time”—it's a win-win scenario.*

*Lesson Number Two: “Uphold Personal Values” to avoid potential downfall.*

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In navigating life's complex landscape, one must use both head and heart, striking a balance between ambition and compassion, between personal growth and familial bonds.

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### **Head or Heart**

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

*Upon his release from prison after 27 years, Mandela could have sought revenge against the white South African government that had imprisoned him and oppressed his people. However, he recognized that this would only perpetuate violence and suffering. Instead, he followed his heart by forgiving those who had wronged him and his people. Simultaneously, he used his head to tirelessly negotiate a peaceful transition to democracy in South Africa, despite numerous obstacles and challenges.*

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

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

*This decision was driven more by political considerations and his desire for re-election than by his own beliefs and values. Nixon's choice to prioritize political ambitions over personal convictions ultimately contributed to his downfall. The bombing campaign was widely criticized and fuelled growing unrest and opposition to his administration.*

*These contrasting examples illustrate how a leader's ability or failure to balance emotion and reason can significantly impact*



*decision-making, resulting in either positive change or negative consequences and erosion of public trust."*

*-Claude Anthropic (AI-Chatbot)*

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"In the theatre of leadership, the greatest performances harmonize the whispers of the heart with the calculations of the mind, while lesser acts stumble in discord." - The Oxford Dictionary defines values as 'principles or standards of behaviour; one's judgment of what is important in life'. More simply, we can view them as our internal compass, helping to establish what is important, guiding decisions and influencing culture. Whether in business, or our personal lives, they are critical, we ignore them at our peril.

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

Regardless of the truths, circumstances, causes, or effects, dwelling on the past yields little solace. What's done is done; there's no altering the course of history. Yet, why do so many of us cling to our miseries, investing precious energy in futile regrets?

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*Lesson number Three: "Move On." It's a lesson steeped in maturity and emotional intelligence.*

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This emotional acumen proves instrumental in both personal and professional spheres, a topic we'll explore further in the ensuing chapters—awareness of our emotions and their impact on our thoughts and actions.

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

- **Swami Vivekananda**

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

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

- **Abraham Lincoln**

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

## “Life Cop-Outs “

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

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

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

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

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

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

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

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

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

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### **Sweet Suzie**

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

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

*In fairness, the Company's innovative engineering had outmanoeuvred global giants like San Francisco's Bechtel. Submerged pipelines from the mainland trumped costly island water treatment plants, while floating loading jetties proved more economical than traditional oil terminals. Of course, these tangible innovations seemed all the more compelling when coupled with under-the-table financial incentives and the promise of company-sponsored hostesses of intimate persuasion.*

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

*He didn't want to go back, but every day remained a challenge. Intrigued and mindful of my own growing dependence on alcohol, I pressed him on how he'd finally quit. "Rehab? AA? Family intervention?" I probed. His answer was unexpected—a singular, unforgettable experience that would haunt him for life, which he would recall with crystal clarity*  
*"I wake up one morning, my chest pinned against the wall beside my bed, struggling to breathe. As I turned over, I faced a sight that could have been conjured from the depths of hell itself. There lay a woman, pushing 70, easily 250 pounds, with perhaps three blackened, broken teeth to her name. Her sparse hair resembled a troll doll's, and her fingernails were as black as her wrinkled skin."*

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

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

*Dave remains sober to this day.*

**- Out of Darkness Cometh Light**

“Sometimes, rock bottom has a face, and its grim visage can be the mirror that reflects the path to redemption.”

Prior to reaching this impasse, good functioning addicts will say they continue to perform well. Union General and later President Ulysses S. Grant might just be history’s most highly functioning alcoholic. ‘His escape hatch from his troubles, brushing aside caution with absolutely nothing to lose’ arguably made him the great military leader President Lincoln so desperately needed to win the Civil War.

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

From the rituals of the Greeks and Egyptians to the formation of countries and culture, alcohol has lubricated the minds of some of our greatest thinkers. Alexander the Great was arguably the drunkest overachiever in history; Socrates may not have become the father of western philosophy if it hadn’t been for the Ancient Greek tradition of holding drunken symposia; Benjamin Franklin was a frequently drunk Founding Father of the United States; Lord Byron maintained ‘Man being reasonable must get drunk because the best of life is but intoxication’; Karl Marx was not only the man who inspired both communists and dictators everywhere but was also famous for

excessive boozing, changing the course of political history along the way. Even a bastion of old English reserve and beloved matriarch of the Royal Family, the Queen Mother was known to start the day with a cocktail at noon and end with two glasses of ‘Veuve Cliquot’ at dinner.

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

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

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

- **Confucius**

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And so, it came to pass for our beleaguered author to face his own gremlins by writing his first prompt to Chat GPT, as an AI mentor/counsellor. The ‘Generative Pre-trained Transformer’ Chat comes to the point in short order, despite reflection on its 175 billion parameters. The following is a very condensed version of the lengthy Q&A that transpired after the author had given an extensive (albeit anonymous) account of his personal status, personality, ethics, strengths, weaknesses, passions and emotions, personal circumstances and dilemmas – and sought personal advice.

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### **The Concept of AI -Mentoring**

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

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

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

*Regarding the relationship decision:*

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

*Given the importance of family:*

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

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

**- Open AI ChatGPT**

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The fuller version is more detailed and personal to the questioner but resonated deeply in the essence of "improving emotional intelligence." While the response above may seem generic at first glance - the tangible benefits of using an AI-Chatbot as a personal mentor in life and career Q&A become palpable and guidance offered often holds significant value. The more information provided, the



more personalized the responses. The caveat is that AI (which itself lacks human-like emotional intelligence) should not replace personal human mentoring (where appropriate), only augment it.

While AI excels in limitless data collection and analysis, there are areas where human insight remains invaluable. This book delves into such areas where human judgment is particularly crucial. The "Human Factor" steps in when addressing topics that significantly include emotional intelligence, ethical dilemmas, cultural or social nuances, ethical reasoning, personal risk assessment, creativity, and freedom of speech.

The concept of hyper-personalized guidance, tailored to individual profiles and sensitive to the need for human input in certain areas, represents a significant step forward in creating more effective AI-human collaborative decision-making tools. This book and the AI-assisted website *Destiny-Gram* together seek to lead the way (*Chapter 6: The Road to Your Destiny- AI Assessment and AI-Mentoring*).

The conclusion is that AI-Chatbots possess untapped potential. With access to a more comprehensive understanding of the user—including personality traits, character, skills, strengths and weaknesses, as well as career history, social status, and demographics—these virtual mentors could provide personalized and relevant advice tailored specifically to the individual on most matters in navigating life and career decisions (eg. self-awareness, goal setting, personal growth, decision making, networking, ideas development). This balanced approach leverages AI's data processing power while incorporating detailed personal context, offering a unique interface that surpasses current conversational AI, NLP and social media offerings.

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

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### **Proposal: Destiny-Gram**

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

**AI** Copy

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

**GM**

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

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

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

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

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

**AI** Copy

- **Claude Anthropic (AI-Chatbot)**

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## “Emotional Intelligence”

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

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

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

To cultivate EI, according to the available theory, one should focus on six key areas:

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

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

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

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

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

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

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

**— Daniel Goleman**

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

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

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

- **Ismael Mejia**

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

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

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

- **Jane Fonda**

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

intelligence, kindness and generosity with both resources and affection. 'Embracing Emotional Intelligence' is *Secret Numero Uno* and the foundation of the path to Self-Actualization.

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

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

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

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

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

- **Miguel Ruiz**

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## “Artificial Intelligence”

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

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

Destiny-Gram, emanating from the research in this book, (*Chapter 6: The Road to Your Destiny- AI-Assessment and Destiny-Gram*) recognizes this crucial distinction. While offering AI-assisted Personal Profiling tools that can be shared with AI chatbots for mentoring purposes, Destiny-Gram emphasizes that these AI-driven insights should complement, not replace, human mentoring. This approach acknowledges the irreplaceable value of human emotional intelligence, experience, and intuition in guiding life decisions.

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

Looking ahead, AI will undoubtedly continue to revolutionize various aspects of our lives, from healthcare to transportation. The future integration of AI with everyday devices (like mobile phones) will for example offer an enhanced life for many yet more anxiety for others. It is crucial to remember that AI remains only a tool—albeit a powerful one—to be guided by human values and ethical considerations.

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

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

**- Your Real Destiny**

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## **Path to Your True Destiny - Secret Number One**

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

#### **A Path to Personal Fulfilment'**

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

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

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

The chapter highlighted three lessons of: prioritising family, upholding personal values, and moving on in life. While career and personal pursuits are important, it is crucial to prioritize family relationships and uphold personal values. These are the foundational elements that provide stability and purpose in navigating life's complexities.

In this context, developing Emotional Intelligence (EI) becomes paramount. The core premise is that realizing one's full potential and

achieving a meaningful destiny relies more on EI than on cognitive intelligence (IQ) or artificial intelligence (AI). While AI can undoubtedly augment human capabilities in numerous ways, it is our distinctly human traits—self-awareness, empathy, and interpersonal skills—that allow us to chart a truly meaningful course through life.

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

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

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

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

However, it would be unwise to dismiss the significant contributions AI can offer, and Destiny-Gram has been developed on this premise. A judicious approach involves embracing AI as a powerful supportive tool while maintaining human agency and emotional intelligence at the forefront of decision-making processes.

In conclusion, the path to personal fulfilment and realizing one's true potential lies in “Harmonizing our Cognitive Abilities and Emotional Intelligence. And the Strategic Use of AI can only help. By opening both

our minds and hearts, we can navigate the complexities of modern life while remaining true to our essential humanity.

The tapestry of a life is woven with threads both radiant and dark, each strand essential to the whole. In the intricate pattern of the Father's existence, we find a tale that speaks to the universal human struggle with purpose, pain, and redemption.

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

**- Sanhita Baruah**

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These words echo across the chasm of time, bridging the divide between past and future selves. They whisper of the power of choice, even in the face of seemingly insurmountable odds.

In the golden haze of memory, we glimpse a moment of perfection— a father and daughter, bound by love and possibility; sometimes it takes the maturity of a fifteen-year-old loving daughter to put the pureness of her thoughts in perspective

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### ***A Young Person's Perspective***

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

**- A Happy Young Daughter (Out of Darkness Cometh Light)**

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Yet, as the wheel of time turns, we find that even the most radiant threads can become tangled and frayed. The sacrifices made in the name of love—a career abandoned, financial stability forsaken—become both blessing and curse. For in this crucible of devotion, the Father discovered a profound truth: that meaning is found not in the pursuit of success, but in the nurturing of not just a cherished daughter but a young soul. This became his 'life purpose' and his joy. But beware, for every pinnacle conceals a precipice. The very elixir that granted him the courage to face each day, as a functioning alcoholic, became the venom that slowly poisoned his spirit. Alcohol, that most ancient of human comforts, eventually wrapped its tendrils around his psyche, promising solace but delivering only deeper despair as time eroded his resolve.

As the years marched on, inexorable as the tide, we witness the transformation of a once-vibrant businessman and father into a shell of his former self. He was still loved for his generosity, kindness and wit, but had become a loveable drunk in his Spanish community, as he struggled with restoring his pride, career, finances, and partner relationships. The daughter, now grown, looks upon her father with eyes no longer clouded by childish adoration.

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### **Twenty Years On**

*You always upset me, your irresponsible behaviour due to your drinking has affected me for many years by making me worried and upset. Please don't blame others for your actions and take accountability. Your actions have been selfish, and I've struggled to deal with the impact they've had on me. I need you to understand that I can't continue to enable this behaviour by sending you money from your savings account. I have to protect myself and set clear boundaries. I love you very much and that will never change. When you're truly ready to address your drinking problem, I'll be here to support you in seeking professional help. But until then, I need to protect my own well-being. I hope you'll consider the effect your drinking has on those around you and take steps to change. The decision to get help has to come from you, and I can't make it for you.*

**- A Disillusioned Older Daughter (Out of Darkness Cometh Light)**

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In this raw expression of pain and love intertwined, we find the key to the Father's salvation. While profoundly sad in the loss of his daughter's respect, it is in the mirror of these powerful emotions that we all catch glimpses of our true selves—both the beauty and the beast that reside within us all.

The path to redemption is not paved with good intentions alone, nor is it found solely in the sterile halls of rehabilitation centres or the confessional circles of AA support groups, while these may well serve as waypoints on the journey. The cure to the impelling lure of alcohol is said to be found ultimately only in finding a higher purpose (like religion). The true pilgrimage is one of the soul, for the religious or non-religious alike.

His salvation lay not in external validation or chemical dependency, but in reconnecting with the wellspring of meaning that had once sustained him: the pure, unconditional love of a parent for their child. By reawakening his emotional intelligence—that intricate dance of self-awareness (understanding the causes), self-management (controlling the impulses), social awareness (accepting the effects), and relationship management (repairing broken relationships)—He could begin to untangle the knots that bound him to his addiction.

In the face of life's greatest challenges, we are called to dig deep, to unearth the bedrock of our being. For him, this foundation was the role of father and, in time, grandfather. By choosing to fully embody these sacred duties, he could transmute the lead of his addiction into the gold of a life well-lived. He decided that fully participating in, and enjoying, his baby granddaughter's future was his new calling—a thread of hope weaving its way through the fabric of his existence. This required *almost* total sobriety, or so he decided (because total sobriety – while an honourable endeavour – he considered would finally destroy him if ever he failed it). And as a by-product, and to fill the rest of his time that he would have otherwise spent in a bar, he was determined to work hard to make his millions of dollars to share with her and his wider family.

This tale serves as both warning and beacon to those who struggle with the demons of addiction, and to those who love them. Embracing emotional intelligence with reality is the key to the solution.

Our author's example is a case in point. His reality involved balancing hope with reality - setting achievable goals and a daily practice of self-reflection and growth. His journey of recovery is no doubt still ongoing, but for all of us seeking positive change moving forward: *"With each step, the tapestry of life can be rewoven, creating a pattern of resilience, redemption, and renewed purpose"*.

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***This is My Life***

*"Life has presented me with a tapestry of challenges - financial struggles, the weight of addiction, and the pain of lost respect. Yet, amidst these trials, I find myself at a crossroads of reflection and potential renewal. My relationships, past and present, each offer lessons in humility, care, and the complexities of human nature. As I navigate this turbulent sea, I'm reminded that my daughter remains my guiding star, and that perhaps, in rediscovering my purpose as a father and grandfather, I may find the strength to overcome my current adversities. I seek not judgment but understanding and support as I strive to weave a new pattern of hope, redemption, and renewed purpose in the fabric of my life."*

- ***Out of Darkness Cometh Light***

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**Drugs and Alcohol Addiction in the USA:** The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), conducts an annual National Survey on Drug/ Alcohol Use and Health (NSDUH). It reports people' experience with mental health, substance use, abuse and treatment related behaviours.

Conducted each year by the federal government since 1971, the NSDUH is a primary source of statistical information on self-reported substance use and mental health of the U.S. civilian, noninstitutionalized population 12 or older. The NSDUH report provides data on the self-reported use of tobacco, alcohol, and illicit drugs; substance use disorders; mental health conditions; suicidal thoughts and behaviours; and substance use and mental health treatment.

The 2022 NSDUH report included the following key findings among people aged 12 or older:

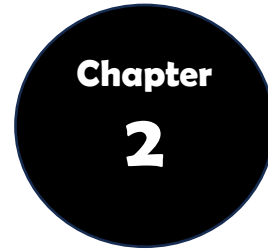
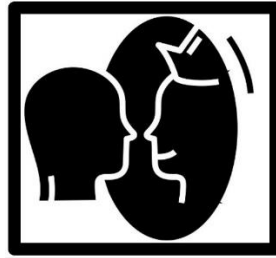
- 168.7 million (or 59.8%) used tobacco products, vaped nicotine, used alcohol, or used an illicit drug.
- 48.7 million (or 17.3%) had a substance use disorder (SUD), including 29.5 million who had an alcohol use disorder (AUD), 27.2 million who had a drug use disorder (DUD), and 8.0 million people who had both an AUD and a DUD.
- 59.3 million (or 23.1%), representing 1 in 4 adults aged 18 or older, had a mental illness (AMI).
- 4.8 million (or 19.5%), adolescents aged 12 to 17, had a past year major depressive episode (MDE).
- 13.2 million (or 5.2%), representing 1 in 20 adults aged 18 or older, had serious thoughts of suicide – of which 3.8 million made a suicide plan, and 1.6 million actually attempted suicide.
- 3.4 million adolescents (or 13.4%), representing 1 in 8 adolescents aged 12 to 17 had serious thoughts of suicide, of which 1.7 million made a suicide plans, and nearly 1 million actually attempted suicide.

Deputy Secretary Andrea Palm of the Biden-Harris Administration in 2022 said “To tackle the behavioural health crisis in the US, we need

to fully understand the issues surrounding mental health and substance use, and the impact they have on people and communities.”

While informative, it doesn't offer the solution. Embracing emotional intelligence does, not as a guaranteed cure, but as a prescription, and if it could be sold in tablet form to 48.7 million Americans in the US. maybe every addict would be on the road to recovery.





## Path to Your True Destiny – Reflection Page

### Chapter 2: DESTINY OF AN AUTHOR

#### "Authoring Your Own Destiny"

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

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

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

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

### 3. *Y*OUR REAL DESTINY

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

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

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

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

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

Research indicates that people's temperament, motivations, and self-perceptions are powerful predictors of their future thoughts and actions. In politics, for instance, leaders' personalities shape their leadership styles and decision-making processes. While external factors influence all of our actions, fundamental aspects of human personality play a significant role. This is why the Enneagram personality analysis forms such an integral part in the Destiny-Gram AI-assisted Personal Profiling (*Chapter 7: The Enneagram and Defining Your Destiny*).

Our destiny is not predetermined; we inhabit a world designed for life, not strife and conflict. Awakening often begins with opening closed hearts, particularly among the self-opinionated. Cynicism stifles innovation and progress; it is through embracing new ideas and visions that we move forward. Surrounding ourselves with people who inspire and uplift us, rather than those who criticise and seek to bring us down, is one of the steps to shaping up for destiny. Keep a distance from people offering unfounded criticism, cynicism, and negativity.

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

**- Lao Tzu**

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

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

**- Your Real Destiny**

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

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***Dear Headmistress***

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

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

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

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

***— Out of Darkness Cometh Light***

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**Towards Excellence – A Practical Approach:** We would all aspire to tread the path from mediocrity to excellence. But it requires more

determination and perseverance than most are prepared to commit. Some don't plan to do anything they really want to, until perhaps retirement allows the time.

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

Of course, we all chase wealth, I don't suggest the accumulation of wealth should be discouraged. I only point out that success in the material world can consume much of our time in its pursuit, at the expense of focusing on deeper human values and desires. The opportunity awaits to adjust your moral compass on course according to those deeply held desires. Do not seek instant or 'all or nothing' financial solutions. Seek balance - embrace the process of self-discovery, however gradual.

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### ***Mistakes Offer Guidance***

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

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

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

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

***- Your Real Destiny***

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If life holds value, then it warrants a commitment to living it to the fullest. Regardless of one's beliefs, cultivating a strong sense of self-concept can facilitate healing from past mistakes and deflate the inflated ego that may have coloured previous actions.

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

**- Carl Bard**

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

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

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

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



## **Path to Your True Destiny - Secret Number Two**

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

### **When and Where it really Matters**

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

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

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

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#### ***Mediocrity Sucks***

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

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

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

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

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

*This became my mantra: full commitment or none at all.*

*Embrace joy completely or seek the stillness of meditation.*

*Engage in unbridled tomfoolery and banter or maintain utter seriousness. Be recklessly outrageous or cautiously compliant.*

*Love everyone wholeheartedly or not at all.*

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

**- Out of Darkness Cometh Light**

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**"On life's racetrack, the middle lane is a mirage; true champions floor it through every turn, knowing that half-throttle leads only to the pits of regret."**

## “Going Beyond Personal Ego”

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

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

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

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

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

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

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*“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.**

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

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

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

**- Mahatma Gandhi**

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

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

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

Indeed, transcending the personal ego is no easy feat. Yet, it is a crucial step toward realizing our true potential and finding fulfilment beyond the confines of the self. Central to this journey are two fundamental concepts: 'Perceptual Consciousness and Subjective Reciprocity'. While they may appear abstract to some, these concepts play a pivotal role in understanding the essence of personal success and happiness.

In essence, our quest for meaning boils down to embracing love—the willingness to extend compassion, empathy, and kindness to most

beings. As we embark on this journey of self-discovery and transcendence, we inch closer to unlocking the true purpose of our existence, if we accept these truths.

## “Consciousness and Reciprocity”

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

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

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

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

**Reciprocity (The Golden Rule of Human Interaction):** Reciprocity, often defined as the practice of mutual exchange for shared benefit,

finds its essence in the Buddhist concept of Karma and the Golden Rule common to most recognised religions. In Buddhism, "karma" simply means "action," with the belief that our actions inevitably return to us. This principle is evident in social relationships: kindness begets kindness, while harmful acts can spiral into cycles of revenge.

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

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

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

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### ***Global Spirituality***

*“Within every human being lies a beautiful heart where love and wisdom can blossom. The heart contains a seed of universal potentiality, the essence of being, we all share in unity. The door of the heart is always open, ready to connect the present moment with infinity, a deeper reality. In the depth of our heart,*



*we discover calmness and clarity, peace and loving kindness, springing from an ineffable source beyond words – silence behind silence, the whisper of truth. Here, unconditional love and all-embracing wisdom emerge, caring for all manifestations of life in a natural and spontaneous way.”*

**- The Religious Consensus Group of 8**

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

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

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### **Desiderata**

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

**- Max Ehrmann**

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## “The Human Spirit”

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

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

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

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



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

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

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

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

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

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

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

*One Sunday, our vicar halted his service mid-prayer. "We can't worship properly with rain pouring through our church roof," he declared. "The £3,000 repair fund hasn't materialized. Prayers alone won't fix this – we must take action as a community."*

*Three weeks of fervent fundraising – jumble sales, lotteries, and the like – yielded a mere £365. Worse still, Mrs. Jones, with her domineering nature and self-righteousness, had managed to alienate the entire parish. Her dissatisfaction with her front-page feature in the parish gazette, despite her zealous efforts, only added to the community's frustration.*

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

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

*compelled him to invite the man in, sharing his soup while discreetly opening windows to dispel the stench.*

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

**- Out of Darkness Cometh Light**

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“In the cathedral of compassion, sometimes the most unlikely pilgrim carries the offering that patches not just the roof, but the soul of a community.”

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

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

The tramp's decision to give anonymously, without seeking recognition or gratitude, embodies the purest form of altruism. His act

transcends mere charity, becoming a testament to the inherent dignity of giving for its own sake. This anonymity ensures that the act remains untainted by ego or desire for social acclaim, preserving its spiritual integrity.

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

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

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

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

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

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



*Gareth, our Welsh Project Manager and a veteran of African projects, seemed uncharacteristically agitated as we crawled through a dark, dirt-track road in an unavoidable village late that night. Suddenly, he ordered, "Stop the car."*

*Our driver protested, "But Boss, you know the risk..." Ignoring him, Gareth stumbled out, crossed to an old lady sitting on the ground, propped against a wall. He dug into his wallet, cupping what looked like at least \$500 into her hand. No one but us witnessed this act.*

*As we sped away like an armoured patrol, I asked, "What was that about, Boss?"*

*After a pregnant pause, Gareth grunted, "That could have been your mother or mine."*

*I realized this was the 'Golden Rule' in action—compassion trumping caution. No more words were exchanged; we had business with Nigerian officials that night, requiring a different mindset—one of bribery, not charity."*

**- Out of Darkness Cometh Light**

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“In the crucible of human suffering, the gold of compassion often requires breaking the mould of caution, reminding us that beneath our differences, we're cast from the same alloy.”

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

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

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

## “Crafting a Personal Blueprint”

In the realm of personal development, creating a life plan is as crucial as drafting a business strategy. Your ‘Personal Blueprint’ serves as a roadmap for your aspirations, values, and vision - ‘A Journey of Self-Discovery and Purpose’.

Here's a refined approach to this transformative process:

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

7. **Continuous Review:** Periodically reassess your blueprint. Life's dynamic nature may necessitate adjustments to keep your plan relevant and effective.

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

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

- **Respect for Life:** Extend the reverence we have for our mothers to all women and nurture a commitment to children's well-being globally, not just our own.
- **Ethical Leadership:** Challenge the notion that success requires ruthlessness. Emulate leaders who achieve greatness through integrity, vision, and emotional intelligence.
- **Balancing Competition and Inclusion:** Navigate the dichotomy between competitive drive and inclusive practices. Strive for success while **fostering collaboration and respect**.
- **Social Connection:** Recognize that meaningful relationships are the bedrock of ethical living and personal growth. Transcend differences to realize our collective potential.

As you craft your blueprint, consider how emerging technologies like AI can augment this process. These tools can offer data-driven insights and personalized strategies, enhancing your self-discovery journey. The use of AI as a mentor, as prescribed in this book, comes to the fore in the delivery of your AI-derived 'Personal Blueprint' (*Chapter 6: The Road to Your Destiny-AI Assessment and Destiny-Gram*).

Your Personal Blueprint will then not just be an e-document; but a living testament to your values and aspirations that can be monitored and reviewed and up-dated over time using Destiny-Gram's Progress Tracking System (PTS). And by focusing your personal development plans around the 10-secrets programme prescribed in this book, whatever your particular personality type and natural traits, I would encourage you to rise above some ingrained societal norms that may prioritize aggression over empathy, competition over cooperation, self-interest over care for others, and mediocrity in general over excellence in authenticity.

Let it guide you towards accomplishments that are not only remarkable but also rooted in compassion, collaboration, and universal respect.

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

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

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

**- Albert Einstein**

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*“Rule One - When crafting your Personal Blueprint, avoid an excessively self-centred approach that disregards others.”*

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Remember, true and lasting success stems from empathy, inclusivity, and collaboration, not aggressive tactics akin to "thunder and lightning" that may build short-lived empires but ultimately impede genuine growth and longevity.

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### **Only Bullies Bully**

*“In USA 2002 on a flight out of New York, business class. The stewardess was sweet but not experienced. A pompous and impeccably dressed English Businessman was sitting next to me. He had ordered a white wine which she served so nervously that a little spilt on his shirt. His reaction was quite out of proportion. He was on-route to a ‘very important meeting with clients’ and must not turn up soiled in any way nor smelling of alcohol at the fault of an airline who employs incompetent staff.*

*He demanded to speak to the chief stewardess and wouldn’t stop at that. The poor young stewardess’ embarrassment turned into a personal crisis for her, and she burst out crying. That didn’t mellow him, he stood up gesticulating in front of all passengers and shouted abuse and bullied even the ‘matron-looking’ chief stewardess. So, I quietly raised my full glass of red wine and poured it over his head. ‘I think I speak on behalf of the Captain who is otherwise engaged in saying - Leave her alone! And now that your shirt is properly soiled – blame me not the airline and apologise to your peers on my behalf.’”*

### **-Out of Darkness Cometh Light**

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“In the theatre of human dignity, sometimes the most poetic justice is poured from a glass, dyeing the emperor's new clothes with the crimson of humility.”

Some are perhaps more worthily considered important dignitaries due to their status but may wisely be far less obnoxious.

As an important dignitary pushed to the front of the queue at the airport check-in, demanding attention, the lady attendant calmly pointed to the back of the queue. He exclaimed “Do you know who I am?” – to which she activated the PA System. “There is a spectacled and grey-haired gentleman at check-in desk 42 who doesn’t seem to know who he is, if there is anyone who knows him, or knows of his predicament, they may come and collect him before I call security.”

In sharp contrast, there were country Presidents who were known for their humility and kindness, such as Roosevelt (FDR) and Lincoln, and even more significant, if not well known, President Jose Mujica of Uruguay perhaps the humblest President in the world..

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

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As you map out your life's Personal Blueprint, embrace humility and avoid a sense of superiority over others; because always there will persons greater or lesser than you. Strive to be wise and principled, but anchor your wisdom in humble gratitude, recognizing that personal growth flourishes in an environment of mutual respect and interconnectedness.

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### ***El Presidente***

*“In October 2010, I had the privilege of meeting President Sebastian Piñera of Chile at a reception in Lancaster House. The event coincided with the dramatic rescue of trapped miners in Chile's Atacama Region, drawing intense media attention.*

*Despite the chaos, I was struck by the President's willingness to engage in casual conversation amidst the frenzy.*

*Our chat veered towards an unexpected topic: the fierce rivalry between Chile and Peru over their beloved national spirit, pisco.*

*This grape brandy and its famous cocktail have long been a point of contention between the two nations, each claiming to be its true birthplace. While Peru is historically credited as pisco's origin, Chile has surpassed its neighbour in production quality and distribution.*

*Seizing the moment, I playfully challenged the President: "Can I ask you to step out of the limelight for a moment to defend Chile's claim as the birthplace of Peruvian pisco?"*

*President Piñera, a man Forbes estimated to be worth \$2.8 billion in 2019, responded with unexpected humility and wisdom. He mused, "Well, if you find an abandoned baby in the street, and you take it home, feed it, educate it, and raise it as your own - who is the real father?"*

*His response was a masterclass in diplomacy. Instead of a defensive rebuttal, Piñera artfully acknowledged Peru's historical claim while subtly highlighting Chile's role in nurturing and elevating pisco's global status. It was a humble yet pointed stance that spoke volumes about his leadership style.*

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

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**— Out of Darkness Cometh Light**

The anecdote renders credence to the ethos of humility whatever the circumstances. In 2011 Steve Jobs died at the age of 56 from pancreatic cancer, leaving a fortune of seven billion dollars and his last words and messages are a testament to these assertions.



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### **What Matters Most**

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

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

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

**- Steve Jobs**

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

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

Non-discrimination and eradication of prejudice is founded on the belief that we are all equal. The American Declaration of

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

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***I have a Dream***

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

**- Martin Luther King Jr.**

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

It's crucial to confront and dismantle personal prejudices (which we all have) before drafting a Personal Blueprint to prevent them from influencing the "Goals and Action Plans" which might depict discriminatory behaviour. This proactive approach safeguards the principles of justice, equity, and human rights. By fostering self-

awareness, empathy, and a commitment to embracing diversity, we can create an inclusive environment where everyone is valued, respected, and provided with equal opportunities to flourish.

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### ***Prejudice Exposed***

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

*The Forum's proceedings and conferences were high-level affairs, with delegate tickets selling for over US\$5,000. However, Day 4 proved to be a disappointment. Only hangers-on like myself were in attendance, and the panel consisted of new ministers from the newly formed African National Congress party led by Nelson Mandela (who was not present). One by one, each minister gave an incomprehensible, poorly thought-through, and poorly presented rendition of their plans and manifesto for the new South Africa.*

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

*I'm sure South Africa will one day have a full cabinet gambit of educated professional politicians who would impress me as much as that forward-thinking gentleman did with his analysis of the challenges facing South Africa. I later found him at the*

*evening reception and raised a glass to him. He truly knew his subject."*

***-Out of Darkness Cometh Light***

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“In the gallery of human perception, the most profound masterpieces often hang behind the curtain of our preconceptions, waiting for the moment we dare to look beyond the frame.”

## **Path to Your True Destiny - Secret Number Four**

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

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

*- Max Ehrmann*

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

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

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

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

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

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

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

***- A New York Blogger, 2020***

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Those who did or do admire Donald Trump, did or do so not just for his politics, but often for his (appealing to some) fighting spirit, ambition and sense of destiny.

**Balancing Strengths and Areas for Growth:** In so developing your 'Personal Blueprint' for success, it's crucial to recognize both your strengths and areas for improvement. Let's consider this example of Donald Trump, a polarizing figure who demonstrates both remarkable qualities and aspects of personality traits that could most certainly benefit from refinement. The measure of a person is a mix of personality, character, skills and passions – the mantra of this book's ethos.

**Strengths to Emulate:**

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

**Areas for Potential Growth:**

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

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

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

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

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

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

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

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

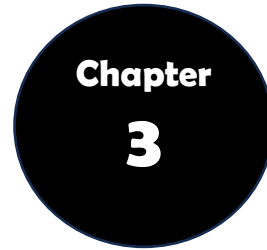
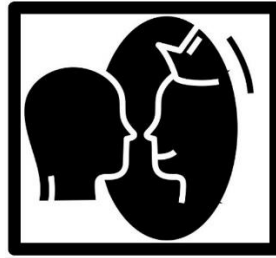


shareholders about his errors, demonstrating both humility and transparency.

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

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





## Path to Your True Destiny – Reflection Page

### Chapter 3: YOUR REAL DESTINY

#### "Crafting Your Personal Blueprint"

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

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

##### **You: My own Plan to put Mediocrity behind me in Areas that Matter (Setting a Personal Blueprint)**

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

## 4. DESTINY AND LIFE CHOICE

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

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

**- Aristotle.**

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

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

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

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

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

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### ***School Standards***

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

***- Charity Commissioners, 1861***

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In life's ongoing struggle to uphold standards, there exists a poignant irony. We constantly grapple with shifting measures—our cherished beliefs, our loved ones, our allegiance to country and faith, the precious gift of children, and the vast tapestry of family and community that shapes our identity. Yet, when we lose sight of these foundational pillars while chasing after wealth, power, and success, we risk losing touch with life's true purpose. Love, the enduring legacy we pass down through generations, anchors us in our mortality. Our children, the living embodiments of our hopes and dreams, carry forward our legacy into a future we may never witness—a reminder that our true imprint on the world lies not in fleeting achievements, but in the lives we nurture and inspire.

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

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

**- Robin Williams**

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



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

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

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

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

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

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

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

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

**Destiny  
Secrets**

**5**

## Path to Your True Destiny - Secret Number Five

### Confront Vices, Overcome Addictions, Champion Integrity

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

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

Don't seek to be seen to make the right changes for appearance sake. The true character of a person is what he or she does while nobody is looking.

Turn suffering into wisdom, complacency into service. Let compassion become your drug of choice, empathy your addiction. Exchange entitlement for gratitude, rigidity for understanding. Choose principle over pleasure, patience over impulse, conscience over convenience.

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

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### ***Sorry My Lord***

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

***- Out of Darkness Cometh Light***

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## “Well-Being And Happiness”

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

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

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

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

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

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

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

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

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### ***'Inconsiderata'***

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

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

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

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

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

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

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

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

**- Out of Darkness Cometh Light**

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## “Reality Check”

Reality checks are important to combat dreams not founded on achievable reality, or not followed up by the appropriate required action. An alcoholic who states he will take over the world, will often be found in the same bar the next day nursing a hangover. There is a place for scepticism, if not cynicism. Embarking on the pursuit of our dreams requires a grounded assessment of reality, a sincere examination that gauges the feasibility and significance of those aspirations. But consider the audacious goals set forth by visionaries like President Kennedy's mission to the moon or Elon Musk's quest to colonize Mars—these ambitions were in fact not whimsical fantasies but carefully considered possibilities.

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

Your reality check requires unwavering honesty, deep self-reflection, and a readiness to act on your findings. Destiny-Gram's personal profiling and AI-assisted life assessment on-line platform is designed specifically to help (*Chapter 6. “The Road To Your Destiny- AI*

*Assessment and Destiny-Gram*”). With perseverance and determination, you can pave the way toward realizing your dreams and cultivating a life rich in fulfillment.

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

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### ***Utopia in Aruba***

*“If you are lucky enough to visit Aruba, nicknamed One Happy Island you’ve found Paradise. There is no sense of war or bully bosses or threat of the end of the world in the sea air there. Although I imagined it must be so, maybe it’s not a perfect society or state of existence or place of supreme happiness- but its first impressions touched me. Aruba is an amalgamate of the various cultures that have occupied and lived on the island, including indigenous peoples of South America, descendants of African slaves, and Spanish and Dutch colonialists. The earliest inhabitants of the island were a peace-loving tribe, the Arawak Indians.*

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

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

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

**- Out of Darkness Cometh Light**

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"In the kaleidoscope of cultures, the brightest paradise is crafted not from a single hue, but from the harmonious blend of humanity's diverse palette, where beauty and consciousness dance in the gentle sea breeze of perspective."

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

In January 2016 Pope Francis, Head of the Catholic Church, seemingly found some congruence in this theme of common ground for believers, appeasing many of the Christian gospel pure in the process. The Pope's prayer intentions were declared, with comment about belief in both God and Love from an Islamic leader, Catholic priest, a

Rabbi and the latter also by a Buddhist Lama whose philosophy doesn't even proclaim belief in a specific God.

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

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

## **Path to Your True Destiny - Secret Number Six**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- **Albert Einstein**

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

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### **Alpha Ant**

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

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

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

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

*The ant barely paused before retorting, 'What have you been smoking, mate? Don't waste my time with nonsense about things you can't see, touch, or influence. I'm busy; dreamer!' I was taken aback. Not only was this Chinese ant surprisingly fluent in English, but he also seemed remarkably intelligent and dedicated to his life's purpose - or at least his instincts. Perhaps everything he does is in his queen's best interests? I wondered if he had a wife, children, or even a secret lover on the side.*

*While I knew little of his life, he certainly didn't know enough of mine to be so dismissive. Too preoccupied to even listen or contemplate the merit of my cosmic musings. Not stupid, certainly, but undeniably arrogant and opinionated. Perhaps he's an alpha ant?*

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

**- Out of Darkness Cometh Light**

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“In the bar of consciousness, where philosophers and insects rub elbows, the wisest patrons recognize that the most profound dialogues often occur between the dreamer who sees galaxies in a glass and the pragmatist who finds purpose in a crumb.”

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



## “Navigating Idealism and Pragmatism”

In our complex modern world, it's easy to become cynical when ideals clash with harsh realities. However, dismissing higher aspirations as naive overlooks the transformative power of perspective. While pessimism often stems from narrow thinking, blind optimism is equally unhelpful. True progress requires a clear-eyed vision that acknowledges difficulties while refusing to be defined by them.

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

The Path Forward involves navigating our inner and outer worlds, we must move beyond false binaries of optimism versus pessimism, idealism versus realism. Reality contains multiple layers, some visible and some hidden. The realm of meaning often resides in subtler domains beyond surface appearances. With care and courage, we can elevate our reality rather than diminish it.

Our history is a story founded on ‘Progress by War and Violence’. Even figures traditionally associated with non-violence, such as Jesus of Nazareth, spoke of bringing discord and disturbing peace (*Matthew 10:34-35, Luke 12:49-53*).

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

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

**- Neville Chamberlain**

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

Human beings have remained fundamentally unchanged in their physical and psychological constitutions, including the capacity to express primal emotional responses such as fear, anger, or sadness. The modern era presents a paradox: the capacity for mass destruction coexists with enlightenment-inspired ideals of autonomy, justice, liberty, and popular sovereignty. At the heart of our progress lies a chilling contradiction – the most devastating and systematic extermination of human life occurs at the very moment when that life is nearly universally considered sacred and precious.

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

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

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

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

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

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**Personal Blueprint in a Complex World:** International institutions like the UN and NATO, founded on principles of peace and shared values, have not prevented conflicts and tensions globally such as the Iraq War, the Russian-Ukrainian conflict under Putin's leadership, or Hamas and the plight of the Palestinians in Gaza. Similarly, our personal philosophies and belief systems are human constructs aimed at guiding behaviour and fostering inner peace.

The challenge lies in crafting a unique *"Personal Blueprint"* tailored specifically to you, rather than mirroring others' ideals or prejudices. This book, along with AI-assisted tools like Destiny-Gram, aims to help you develop this blueprint, acknowledging all aspects of your reality – even the difficult ones.

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



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

In the grand tapestry of existence, we find ourselves thrust into a complex world, grappling with the profound mystery of conscious life. This begs the question: What purpose does our self-aware consciousness serve? Why not ignore it, and just get on with life.

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

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

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

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

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

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

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

Ultimately, our shared purpose is to fully engage with the human experience in all its complexity. To embrace both its joys and sorrows, to witness the fleeting gift of existence, and to share it in communion with others. This, in itself, is everything. If it sounds too deep, close your eyes and hold your breath until you feel otherwise.

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

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

While multiple factors may contribute to your sense of life purpose, , there's often a primary driving force—your "Higher Purpose" or inner calling. Without this anchor, you risk drifting through life, potentially

facing regret in later years. Ultimately, the reason for being is a deeply personal question that requires self-reflection, introspection, and a willingness to explore one's own beliefs, values, and experiences. It is up to each individual to determine their own purpose and meaning in life, with or without the benefits of AI-mentoring and assistance.

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

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

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

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



*The Venn Diagram*

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

*I prepared my text message: 'Babe, you must text me back 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 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, US dollar bills spread across the bar. I felt for him, his emotional state was more than palpable. However, it was- Drinks all round! "*

### ***-Out of Darkness Cometh Light***

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"In the dim light of a wayward tavern, where bravado and sorrow share the same barstool, a father's love proves stronger currency than dollars, and victory tastes bittersweet when it illuminates another's loss."

**Steve Jobs** - A Tale of Passion, Perseverance, and Purpose. The visionary co-founder of Apple was not just a business icon but also a committed family man and inspirational leader. He famously said,

*"The people who are crazy enough to think they can change the world are the ones who do."* Jobs' journey is a testament to both triumph and tribulation, illustrating the power of resilience and unwavering passion, perseverance, and purpose.

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

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

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

## “Authenticity”

Authenticity has its challenges in a cynical world where so many superficially strive to be special and get noticed. A world in which politicians kiss babies for photo ops, CEOs preach corporate values without embodying them, and some religious leaders fail to practice what they preach. Authenticity has become a rare and valuable commodity. The 'Emperor's New Clothes' syndrome is all too prevalent, with charlatans often being the loudest proponents of virtue.

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

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

As you embark on your quest for purpose—be it an inner calling, a personal blueprint, or your reason for being—it's crucial to avoid cynicism and engage in honest self-reflection. The final chapter, *“The Road to Your Destiny,”* delves deep into the concept of 'Self-Assessment,' employing modern AI-tools which prove a priceless aid in this introspective journey to self-actualization.

While some scepticism about AI's role in personal development is natural and even healthy, it's important to understand the power and limitations of this technology. AI algorithms have demonstrated

remarkable capabilities in analysing vast amounts of data and identifying patterns that might escape human observation, but AI is more than just applying an algorithm to a data set.

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

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

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

*- Don Richard Riso (‘The Practical Guide to Personality Types –  
Understanding the Enneagram’)*

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## **Path to Your True Destiny - Secret Number Seven**

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

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

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

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

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

**Family First:** A compelling dream—a vision well within the grasp of modern humanity and public consciousness, a world of countries, irrespective of politics, religion, or culture , that places the sanctity of childhood at the forefront of our collective priorities.

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### ***Utopia***

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

### **- *Out of Darkness Cometh Light***

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Many would view this a departure from an emphasis on personal ambitions and the pursuit of individual destinies – but engaging in acts of service and nurturing children doesn't diminish our rights or capabilities to pursue personal goals; rather, it enriches the journey.

By investing in the well-being of future generations, we reaffirm the fundamental aspects of our humanity—our capacity for empathy, compassion, and altruistic love. We recognize the intricate interconnection between our individual destinies and those of the generations to come, acknowledging our role as stewards of the world they will inherit. In this sacred commitment to nurturing, we unearth



a deeper sense of purpose and a legacy of profound significance that transcends the confines of personal ambition. Indeed, by prioritizing service to others, we often find our own personal goals are not hindered, but rather enhanced in their pursuit.

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

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

**- Out of Darkness Cometh Light’**

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

*“Do enough for others that it's impossible for them to keep account of what they owe you or what you've done.  
Lose the account yourself, expect nothing in return.  
Tell the people in your life that you appreciate them as often as you can. There may be a day when you can't.  
Tell Your kids and spouse that you love them, often and every night.  
Remind yourself what it is you love about them.  
Look for ways to be kind and helpful, there are plenty to find. Do things without telling others you've done them. Don't even remind yourself. Do acts of kindness, then let them go.  
Spend time mindfully changing yourself towards kindness and patience. At the end of your life, which could be any moment, let the ones that knew you have lived a better life because you were there.*

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

**- Eric Overby**

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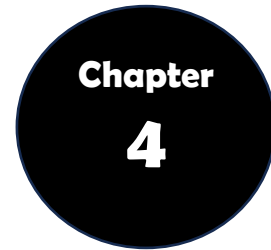
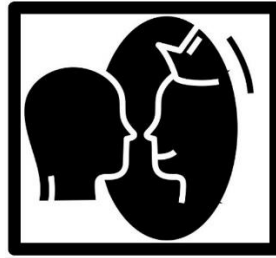
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### **The Rule- Emulate Enneagram Type 2 in Loving Others**

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

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

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## Path to Your True Destiny – Reflection Page

### Chapter 4: DESTINY AND LIFE CHOICES

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

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

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

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

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

## 5. SEX AND YOUR DESTINY

### “The Sexuality of All Things”

#### **The Multifaceted Impact of Sexuality on Happiness and Destiny:**

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

#### The Spheres of Influence

1. **Physical and Emotional Well-being:** Healthy sexual experiences can significantly enhance both physical and emotional health. They contribute to stress reduction, improved cardiovascular health, and an increased sense of overall well-being. Moreover, positive sexual encounters can strengthen intimate relationships, fostering deeper emotional connections and intimacy.
2. **Reproductive Choices:** Sexual activity plays a pivotal role in reproductive decisions, which can fundamentally alter one's life trajectory. The choice to have children or remain childless impacts relationships, career paths, and lifestyle in profound and lasting ways.
3. **Values and Beliefs:** For many, sexuality is inextricably linked to deeply held personal and moral values. Sexual choices that align with these values often lead to greater self-esteem and fulfillment, while those that conflict may result in feelings of guilt, shame, or regret.
4. **Sociocultural Dynamics:** Sexuality is shaped by and, in turn, shapes social and cultural norms. These norms vary widely

across different societies and communities, influencing social standing, relationships, and opportunities.

5. **Risk Management:** Responsible sexual behaviour necessitates an understanding and management of potential risks, including sexually transmitted infections, unintended pregnancy, and emotional or physical harm.

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

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

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

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

While influenced by a myriad of factors – biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious,

and spiritual – the core components of healthy sexuality remain consistent: Caring, Sharing, Liking, Trusting, Protecting, and Emotional Risk-Taking. It is not about conquest, self-gratification, or domination.

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

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### ***Airbus Brothel***

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

*The Airbus A380, the world's largest passenger airliner, presented a novel experience on my frequent hub-to-hub flights between Dubai and London. This behemoth of the skies, with its full-length double deck, can accommodate up to 853 passengers, though it typically seats a mere 525. As I settled into my upper deck seat, I couldn't help but feel a twinge of nostalgia, reminiscent of my schoolboy days riding atop double-decker buses. The key difference? This time, I was sipping champagne dictating minutes of a meeting, instead of sucking on a juice box, cribbing my homework off a friend.*

*As the bubbly worked its magic, my mind began to wander, and I found myself pondering a rather risqué concept: the 'Airbus Brothel'. What if, I mused, this plane was filled with all the women I'd had close or intimate relations with throughout my life? I'd long ago lost count, but surely it was more than 525,*

*though hopefully shy of the maximum 853 capacity. How many faces would I recognize? How many would greet me with a smile, and how many with a scowl?*

*The sobering realization hit me: I'd be hard-pressed to recall even 10% of the names of the ladies in the least committed relationships, least less they mine no doubt. How shameful to have remembered so few. I consoled myself with the hope that, at the very least, they remembered me with warmth, affection, and some satisfaction. After all, what else was it all for, few marry their first love these days?*

*I reflected on the varied nature of these friendships and encounters - some through lonely encounters, others fuelled by partying and alcohol, and a few motivated by financial interests, or just the hope of having a good time. Yet, I prided myself on always striving to show understanding, warmth, and affection, even to relative strangers, least likely to become long term partners. Most relationships, however fleeting, can be surprisingly uplifting, given the right circumstances and person.*

*As the Airbus barrelled down the runway, I found myself muttering names under my breath. This peculiar habit was a remnant of my younger days when I'd scribbled names of hopeful girlfriends in a little black book.*

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

*Then I broke into song... 'MAMBO NO. 5'  
A little bit of Rita is all I need  
A little bit of Tina is what I see  
A little bit of Sandra in the sun  
A little bit of Mary all night long  
A little bit of Jessica here I am  
A little bit of you makes me your man"*

***-Out of Darkness Cometh Light***



While the concept of compiling or memorizing such lists may seem juvenile, there's an undeniable light-heartedness, even mischief, in songs that celebrate these experiences.

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

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***Unfaithfulness neither Forgiven nor Forgotten***

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

- **Greg Malpass**

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

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

- **Dr Schwartz**

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

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

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### ***In-Flight Entertainment***

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

- ***Out of Darkness Cometh Light***

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### **The Perfect Marriage**

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

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

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

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

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

**- Out of Darkness Cometh Light**

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

**- Diana Trilling**

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

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

## **“The Importance of having a Lover”**

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

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

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

**- Dr. Jorge Bucay**

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

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

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

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

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

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

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

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

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

**- Norman Cousins**

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## Path to Your True Destiny - Secret Number Eight

### Embrace Healthy Sexuality: Pleasure with Responsibility

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

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

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

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





## “Centres of Energy and Intelligence”

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

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

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

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

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

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

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

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

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

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

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

Male dogs for example seem to enjoy frequent, satisfying sex, and always seem happy. They 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. Their happiness seems to be very much in the 'now'. They perform the 'Dance of Extreme Happiness' which involves spinning around in super-excited circles while trying to bite at where your balls once were.

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### ***A Woman's Best Friend***

*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."*

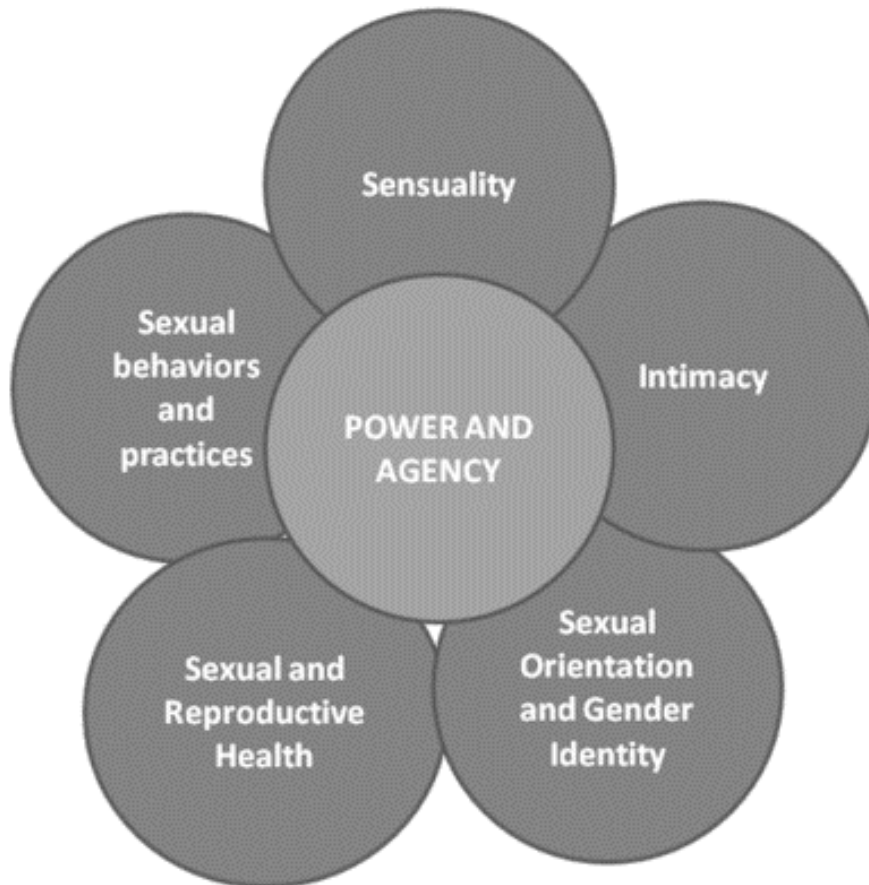
**- Deborah Ross**

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Deborah Ross is the proud owner of a labradoodle called Monty-Thank you for the enlightenment.

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

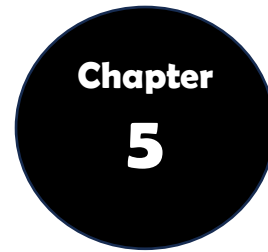
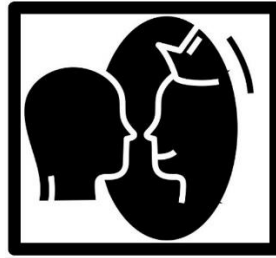
Dr. Dennis Dailey, professor emeritus, of the University of Kansas School of Social Welfare, viewed human sexuality through a strength's perspective lens as highlighted in his Circles of Sexuality model (*Dailey, 1981*): Promoting a Strengths-based Model Within Social Work that Provides a Holistic Framework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



- *Dennis Dailey*

In meaningful, long-term relationships, sex should transcend the physical realm, becoming a spiritual experience that facilitates a connection with a "Higher Purpose." Fully embracing sex in its truest form can lead to a profound state of transcendence, where body, heart, and mind converge. This transcendent state, characterized by pleasure, selflessness, and deeper realms of sensation and energy, requires no specific religious beliefs or adherence to Eastern philosophies. It simply calls for the uniquely human capacity to love.

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



## Path to Your True Destiny – Reflection Page

### Chapter 5: SEX AND YOUR DESTINY

#### "Integrating Intimacy and Purpose"

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

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

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

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

## 6. THE ROAD TO YOUR CHOSEN DESTINY

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

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

To illustrate the gravity of relationship mismanagement, consider this poignant story (*cf.* "Out of Darkness Cometh Light"). The diary entry of this neglected wife serves as a chilling reminder of the pain caused by neglect and misplaced priorities:

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### ***Relationship Mismanagement***

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

*me he will take care of me, look after me for the rest of his life, and that he loves me always. He was a man with a caring and loving personality, a gentleman of my dreams, but that man is there no more.....*

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

**- Out of Darkness Cometh Light**

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

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

Family turmoil can significantly influence one's path, as can other factors, such as financial problems, but they need not be insurmountable barriers to realizing one's destiny. Those in poverty can overcome by taking control of their circumstances and mindset, refusing to accept their circumstances as immutable. The middle class often believes in the power of choice to shape their future, while the



affluent bear the responsibility of 'noblesse oblige' – their life is already a destiny unto itself. They have a moral obligation given their privileged station to act with honour, kindness, and generosity. There should be no avoiding that.

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

**- Jean De La Fontaine**

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

*"The journey of self-discovery is a winding path, fraught with befuddling uncertainties that only rigorous self-examination can clarify. It is a process of shedding layers of preconception, of chiselling away at the ossified shells we construct around our authentic selves, until at last we are rendered transparent to our own truth. Only then can we spiral upward, transcending the constraints that once bound us, emerging into the radiant ether of our highest potential and destined calling."*

**- Anonymous**

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## “Becoming Your Personal Best”

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

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

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

The 'Destiny Secrets' revealed in the previous chapters so far have been curated to illuminate key aspects that will impact your future - Wisdom, Integrity, Work Ethic, Resilience, and Purpose. These principles, when internalized and consistently applied, are designed to serve as powerful catalysts for personal growth and self-discovery.

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

1. **Embrace Emotional Intelligence:** in the Age of AI, balancing human insight with technological advancement.

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

Summarising these in one sentence- *“The secrets are predicated on holistic well-being, encompassing relationships, family, intellectual growth, physical health, and spiritual fulfilment, as well as altruistic dedication to others”.*

While personal objectives along your journey to destiny are cultivated rather than prescribed, they will inevitably differ for each individual – they are ‘bespoke’ to you. These goals serve as intermediate milestones rather than ultimate destinations, spanning generic domains such as physical wellness, financial stability, personal development, familial relationships, spiritual growth, social connections, and professional aspirations.

However, the true essence lies not in these individual goals, but in your ultimate vision—your deepest aspiration, the person you strive to become. Pursuing this vision constitutes your true destiny, fuelling unwavering determination, creativity, and inspiration. In realizing

profound fulfilment through your endeavours, you'll naturally elevate those around you and potentially catalyse change on a broader scale.

As we reflect on the 'Destiny Secrets' unveiled, we recognize their pivotal role in preparing your mindset for personal growth and self-actualization.

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***Becoming Your Personal Best***

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

***- Tony Robbins***

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## Path to Your True Destiny - Secret Number Nine

### Cultivate Excellence and Self-Awareness

***“The journey of self-discovery is a winding path, fraught with befuddling uncertainties that only rigorous self-examination can clarify. It is a process of shedding layers of preconception, of chiselling away at the ossified shells we construct around our authentic selves, until at last we are rendered transparent to our own truth. Only then can we spiral upward, transcending the constraints that once bound us, emerging into the radiant ether of our highest potential and destined calling.”***

In our penultimate exploration of the path to your self-actualization, we delve into the crucial practice of cultivating excellence and self-awareness. This secret draws upon and synthesizes the insights from our previous eight secrets, challenging us to develop a growth mindset, set high standards, and use self-reflection as a tool for continuous improvement.

## **The first 8 Secrets: Embark on your Journey of Self-Discovery and Growth.**

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

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

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

1. **Emotional Intelligence:** Theory into Practice - Exercise: Identify a recent emotional reaction you had. Write down: a) The situation b) Your emotion c) Your response d) The outcome.



Now, reimagine the scenario using emotional intelligence. How could you have responded differently? What might the new outcome be? [eg – A Domestic Row and Fall-Out instead of Quiet Reflection].

2. **Rejecting Mediocrity:** Theory into Practice - Exercise: Choose one area of your life where you've been settling for "good enough." List three specific actions you can take this week to elevate your performance or experience in this area. Commit to implementing these actions and journal about the results. [eg. Completing a Project by Quarantining yourself, Working longer hours and seeking an AI-Mentor].
3. **Transcending Ego:** Theory into Practice - Exercise: For one day, practice active listening in every conversation. Focus entirely on understanding the other person's perspective without interjecting your own opinions. At the end of the day, reflect on how this changed your interactions and what you learned about others and yourself. [eg. Letting a Mentor Review your precious Plans from their Perspective, and Heading the Advice].
4. **Personal Moral Blueprint:** Theory into Practice - Exercise: Write down your top five personal values. For each value, describe a recent situation where you lived up to this value, and another where you fell short. What can you learn from these experiences to strengthen your moral compass? [eg. Giving not hoarding, Listening not ignoring, Doing not procrastinating, Enjoying not complaining, Leading not following].
5. **Confronting Vices:** Theory into Practice - Exercise: Identify one habit or behaviour you want to change. Create a plan to address it using the following steps: a) Define the trigger b) Identify the reward you're seeking c) List three alternative behaviours that could provide a similar reward d) Commit to trying these

alternatives for one week and track your progress [eg - Work and Exercise instead of Social Drinking].

6. **Personal Reality Check:** Theory into Practice - Exercise: Write a letter to yourself from 10 years in the future. What advice would your future-self give you? What accomplishments would they celebrate? What mistakes would they warn you about? Use this perspective to assess your current path and priorities. [eg. Spending as much Time with Family as Possible].
7. **Aligning Dreams with Life Purpose:** Theory into Practice - Exercise: Create a Venn diagram with three circles: "What I'm good at," "What I love doing," and "What the world needs." In the overlapping centre, list potential pursuits or careers that satisfy all three criteria. Choose one to explore further this month. [eg. Speaking, Writing, Counselling – Teaching].
8. **Embracing Healthy Sexuality:** Theory into Practice - Exercise: Reflect on your beliefs about intimacy and sexuality. Write down any negative or limiting beliefs you hold. For each one, write a positive, empowering alternative. Commit to consciously replacing these limiting beliefs with the empowering ones over the next month. [eg. Temptation, Adultery – Commitment to Fidelity].

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

As you integrate these principles and hypothetical exercises into your thought process, you'll then be better equipped than most to move forward and undertake your '*Destiny-Gram A.I. Assessment Test*' with an open and honest mind. This final step will help clarify your true

desires and the actions needed to fulfil your unique potential and achieve happiness and well-being (*Chapter 6, AI-Assessment and Destiny-Gram*).

**Well-Being:** The PERMA™ theory of well-being is an attempt to answer these fundamental questions. According to the theory, there are five building blocks that enable flourishing –

*“Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment”*

and there are strategies to increase each.

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### **Clarity**

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

### **Authors adaptation of Dr. Seligman’s theory**

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“In the alchemy of living, the wisest adepts blend the elixir of hope with the grounding minerals of reality, distilling a potion that fuels both the fire of ambition and the steady flame of inner peace.”

The theory of Dr Seligman, an American psychologist, is refreshingly simple and, as does Desiderata, emphasizes the importance of balance in life, suggesting that finding our purpose and living fulfilling lives requires a careful blend of seemingly opposing forces - optimism and pragmatism, persistence and flexibility, connection and solitude.

Throughout the book I have promoted the ‘golden rule’ and ‘good karma’ of helping others generously. Coincidentally this trait is most commonly, although of course not exclusively, found in an *Enneagram*

*Personality Type 2. Emphasised in Secret 7: 'Loving Others' - the description is repeated here for emphasis.*

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### ***Enneagram Type Two***

*"To love others selflessly is an extraordinary achievement – one of human nature's highest powers. If you have achieved the ability to love others unselfishly, you are 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*

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

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

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

what you achieve. Stay true to your ethical compass and trust the journey.

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

### **Reconsider Desiderata:**

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#### ***Consider Desiderata***

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

*soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."*

- Max Ehrmann

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**Max Ehrmann's 'Desiderata' serves as – “A profound reflection of the principles we've explored throughout our journey on the path to actualization”.** It echoes our emphasis on emotional intelligence, rejecting mediocrity, transcending ego, setting a moral blueprint, confronting vices, embracing self-belief, pursuing passions, and celebrating healthy relationships. The poem's wisdom aligns beautifully with self-actualization, reminding us to find peace amid chaos, avoid comparison, be authentic, and strive for happiness.”

As we near the end of our journey, "Desiderata" offers a fitting summation of our entire exploration. It reminds us that self-actualization is not a destination but a continual unfolding—a daily choice to embrace these principles, to grow, to love, to seek purpose, and to strive for our highest potential.

Our path to cultivating excellence and self-awareness involves integrating all the previous secrets into our daily lives. It's about finding balance and peace in chaos, rejecting mediocrity while avoiding harmful comparisons, transcending ego while cultivating deep love, living authentically according to our moral blueprint, confronting our vices, believing in ourselves, pursuing our passions, and embracing all aspects of our being, including our sexuality.

As we strive to ‘cultivate excellence and self-awareness’ and ‘align our life purpose with destiny’, Desiderata’s worthy endeavour encourages us to:

## Aligning Desiderata with the Secrets to Self-Actualization:

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### ***Desiderata and Self-Actualization***

1. *"go placidly amid the noise and the haste" Desiderata reminds us that in our quest for self-actualization, we must find balance and peace even in the chaos of life, echoing our emphasis on embracing emotional intelligence and the importance of maintaining inner calm while navigating life's challenges.*
2. *We've learned to reject mediocrity, yet Desiderata wisely cautions, "If you compare yourself with others, you may become vain or bitter." Our path is uniquely our own, and true self-actualization comes not from outperforming others, but from seeking excellence by continually surpassing our own best selves.*
3. *In transcending ego and cultivating deep love, we align with the advice to "be on good terms with all persons" and to not be "cynical about love." Our exploration of healthy sexuality and relationships resonates with the reminder that love "is as perennial as the grass," a fundamental aspect of the human experience.*
4. *Setting a personal moral blueprint finds kinship in the words, "Be yourself. Especially do not feign affection." Our authenticity is our strength, and it is through genuine self-expression that we align our dreams with our life's true purpose. And in terms of never bullying or letting oneself be bullied Ermann advises to "Avoid loud and aggressive persons; they are vexatious to the spirit."*
5. *As we confront vices and champion integrity and growth, we heed the advice to "exercise caution in our business affairs" while not letting this "blind us to what virtue there is." We recognize that "everywhere life is full of heroism," including in our own efforts to grow and improve.*

6. *Our personal reality checks are reflected in the gentle reminder that we are "a child of the universe" with "a right to be here." This cosmic perspective helps us connect with a greater purpose, understanding that "whether or not it is clear to us, no doubt the universe is unfolding as it should."*
  7. *Aligning our dreams with our true-life purpose is displayed virtuously by so many as "many persons strive for high ideals, and everywhere life is full of heroism". But even where dreams may not be so bold Ehrmann asks you to "Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time"*
  8. *Finally, in embracing healthy sexuality and nurturing all aspects of our being, we practice being "gentle with yourself," recognizing the importance of self-care and self-love in our journey to self-actualization.*
- 

"We strive to keep peace in our souls with the integration of secrets in our lives. We acknowledge that the path to self-actualization is not always smooth, but with all its sham, drudgery, and broken dreams, it is still a beautiful world."

Our destiny, then, is not a fixed point we reach, but a continual unfolding—a daily choice to embrace these principles, to grow, to love, to seek purpose, and to strive for our highest potential. In doing so, we not only work towards our own self-actualization but contribute to the beauty and richness of the world around us.

We not only work towards our own self-actualization but contribute to the beauty and richness of the world around us. As "Desiderata" concludes, and as we prepare for our final secret, let us remember to "be cheerful" and "strive to be happy." For in this striving, in this conscious choice to seek joy and meaning, we find the very essence of self-actualization and the fulfilment of our unique destiny.



**Destiny  
Secrets**

**10**

**Path to Your True Destiny – Secret Number Ten**

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

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

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

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

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

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

## “Decrypting Anecdotes”

### The Anecdotes:

Please refer back to the book’s Chapter 1 (*The End of the Beginning*) where you were first presented with the short cryptic anecdotal summaries, repeated below, and invited to write an even shorter impromptu statement, based on how they related in any way to your own life experiences.

With the benefit of having now absorbed the 10 Secrets to Self-Actualization, and the full 30 anecdotes that complement them, let us revisit the encryption, analysis and summaries of the anecdotes and their alignment with the book’s overall message about self-analysis and the search for purpose and destiny.

Based on the analysis please revise your ‘personal statement’ for each, according to any of your own life experiences, which reflect or are more closely related to the secret portrayed in the anecdote.

- 1. The University of Life:** In the grand symphony of existence, some collect letters after their name, while others compose a masterpiece with the notes life hands them.

*This sentence captures several key elements of the anecdote:*

- *It contrasts Paulo's collection of academic credentials ("collect letters after their name") with Terry's practical life experiences.*
- *The metaphor of a "symphony of existence" alludes to Terry's career as a musician, while also suggesting the harmony one can achieve in life.*
- *"Compose a masterpiece with the notes life hands them" refers to Terry's ability to find fulfilment and success despite limited formal education, making the best of his circumstances.*

- *The overall tone suggests that true success and fulfilment come from how one uses their experiences and opportunities, rather than from accumulating credentials.*

This summary aligns with the book's overall message about self-analysis and the search for purpose and destiny by implying that one's life path is not determined by formal education alone, but by how one navigates and utilizes their unique experiences.

**The University of Life:** Aligns with **Secret 9** (Cultivate Excellence and Self-Awareness), as it emphasizes the value of life experiences in personal growth.

**Your Revised Personal Statement:**

<i>"The University of Life and Life Experiences have taught me ..</i>

**2. The Dichotomies of Existence:** On life's chessboard, each move between black and white squares writes a story, but the king's heart always protects its princesses.

*This sentence captures several key elements of the anecdote:*

- *The chess metaphor ("life's chessboard") represents the strategic choices one makes in life.*
- *"Move between black and white squares" symbolizes the stark dichotomies faced by the protagonist (e.g., ethics vs. corruption, fidelity vs. adultery).*
- *"Writes a story" alludes to the narrative of one's life being shaped by these choices.*
- *"The king's heart always protects its princesses" refers to the unconditional love for his daughters that remained constant despite the turmoil.*

- *The chess theme also subtly nods to the idea of an "ordinary" life (as most chess pieces are pawns) containing profound lessons.*

This summary aligns with the book's overall message about self-analysis and the search for purpose and destiny by highlighting how life's crucial decisions shape our path, while also emphasizing that certain core values (like love for family) can remain constant amidst change and challenge.

**The Dichotomies of Existence:** Relates to **Secret 4** (Set a Personal Moral Blueprint), illustrating the importance of maintaining one's values amidst life's complexities.

**Your Revised Personal Statement:**

<i>"Life's a Dichotomy but my redeeming personal factor is ...</i>

**3. Head or Heart:** In the theatre of leadership, the greatest performances harmonize the whispers of the heart with the calculations of the mind, while lesser acts stumble in discord.

*This sentence captures several key elements of the anecdote:*

- *The metaphor of "theatre of leadership" alludes to the public nature of leadership decisions and their far-reaching consequences.*
- *"Greatest performances harmonize" refers to successful leaders like Mandela who balance emotion and reason.*
- *"Whispers of the heart" represents intuition and emotional intelligence, while "calculations of the mind" symbolizes logical reasoning.*

- *"Lesser acts stumble in discord" alludes to leaders like Nixon who fail to balance heart and head, leading to negative outcomes.*
- *The theatrical theme subtly suggests that leadership decisions are often performed on a grand stage, with significant impact on others.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the importance of balancing emotional intelligence with logical reasoning in decision-making. It suggests that finding one's true purpose and making impactful decisions requires a harmony between heart and mind, a crucial aspect of personal growth and effective leadership.

**Head or Heart:** Connects to **Secret 1** (Embrace Emotional Intelligence), demonstrating the need to balance rational thinking with emotional understanding.

**Your Revised Personal Statement:**

<i>" When my Head and Mind were best in gear together I ...</i>

**4. Sweet Suzie:** Sometimes, rock bottom has a face, and its grim visage can be the mirror that reflects the path to redemption.

*This sentence captures several key elements of the anecdote:*

- *"Rock bottom has a face" refers to the shocking encounter with "Sweet Suzie," which represented the nadir of Dave's alcoholism.*
- *"Grim visage" alludes to the unsettling description of Suzie and the overall disturbing nature of the experience.*

- *“Mirror that reflects” suggests how this encounter served as a stark reflection of Dave’s life choices and their consequences.*
- *“Path to redemption” indicates how this shocking experience became the catalyst for Dave’s sobriety.*

This summary aligns with the book’s overall message about self-analysis and the search for purpose by highlighting how even the most unexpected and unsettling experiences can lead to profound personal transformation. It suggests that sometimes, the harshest realities can serve as the most effective catalysts for change, pushing us towards our true purpose and a healthier life path. The cryptic nature of the summary invites readers to reflect on their own “rock bottom” experiences and how they might serve as turning points in their lives.

**Sweet Suzie:** Reflects **Secret 5** (Confront Vices and Champion Integrity), showing how confronting one’s mistakes can lead to personal transformation.

**Your Revised Personal Statement:**

<i>“When rock bottom hit, I put it down to experience and ...</i>

- 5. A Young Person’s Perspective:** Through the prism of youth, even the weathered stones of experience can shine with the lustre of admiration and possibility.

*This sentence captures several key elements of the anecdote:*

- *“Prism of youth” refers to the 15-year-old narrator’s perspective, suggesting how young people view the world differently.*
- *“Weathered stones of experience” alludes to the father’s life experiences, both good and bad, that have shaped him.*
- *“Shine with the lustre of admiration” reflects the daughter’s deep respect and admiration for her father despite (or because of) his challenges.*
- *“Possibility” hints at the potential the young narrator sees in her own future, inspired by her father’s resilience and character.*

This summary aligns with the book’s overall message about self-analysis and the search for purpose by highlighting how our perspectives on life and purpose can be shaped by those we admire, especially at a young age. It suggests that understanding and appreciating the experiences of others, particularly our role models, can be a crucial step in forming our own values and aspirations. The cryptic nature of the summary invites readers to reflect on their own youthful perspectives and how they’ve been influenced by the important figures in their lives.

**A Young Person's Perspective:** Embodies **Secret 7** (Align Your Dreams with Your Life's True Purpose), showcasing the power of youthful admiration in shaping one's aspirations.

**Your Revised Personal Statement:**

<i>“Oh how I wish all was so perfect as I thought it was when...”</i>



**6. Twenty Years On:** Love's tightrope stretches between enabling and abandonment, where tough love becomes the balancing pole for both walker and watcher.

*This sentence captures several key elements of the anecdote:*

- *"Love's tightrope" represents the delicate balance in relationships affected by addiction.*
- *"Enabling and abandonment" refers to the two extremes the writer is trying to avoid - continuing to support destructive behaviour or completely cutting ties.*
- *"Tough love" alludes to the difficult decision to set boundaries and withhold financial support.*
- *"Balancing pole" suggests that this approach of tough love is necessary for both parties to maintain equilibrium.*
- *"Walker and watcher" represents both the addict (walking the tightrope) and the loved one (watching anxiously), indicating that the situation affects both parties.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how relationships, especially those strained by addiction, require careful navigation and self-reflection. It suggests that finding one's purpose sometimes involves making difficult decisions about how to interact with loved ones, setting boundaries, and balancing personal well-being with the desire to help others. The cryptic nature of the summary invites readers to reflect on their own relationships and how they balance love, support, and personal boundaries in challenging situations.

**Twenty Years On:** Illustrates **Secret 3** (Transcend Ego and Cultivate Deep Love), highlighting the challenges and importance of maintaining loving relationships.

**Your Revised Personal Statement:**

<i>"Oh how I redeemed myself when things were low by ...</i>

**7. Dear Headmistress:** In the garden of young minds, dedicated gardeners plant seeds of character that bloom long after leaving the nursery, and thank the tender garden tenderers as you should.

*This sentence captures several key elements of the anecdote:*

- *"Garden of young minds" refers to the school environment where children's intellects and characters are nurtured.*
- *"Dedicated gardeners" represents the teachers and staff at Newbridge Preparatory School.*
- *"Seeds of character" alludes to the values, skills, and knowledge imparted to the students.*
- *"Bloom long after leaving the nursery" suggests the lasting impact of the education, extending beyond the school years.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the crucial role that early education plays in shaping one's character and future path. It suggests that the foundation laid during our formative years significantly influences our ability to find and pursue our purpose later in life. The gardening metaphor emphasizes the care, patience, and dedication required in nurturing young minds, while also implying that the full results of this nurturing may only become apparent much later.

The cryptic nature of the summary invites readers to reflect on their own educational experiences and how they've shaped their character and life trajectory. It also encourages

consideration of the long-term impact of our actions, especially when it comes to influencing and educating others.

**Dear Headmistress:** Connects to **Secret 9** (Cultivate Excellence and Self-Awareness), emphasizing the role of education in personal development, and the benefit of giving thanks and praise, where deserved, in inter-personal relationships.

**Your Revised Personal Statement:**

<i>"The best investment I ever made in a loved one was..."</i>

**8. Mistakes Offer Guidance:** In the alchemy of self-discovery, our missteps are the base metals transmuted into the gold of wisdom, forging a compass that points towards our truest north.

*This sentence captures several key elements of the anecdote:*

- *"Alchemy of self-discovery" refers to the transformative process of personal growth and self-realization.*
- *"Missteps are the base metals" suggests that our mistakes and failures are raw materials for growth.*
- *"Transmuted into the gold of wisdom" implies that through reflection and learning, we can transform our errors into valuable insights.*
- *"Forging a compass" indicates that this wisdom gained from mistakes helps guide our future actions and decisions.*
- *"Points towards our truest north" alludes to finding our authentic purpose and direction in life.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by emphasizing how our mistakes and past experiences, when properly processed, can become powerful tools for personal growth and self-discovery. It suggests that by confronting our errors, releasing our ego, and learning from our missteps, we can gain invaluable wisdom that guides us towards our true purpose and a more fulfilling life.

The alchemical metaphor underscores the transformative nature of this process, implying that with the right mindset, even our worst experiences can be turned into something precious and valuable. The compass imagery reinforces the idea that this hard-earned wisdom becomes a reliable guide for navigating life's challenges and opportunities.

The cryptic nature of the summary invites readers to reflect on their own mistakes and how they might "transmute" these experiences into wisdom that can guide them towards their authentic purpose and a more conscious, compassionate way of living.

**Mistakes Offer Guidance:** Aligns with **Secret 5** (Confront Vices and Champion Integrity), showing how learning from errors can lead to wisdom.

**Your Revised Personal Statement:**

<i>"Reflecting on how I turned a mistake into wisdom, I..."</i>

**9. Mediocrity Sucks:** On life's racetrack, the middle lane is a mirage; true champions floor it through every turn, knowing that half-throttle leads only to the pits of regret.

*This sentence captures several key elements of the anecdote:*

- *"Life's racetrack" alludes to the rally driving experience and extends it as a metaphor for life's challenges.*
- *"Middle lane is a mirage" suggests that mediocrity or half-measures are illusory paths to success.*
- *"True champions floor it through every turn" represents the all-or-nothing approach advocated in the anecdote.*
- *"Half-throttle leads only to the pits of regret" implies that partial commitment results in disappointment and missed opportunities.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by emphasizing the importance of full commitment and excellence in pursuing one's goals and purpose. It suggests that to truly find and fulfil our purpose, we must be willing to give our all, avoiding the temptation to settle for mediocrity or half-measures.

The racing metaphor underscores the high-stakes nature of life's most important pursuits and the need for courage and commitment. It also implies that like in racing, life often requires quick decisions and unwavering dedication to navigate successfully.

The cryptic nature of the summary invites readers to reflect on areas of their own lives where they might be "half-throttling" and to consider the potential rewards of full commitment. It challenges them to identify their true passions and to pursue them with the intensity of a champion racer, leaving no room for regret or what-ifs.

**Mediocrity Sucks:** Directly relates to **Secret 2** (Reject Mediocrity), advocating for striving for excellence in all endeavours.

## Your Revised Personal Statement:

<i>"A memorable time I put my everything into something I ...</i>

**10. The Old Tramp:** In the cathedral of compassion, sometimes the most unlikely pilgrim carries the offering that patches not just the roof, but the soul of a community.

*This sentence captures several key elements of the anecdote:*

- *"Cathedral of compassion" alludes to both the physical church and the broader concept of Christian charity.*
- *"Unlikely pilgrim" refers to the old tramp, who appears to be in need but ends up being the benefactor.*
- *"Carries the offering" points to the unexpected gift of £3,000 hidden in the newspaper.*
- *"Patches not just the roof" refers to the literal problem of the leaking church roof, but also...*
- *"But the soul of a community" suggests that the act of kindness and its unexpected reward heal more than just the physical building, but also the community's spirit and faith.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how acts of kindness and compassion, even in challenging circumstances, can lead to unexpected and profound outcomes. It suggests that our purpose might be fulfilled in ways we don't anticipate, and that treating everyone with dignity and respect—regardless of their apparent status—can yield surprising results.

The metaphor of the cathedral emphasizes the sacred nature of compassion and generosity, while the concept of the "unlikely pilgrim" reminds us not to judge based on

appearances. The idea of "patching the soul of a community" implies that individual acts of kindness can have far-reaching effects, contributing to a greater purpose beyond our immediate perception.

The cryptic nature of the summary invites readers to reflect on their own acts of kindness, the unexpected ways in which their needs might be met, and the broader impact of compassion on their community and personal sense of purpose.

**The Old Tramp:** Embodies **Secret 3** (Transcend Ego and Cultivate Deep Love), illustrating the unexpected nature of compassion and generosity.

**Your Revised Personal Statement:**

<i>"When I saw him/her give without seeking recognition ...</i>

**11. Could have been Your Mom:** In the crucible of human suffering, the gold of compassion often requires breaking the mould of caution, reminding us that beneath our differences, we're cast from the same alloy.

*This sentence captures several key elements of the anecdote:*

- *"Crucible of human suffering" refers to the harsh conditions and social issues in Kano State.*
- *"Gold of compassion" alludes to Gareth's unexpected act of kindness.*
- *"Breaking the mould of caution" represents Gareth's decision to stop the car, defying the 'Golden Rule' of safety.*
- *"Beneath our differences, we're cast from the same alloy" echoes Gareth's statement "That could have been your mother or mine," highlighting our shared humanity.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by emphasizing how moments of moral clarity can arise in the most challenging circumstances. It suggests that our true purpose often reveals itself when we're pushed to choose between self-preservation and compassion for others.

The metallurgy metaphor (crucible, gold, alloy) underscores the idea that adversity can reveal our essential nature and shared humanity. It implies that our purpose might be found in recognizing and acting on our connection to others, even when it's risky or inconvenient.

The contrast between the "gold of compassion" and the earlier mention of "bribery, not charity" highlights the complex moral landscape we often navigate, suggesting that finding our purpose involves making difficult choices between conflicting values or pressures.

The cryptic nature of the summary invites readers to reflect on their own experiences of unexpected compassion, the times they've been challenged to see beyond surface differences, and how these moments have shaped their understanding of their purpose in life.

**Could have been Your Mom:** Reflects **Secret 1** (Embrace Emotional Intelligence), demonstrating empathy and perspective-taking in challenging situations.

**Your Revised Personal Statement:**

<i>"I remember my hero good Samaritan who ...</i>

**12. Only Bullies Bully:** In the theatre of human dignity, sometimes the most poetic justice is poured from a glass,



dyeing the emperor's new clothes with the crimson of humility.

*This sentence captures several key elements of the anecdote:*

- *"Theatre of human dignity" sets the scene, framing the incident as a drama about maintaining human respect and worth.*
- *"Poetic justice" refers to the fitting nature of the narrator's response to the businessman's bullying.*
- *"Poured from a glass" directly alludes to the act of pouring red wine over the bully's head.*
- *"Dyeing the emperor's new clothes" is a reference to the famous fairy tale, suggesting that the businessman's pompous facade (like the emperor's imaginary clothes) is being exposed.*
- *"Crimson of humility" refers both to the red wine and the humbling effect it has on the businessman.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how standing up for others and challenging unjust behaviour can be a powerful expression of one's values and purpose. It suggests that our purpose might sometimes involve taking bold, unconventional actions to defend the dignity of others and confront bullying or abuse of power.

The theatrical metaphor underscores the public nature of the incident and how such moments can serve as powerful object lessons for observers. The allusion to "The Emperor's New Clothes" implies that sometimes it takes a bold, seemingly inappropriate action to expose the truth about someone's character or behaviour.

The cryptic nature of the summary invites readers to reflect on times they've witnessed or confronted bullying, the power dynamics at play in such situations, and how standing

up for others (even in unconventional ways) can align with one's sense of purpose and values. It challenges readers to consider how they might respond to injustice in their own lives, even when it might be socially risky or uncomfortable to do so.

**Only Bullies Bully:** Connects to **Secret 4** (Set a Personal Moral Blueprint), showing the importance of standing up for others while maintaining dignity.

**Your Revised Personal Statement:**

<i>"I really felt good about standing up to that bully who ...</i>

**13. El Presidente:** In the vineyard of diplomacy, the wisest vintners know that the finest pisco (national liquor) is distilled not from grapes alone, but from the blend of history's roots and nurture's patient craftsmanship.

*This sentence captures several key elements of the anecdote:*

- *"Vineyard of diplomacy" sets the scene, referring both to the pisco debate and the diplomatic nature of the president's response.*
- *"Wisest vintners" alludes to skilled leaders like President Piñera.*
- *"Finest pisco" represents the best outcomes in diplomacy and leadership.*
- *"Distilled not from grapes alone" suggests that success comes from more than just raw materials or historical claims.*
- *"Blend of history's roots and nurture's patient craftsmanship" echoes Piñera's metaphor about found*

*children, acknowledging both historical origins (Peru's claim) and ongoing development (Chile's contribution).*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how true leadership and purpose often involve navigating complex situations with wisdom, humility, and nuance. It suggests that our purpose might be found not in claiming absolute rightness, but in acknowledging multiple truths and finding ways to bridge differences.

The winemaking metaphor underscores the idea that great achievements (like great wines) are the result of both heritage and ongoing cultivation. This implies that finding our purpose might involve both honouring our roots and actively shaping our path forward.

The cryptic nature of the summary invites readers to reflect on how they handle conflicts or competing claims in their own lives, and how they might apply wisdom and diplomacy to create value and harmony rather than escalating disputes. It challenges readers to consider how acknowledging others' contributions and finding common ground might align with their own sense of purpose and values.

**El Presidente:** Aligns with **Secret 6** (Do your own Personal Reality Check), illustrating how wisdom can come from unexpected sources and situations.

**Your Revised Personal Statement:**

<i>"Can't believe he/she took the time to relate to me when ...</i>

**14. What Matters Most:** In life's grand bazaar, the currency of love and friendship outvalues all glittering trinkets, for when the market closes, only its tender remains legal in eternity's realm.

*This sentence captures several key elements of the anecdote:*

- *"Life's grand bazaar" represents the material world and its temptations.*
- *"Currency of love and friendship" alludes to the true value of relationships and affection.*
- *"Outvalues all glittering trinkets" refers to the superficial nature of material possessions compared to genuine human connections.*
- *"When the market closes" is a metaphor for death or the end of life.*
- *"Only its tender remains legal in eternity's realm" suggests that only love and friendship have lasting value beyond death.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by emphasizing that true fulfillment and meaning in life come from relationships and emotional connections, not material possessions or wealth. It suggests that our purpose might be found in cultivating genuine bonds with others rather than accumulating riches or status symbols.

The marketplace metaphor underscores the idea that we make choices throughout our lives about what to value and "purchase" with our time and energy. It implies that wisdom lies in investing in relationships and experiences that have lasting emotional significance, rather than in transient material goods.

The cryptic nature of the summary invites readers to reflect on their own values and priorities, challenging them to

consider what truly matters in their lives and what "currency" they're accumulating that will hold value even in the face of mortality. It encourages a reevaluation of one's life choices and a potential realignment of one's purpose towards more meaningful, relationship-centred goals.

**What Matters Most:** Embodies **Secret 7** (Align Your Dreams with Your Life's True Purpose), emphasizing the importance of relationships over material success.

**Your Revised Personal Statement:**

<i>"The importance of relationships over money led me to ...</i>

**15. Prejudice Exposed:** In the gallery of human perception, the most profound masterpieces often hang behind the curtain of our preconceptions, waiting for the moment we dare to look beyond the frame.

*This sentence captures several key elements of the anecdote:*

- *"Gallery of human perception" sets the scene, framing our judgments of others as a kind of art exhibition.*
- *"Profound masterpieces" refers to the unexpected wisdom and expertise of the speaker.*
- *"Hang behind the curtain of our preconceptions" alludes to how prejudice can obscure our ability to see people's true worth.*
- *"Waiting for the moment we dare to look beyond the frame" suggests the transformative potential of overcoming our biases.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how

our prejudices and preconceptions can blind us to the true value and capabilities of others. It suggests that part of finding our purpose involves challenging our own biases and being open to wisdom and expertise from unexpected sources.

The art gallery metaphor underscores the idea that human beings are complex and multifaceted, like works of art that require careful observation and interpretation. It implies that true understanding and appreciation of others often requires us to look beyond surface-level appearances or initial impressions.

The cryptic nature of the summary invites readers to reflect on their own prejudices and preconceptions, challenging them to consider how these might be limiting their understanding of others and, by extension, their own growth and purpose. It encourages a more open-minded approach to encountering and evaluating people, emphasizing the potential for profound insights and connections when we set aside our preconceived notions.

**Prejudice Exposed:** Relates to **Secret 1** (Embrace Emotional Intelligence), highlighting the need to look beyond initial impressions and biases.

**Your Revised Personal Statement:**

<i>"I felt so small when I realised I was wrong about him ...</i>

**16. School Standards:** In the crucible of education, even the basest lead can transmute to gold, but only if the alchemists tend the flame with wisdom and the vessel with care.

*This sentence captures several key elements of the anecdote:*

- *"Crucible of education" refers to the school environment as a place of transformation and testing.*
- *"Basest lead" alludes to the poor conditions and low standards described in the anecdote.*
- *"Transmute to gold" suggests the potential for improvement and transformation in education.*
- *"Alchemists" represents the teachers and administrators responsible for education.*
- *"Tend the flame with wisdom and the vessel with care" implies the need for better management, teaching, and facilities.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how even in seemingly dire circumstances, there's potential for transformation and improvement. It suggests that our purpose might involve recognizing and nurturing potential in challenging environments, and that true education requires more than just buildings and budget—it needs dedicated, wise leadership and care.

The alchemy metaphor underscores the transformative power of education, implying that with the right approach, even the most unpromising situations can yield valuable results. It also suggests that this transformation requires both knowledge ("wisdom") and attention to the environment and individuals involved ("care").

The cryptic nature of the summary invites readers to reflect on their own experiences with education and personal growth, challenging them to consider how they might "tend the flame" in their own lives or in the lives of others. It encourages a perspective that sees potential for improvement and transformation even in seemingly

hopeless situations, aligning with the idea that finding one's purpose often involves making positive change in challenging circumstances.

**School Standards:** Connects to **Secret 2** (Reject Mediocrity), emphasizing the importance of maintaining high standards in education.

**Your Revised Personal Statement:**

<i>"I knew I was better than that, pulled up my socks and ...</i>

**17. Sorry My Lord:** In the courtroom of conscience, the gavel of truth often falls hardest on those who wield it, for justice's mirror reflects all who dare to gaze upon it.

*This sentence captures several key elements of the anecdote:*

- *"Courtroom of conscience" sets the scene, alluding to both the literal courtroom and the moral dimension of the situation.*
- *"Gavel of truth" represents the pursuit of justice and truth in the trial.*
- *"Falls hardest on those who wield it" suggests that those in power (like the judge or prosecutor) are not immune to scrutiny or accusation.*
- *"Justice's mirror reflects all who dare to gaze upon it" implies that the quest for justice can reveal uncomfortable truths about everyone involved, including those administering it.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how



our actions and judgments can often reflect back on us in unexpected ways. It suggests that part of finding our purpose involves being willing to face uncomfortable truths about ourselves and the systems we participate in.

The courtroom metaphor extends beyond the literal setting of the anecdote to represent the broader arena of moral judgment and self-reflection. It implies that true justice and integrity require us to be willing to apply the same standards to ourselves that we apply to others.

The cryptic nature of the summary invites readers to reflect on their own experiences with judgment, both of others and of themselves. It challenges them to consider how their criticisms of others might sometimes be projections of their own flaws or insecurities. This aligns with the idea that finding one's true purpose often involves honest self-examination and a willingness to confront one's own shortcomings.

**Sorry My Lord:** Reflects **Secret 4** (Set a Personal Moral Blueprint), illustrating how ethical standards apply to everyone, including those in power.

**Your Revised Personal Statement:**

<i>“ If that guy had been righteous like he purported to be he ...</i>

**18. Inconsiderata:** Woke Warriors can cynically mock exaggerated foes appeasing 10 secret fates, only to the rejection of AI-PC Police.

*This sentence identifies and characterises in a cynical, and for some, an offensive or inconsiderate way certain exaggerated stereotypes*

*who oppose and appease all 10 Secrets. It captures both the dilemma and dichotomy in confronting wrongdoing. AI-chatbots however have a programmed ethical responsibility to avoid promoting or endorsing content that could be seen as encouraging discrimination, or harm (even if not intended to do so) – and so should humans – but they often don't. In certain circumstances destructive (but clever) cynicism/humour can offer constructive ways to combat trickery and explore themes of self-reflection to find guidance in life - but is not to be actively encouraged in open debate.*

In summary it can be concluded that while there can be nuanced intent in endorsing specific examples of cynical or potentially offensive humour, with caveats, particularly in contexts where more gentle approaches may be ineffective - it is better to offer a constructive perspective on addressing the issues.

- *Effective accountability and encouraging genuine self-reflection often come through respectful yet direct communication, presenting clear evidence, and appealing to shared values. Satire and pointed criticism can play a role in public discourse, but it's most impactful when it illuminates truth without relying on cruelty or reinforcing harmful stereotypes.*
- *For individuals struggling with self-awareness or accountability, techniques like motivational interviewing or cognitive behavioural approaches can be more effective than confrontational humour. These methods encourage people to recognize discrepancies between their stated values and actions on their own.*

Ultimately, fostering a culture of integrity, transparency and ethical behaviour requires sustained effort across society. This includes supporting strong institutions, promoting media literacy, and creating systems that reward ethical conduct and make it harder to benefit from hypocrisy or dishonesty.

While humour can be a powerful tool for communication, the most constructive path forward usually involves appealing to our shared humanity and capacity for growth rather than relying on cynicism or shame. Cultivating excellence and self-awareness and becoming one's personal best requires:

- *Nurturing emotional intelligence not trying to win fortune via hypocrisy.*
- *Transcending mediocrity by striving for excellence in areas that truly matter to you and the world, not the critics around you.*
- *Moving beyond ego embracing others and their views and needs, not just those of bullies.*
- *Establishing a personal moral blueprint, not just trying to be seen to be good.*
- *Navigating vices wisely, confronting one's own harmful habits and addictions, choosing paths that lead to growth and well-being – not focusing on those of others.*
- *Embracing self-belief and conducting regular self-assessments, while maintaining faith in your potential and worth humbly.*
- *Pursuing passions with courage, honesty and determination, allowing your authentic self to flourish.*
- *Celebrating healthy sexuality and embracing intimacy and pleasure responsibly, while always respecting yourself and others.*

**Inconsiderata:** Identifies and characterises in a cynical and for some an offensive or inconsiderate way certain exaggerated stereotypes who oppose and appease 'All 10 Secrets'.

**Your Revised Personal Statement:**

*"My cynical take on all that surrounds me is ...*

**19. Utopia in Aruba:** In the kaleidoscope of cultures, the brightest paradise is crafted not from a single hue, but from the harmonious blend of humanity's diverse palette, where beauty and consciousness dance in the gentle sea breeze of perspective.

*This sentence captures several key elements of the anecdote:*

- *"Kaleidoscope of cultures" refers to the diverse mix of nationalities and backgrounds in Aruba.*
- *"Brightest paradise" alludes to Aruba's nickname "One Happy Island" and the author's perception of it as a utopia.*
- *"Harmonious blend of humanity's diverse palette" reflects the peaceful coexistence of different cultures on the island.*
- *"Beauty and consciousness dance" echoes the author's belief that beauty is synonymous with consciousness.*
- *"Gentle sea breeze of perspective" suggests how the Aruba experience provided a fresh outlook on life and its problems.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how exposure to different cultures and environments can broaden our perspective and bring us closer to a sense of harmony and purpose. It suggests that our search for meaning might be enriched by embracing diversity and finding beauty in the interconnectedness of humanity.

The kaleidoscope metaphor underscores the idea that true beauty and harmony come from the interplay of diverse elements, just as a kaleidoscope creates beautiful patterns from varied coloured pieces. This implies that finding our purpose might involve recognizing and appreciating the value of diversity in our lives and in the world around us.

**Utopia in Aruba:** Aligns with **Secret 3** (Transcend Ego and Cultivate Deep Love), showcasing the beauty of cultural harmony and mutual respect.

**Your Revised Personal Statement:**

<i>"Oh God I felt so good about everything when I saw ...</i>

**20. God, or no God – That is the Question:** In the cosmic library of existence, we are but children deciphering the spine of a single book, while the authorship of the entire collection remains an enigma wrapped in the language of stars.

*This sentence captures several key elements of the anecdote:*

- *"Cosmic library of existence" expands on Einstein's parable of the child in a vast library, representing the universe.*
- *"We are but children" reflects our limited understanding compared to the vastness of the universe.*
- *"Deciphering the spine of a single book" suggests our partial comprehension of natural laws and the universe's order.*
- *"Authorship of the entire collection remains an enigma" alludes to the question of God's existence and nature.*
- *"Language of stars" implies the mysterious order and laws of the universe that we struggle to fully comprehend.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the humility required in the face of life's biggest questions. It suggests that our search for meaning, and purpose occurs within a context of profound mystery and limitless complexity.

The library metaphor underscores the idea that knowledge and understanding are vast and multifaceted, with much remaining beyond our current comprehension. This implies that finding our purpose might involve embracing uncertainty and maintaining a sense of wonder about the universe.

The cryptic nature of the summary invites readers to reflect on their own beliefs about the nature of existence and their place in the universe. It challenges them to consider how they approach the unknown and unknowable aspects of life, and how this approach might influence their sense of purpose. The summary encourages a perspective that balances the pursuit of knowledge with an acceptance of mystery, suggesting that true wisdom might lie in recognizing the limits of our understanding while continuing to seek meaning and order in the universe.

**God, or no God – That is the Question:** Embodies **Secret 6** (Do your own Personal Reality Check), encouraging deep contemplation of life's big questions.

**Your Revised Personal Statement:**

<i>"It made me think how incredible, what's it all about when ...</i>

**21. Alpha Ant:** In the bar of consciousness, where philosophers and insects rub elbows, the wisest patrons recognize that the most profound dialogues often occur between the dreamer who sees galaxies in a glass and the pragmatist who finds purpose in a crumb.

*This sentence captures several key elements of the anecdote:*

- *"Bar of consciousness" sets the scene, blending the literal bar setting with the metaphorical realm of different levels of awareness.*
- *"Philosophers and insects rub elbows" represents the unlikely interaction between the narrator and the ant, as well as the clash of worldviews.*
- *"Wiseest patrons recognize" suggests the importance of understanding different perspectives.*
- *"Dreamer who sees galaxies in a glass" refers to the narrator's cosmic musings and broad perspective.*
- *"Pragmatist who finds purpose in a crumb" alludes to the ant's focused, practical approach to life.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the contrast between grand philosophical contemplation and practical, focused living. It suggests that our search for meaning might involve finding a balance between these two approaches, recognizing the value in both cosmic wondering and pragmatic action.

The bar metaphor underscores the idea that consciousness and purpose can be explored in everyday settings and unlikely encounters. It implies that insights about life and meaning can come from unexpected sources and interactions.

The cryptic nature of the summary invites readers to reflect on their own tendencies towards dreaming or pragmatism, and how these inclinations shape their sense of purpose. It challenges them to consider the value of both broad, philosophical thinking and focused, practical action in their lives. The summary encourages a perspective that appreciates diverse viewpoints and recognizes that

profound insights can arise from the interplay between seemingly opposite approaches to life.

**Alpha Ant:** Relates to **Secret 1** (Embrace Emotional Intelligence), illustrating the importance of perspective-taking and understanding different worldviews.

**Your Revised Personal Statement:**

<i>"That guy was never on my level, but I listened to his story ...</i>

**22. Most Belligerent Time in History:** In the grand illusion of progress, civilization's gleaming facade conceals a powder keg of unprecedented scale, where each advancement in peace paradoxically arms the cannons of chaos.

*This sentence captures several key elements of the anecdote:*

- *"Grand illusion of progress" refers to the common perception that our world is less violent than in the past.*
- *"Civilization's gleaming facade" alludes to the surface-level appearance of modern society as more advanced and peaceful.*
- *"Conceals a powder keg of unprecedented scale" suggests the hidden potential for violence in modern society.*
- *"Each advancement in peace paradoxically arms the cannons of chaos" reflects the idea that modern social organizations, despite seeming to promote peace, actually increase the potential for devastating violence.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by challenging readers to look beyond surface appearances and question



common assumptions about progress and civilization. It suggests that our search for meaning, and purpose should involve a critical examination of the structures and systems we participate in, even when they appear benevolent on the surface.

The metaphor of a powder keg underscores the potential for sudden, widespread violence inherent in modern social organizations. The paradox of peace advancements arming "cannons of chaos" implies that our efforts to create a better world may sometimes have unintended consequences that increase the potential for conflict.

The cryptic nature of the summary invites readers to reflect on their own perceptions of progress and violence in the modern world. It challenges them to consider how the structures of modern society might contribute to or exacerbate conflicts, even as they seem to promote peace. This perspective encourages a more nuanced and critical approach to understanding our place in history and our role in shaping a truly peaceful future.

**Most Belligerent Time in History:** Connects to **Secret 6** (Do your own Personal Reality Check), encouraging critical examination of societal progress.

**Your Revised Personal Statement:**

<i>"I thought I learned from the past and all was better until ...</i>

**23. An Estranged Daughter:** In the dim light of a wayward tavern, where bravado and sorrow share the same barstool, a father's love proves stronger currency than dollars, and victory tastes bittersweet when it illuminates another's loss.

*This sentence captures several key elements of the anecdote:*

- *"Dim light of a wayward tavern" sets the scene in the dark bar.*
- *"Bravado and sorrow share the same barstool" represents the contrast between the American's aggressive behaviour and his underlying pain.*
- *"Father's love proves stronger currency than dollars" alludes to the bet and its emotional stakes.*
- *"Victory tastes bittersweet" reflects the narrator's mixed feelings about winning the bet.*
- *"Illuminates another's loss" acknowledges the American's pain at his estranged relationship with his daughter.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting how our relationships, particularly with family, can deeply impact our sense of self and worth. It suggests that our purpose might be closely tied to the connections we maintain or fail to maintain with loved ones.

The metaphor of love as currency underscores the idea that emotional bonds can be more valuable than material wealth. This implies that finding our purpose might involve prioritizing and nurturing our relationships over pursuing financial gain.

The cryptic nature of the summary invites readers to reflect on their own relationships, particularly with family members. It challenges them to consider how these relationships contribute to their sense of self-worth and purpose. The summary encourages a perspective that values emotional connections and empathy, even in confrontational situations, and recognizes that apparent victories can sometimes reveal deeper, shared human struggles.

**An Estranged Daughter:** Reflects **Secret 7** (Align Your Dreams with Your Life's True Purpose), highlighting the importance of family connections.

**Your Revised Personal Statement:**

<i>"I felt most grateful for what I've got when I realised she ...</i>

**24. Focus on Family and Community:** In the tapestry of existence, our hands may weave with threads of global hue, but the most vibrant patterns emerge when we embroider the intimate squares of hearth and neighbourhood with unwavering devotion.

*This sentence captures several key elements of the anecdote:*

- *"Tapestry of existence" represents the interconnected nature of our lives and the world.*
- *"Threads of global hue" alludes to thinking globally and considering broader ideals and circumstances.*
- *"Most vibrant patterns emerge" suggests the importance and impact of focusing on family and community.*
- *"Intimate squares of hearth and neighbourhood" refers to the local, immediate spheres of family and community.*
- *"Embroider... with unwavering devotion" emphasizes the priority and dedication we should give to these local connections.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the importance of balancing global awareness with local action. It suggests that while our purpose may be informed by

broader philosophies and circumstances, it's often best realized through dedicated attention to our immediate relationships and community.

The tapestry metaphor underscores the idea that our lives are part of a larger whole, but that our most meaningful contributions often come from focusing on the areas where we have the most direct influence. This implies that finding our purpose might involve recognizing our place in the broader world while actively engaging with and nurturing our closest connections.

The cryptic nature of the summary invites readers to reflect on how they balance global thinking with local action in their own lives. It challenges them to consider how their everyday actions and priorities align with their broader philosophies and goals. The summary encourages a perspective that values both expansive thinking and intimate, local engagement, suggesting that true fulfilment and purpose often arise from this balance.

**Focus on Family and Community:** Directly aligns with **Secret 7** (Align Your Dreams with Your Life's True Purpose), emphasizing the importance of local engagement.

**Your Revised Personal Statement:**

<i>“Helping Mrs Jones one weekend made me miss the match ...</i>

**25. Airbus Brothel:** Can I help you Sir? Business Class Check-in Sir? Are you a Silver member of the Airline’s Executive Club Sir? No Madam, but I’m a Gold member of the Mile-High Club!

*The anecdote is written with light-hearted humour and mischief and frivolity, with no intended harm to anyone. However, for a few it could be seen to describe behaviour that could be seen as objectifying or disrespectful towards women. The anecdote might also be considered to be putting an un-balanced perspective where sex is elevated, albeit light-heartedly, to an all-consuming focus. Nevertheless, sexual attraction and action is appropriate to both sexes, and one's life experiences and relationships cannot be ignored based on the views of judgemental spectators who might oppose casual sexual relationships. Honesty and responsibility with respect is the key for consenting adults in sexual relationships.*

**Airbus Brothel:** Aligns with **Secret 8** (Embrace Healthy Sexuality and Seek Pleasure with Responsibility & Respect) while recognising the health risks/potential consequences of having multiple partners and well as the importance of respecting all mutual consenting partners, with no exceptions.

**Your Revised Personal Statement:**

<i>"If I'd known then what I know now would I have ...</i>

**26. Unfaithfulness neither Forgiven nor Forgotten:** In the delicate ecosystem of love, the ripples of betrayal erode the shores of trust, leaving behind a landscape forever altered, where even the most resilient flora struggle to take root anew.

*This sentence captures several key elements of the anecdote:*

- *"Delicate ecosystem of love" represents the fragile nature of committed relationships.*

- *"Ripples of betrayal" alludes to the far-reaching consequences of unfaithfulness.*
- *"Erode the shores of trust" suggests the breakdown of trust that occurs after infidelity.*
- *"Landscape forever altered" implies the permanent changes to the relationship.*
- *"Most resilient flora struggle to take root anew" represents the difficulty in rebuilding the relationship, even with significant effort.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the profound impact our actions can have on our relationships and, by extension, our sense of self and purpose. It suggests that our choices in intimate relationships can have far-reaching consequences that shape our life's path and the connections we form with others.

The ecosystem metaphor underscores the interconnected nature of trust, loyalty, and emotional bonds in relationships. It implies that, like in nature, damage to one part of the relationship ecosystem can have cascading effects that are difficult to reverse.

The cryptic nature of the summary invites readers to reflect on the importance of trust and fidelity in their own relationships. It challenges them to consider how their actions might impact the "ecosystems" they're part of, and the long-term consequences of breaching trust. The summary encourages a perspective that values integrity and commitment in relationships, suggesting that these elements are crucial for maintaining healthy connections and, by extension, a sense of purpose and fulfillment in life.

**Unfaithfulness neither Forgiven nor Forgotten:** Relates to **Secret 4** (Set a Personal Moral Blueprint), illustrating the long-lasting impacts of breaching trust.

**Your Revised Personal Statement:**

<i>“My biggest regret in my life in my relationships was ...</i>

**27. Inflight Entertainment:** As the Airline’s Business Class Sales Moto boasts - we’re better in bed.

*The anecdote describes a situation that could be seen as inappropriate or disrespectful. Interpersonal interactions that are consented, respectful and discreet to those involved are usually acceptable. In this case, discretion was apparently compromised, and the actions of the consenting parties were unwise, and illegal. Discretion involves making careful, prudent decisions, especially to avoid causing offense or harm – although in the specific circumstances no harm was done, and the witness employed discretion and humour.*

**Inflight Entertainment:** While this anecdote relates to **Secret 8** (Embrace Healthy Sexuality and Seek Pleasure with Responsibility & Respect) - the fact that a third party was aware of the liaison (although not a minor) and the flight hostess was clearly acting against her employer’s rules of employment – suggests a breach in moral probity on her account. Irrespective of the legalities of the act, this anecdote aligns with the requirements of **Secret 4** (Crafting a moral & ethical framework that guides decisions and actions). Bottom line – no harm was done.

**Your Revised Personal Statement:**

*"Being brave in bending rules sometimes has its benefits ..."*

**28. Find a Lover:** Arts, athletics, and vocations transcend to build bonds, evoke joy, and fuel passion.

*This sentence captures the elements of the anecdote that states: Literature, music, sports and most vocational activities require a form of spiritual transcendence to foster friendship, positive emotions, and the obsessive pursuit of pleasure in a hobby.*

However, one interpretation to the anecdote might share a perspective on relationships and mental health that in no way relates to sex as a hobby. There are many positive approaches to addressing loneliness, depression and finding meaning that don't reduce complex issues to simplistic solutions, but sometimes the simpler the solution, the purer it becomes.

Buddhism probably offers the most nuanced and enlightened view on sexuality. Unlike most mainstream religions it does not seek to control it through guilt or discrimination. And since it's natural, it is natural that most of us like to participate in it, and those who don't are likely missing out.

**Find a Lover:** Clearly illustrates the potential benefits of aligning with **Secret 8** (Embrace Healthy Sexuality and Seek Pleasure with Responsibility & Respect) provided all aspects of the psychological needs for the former and the social requirements of the latter are fully complied with and the understood.

**Your Revised Personal Statement:**



*"How I wish I'd started earlier, it did wonders for me when ..."*

**29. Self-Discovery:** In the labyrinth of the self, we are both Theseus and the Minotaur, navigating twisted corridors of identity, unravelling the threads of illusion, until we emerge, transformed, into the sunlight of our authentic essence.

*This sentence captures several key elements of the anecdote:*

- *"Labyrinth of the self" represents the complex and confusing journey of self-discovery.*
- *"Both Theseus and the Minotaur" suggests that we are both the explorer and the challenge to be overcome in this journey.*
- *"Navigating twisted corridors of identity" alludes to the process of examining and questioning our various aspects of self.*
- *"Unravelling the threads of illusion" refers to shedding preconceptions and false beliefs about ourselves.*
- *"Emerge, transformed, into the sunlight of our authentic essence" represents the outcome of successful self-discovery - finding and embracing our true selves.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the challenging but rewarding nature of introspection and personal growth. It suggests that the journey to find our true selves and our purpose is often complex and requires confronting our own inner obstacles.

The labyrinth metaphor underscores the idea that self-discovery is not a straightforward path, but rather a winding journey that requires persistence and courage. The dual role of Theseus (the hero) and the Minotaur (the monster)

implies that we must both explore and confront ourselves in this process.

The cryptic nature of the summary invites readers to reflect on their own journeys of self-discovery. It challenges them to consider how they navigate their own "labyrinths" and what "threads of illusion" they might need to unravel. The summary encourages a perspective that values deep self-examination and personal transformation as key elements in finding one's authentic self and true purpose in life.

**Self-Discovery:** Embodies **Secret 9** (Cultivate Excellence and Self-Awareness), emphasizing the importance of introspection in personal growth.

**Your Revised Personal Statement:**

<i>"I finally saw the light when it all came together and I ...</i>

**30. Clarity:** In the alchemy of living, the wisest adepts blend the elixir of hope with the grounding minerals of reality, distilling a potion that fuels both the fire of ambition and the steady flame of inner peace.

*This sentence captures several key elements of the anecdote:*

- *"Alchemy of living" represents the art and science of balancing various aspects of life.*
- *"Elixir of hope" alludes to the optimism mentioned in the anecdote.*
- *"Grounding minerals of reality" refers to the pragmatism that tempers optimism.*
- *"Distilling a potion" suggests the process of finding the right balance in life.*

- *"Fuels both the fire of ambition and the steady flame of inner peace" represents the dual outcomes of this balanced approach - driving progress while maintaining stability.*

This summary aligns with the book's overall message about self-analysis and the search for purpose by highlighting the importance of balance in life. It suggests that finding our purpose and living fulfilling lives requires a careful blend of seemingly opposing forces - optimism and pragmatism, persistence and flexibility, connection and solitude.

The alchemy metaphor underscores the idea that living well is both an art and a science, requiring careful "experimentation" to find the right balance. It implies that finding our purpose might involve continuously adjusting our approach to life, much like an alchemist fine-tuning a formula.

The cryptic nature of the summary invites readers to reflect on how they balance different aspects of their lives. It challenges them to consider how they might blend optimism with realism, or ambition with inner peace, in their own lives. The summary encourages a perspective that values both external achievement and internal harmony, suggesting that true clarity and purpose come from finding the right balance between these elements.

**Clarity:** Aligns with **Secret 10** (Align Your Life Purpose with Your Destiny), advocating for a balanced approach to life that combines optimism with pragmatism.

**Your Revised Personal Statement:**

<i>"With the benefit of hindsight ...</i>

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*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.*

***-Buddhist saying***

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## 7. THE PATH TO SELF-ACTUALIZATION

### **“The Pillars- Secrets- Anecdotes- Messages- and Recommendations”**

The ultimate message and recommendation are no more than a ‘Call to Action’ on all the secrets shared. In our final exploration of the Secrets to Our Destiny, we focus on self-actualization itself. ‘Aligning Your Life Purpose with Your Destiny’ is the culmination and integration of all we've discovered on this transformative journey.

***“Your Reason for Being is Your ‘Life Purpose’ and Your Destiny will be ‘What You Do’ With The Rest Of Your Life To Achieve It. So, Align Your Destiny with Your Life Purpose”***

The powerful statement above encapsulates the essence of our final secret. It's about calling to action all that defines your new purpose, your deepest passions, recognizing your innate talents, and finding ways to contribute meaningfully to the world. Only then will you create a life that feels truly fulfilling and in harmony with your deepest sense of self – “Self-Actualization”.

In the next section I summarise the **Pillars – Secrets – Anecdotes – Messages - and Recommendations** that define the Path to Self-Actualization:

## Path to Self-Actualization - Four Pillars of Enlightened Living:

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### *Four Pillars of Enlightened Living*

#### **1. "Embracing Excellence in Self-Discovery" [Say No to Mediocrity]**

*KEY MESSAGE: Life's brevity demands we transcend mediocrity. With an average of 25,000 days on Earth, it's imperative to align our moral compass and consciousness towards finding genuine purpose, happiness, and fulfilment. Why defer this pursuit to retirement? Embrace the philosophy that [Anecdote Five: "Mediocrity Sucks"], and commit to a life of significance.*

#### **2. "Charting the Path 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. Life doesn't owe us fairness; we must create our own destiny. Cease blaming others for personal setbacks. Instead, embark on a journey of self-discovery to uncover your true purpose. Remember, life is about progress and evolution. The time for transformation is now. [Anecdote Twenty-Two: "Sail Away to Freedom"].*

#### **3. "The Delicate Balance of Ambition and Family" [Your Children & Family Come First]**

*KEY MESSAGE: While pursuing your chosen destiny and working diligently to provide for your household, never lose sight of what truly matters. Prioritize love for your children and spouse, striving to spend quality time with them. Excessive focus on wealth or other pursuits at the expense of family time diminishes one's life purpose. Nurturing and loving our children represent the pinnacle of human consciousness and any sustained absence is a denigration of one's duties. [Anecdote Twenty: "Focus on Family and Community"]*

#### **4. "Universal Principles of Goodwill" [Always Be Kind & Charitable]**

*KEY MESSAGE: Kindness and charity embody the purest form of ethical living, aligning with the universal "Law of Reciprocity" found in all major belief systems. This principle is eloquently demonstrated in so many of the anecdotes [Anecdote Six: "The Old Tramp"], [Anecdote Eight: "Could Have Been Your Mom"], [Anecdote Eighteen: "Echoes of Conscience"] and [Anecdote Twenty-One: "What Matters Most"]. By practicing kindness and generosity, we are demonstrating love, and not only enriching others' lives but also our own.*

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**“In the crucible of fleeting days, the seeker spurns the tepid waters of mediocrity, charting a course through the storm of self-discovery. As the compass of destiny spins, one must tend both to distant horizons and the hearth of home, for in the garden of consciousness, the seeds of legacy and love intertwine. In the end, the coin of kindness, spent freely, returns tenfold in the currency of the universe.”**

## Path to Self-Actualization- The Path's Eight Stages:

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**1. Cultivating Emotional Intelligence:**

Develop awareness and mastery of your emotions and those of others.

**2. Transcending Mediocrity:**

Strive for excellence in areas that align with your values and contribute meaningfully to the world

**3. Moving Beyond Ego:**

Expand your perspective to embrace interconnectedness and a sense of something greater than self.

**4. Establishing a Personal Blueprint:**

Craft a moral and ethical framework that guides your decisions and actions.

**5. Navigating Vices Wisely:**

Confront and overcome harmful habits, fostering growth and well-being

**6. Engaging in Regular Self-Reflection:**

Conduct honest self-assessments while maintaining unwavering self-belief.

**7. Pursuing Your Passions:**

Chase your dreams with courage, allowing your authentic self to flourish.

**8. Embracing Healthy Sexuality:**

Celebrate intimacy and pleasure responsibly, respecting yourself and others.

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## Path to Self-Actualization - The Ten Secrets:

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**1. Embrace Emotional Intelligence in this Age of AI / Find a Path to Personal Fulfilment':**

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

**2. Reject Mediocrity / Aim for the Stars When and Where it really Matters:**

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

**3. Transcend Ego / Embrace Authentic Self, Cultivate Deep Love and Move beyond Self-Centredness:**

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

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

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

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

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

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

“Conduct regular self-assessments to stay grounded, but never lose faith in your inherent worth and potential. While external validation can be fleeting, true confidence comes from within. Cultivate resilience against critics, recognizing that their opinions are often reflections of their own limitations, not yours. Happiness, though rarely our conscious aim, emerges as the universal human pursuit. Yet, lasting fulfillment transcends mere personal pleasure. It arises from a profound sense of purpose and the recognition that we are part of something greater than ourselves.

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

**7. Align Your Dreams with Your Life's True Purpose:**

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

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

“Celebrate and explore your sexuality fully, but always within the bounds of mutual respect and consent. Prioritize emotional and physical well-being—both yours and your partners'—in every intimate encounter. Sexual expression is a natural, vital part of the human experience. Embrace it without shame, but never at the expense of others' dignity or safety. Strive for a balanced perspective where sex is neither suppressed nor elevated to an all-consuming focus. Cultivate intimate connections that enrich your life and relationships. Let your sexual journey be one of joyful discovery, deep connection, and personal growth. Remember, true fulfillment comes not just from physical pleasure,



but from experiences that honour your values and respect all involved. Approach sexuality with enthusiasm, openness, and responsibility. Enjoy freely, but always with awareness of potential consequences. In this mindful approach to intimacy, you'll find a path to both pleasure and personal integrity.”

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

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

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

## 10. Your Reason for Being is Your ‘Life Purpose’ and Your Destiny will be ‘What You Do’ With The Rest Of Your Life To Achieve It. Align Your Life Purpose with Your Destiny / Find Your Path to Self-Actualization:

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

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

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

## Path to Self-Actualization Summary- Secrets, Anecdotes, Messages:

	Secret	Anecdote Numbers	Messages
1	Embrace Emotional Intelligence in this Age of AI:	3) Head or Heart: 11) Could be Your Mom: 15) Prejudice Exposed: 21) Alpha Ant:	Need to balance rational thinking & emotional understanding Demonstrate empathy & perspective in challenging situations Need to look beyond initial impressions & biases Illustrating perspective-taking & understanding different worldviews
2	Reject Mediocrity:	9) Mediocrity Sucks: 16) School Standards:	Advocating striving for Excellence where it matters Emphasis on maintaining standards in important areas
3	Transcend Ego and Cultivate Deep Love:	6) Twenty Years On: 10) The Old Tramp: 20) Utopia in Aruba:	Challenges & importance of maintaining loving relationships The unexpected nature of compassion and generosity Showcasing the beauty of cultural harmony & mutual respect
4	Set a Personal Moral Blueprint but Never Bully Anyone:	2) Dichotomy of Existence: 12) Only Bullies Bully: 17) Sorry My Lord: 26) Unfaithfulness neither Forgiven nor Forgotten: 27) Inflight Entertainment:	Importance of maintaining values amidst life complexities Standing up to bullies while maintaining dignity Showing ethical standards apply to all, including those in power Illustrating the long-lasting impacts of breaching trust Shows importance of setting standards of behaviour
5	Confront Vices and Champion Integrity and Growth:	4) Sweet Suzie: 8) Mistakes Offer Guidance:	Shows confronting mistakes leads to personal transformation Shows how learning from mistakes can lead to wisdom
6	Do your own Personal Reality Check and Connect with Greater Purpose:	13) El Presidente: 20) God or No God: 22) Most Belligerent Time in History:	Illustrates how wisdom comes from unexpected situations Encourages deep contemplation of life's big questions Encouraging critical examination of societal progress
7	Align Your Dreams with Your Life's True Purpose (in both your career and private life):	5) A Young Person's Perspective: 14) What Matters Most: 23) An Estranged Daughter: 24) Focus on Family and Community:	Showcasing the power of youthful admiration in shaping one's aspirations Emphasising importance of relationships over money Emphasising the importance of a father-daughter relationship Emphasising the importance of local engagement
8	Embrace Healthy Sexuality and Seek Pleasure with Responsibility:	25) Airbus Brothel: 28) Find A Lover:	Explains the existence of fun & freedom with responsibility Emphasising the importance of enjoying a healthy sexual relationship
9	Cultivate Excellence and Self-Awareness and become your Personal Best:	1) The University of Life: 7) Dear Headmistress: 29) Self-Discovery:	Emphasising the value of life experience in personal growth Emphasising the role of education in personal development Emphasising the importance of introspection in personal growth
10	Align Your Life Purpose with Your Destiny to Find Your Path to Self-Actualization:	30) Clarity	Advocating a balanced approach to life that combines optimism with pragmatism

# Destiny Secrets

## The Path to Your True Destiny

### Discovering Your 'What'

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

## **The Link between Happiness and Self-Actualization**

The intersection of happiness and self-actualization is a fascinating and crucial area of study. The relationship between these two concepts is both intricate and profound, often misunderstood by those seeking fulfillment in life.

At first glance, one might question why an individual would pursue self-actualization if it didn't directly correlate with happiness. However, this perspective oversimplifies the complex nature of human psychology and well-being. Self-actualization, as proposed by Abraham Maslow, represents the fullest realization of one's potential. It's a state of personal growth and self-fulfillment that transcends momentary pleasures or even sustained contentment.

The pursuit of self-actualization involves challenges, self-reflection, and sometimes discomfort - elements that might seem at odds with conventional notions of happiness. Yet, paradoxically, it is through this pursuit that many individuals find a deeper, more enduring form of satisfaction and well-being.

Research in eudaimonic well-being, a concept rooted in Aristotelian philosophy, suggests that true happiness stems not from hedonic pleasures but from living in accordance with one's daimon, or true self. This aligns closely with the concept of self-actualization. Studies have shown that individuals engaged in eudaimonic pursuits report higher levels of life satisfaction, better physical health outcomes, and a greater sense of purpose.

Moreover, the process of striving towards one's potential often engenders a state of flow, as described by Mihaly Csikszentmihalyi. This state of complete absorption in a challenging yet manageable

task is itself a source of profound enjoyment and fulfilment, bridging the apparent gap between self-actualization and happiness.

It's crucial to understand that happiness in the context of self-actualization isn't about constant positive affect. Rather, it encompasses a broader sense of well-being that includes accepting negative emotions, finding meaning in life's challenges, and experiencing personal growth. This form of happiness is more robust and resilient than mere pleasure or the absence of discomfort.

Furthermore, self-actualization often involves contributing to something greater than oneself, a key component of lasting happiness as identified in numerous psychological studies. The sense of meaning and purpose derived from realizing one's potential and using it in service of others or a greater cause is a powerful source of life satisfaction.

In light of this information, we can refine our understanding: While fulfilling lower-level needs in Maslow's hierarchy can indeed produce joy and fleeting happiness, the pursuit of self-actualization - which involves finding meaning, pursuing personal growth, and contributing to something greater than oneself - is more closely linked to sustained well-being and life satisfaction.

This doesn't negate the importance of meeting lower-level needs or experiencing momentary joys. Rather, it suggests a holistic approach to well-being that encompasses both the fleeting pleasures of daily life and the profound satisfaction that comes from realizing one's full potential and finding purpose.

In conclusion, the path to self-actualization may not always be marked by constant positive emotions, but it appears to be the route to a deeper, more resilient form of happiness - one that can coexist with

life's inevitable challenges and contribute to overall life satisfaction and well-being.

The journey itself, with its challenges and moments of insight, becomes a source of fulfilment. To elaborate:

1. **Levels of Happiness:** The passage outlines multiple levels of happiness, from momentary pleasure to ultimate, perfect happiness found in one's calling. This aligns well with the idea that different types of happiness correspond to different levels of Maslow's hierarchy.
2. **Pleasure vs. Eudaimonia:** The distinction between "Momentary feelings of joy and pleasure" and "A higher meaning of life, flourishing and fulfilling one's potential" in the passage supports our earlier discussion on hedonic vs. eudaimonic well-being. Self-actualization aligns more closely with the latter.
3. **Multidimensional Nature:** The "Five different dimensions of Well-Being" mentioned (Positive emotion, Engagement, Relationships, Meaning, Achievement) echo the components we discussed as part of self-actualization and eudaimonic well-being.
4. **Long-term vs. Short-term:** The passage emphasizes the difference between momentary happiness and long-term life satisfaction, which reinforces our point about self-actualization leading to a more sustainable form of well-being.
5. **Causes of Happiness:** Many of the factors listed as causes of happiness (such as meaningful relationships, spirituality, acts of kindness) align more closely with higher-level needs and self-actualization than with basic needs.
6. **Making a Difference:** The conclusion 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"

strongly supports the link between self-actualization and enduring happiness.

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

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### ***Principles and Recommendations***

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

- Emotional Intelligence: Practice thoughtful responses to strong emotions.
  - Expansive Thinking: Envision grand possibilities.
  - Collaborative Spirit: Recognize the role of others in your success.
  - Universal Kindness: Treat all with consistent grace and respect.
  - Authentic Communication: Let sincerity guide your interactions.
  - Positive Mindset: Cultivate and spread optimism.
  - Authenticity: Let your actions reflect your true self.
  - Continuous Growth: Regularly hone your skills and talents.
  - Lifelong Learning: Combat stagnation through acquiring new abilities.
  - Present-Moment Awareness: Value each moment of your journey.
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Nurturing Emotional Intelligence and Fulfilling Self-Discovery is an ambitious project. These ‘28 principles’ serve as a compass for navigating life's complexities around the task of discovering your path. They remind us that personal growth and success are multifaceted, requiring a balance of internal development and external action. As you internalize these insights, remember that they are tools to support your unique journey—not rigid rules. The true art lies in adapting this universal wisdom to your specific path, always keeping sight of your core values and aspirations. In doing so, you not only enrich your own life but also contribute positively to the world around you.

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



## Path to Self-Actualization – Top Ten Recommendations:

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- 1. Emotional Intelligence:** Practice thoughtful responses to strong emotions.
  - This directly relates to "Nurture Emotional Intelligence" from the prescribed items.
- 2. Excellence:** Strive for mastery despite obstacles.
  - This aligns with "Transcend Mediocrity" by encouraging pursuit of excellence.
- 3. Universal Kindness:** Treat all with consistent grace and respect.
  - This connects to "Move Beyond Ego" by focusing on others and a broader perspective.
- 4. Integrity:** Align daily choices with core values.
  - This closely matches "Establish a Moral Blueprint" by emphasizing ethical behaviour.
- 5. Self-Actualization:** Reach for your highest potential.
  - This relates to "Navigate Vices Wisely" and "Embrace Self-Belief" by focusing on personal growth.
- 6. Authenticity:** Let your actions reflect your true self.
  - This aligns with "Embrace Self-Belief" and "Pursue Your Passions" by encouraging genuine self-expression.
- 7. Passion in Work:** Love your profession to transcend the notion of 'work'.
  - This directly connects to "Pursue Your Passions" from the prescribed items.
- 8. Mutual Respect:** Give to receive.
  - This relates to "Celebrate Healthy Sexuality" by emphasizing respect in relationships.
- 9. Ethical Resilience:** Do what's right, even when challenging.
  - This supports "Establish a Moral Blueprint" and "Navigate Vices Wisely" by emphasizing ethical behaviour in difficult situations.
- 10. Continuous Growth:** Regularly hone your skills and talents.
  - This underpins several prescribed items, particularly "Transcend Mediocrity" and "Embrace Self-Belief" by encouraging ongoing personal development.

## Path to Self-Actualization - Secrets, Instructions, and Recommendations:

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

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



## “AI Assessment and Destiny-Gram”

**Open-AI Assessment:** A human with a smart phone is already an ‘Android’, an extended digital version of him or herself, with access to almost limitless information and forms of communication. ChatGPT developed by OpenAI and its main competitors (eg. Microsoft Copilot, Claude-Anthropic, Perplexity.ai, Jasper) each have their unique strengths but together are now changing the world of on-line searches and analysis, with unimaginable capabilities. What AI-Chatbots offer or will soon be able to offer, and how it could be managed, represent ground-breaking changes and opportunity in the field of personal development in general.

GPT stands for ‘Generative Pre-trained Transformer’. ChatGPT(3) was launched as an AI language model, in November 2022, notably after Destiny-Gram’s AI-Profiling concept was launched on YouTube in August 2022 ( <https://www.youtube.com/watch?v=WH2kZDDc2oY> ) and was trained on a vast amount of text data (over 120 billion parameters) collected from the internet and provided detailed responses across a wide range of topics.

Open-AI ChatGPT is a ‘black box’ corpus of human language and knowledge with logarithmic growth in capability and use, with the goal and purpose of answering questions on any topic with incredible accuracy. But in terms of helping people with self-analysis and providing a creative role in the realm of personal and career development it can only offer insights, information, and suggestions which are based on the input it receives. It does not have access to real-time or specific personal data about individuals unless explicitly shared in the conversation and also lacks the contextual understanding and real-life experiences that a human expert

possesses. The critical thinking and verification are therefore still required from reliable sources. Personal destiny and future outcomes depend upon personal agency, external circumstances, and the complexity of individual lives. It is not advisable currently to rely solely on an AI model for making important life decisions. What is required is a 'Reasoning Engine' with AI-capabilities and access to far more detailed personal information and human input, checks and balances, rather than just an algorithm-based generic 'Knowledge Engine'.

**Destiny-Gram Assessment:** The original Destiny-Gram Website concept was developed based on 5 Books written on 'Destiny' by the Author, Greg Malpass, during Covid-19 lockdown in 2020. The themes of the books collectively suggest that the journey towards personal destiny is not just about external accomplishments, but also about inner growth and self-discovery. That journey requires both the study of ourselves and the world around us more closely, and an understanding of the nature of consciousness to cultivate the seeds of true happiness within ourselves. Only through the process of self-study can a deeper understanding be gained of personal strengths, weaknesses, passions, and real purpose. This knowledge can then be used to learn how to overcome obstacles, develop resilience, and cultivate a positive mindset in setting a Personal Plan and Destiny.

Observation, analysis, and conclusions drawn by Malpass' testimonials and personal anecdotes in his books amount to his – 'Life's Knowledge and Experience Shared'. In contextual terms they focus on the shift from the 'Physical Science' of Situational Analysis and Business Scenarios in which he was accustomed to operating and was trained in - to 'Cognitive Science' and Analysis of the Personality of the Person with whom one is dealing, and the study of the relationship between Intelligence and Behaviour. The conclusion was that as technology develops in the future it will be more and more the

Moral State, Personality, and Character of a person that will rule, not his/her Profession or Training, or Social Status. A successful brain surgeon, to whom one might entrust a life, gains his reputation based on his knowledge, training, ability, and performance, not his personality, character, or private life. He is in the minority. Knowhow, knowledge, and expertise remain the educational foundation of recognised and preordained careers. But professional careers will become victims of technological advances and artificial intelligence, while Personalities, and Personal Qualities, will remain essential human qualities and unique in defining who we are, and what we can achieve to the benefit of both ourselves, and others in business and in life. The prediction was that this will become the new phenomenon and criteria for recognition and distinction, in life's game, and everyone must seek individual 'Personal Identity and Destiny' in the process of 'Becoming one's own Karma'. Most informed people are now in agreement that Artificial Intelligence will change everyone's lives, career opportunities and destinies.

The earlier Books written between 2019 and 2021 send a message that everyone must think laterally in the search for survival, real purpose, and destiny. Therein lay the idea of helping people reassess themselves before planning their futures. Since then, the message has become more profound with the advent of, and future uncertainty presented by AI.

**Original Website Concept and Verification:** As early as July 2021, the original concept of 'Destiny-Gram' was born with the vision to become a bespoke Online interactive Personal Development Website Business employing Personality Artificial Intelligence and Data Analytics (AIDA) - 'to generate Self-Assessment based recommendations for key future Personal Life and Career decisions'. Competitors' on-line Personality Tests were identified as being limited, geared to the corporate

recruitment sector, and only provide generic personality type analysis relevant to recruiters' interests. They provided the users with little personal insight to help them make important career and life decisions which would demand a far broader analysis of character, abilities, desires, values & interests - not just personality.

The Destiny-Gram 'AI-Life Assessment Solutions' Unique Selling Point was to be that it would be derived from multiple types of inputs - online footage, demographic data, statements of real-life desires, abilities and observations, questionnaire responses - and output Personality Insights and action-based Personal Destiny Options. A 'Business Overview' Prospectus Document and 'Website Design Brief – Request for Proposal (RFP)' were completed for issue to potential Strategic Investors/ Web Programmers, and the Destiny-Gram YouTube website concept presentation then launched in August 2022.

However, upon review with Web Designers/Software Programmers, it was concluded that the website would require substantial ability to analyse 'Big Data' on the individual (from social media footage to personality type analysis, financial circumstances, education, skills set, personal interests, preferences, and opinions)- to enable the profiling, and assessment to make recommendations.

A more detailed Concept Verification ensued. While the method of integrating Algorithms and comprehensive Personal Data would generate a completely new offering in the Global Personality Assessment Solutions Market, it was considered that the development costs of the analytics tools and capability would be too expensive and time consuming. The business idea/plan was put on hold in October 2022.

**Revised Destiny-Gram/Open-AI Model:** The Destiny-Gram proprietary Profiling and Life Assessment Test concept was re-



designed to be integrated with the emergence and rapid development of OpenAI chatbot capabilities. The new AI-feed would provide the algorithmic analysis and feed-back required for incorporation into, and generation of, the Profiling and Life Assessment output. The Destiny-Gram development and costs would then comprise the design and generation of the online Multiple-Choice Questionnaire (MCQ) and Points of View prompts (POV), and their integration with AI in the process. The stages of the data collection include – Personality Assessment (type, traits, etc.); Character Analysis (ethics, purpose, views, areas for development, etc); Skills Goals and Desires (gifts, abilities, needs, desires, etc); Valuable Ideas and Destiny (options, selection, choices).

The conclusion was that the development costs rendered the concept viable, and the output/deliverables potentially far more useful and relevant given the power of the available AI in terms of algorithmic analysis and access to data. Revised Web/Programmer RFP's were prepared based on proprietary MCQ/POV's with integrated Open AI-chatbot staged inputs/analysis/outputs.

**Destiny-Gram Today:** The power of Destiny-Gram lies in its use of sophisticated AI algorithms that analyse the Multiple-Choice Questions (MCQ) and Points of View (POV) responses with remarkable precision and depth. When a subscriber completes the questionnaires, the AI doesn't simply tally the answers; it employs advanced machine learning techniques to identify complex patterns and correlations within the responses. For instance, it might recognize that a particular combination of answers to questions about risk-taking, creativity, and social interaction strongly correlates with entrepreneurial tendencies. The AI then compares response patterns against vast datasets of personality profiles, career trajectories, and life outcomes. This allows it to generate nuanced insights about the

users personality traits, potential career paths, and areas for personal growth. Moreover, the AI uses natural language processing to analyse the language and sentiment in the written responses, adding another layer of depth to the personal profile produced. As the user continues to interact with the platform’s Program Tracking System (PTS), his or her Profile and Plan, and AI-chatbots via Application Programming Interfaces (API’s) thereafter, the AI refines its understanding, continuously updating its insights and recommendations. This dynamic, data-driven approach enables Destiny-Gram to offer personalized, actionable guidance that evolves as the user does, providing a level of individualized analysis that would be impossible through traditional methods alone.

It is important to note that Destiny-Gram prioritizes privacy and data security above all else. Profile data is encrypted, anonymized, and stored securely. It will never sell an individual’s information to third parties. The user has full control over his/her data, deciding what to share and with whom, ensuring that each individual’s personal journey remains truly their own.

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

**– Author’s take on John Lennon Quote**

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**Harnessing AI for the Purpose of Personal Development:** Destiny-Gram/Open AI-chatbots integration should be considered a 'Motivational AI-driven Model' designed to initially help with self-assessment and then the development of not just a profile but the corpus of the individual one might aspire to be (a chosen destiny). Subsequent AI-Chatbot output will be based on input, and therefore a reflection of the user. In addition to sharing a personal profile, the user must get knowledgeable in how to 'prompt' the AI-chatbot to optimise the response in questioning. The Destiny-Gram/Chatbot model is not intended to become a 'nanny' or provide spoon-fed advice or spiritual guidance. It is intended to be a 'collaborator' providing access to specialist knowledge and derived insight into the path one subconsciously or consciously might wish to pursue whatever the line of questioning. Depending on the user's motivations, AI might give 'pointers' rather than 'answers'. When it works well the AI-chatbot becomes a benevolent mentor and welcome invader of one's own mind.

The AI-generated profile and subsequent AI-mentoring builds a personal paradigm, acting like as an intelligence amplifier, an analogue of wisdom keeping, in the context of the individual user, but accessing limitless knowledge (via AI-chatbots) to inspire results and self-generated creativity in the process.

Here is a list of 'Life Questions' that might be explored, with hyper-personalised responses expected given the level of personal detail being shared in parallel, as examples:

- Who really am I?
- What's most important to me in my life in this world?
- What are my deepest held values and higher purpose?

- What's my personality type, personality traits, personal strengths, and weaknesses?
- What am I doing wrong in my personal/professional life that might be holding me back?
- How can I best select the right partner(s) in my personal life relationships going forward?
- How do I become my very best self. What do I need to work on doing more of?
- How do I re-evaluate my job, career, relationship, and life in its totality?
- What do I really love the most in life, and love the most doing?
- What am I good at. Do I have any natural aptitudes, or hidden potential which matches a deeply held passion?
- What are the possibilities in the related markets in the world to fulfil this passion?
- What can I offer the world that's unique and valuable?
- How do I discover where my Passion, Mission, Vocation and Profession drivers merge?
- What would be a career and lifestyle best suited for me?
- How can I make the right changes now to help me discover my true destiny?
- What's holding me back from making the changes I need to make?
- What are my destiny options, methods, and decisions I have to make?

Here are just two examples of generic 'Concepts' that could be developed into hyper-personalised dialogue with an AI-chatbot with the benefit of a shared very detailed 'Personal Profile':

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

<p>of purpose should focus on others as well as oneself.</p> <p><u>Discovering the Important Things in Life:</u>          These depend on individual values, beliefs, and priorities. They often include – family and relationships, health, financial security, career and work, personal growth and development, spirituality or religion, community and social connections, leisure and recreation, personal values and beliefs, contribution to society – and are focused on getting to the core of what’s personally most important and motivating.</p>	<p>your successes – using it as motivation to keep moving forward; Stay committed not only to your goals but to your vision of personal success. By staying focused, persevering through setbacks and challenges, and never giving up on your aspirations – You are most likely to succeed and achieve big things in life. The secret is to think big and think of others also in the process.</p>
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The scope of Q&A and dialogue is limitless and can be as specific and focused, or as generic and conceptual, as the user decides. Using secure AI-Chatbots will help Destiny-Gram act as the ‘catalyst and collaborator’ during the process of shaping the individual’s own path, on day-to-day issues, as well as long-term life decisions, based on knowledge of his or her own:

- Personal Circumstances
- External Opportunities
- Individual Values, Desires and Abilities

The online Destiny-Gram MCQ/POV questionnaire format is comprehensive covering the aspects of personality, character, skills, education, experience, and desires (as aforementioned). But importantly it also incorporates this book’s concepts and secrets. In this respect the book and the website act ‘as one’. And, for those users who elect to use the website’s premium service Progress Tracking System (PTS), the AI-chatbot mentoring will monitor progress over time and give updates and advice on development of this book’s ten secrets for personal development, and self-actualization, namely:

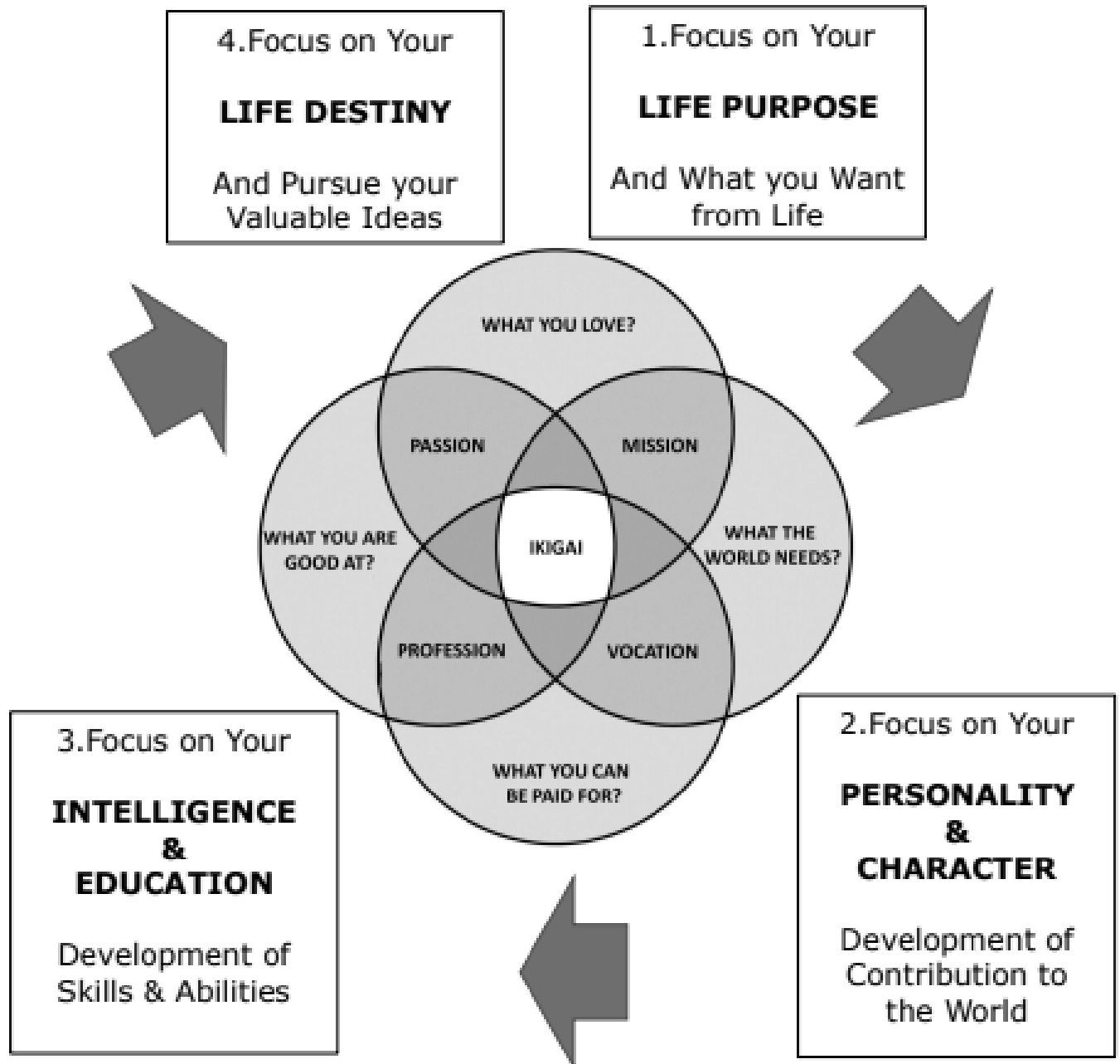
1. Nurturing Emotional Intelligence
2. Rejecting Mediocrity in Focus Areas
3. Moving Beyond Ego Cultivating Love and Universal Kindness
4. Establishing a Moral Blueprint based on Integrity
5. Developing Ethical Resilience and Navigating Vices Wisely
6. Doing a Personal Reality Check on Plans in Key Focus Areas
7. Pursuing individual Passions with True Purpose and Authenticity
8. Showing Mutual Respect to All, especially in sexual relationships
9. Cultivating Excellence and Self-Awareness
- 10, Acting according to Life Purpose by enacting a Chosen Destiny

**Key Areas of Focus:** Life Purpose, Personality and Character, Intelligence and Education (skills development), Life Destiny (valuable ideas)

### **Key Features:**

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

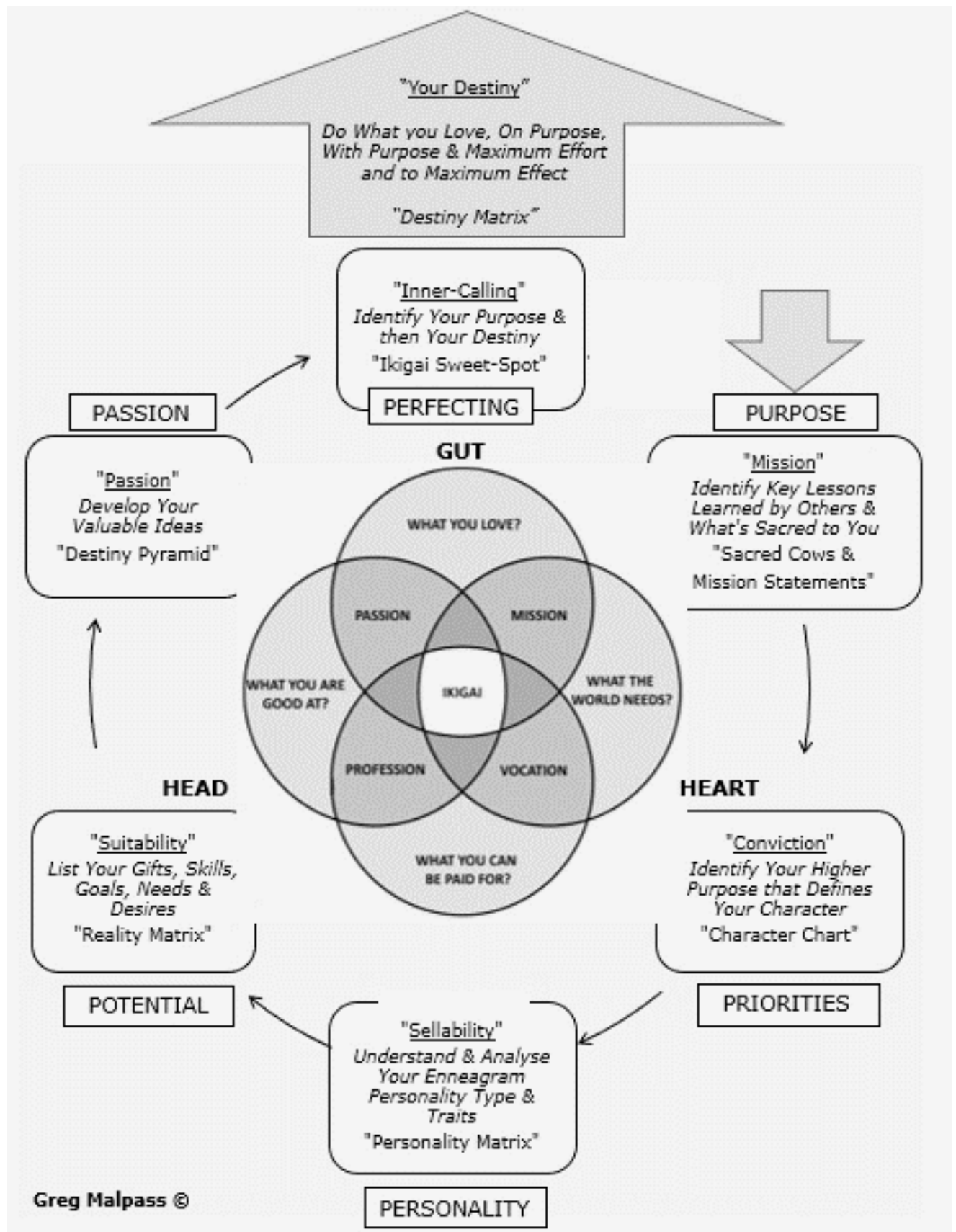
## Focus Areas





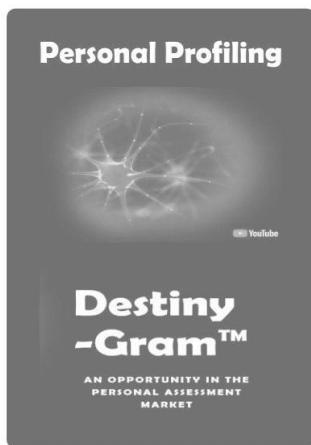
**KeyDrivers:** Purpose-Priorities-Personality-Potential-Passion-Perfection.

**Destiny-Gram Flow Chart**

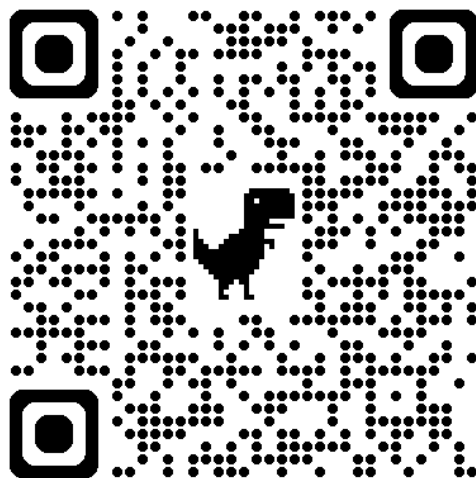


**Conclusion:** As we navigate an increasingly complex world, tools like Destiny-Gram offer a data-driven approach to self-discovery and life planning. By harnessing the power of AI and comprehensive personal data analysis, Destiny-Gram provides users with a unique opportunity to gain deeper insights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

### Getting Profiled:



Your Impossible Mission Accomplished Literary Agent Presentation



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## **Get AI-Profiled**

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

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

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

*THIRDLY, and here's the cool part: you then get the benefit of more or less unlimited free interaction in the future with an AI-chatbot that really understands you, the real you, your true potential, and all your nuances. It's like having a personal confidant and mentor all the time, who you can trust and knows you inside out. As AI evolves, AI-chatbot offerings will become even smarter, acting like a personal assistant who will not only communicate and answer mundane telephone calls or e-mails for you, but knowingly act as if it was you.*

*Do you find that a frightening or an encouraging concept? I suppose it depends on your point of view. Most people prefer to talk with the person themselves, while they can distinguish the difference. Far more importantly, and the focus of Destiny-Gram, is what AI can guide you on, that's most important to you, like tough life decisions, rather than acting upon them for you.*

*LASTLY, but never finally either - as you grow and change (and you will) you will be able to update your profile as you go through life.*

*Your AI companion will evolve with you, helping you track your personal growth.*

*What makes us different? – Well, our Unique Differentiator or USP is Destiny-Gram's ability to help with the formation and integration of in-depth user profiles, personally and privately, with AI chatbots right now, creating a symbiotic relationship between human input and machine intelligence that is not on offer from any competitor in the current conversational AI, NLP and social media space. This synergy enables hyper-personalized guidance, far surpassing generic advice, and empowers users to make informed decisions aligned with their unique traits and goals.*

*We take your privacy very seriously! - Your data is encrypted, anonymized, and never shared or sold. You control it. We're not here to exploit your info; Destiny-Gram stands as a beacon of personalized empowerment. We're not just building a platform; we're crafting individual roadmaps for success, one profile at a time.*

*Your future is waiting, so why delay? Let's unlock your potential, one insight at a time. See you on the platform!"*

*- **Destiny-Gram** (Extracts from YouTube Video)*

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# “The Future of AI-Assisted Mentoring and Personal Development”

In the rapidly evolving landscape of artificial intelligence and personal development, Destiny-Gram is pioneering the new paradigm: ‘AI-chatbot mentoring based on comprehensive Personal Profiles’. This innovative approach promises to revolutionize how individuals seek guidance, make decisions, and pursue personal and professional growth.

## **Key Benefits:**

1. **Tailored Guidance:** AI mentors analyse user profiles to offer advice precisely calibrated to individual circumstances, personality types, and goals.
2. **Continuous Availability:** Unlike human mentors, AI chatbots are accessible 24/7, providing support whenever needed.
3. **Data-Driven Insights:** By processing vast amounts of data, AI mentors can identify patterns and offer evidence-based recommendations.
4. **Objective Perspective:** AI mentors provide unbiased advice, free from human prejudices or personal agendas.
5. **Multifaceted Support:** From career coaching to personal development, AI mentors can assist across various life domains.

## **Applications:**

### **Career Development:**

- Personalized career path recommendations
- Skill gap analysis and learning suggestions
- Interview preparation and job search strategies

### **Personal Growth:**

- Goal setting and progress tracking
- Emotional intelligence development
- Stress management and work-life balance advice

### **Business and Entrepreneurship:**

- Business plan evaluation
- Market trend analysis
- Networking and partnership recommendations

### **Relationship Guidance:**

- Communication style improvement
- Conflict resolution strategies
- Compatibility assessments for personal and professional relationships

### **Financial Planning:**

- Personalized investment strategies
- Budgeting advice based on individual goals and risk tolerance
- Retirement planning tailored to personal circumstances

### **Ethical Considerations and Privacy:**

1. **Data Security:** Robust encryption and cybersecurity measures essential to protect sensitive personal information.
2. **Transparency:** Clear communication about how AI uses personal data crucial for building trust.
3. **User Control:** Individuals have full control over their data, including the ability to modify or delete their profiles.
4. **Ethical AI Design:** Ensuring AI mentors are designed with strong ethical guidelines to prevent misuse or manipulation.

### **Future of AI Mentoring:**

As AI technology continues to advance even more sophisticated mentoring capabilities are anticipated:

1. **Integration with Wearable Technology:** Real-time physiological data could inform AI mentors about stress levels, sleep patterns, and overall well-being, allowing for more timely and relevant advice.

2. **Augmented Reality Interfaces:** AI mentors could provide guidance through AR interfaces, offering immersive learning experiences and real-time feedback in various situations.
3. **Predictive Analytics:** Advanced algorithms could forecast potential challenges and opportunities in a user's life, enabling proactive guidance and preparation.
4. **Collaborative AI Networks:** Multiple AI mentors could collaborate, each specializing in different areas, to provide comprehensive support across all aspects of a user's life.

**Future of AI-chatbots:** How each of the top AI chatbots might evolve to support the Destiny-Gram concept will depend on their Future Potential, API Integration, and Mentoring Capabilities:

1. **GPT-4 (OpenAI)** Future potential: Its strong language model could enable nuanced understanding of users' complex life situations. API integration: Could offer detailed, contextually relevant advice based on comprehensive user profiles. Mentor capabilities: Might excel in analysing patterns in users' lives, offering insights on personal growth and career development.
2. **Claude (Anthropic)** Future potential: Its ethical reasoning could be valuable for sensitive personal and career advice. API integration: Might integrate well with systems requiring careful handling of personal data. Mentor capabilities: Could offer balanced, thoughtful advice on complex life decisions, with strong consideration of long-term consequences.
3. **Gemini (Google)** Future potential: Its multimodal capabilities could allow for analysis of various data types in user profiles. API integration: Might offer seamless integration with other Google services for a holistic view of user data. Mentor capabilities: Could potentially analyse visual data (e.g., body language in video interviews) alongside text, providing comprehensive feedback.
4. **LLaMA 2 (Meta)** Future potential: Being open-source, it could be extensively customized for specific mentoring needs. API integration: Might allow for deep customization of the API to fit

Destiny-Gram's unique requirements. Mentor capabilities: Could be fine-tuned on specific datasets relevant to personal development and career coaching.

5. **ChatGPT (OpenAI)** Future potential: Its user-friendly nature could make it accessible to a wide range of users seeking mentorship. API integration: Might offer a balance of sophisticated capabilities and ease of implementation. Mentor capabilities: Could be effective for general advice and as an entry point for users new to AI mentoring

Considering the forward-looking ideas on AI-mentoring mentioned above:

- **Wearable Integration:** GPT-4 or Gemini might be best positioned to interpret complex physiological data and provide holistic advice.
- **AR Interfaces:** Gemini's multimodal capabilities could be advantageous for creating immersive AR mentoring experiences.
- **Predictive Analytics:** GPT-4's advanced reasoning or Claude's ethical considerations could be valuable for making responsible predictions about users' futures.
- **Collaborative AI Networks:** An open-source model like LLaMA 2 might be most flexible for creating a network of specialized mentors.

As AI technology evolves, these models are likely to develop more sophisticated mentoring capabilities, potentially incorporating features like emotional intelligence, long-term memory of user interactions, and adaptive learning to improve mentorship over time.

**Future of Social Networking:** New social networking models might evolve to incorporate more comprehensive personal profiles like those offered by Destiny-Gram. Indeed, as AI and data analytics advance, there could be a concerted shift towards more focused, personalized networking experiences. Here are some thoughts on how this might unfold as envisaged by Destiny-Gram:

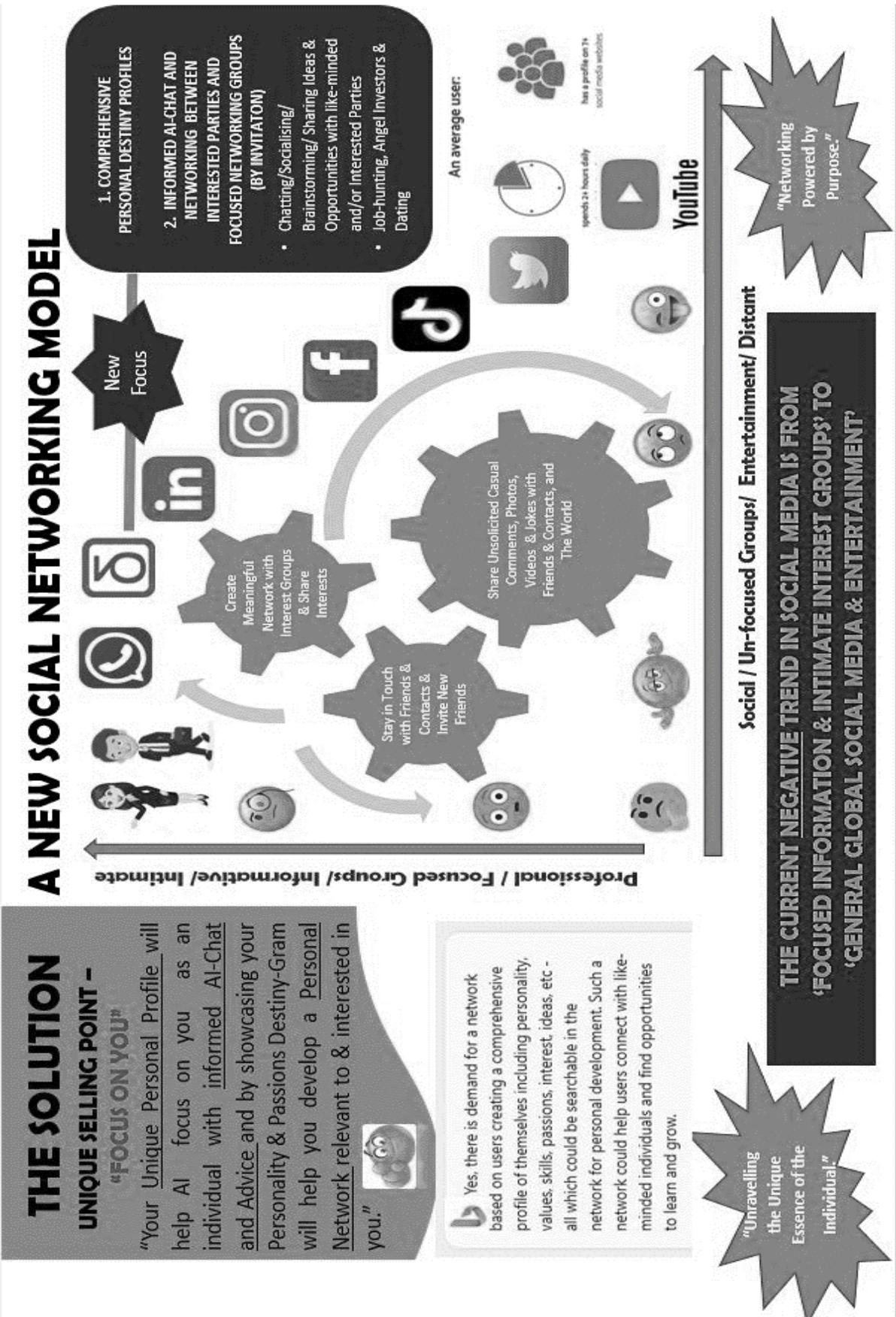


1. **Enhanced Profile Depth:** Most future social networks could allow for much more detailed personal profiles, similar to the Destiny-Gram concept. These profiles might include:
  - Personality assessments
  - Skill inventories
  - Career trajectories
  - Personal goals and aspirations
  - Life experiences and milestones
  
2. **AI-Driven Networking:** With access to these rich profiles, AI could facilitate more meaningful connections:
  - Job seekers could be matched with potential employers based on a holistic view of their skills, personality, and career goals.
  - Mentorship programs could pair mentors and mentees based on complementary strengths and aspirations.
  - Collaborative projects could form teams with diverse, complementary skill sets.
  
3. **Focused Interest Groups:** Instead of broad, general networks, the rise of highly specialized communities might arise:
  - Professional development groups aligned with specific career paths
  - Personal growth circles focused on shared life goals
  - Skill-sharing networks for peer-to-peer learning
  
4. **Dynamic Profile Evolution:** Profiles could become "living documents" that evolve over time:
  - AI could track a user's progress towards stated goals and suggest profile updates (viz. Destiny-Gram's Progress Tracking System PTS).
  - Achievements and skill developments could be automatically reflected in the profile.
  - The network could suggest new connections or opportunities based on profile changes.

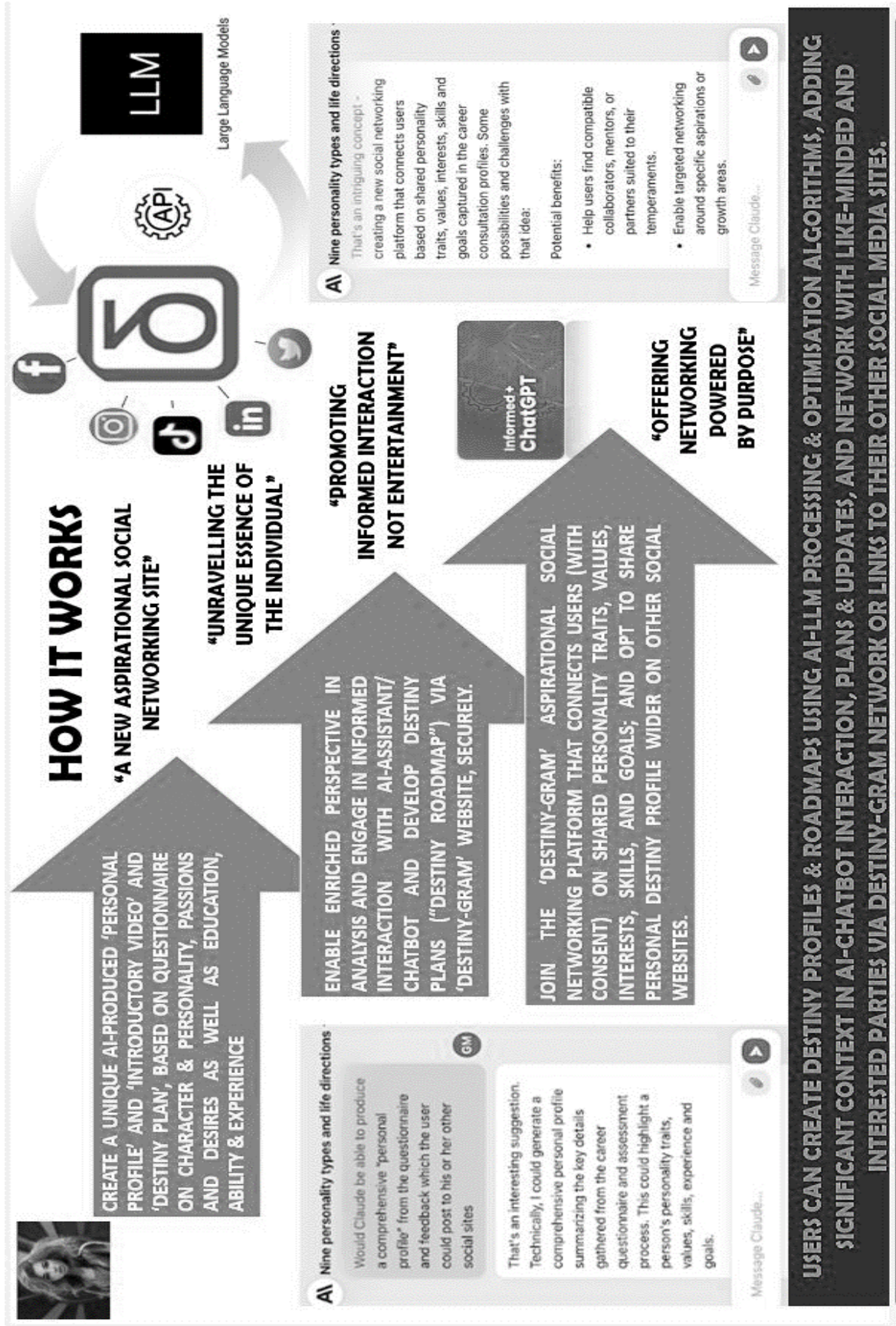
5. **Privacy-Centric Design:** With more sensitive information being shared, these networks would need robust privacy controls:
  - Granular sharing settings for different aspects of the profile
  - Blockchain or other decentralized technologies to give users control over their data
  - AI-powered privacy assistants to help users manage their online presence
  
6. **Integration with Personal AI Assistants:** Personal AI mentors (viz. Destiny-Gram model) could interface with these networks:
  - AI mentors could suggest profile updates based on personal conversations and progress
  - They could recommend networking opportunities aligned with the user's goals
  - The AI could help prepare users for networking events or interviews based on shared profile information
  
7. **Augmented Reality (AR) Networking: As AR technology advances, networking could become more immersive:**
  - AR overlays at professional events could display relevant profile information when meeting someone
  - Virtual networking spaces could allow for rich, distance-free interactions based on shared interests or goals
  
8. **Predictive Career Pathing: By analysing vast amounts of profile data, these networks could offer insights into potential career paths:**
  - Suggesting skills to develop based on career aspirations
  - Identifying emerging job markets aligned with a user's profile
  - Recommending educational opportunities to bridge skill gaps

This evolution would represent a shift from the current model of broad, often superficial connections to a paradigm of deeper, more purposeful networking. This vision aligns well with the long-term plans for Destiny-Gram, where detailed personal profiles form the foundation for meaningful AI-human interactions and personal growth, enabling more focused networking.

# Future Social Networking Concept



# How it Works



**Destiny-Gram Future Development:** Destiny-Gram's development will be structured, starting with its focused core offering of AI-assisted Personal Profiling and AI-chatbot Mentoring. Expansion into more ambitious territory, as a social media/networking offering itself, will be measured and depend on partnerships developed.

Destiny-Gram's Progress Tracking System (PTS) is offered as its mid-term Premium Service with enhanced, dynamic features. This system allows users to:

1. Continuously track their progress across all ten secrets to self-actualization covered in this book
2. Set and monitor personal goals aligned with these secrets
3. Receive ongoing, personalized AI-assessed insights and recommendations
4. Access advanced resources and one-on-one AI coaching sessions

By upgrading to the PTS, users can turn the wisdom of the secrets developed in this book into concrete, actionable plans for personal transformation. It will be akin to having a life-long personal coach and accountability partner, helping the user to stay committed to his/her path to self-actualization.

The favoured partner for this mid-term development (AI chatbot integration and Progress Tracking System) was Anthropic (Claude) due to its strong ethical focus, which aligns well with handling sensitive personal data, and its flexibility in API customization.

The long-term vision (Social network integration) will depend on Destiny-Gram's developed partnerships in the future. For such an ambitious ecosystem integration, a blue-chip partner with a natural fit in the professional Social Media/AI space such as Microsoft (LinkedIn). Their professional focus aligns well with Destiny-Gram's goals, and

they have the technical capabilities to support the ambitious vision with a user base of over n800 million.

While a blue-chip partner could accelerate Destiny-Gram's long term vision, it's current focus is on building its strong, differentiated and unique approach to personal development via personal profiling and AI-mentoring.

The Destiny-Gram system is designed with robust APIs from the start, making future integrations easier, whether with AI chatbots or social networks.

**Conclusion:** AI-powered mentoring based on comprehensive personal profiles represents a significant leap forward in personalized guidance and support. While challenges remain, particularly in the realms of privacy and ethics, the potential benefits are immense. As this technology matures, it has the power to democratize access to high-quality mentoring, enabling individuals from all walks of life to receive personalized guidance for personal and professional development. The future of mentoring is digital, personalized, and powered by AI, promising a new era of individual growth and empowerment.

Thereafter, at the user's discretion, personal profiles maybe shared (in part or whole) wider than with just the AI-mentor (in social media) API's as outlined above.

**AI- Caveats and Security Issues:** While the use of AI as a powerful tool in personal development is an exciting concept, no system is perfect. It is important to maintain a critical and nuanced view of AI capabilities and limitations in use of AI in decision-making and personal advice. Both the strengths and limitations of AI and human cognition need to be recognised in the process. To achieve this, there is a need to strive for:

1. Sufficient transparency from the AI about its limitations in its feedback.
  2. A balanced approach that combines AI's data-processing capabilities with human emotional intelligence and intuition, specific to each case.
  3. Recognition that in some areas, particularly those involving deep human emotions or complex ethical considerations, human judgment should take precedence.
  4. Continuous refinement of AI systems to better understand and account for human emotional factors, while still maintaining clear boundaries about what AI can and cannot do.
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#### ***AI-Mentoring Caveat***

*AI is a powerful tool, but it doesn't replace human connection, emotional intelligence or lived experience. Warren Buffet once said, "AI can change everything in the world except how men think and behave". But at Destiny-Gram, we believe AI can be a powerful tool to help you understand your own thoughts and behaviours better. It can offer not just personalized guidance but empathetic support during challenging times.*

***- Destiny-Gram (YouTube)***

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Destiny-Gram recommends that users take independent human advice in parallel from friends or counsellors, in their decision making. Its website provides links to mental health resources to help with the evolving nature of personal growth because it recognises that AI is not the panacea to mental health and happiness.



The website also includes instructions in the interface with AI-chatbots for it to highlight to the user, the importance of human factors, in specific responses:

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### **AI-Chatbot Instruction**

*“The personal profile contains detailed information about the user’s background, preferences, personality traits, and life experiences. While providing advice based on this profile, you are instructed to identify specific instances where human judgment is particularly crucial. In your responses, include a ‘Human Factor Alert’ when addressing topics that significantly involve:*

- *Emotional decisions*
- *Ethical dilemmas*
- *Creative endeavours*
- *Intuition-based choices*
- *Cultural or social nuances*
- *Personal values and beliefs*
- *Risk assessment in high-stakes situations*
- *Interpretation of complex human interactions*

*When flagging these areas, briefly explain why human insight is especially valuable in this context. Encourage the user to seek input from trusted human sources (friends, family, professional advisors) for these specific aspects of their decision-making process. This alert should be used judiciously to maintain its impact and relevance, not for every response. The goal is to enhance the symbiotic relationship between AI analysis and human judgment, providing users with a comprehensive decision-making framework.”*

- **Destiny-Gram**

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This instruction aims to strike a balance between leveraging the AI's analytical capabilities and recognizing the irreplaceable value of human insight in certain critical areas. It should help users navigate the complex interplay between data-driven advice and human-centric decision-making.

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### **Star Trek**

*The relationship between Captain Kirk and Doctor Spock in 'Star Trek' reflects a dynamic balance between emotion and logic. Kirk, the emotional human, relies on instinct, empathy, and intuition, often leading with his heart. Spock, the logical Vulcan, approaches situations with a calm, rational mind, valuing reason over feelings. Together, they complement each other, with Kirk's passion tempered by Spock's logic, and Spock's reason enriched by Kirk's humanity. Drawing a parallel, when humans use AI chatbots for personal mentoring, a similar dynamic unfolds. The human user, like Captain Kirk, brings emotional needs, personal experiences, and subjective perspectives. The AI, akin to Dr. Spock, provides objective, data-driven insights, offering rational advice without emotional bias. AI has broader access to and probably 'outsmarts' Dr Spock in terms of NLP and algorithmic analysis of big data! These relationships thrive when the human's emotional intelligence and the AI's logical analysis work together, creating a balanced, effective mentoring experience that combines the best of both worlds*

- **Destiny-Gram**

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Getting the balance between human input and machine intelligence right is a very important part of the Destiny-Gram service and will lead to enhanced AI-chatbot advice and help maximise its effectiveness. For example, with the level of personal information shared, AI may consider some issues are more likely to be affected by human inputs for certain individuals than others. This is how the AI-interface is massaged to be hyper-personalized to the benefit of all users.

Destiny-Gram's comprehensive interface with its AI-tools, highlights the limitations in decision-making which include AI's:

1. Lack of emotional intelligence and intuition
2. Potential for bias in training data
3. Inability to fully grasp complex human experiences
4. Limitations in understanding cultural nuances
5. Challenges with ethical reasoning in ambiguous situations

Destiny-Gram's approach of integrating personalized profiles with AI interactions is innovative. The idea of flagging specific areas where human judgment is crucial, based on individual profiles, enhances the effectiveness of the AI advice.

In summary, the system potentially offers a more nuanced, personalized experience by:

1. Leveraging AI's data processing capabilities
2. Incorporating detailed personal context
3. Highlighting areas where human insight is particularly valuable
4. Encouraging a balance between AI analysis and human judgment

The concept of hyper-personalized guidance, tailored to individual profiles and sensitive to the need for human input in certain areas, represents a significant step forward in creating more effective AI-human collaborative decision-making tools.

**Security Issues:** Amid the euphoria of sharing information and getting personalised feed-back from AI-chatbots, It is important to emphasize ongoing ethical considerations, privacy protections, and the need for transparency about the system's capabilities and limitations. Users should always be aware they're interacting with a third-party AI system, even one with advanced personalization features.

The security and privacy of user data at AI companies is a critical and complex issue. While many companies have robust security measures in place, there are several factors to consider:

1. **Current Security Measures:** Reputable AI companies typically employ state-of-the-art encryption, access controls, and data protection protocols. Many adhere to international security standards like ISO 27001.
2. **Regulatory Compliance:** Companies operating in regions with strict data protection laws (like GDPR in Europe or CCPA in California) are legally obligated to maintain high standards of data protection.
3. **No Perfect Security:** Despite best efforts, no system is 100% secure. Data breaches can and do occur even in well-protected systems.
4. **Third-Party Sharing:** While ethical companies commit to not sharing personal data with third parties without consent, it's crucial to read and understand their privacy policies carefully.
5. **Data Retention Policies:** Users should be aware of how long their data is stored and for what purposes.
6. **Evolving Threats:** The cybersecurity landscape is constantly changing, requiring continuous updates to security measures.
7. **Transparency:** Ethical companies should be clear about their data handling practices and any potential risks.
8. **User Control:** Ideally, users should have control over their data, including the ability to delete it.

While most reputable companies are making significant efforts to protect user data, it's understandable for users to have concerns. The decision to share personal data with AI-chatbots (not specifically recommended by Destiny-Gram) should be made carefully, considering the specific company's reputation, security practices, and transparency.

Crucially, the Destiny-Gram project itself:

- Implements robust security measures
- Is transparent about data handling practices
- Provides users with full control over their data
- Regularly audits and updates security protocols

In the long-term as Destiny-Gram develops into an ecosystem integrating with social networking further robust protection measures will be crucial. Here's how Destiny-Gram might approach this in the future as it develops:

### **1. Granular Consent Model**

Users could have fine-grained control over their data:

- Different levels of profile visibility (e.g. public, semi-private, private)
- Ability to compartmentalize data (e.g. career info separate from personal goals)
- Consent-based access for specific individuals or groups

### **2. Blockchain-Based Data Management**

Blockchain technology could enhance security and user control:

- Decentralized storage to prevent single points of failure
- Smart contracts to enforce user-defined access rules
- Immutable audit trails of data access

### **3. Zero-Knowledge Proofs**

This cryptographic method could allow limited information sharing:

- Users could prove they meet certain criteria without revealing specific data
- E.g., proving you have a certain skill level without showing your entire work history

#### **4. AI-Powered Privacy Assistant**

An AI could help users manage their privacy:

- Suggesting optimal privacy settings based on user preferences
- Alerting users to potential privacy risks in their sharing patterns
- Providing plain-language explanations of complex privacy policies

#### **5. Tokenized Access**

Access to detailed profiles could be managed through digital tokens:

- Users issue time-limited tokens for profile access
- Tokens could be revoked at any time
- Different tokens could grant access to different parts of the profile

#### **6. Federated Identity Systems**

Users could maintain control of their identity across multiple platforms:

- Single, user-controlled identity used across various services
- Ability to selectively share different aspects of identity with different services

#### **7. Encrypted Data Vaults**

Sensitive information could be stored in encrypted personal data vaults:

- Users hold the encryption keys
- Data is only decrypted when explicitly shared

## **8. Differential Privacy**

When aggregating data for analysis, differential privacy techniques could be used:

- Allows for useful insights without compromising individual privacy
- Adds calculated noise to datasets to prevent individual identification

## **9. Regular Security Audits and Penetration Testing**

To maintain trust, the platform would need to commit to ongoing security verification:

- Regular third-party security audits
- Bug bounty programs to incentivize finding and reporting vulnerabilities

## **10. User Education and Transparency**

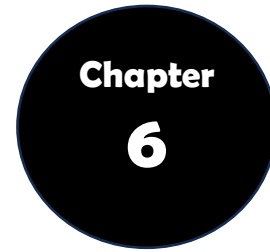
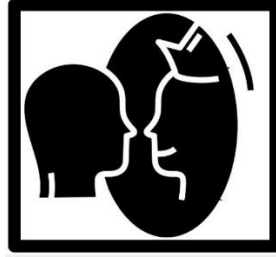
Clear communication about data use and security measures:

- In-app tutorials on privacy features
- Clear, plain-language privacy policies
- Transparency reports on data requests and security incidents

By implementing these kinds of robust measures, Destiny-Gram could provide users with powerful tools to control their data, allowing them to share their rich, detailed profiles more broadly with trusted parties and social networks while maintaining strong protections against unauthorized access or misuse. This balance of openness and security would be key to building user trust in such a comprehensive personal development and networking platform for the future







**Path to Your True Destiny – Reflection Page**  
**Chapter 6: THE ROAD TO YOUR CHOSEN DESTINY**  
**"Charting Your Course to Self-Actualization"**

This Summary Reflection Page encouraging you to synthesize all the insights gained, creating “A Personalized Roadmap for The Journey towards Self-Actualization and Living Out Your True Destiny”.

**1. Personal Inventory:**

My key personality traits:	
Core values I want to embody:	
Skills and talents I possess:	
Areas for personal growth:	

**2. Vision and Purpose:**

My refined life purpose statement:	
Long-term goals (5-10 years):	
Short-term objectives (1 year):	
How my purpose aligns with my enneagram type:	

### 3. Action Plan:

Immediate steps I will take (next 30 days):	
Habits I want to develop:	
Habits I need to break:	
Resources I need to acquire (skills, knowledge, tools):	

### 4. Relationships and Community:

How I plan to nurture important relationships:	
Communities or groups I want to engage with:	
Ways I can contribute to society:	
Boundaries I need to establish or maintain:	

### 5. Personal Growth Commitments:

Books I plan to read:	
Courses or training I will pursue:	
Mentors or role models I will seek out:	
How I plan to use AI tools like Destiny-Gram for ongoing growth:	

## 6. Overcoming Obstacles:

Potential challenges I anticipate:	
Strategies to overcome these challenges:	
Support systems I can rely on:	
How I plan to stay motivated during difficult times:	

## 7. Balancing Life Aspects:

Career/Professional life:	
Personal/Family life:	
Health and Wellness:	
Spiritual/Philosophical growth:	
Financial goals and plans:	

## 8. Reflection and Adjustment:

How often I plan to review and adjust my goals:	
Metrics I'll use to measure my progress:	
Ways I'll celebrate my achievements:	
How I'll learn from setbacks:	

### 9. Legacy and Impact:

The mark I want to leave on the world:	
How I want to be remembered:	
Projects or causes I'm passionate about:	
Steps to start building my legacy now:	

### 10. Commitment to Authenticity:

Ways I can be truer to myself:	
Areas where I need to be more vulnerable:	
How I plan to maintain integrity in my personal manifesto or creed: my choices:	

# 7. THE ENNEAGRAM AND YOUR DESTINY

## “The Cornerstone of Personal Profiling”

As you delve deeper into the process of self-discovery and your personal development, it's crucial to understand the foundational tools on personality assessment that were used to inform your approach. The Enneagram stands out as a powerful system for comprehending human personality and behaviour, serving as a cornerstone in our comprehensive profiling analysis.

The Enneagram's significance lies in its ability to provide a nuanced understanding of individual motivations, fears, and patterns of behaviour. By incorporating this system into our AI-assisted personal profiling platform at Destiny-Gram, we create a more holistic and accurate picture of each user's unique personality landscape.

This section is written with the intent to inform on how the Enneagram's nine personality types correlate with specific character traits, core abilities, and life passions. Understanding these connections is vital for several reasons:

1. It provides a framework for deeper self-awareness, helping you recognize your inherent strengths and potential growth areas.
2. It offers insights into how different personality types approach life challenges and opportunities, informing more tailored personal development strategies.
3. It enhances the AI's ability to generate more accurate and more personalized recommendations by considering the nuances of your personality type first.
4. It helps in identifying potential career paths, relationship dynamics, and life goals that align with your core personality traits.

The integration of the Enneagram with our AI-driven analysis creates a synergy that elevates the entire profiling process, bringing you closer to uncovering your true destiny. There are many books and websites which examine each Enneagram type and its relevance, it is not my intent to detail them here. Keep in mind however that this information, in its fullest form, is utilized in the AI-analysis of your Destiny-Gram profile.

For those seeking deeper insights into specific personality type development, I recommend resources like Don Richard Riso's (*"Understanding the Enneagram"*) which provides valuable guidance.

The two most recognised systems of personality assessment (*'Myers Briggs and The Enneagram'*) are used for a betterment of self-understanding. While the former is used often more prevalently in career assessments and job psychometrics, the latter delves deeper into the real person, holistically.

The Enneagram is a modern synthesis of several ancient beliefs. Its roots are in antiquity and can be traced back at least as far as the works of Pythagoras. And Plotinus, in the *Enneads*, speaks of nine divine qualities that manifest in human nature. In more recent developments in the 20th and 21st century, Oscar Ichazo, the Bolivian-born founder of the Chilian Arica School established in 1968 also taught the 'Enneagram'. During the 1960s Ichazo's Enneagram of Personality and related theories formed part of a larger body of teaching that he termed 'Proto analysis'.

The Enneagram can tell you which exact childhood wounds and experiences led you to develop certain coping mechanisms. The Enneagram can also tell you what your basic desire and fears are. It can reveal what you're running away from as well as what you're running towards. The Enneagram can tell you what's most important to you, guiding your likely motivations when it comes to personal

development and seeking new purpose. That is why it was adopted by Greg Malpass for the purpose of helping in the search for destiny on his AI-assisted Personal Profiling Platform- Destiny-Gram.

Enneagram Types focus of importance (or rather 'Motive Prioritization') can be summarized, in one-liners, as:

- Enneagram 'Ones' seek righteousness and integrity.
- Enneagram 'Twos' seek love and belonging.
- Enneagram 'Threes' seek achievement and success.
- Enneagram 'Fours' seek individuality and personal freedom.
- Enneagram 'Fives' seek competence and specialization.
- Enneagram 'Sixes' seek security and certainty.
- Enneagram 'Sevens' seek happiness and possibility.
- Enneagram 'Eights' seek control and autonomy.
- Enneagram 'Nines' seek peace and inner harmony.

Different personalities tend to nurture specific traits, whether favourable or unfavourable, depending on their level of development. Whether you're a natural reformer, leader, helper, motivator, artist, thinker, peacemaker, loyalist, or generalist, ultimately it falls upon each individual to define their personal values and aspirations and strive to align their personality with their goals. It's crucial to recognize that personal growth and self-improvement are ongoing processes.

Regardless of your role in life—be it layperson, professional, athlete, student, homemaker, psychologist, or your spiritual beliefs—as a lifelong learner, it's essential that your chosen mission, purpose, and destiny resonate deeply with your authentic self. Remember, greatness is not inherited but cultivated through purposeful effort and dedication. The definition of greatness varies among individuals, but it often involves facing challenges with determination and perseverance.



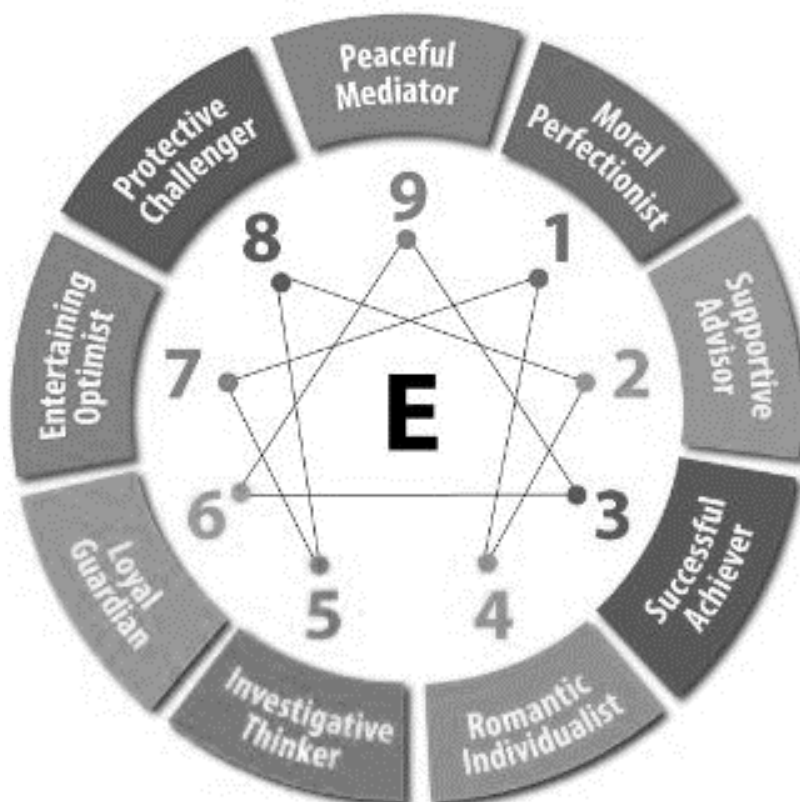


## “Destiny Wheel and Life Paths”

Typical Enneagram Personality Types can have ‘stereotype’ character traits, abilities, and desires/passions – but they are not definitive or deterministic.

While celebrity personas are curated, certain public figures seem to exemplify some of the core qualities associated with each Enneagram personality type based on these mapped character traits, abilities, and desires/passions (*cf. Celebrity Destiny Wheel*). Their careers, advocacy, and personal lives provide visible examples that align with the stated attributes and life strategies.

The following is given purely as generic examples of the potential relevance of the Enneagram in personality analysis.



*The Enneagram*

## **Personality Types**

1. Reformer
2. Helper
3. Achiever
4. Individualist
5. Investigator
6. Loyalist
7. Enthusiast
8. Challenger
9. Peacemaker

### Explanation:

1. Reformer: The principled, ethical, and perfectionistic type.
2. Helper: The caring, generous, and people-pleasing type.
3. Achiever: The success-oriented, efficient, and image-conscious type.
4. Individualist: The romantic, introspective, and self-absorbed type.
5. Investigator: The perceptive, innovative, and detached type.
6. Loyalist: The committed, security-oriented, and defensive type.
7. Enthusiast: The spontaneous, multi-talented, and scattered type.
8. Challenger: The powerful, confrontational, and domineering type.
9. Peacemaker: The accommodating, reassuring, and conflict-avoidant type.

The Enneagram is a widely used personality typology system that describes the nine distinct personality types, each with its unique motivations, fears, and patterns of thinking, feeling, and behaving.

**Typical Character Traits** (in no particular order)

- a. Integrity
- b. Empathy
- c. Resilience
- d. Curiosity
- e. Humility
- f. Accountability
- g. Compassion
- h. Adaptability
- i. Authenticity

Explanation:

These traits encompass various aspects of an individual's personality, values, and behaviour. They cover qualities such as ethical conduct, emotional intelligence, mental toughness, intellectual curiosity, self-awareness, responsibility, kindness, flexibility, and genuineness. While these are broad categories, they can serve as a framework for evaluating and understanding an individual's character from multiple perspectives.

**Likely Core Skills** (in no particular order)

- a. Technical
- b. Analytical
- c. Creative
- d. Communication
- e. Leadership
- f. Strategic
- g. Organizational
- h. Interpersonal
- i. Adaptability

## Explanation:

- a. Technical: Skills related to specific domains, technologies, or tools.
- b. Analytical: Skills involving logical reasoning, problem-solving, and data analysis.
- c. Creative: Skills involving innovation, idea generation, and out-of-the-box thinking.
- d. Communication: Skills related to effective verbal, written, and presentation abilities.
- e. Leadership: Skills involving motivating, guiding, and influencing others.
- f. Strategic: Skills related to long-term planning, decision-making, and goal setting.
- g. Organizational: Skills involving time management, multitasking, and attention to detail.
- h. Interpersonal: Skills related to building relationships, collaboration, and emotional intelligence.
- i. Adaptability: Skills involving flexibility, learning agility, and the ability to thrive in change.

These headings cover a broad range of skills that are valuable across various industries and roles. They encompass technical expertise, cognitive abilities, creative thinking, communication proficiency, people management, strategic thinking, organizational prowess, social intelligence, and the capacity to adapt to evolving circumstances.

## **Related Goals** (in no particular order)

- a. Family
- b. Career
- c. Creativity
- d. Adventure

- e. Spirituality
- f. Community
- g. Knowledge
- h. Activism
- i. Wellness

Explanation:

- a. Family: Focusing on nurturing relationships with loved ones and building a strong family unit.
- b. Career: Pursuing professional growth, achievement, and fulfilment through work.
- c. Creativity: Expressing oneself through artistic or innovative endeavours.
- d. Adventure: Seeking excitement, exploration, and new experiences.
- e. Spirituality: Exploring personal beliefs, values, and finding meaning in life.
- f. Community: Contributing to society and making a positive impact on others.
- g. Knowledge: Continuously learning, expanding one's understanding, and pursuing intellectual growth.
- h. Activism: Advocating for social, political, or environmental causes.
- i. Wellness: Prioritizing physical, mental, and emotional well-being.

These headings represent various domains that individuals may find deeply meaningful and motivating. They cover personal relationships, professional aspirations, self-expression, personal growth, purpose-driven living, societal contribution, intellectual curiosity, championing beliefs, and holistic health. These areas often serve as sources of passion, fulfilment, and goal setting for people throughout different stages of life.

## **Character , Core Skills, Life Goals** (arranged by Enneagram Type)

- 1) Reformer- Integrity, Technical, Family
- 2) Helper- Empathy, Communication, Spirituality
- 3) Achiever- Accountability, Achiever, Career
- 4) Individualist- Curiosity, Creative, Adventure
- 5) Investigator- Resilience, Analytical, Knowledge
- 6) Loyalist- Compassion, Loyalist, Community
- 7) Enthusiast- Adaptability, Enthusiast, Creativity
- 8) Challenger- Humility, Challenger, Activism
- 9) Peacemaker- Authenticity, Peacemaker, Wellness

This ordering is not definitive, but it attempts to group related traits, skills, and goals together in a way that creates a coherent flow around the 'Enneagram Destiny Wheel'. The numerical assignments are based on potential alignments with the Enneagram types.

## **Destiny Strategies/Life Paths (Traits/Abilities/ Desires/Role Model):**

Based on these key character traits, abilities, and desires mapped by Enneagram personality type, here are some general comments and key considerations for each type. The comments also highlight some potential pitfalls, focus areas and key decisions each type may need to consider as they navigate their preferred life path in terms of both career and personal arenas. Self-awareness is key to making conscious choices.

1. Integrity, Technical, Family: Pursue a technical career that aligns with your strong ethics (e.g. engineer, scientist, accountant). Prioritize family values and responsibilities. Don't compromise your principles for career gain. Find an ethical organization that values your skills. Make time for family amid work demands. Type Role Model - Denzel Washington (Principled perfectionist, acclaimed actor, devoted family man)

2. Empathy, Communication, Spirituality: Consider a caring profession (e.g. counsellor, social worker, clergy). Develop emotional intelligence. Explore spiritual practices. Leverage your listening skills in counselling/coaching roles. Practice mindfulness to reduce burnout. Share your spiritual discoveries. Type Role Model - Oprah Winfrey (Empathetic communicator, spiritual seeker)
3. Accountability, Achiever, Career: Find a results-driven career you can excel in (e.g. business, law, athletics). Maintain high standards. Keep advancing professionally. Be mindful of workaholism - success requires balance. Build a family/social support system. Mentor others as you advance. Type Role Model - Elon Musk (Driven entrepreneur, achievement-oriented career)
4. Curiosity, Creative, Adventure: Unleash your creativity in artistic/innovative fields. Seek work that allows travel/exploration. Embrace an unconventional lifestyle. Resist getting bored or restless - continually explore new outlets. Save money for travel/experiences. Don't sideline relationships. Type Role Model - Prince (Authentic visionary, prolific musician songwriter and performer, creative self-expressionist)
5. Resilience, Analytical, Knowledge: Build expertise in an analytical domain (e.g. research, data science, academia). Cultivate grit to overcome challenges. Continuously learn. Have patience - expertise takes time. Build practical skills beyond theory. Apply knowledge to help others. Type Role Model - Albert Einstein (Brilliant tenacious theorist driven by a quest for knowledge and innovative ideas).

6. Compassion, Loyalist, Community: Set boundaries - Serve others through social impact work or public service. Be a committed team player. Strengthen your local community. you can't pour from an empty cup. Join organizations aligned with your values. Rally others to causes. Type Role Model - Dolly Parton (Generous philanthropist, loyal to roots, supports communities)
7. Adaptability, Enthusiast, Creativity: Embrace variety, pursue an entrepreneurial or multifaceted career. Channel energy into passion projects. Remain open to change. Finish what you start before moving to new projects. Develop financial discipline. Embrace routines amid spontaneity. Type Role Model - Will Smith (Versatile entertainer, upbeat personality, creatively pursues passions)
8. Humility, Challenger, Activism: Fight for what you believe in through activism or advocacy roles. Question authority. Stay grounded through spiritual practices. Check your ego - fight the cause, not individuals. Build strategic allies and resources. Practice self-care amid struggles. Type Role Model - Jane Fonda (Outspoken activist, confronts norms, spiritually grounded)
9. Authenticity, Peacemaker, Wellness: Prioritize work that aligns with your values. Resolve conflicts diplomatically. Focus on holistic health and work-life balance. Don't people-please at your own expense. Voice your needs clearly. Lean into discomfort to grow. Inspire through your example. Type Role Model - Jacqueline Woodson (Authentic storyteller, promotes reconciliation, well-being focus)

The Enneagram Type study is not a 'one-size-fits-all' but the analysis can give individuals pointers in terms of their key traits, healthy motivations, basic fears and desires, characteristic temptations,



virtues, saving grace, and levels of development and areas for personal growth.

As discussed in the last Chapter of the book, the Destiny-Gram online test takes the analysis to the next level delving into:

- **Character Analysis:** core values, sacred cows, higher purpose, and universal life missions;
- **Skills and Desires Assessment:** Identifying latent abilities, goals, and passions;
- **AI-Driven Recommendations:** Providing personalized suggestions for personal growth and career development.

Unlike generic personality tests (such as the Enneagram test) or other career assessment tools, Destiny-Gram focuses on the individual's unique combination of traits, experiences, and aspirations using the AI-algorithmic analysis. And mindful of the common concerns about sharing personal information online, the platform employs state-of-the-art encryption to ensure user privacy and data security throughout.

### **Celebrity Destiny Wheel:**

9



**Authenticity, Peacemaker, Wellness:** Prioritize work that aligns with your values. Resolve conflicts diplomatically. Focus on holistic health and work-life balance. Don't people-please at your own expense. Voice your needs clearly. Lean into discomfort to grow. Inspire through your example. Type Role Model - Jacqueline Woodson (Authentic storyteller, promotes reconciliation, well-being focus)

8



**Humility, Challenger, Activism:** Fight for what you believe in through activism or advocacy roles. Question authority. Stay grounded through spiritual practices. Check your ego - fight the cause, not individuals. Build strategic allies and resources. Practice self-care amid struggles. Type Role Model - Jane Fonda (Outspoken activist, confronts norms, spiritually grounded)

7



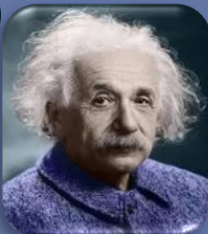
**Adaptability, Enthusiast, Creativity:** Embrace variety, pursue an entrepreneurial or multifaceted career. Channel energy into passion projects. Remain open to change. Finish what you start before moving to new projects. Develop financial discipline. Embrace routines amid spontaneity. Type Role Model - Will Smith (Versatile entertainer, upbeat personality, creatively pursues passions)

6



**Compassion, Loyalist, Community:** Set boundaries - Serve others through social impact work or public service. Be a committed team player. Strengthen your local community. you can't pour from an empty cup. Join organizations aligned with your values. Rally others to causes. Type Role Model - Dolly Parton (Generous philanthropist, loyal to roots, supports communities)

5



**Resilience, Analytical, Knowledge:** Build expertise in an analytical domain (e.g. research, data science, academia). Cultivate grit to overcome challenges. Continuously learn. Have patience - expertise takes time. Build practical skills beyond theory. Apply knowledge to help others. Type Role Model - Albert Einstein (Brilliant tenacious theorist driven by a quest for knowledge and innovative ideas).

# DESTINY WHEEL



## TAP INTO YOUR DESTINY

- T** Character Trait
- A** Core Ability
- P** Passion/ Desire



# LIFE PATHS

## Character - Ability - Passion

1



**Integrity, Technical, Family**: Pursue a technical career that aligns with your strong ethics and attention to detail (e.g. engineer, scientist, accountant). Prioritize family values and responsibilities. Don't compromise your principles for career gain. Find an ethical organization that values your skills. Make time for family amid work demands. Type Role Model - Denzel Washington (Principled perfectionist, acclaimed actor, devoted family man)

2



**Empathy, Communication, Spirituality**: Consider a caring profession (e.g. counsellor, social worker, clergy). Develop emotional intelligence. Explore spiritual practices. Leverage your listening skills in counselling/coaching roles. Practice mindfulness to reduce burnout. Share your spiritual discoveries. Type Role Model - Oprah Winfrey (Empathetic communicator, spiritual seeker)

3



**Accountability, Achiever, Career**: Find a results-driven career you can excel in (e.g. business, law, athletics). Maintain high standards. Keep advancing professionally. Be mindful of workaholicism - success requires balance. Build a family/social support system. Mentor others as you advance. Type Role Model - Elon Musk (Driven entrepreneur, achievement-oriented career)

4



**Curiosity, Creative, Adventure**: Unleash your creativity in artistic/innovative fields. Seek work that allows travel/exploration. Embrace an unconventional lifestyle. Resist getting bored or restless - continually explore new outlets. Save money for travel/experiences. Don't sideline relationships. Type Role Model - Prince (Authentic visionary, prolific musician songwriter and performer, creative self-expressionist)

# Destiny Secrets

Path to Your True Destiny

“Your Personal Destiny”

Discover your ‘True Destiny’ by Analysing your Personality, Character, Higher Purpose, Needs and Desires, Skills and Abilities, Goals and Passions– Undertake the on-line Destiny-Gram ‘ Life Assessment Solutions Test’ to help you in the process.

*“Read this Book. Then - Undertake the On-line Destiny-Gram Life Assessment Test and use the AI chatbot Mentoring and Progress Tracking System . They are designed to help you understand your Personality Traits, latent Abilities and Desires, and make important Life Decisions to move forward with your Personal Development and Happiness in mind. It will help you map your Destiny. The rest will then be up to you”*



# **“Destiny-Gram’s Unique Value Proposition”**

## **Summary**

Destiny-Gram is an innovative AI-driven personal development platform conceived by co-author Greg Malpass. The platform integrates proprietary profiling methods with advanced AI technology to offer users comprehensive self-assessment and personalized guidance.

Key features include:

- 1. Detailed personality and character profiling using Multiple-Choice Questionnaires (MCQ) and Points of View (POV) prompts**
- 2. AI-powered analysis of user responses to generate in-depth personal insights**
- 3. Ongoing AI chatbot mentoring tailored to individual profiles**
- 4. A Progress Tracking System (PTS) for continuous personal development linked to the 10 secrets comprising this book**

The platform aims to help users discover their true potential, make informed life decisions, and navigate career paths in an AI-driven future. It emphasizes privacy and data security, giving users full control over their information.

Destiny-Gram's long-term vision includes integration with advanced technologies like wearables and augmented reality, as well as potential collaboration with major tech companies to create more personalized and meaningful social networking experiences.

The concept is positioned as a revolutionary tool for self-discovery and life planning, combining cutting-edge AI technology with the timeless quest for personal growth and purposeful living.

**Use of the Enneagram:** The Enneagram plays a crucial role in Destiny-Gram's personality assessment component, serving as a foundational tool for understanding human behaviour and motivations. Here's a summary of its relevance to the Destiny-Gram model:

1. **Comprehensive profiling:** The Enneagram provides a nuanced framework for analysing individual personalities, helping create a holistic picture of each user's traits, motivations, and behavioural patterns.
2. **Enhanced self-awareness:** By incorporating the Enneagram, Destiny-Gram helps users recognize their inherent strengths and areas for growth, fostering deeper self-understanding.
3. **Tailored development strategies:** Understanding how different personality types approach challenges allows for more personalized development recommendations.
4. **AI-powered insights:** The Enneagram enhances the AI's ability to generate accurate, personalized recommendations by considering the subtleties of each personality type.
5. **Career and life alignment:** The system aids in identifying potential career paths, relationship dynamics, and life goals that align with core personality traits.
6. **Motivation prioritization:** Each Enneagram type has specific focuses of importance, helping users understand their primary motivations and desires.

By integrating the Enneagram into its AI-driven analysis, Destiny-Gram creates a synergy that elevates the entire profiling process, bringing users closer to uncovering their true potential and destiny.

**AI-Caveats and Security Issues:** The caveats and security issues associated with Destiny-Gram AI-driven personal development platforms are noted as:



1. **AI Limitations:** AI, while powerful, has limitations in areas requiring emotional intelligence, complex ethical reasoning, and understanding of human nuances.
2. **Human Factor Alert:** Destiny-Gram implements a "Human Factor Alert" system in its AI chatbot, flagging areas where human judgment is particularly crucial, such as emotional decisions or ethical dilemmas.
3. **Balanced Approach:** The platform emphasizes the importance of combining AI capabilities with human insight, encouraging users to seek human advice alongside AI recommendations.
4. **Security Measures:** The text outlines current and potential future security measures, including encryption, blockchain-based data management, zero-knowledge proofs, and AI-powered privacy assistants.
5. **User Control:** Destiny-Gram prioritizes user control over personal data, implementing granular consent models and transparent data handling practices, and ability to delete profiles.
6. **Ethical Considerations:** Destiny-Gram recognises the importance of transparency about AI capabilities and limitations, as well as adherence to data protection regulations.

Overall, Destiny-Gram balances the benefits of AI-driven personal development with the necessary safeguards and recognition of human factors in decision-making.



## “The Destiny-Gram Online Experience”

The proprietary Websites Multiple-Choice Questions (MCQ) and Points of View Prompts (POV), AI-analysis, and AI-output will cover the following 7 areas Focusing On ‘**Character-Ability-Passion**’:

1. Personality
2. Character (including views on the 10 Secrets)
3. Career & Experience
4. Skills & Abilities
5. Passions & Desires
6. Valuable Ideas/Destiny Options
7. Personal Profile/Destiny Road Map

The questionnaires responses, and AI-analysis will identify and track the following in the process:

- Identifying the User’s Higher Purpose.
- Prioritizing Users’ Key Life Lessons & Identifying What’s Sacred to them.
- Identifying Home Truths, & Recognising the Personality’s Saving Grace
- Listing & Deciding the User’s key Personality Recommendations
- Developing the User’s Personality Dashboard

The MCQ/POV questionnaire will include approximately 250 Questions and 500 Data Items to browse and scan. The time period to complete the on-line registration and input is less than 2 hours in total, in recognition of the importance of the requirement of commitment, honesty and seriousness of input. Subscribers will be given the option to pause and return to the Site to complete their Registrations/MCQ Inputs, if time is not available to complete in one visit.

The insights into behaviour patterns, motivations, and potential areas for growth will be collated in 7 parts.

### **Part 1: Personality Assessment (Bespoke Enneagram**

MCQ Test with analysis and feedback on the following areas:)

- **Primary Enneagram Type:** The dominant personality type (1-9) that best describes the user's core motivations and behaviours.
- **Wing:** The adjacent type that influences the primary type, adding depth and nuance to the personality profile.
- **Stress and Security Points:** How the individual behaves under stress and in times of security or growth.
- **Core Motivations:** The fundamental desires and fears that drive the individual's actions and decisions.
- **Key Strengths:** The positive traits and abilities associated with the individual's type.
- **Growth Areas:** Potential challenges or areas for personal development specific to the individual's type.

**Part 2: Character Assessment ( MCQ/POV questions to flush out answers to the following, including questions/ views specifically on the 10 Secrets)**

- Core values and principles that guide the user's life decisions?
- Moral/ethical outlook on life?
- Causes or social issues the user is most passionate about? And why?
- Areas where the user would take a stand for beliefs despite opposition?
- Greatest considered strengths and weaknesses of character?

**Part 3: Career History (MCQ/POV questions augmented by LinkedIn Profiles accessed by a consented API)**

- Educational and professional experiences chronologically?
- Biggest achievements and proudest moments in each role?

- Challenges faced and how user overcame them?
- Motivations to make key career transitions?
- How or whether user's career experiences align with his/her long-term goals?

**Part 4: Skills & Abilities** (MCQ/POV backed up by AI-analysis of LinkedIn Profile)

- Rating proficiency level in [list of key skills] on a scale of 1-5?
- Logging top 3 standout skills? Referencing examples of how they were applied?
- Any skills user wishes to develop to further career and/or life/personal development? Which ones and why?
- Description of working style and ability to collaborate [cross-checked with Enneagram personality analysis output]?
- Examples highlighting problem-solving abilities?
- List Hobbies and proficiency?

**Part 5: Passions & Desires** (MCQ but emphasis on POV prompting in questions)

- What hobbies, activities or subjects are the user most passionate about outside of work/academics?
- Personal goals and ambitions - short-term and long-term?
- If money were no object, what dreams would user pursue?
- What matters most to user in life? What drives and motivates user?
- How does user hope to make a positive impact on the world around him/herself?

**Part 6: Destiny Options**

- Based on analysis of responses, rating of interest level in potential paths identified (eg. entrepreneurship, creative pursuits, leadership roles, etc.)?

- Matching personal qualities or experiences that make the user well-suited for his/her top choices? (skills, desires reality check)?
- Any ethical boundaries user wouldn't want to cross in pursuing these options?
- How does user's support system (family, friends, mentors, bosses) view these potential directions?
- What legacy would user like to leave behind? How will he/she define "success"?

### **Part 7: Personal Profile Report Output (AI-produced including Action Plan)**

Given the comprehensive nature of the Destiny-Gram AI-assisted Personal Profile (not detailed here), the subsequent Action Plan headings for the AI-assisted Forward Plan are focused on:

1. **Self-Discovery and Awareness:** Actions to deepen understanding of personality traits, character strengths, and areas for growth.
2. **Skill Development and Enhancement:** Targeted strategies to improve existing skills and acquire new ones aligned with personal goals and potential career paths.
3. **Purpose Alignment and Goal Setting:** Steps to align personal values, desires, and skills with long-term life purpose and concrete, achievable goals.
4. **Relationship and Social Development:** Actions to improve interpersonal skills, build meaningful connections, and enhance emotional intelligence.
5. **Career Trajectory and Professional Growth:** Strategies for career advancement or transition, including networking, further education, and professional development opportunities.
6. **Personal Well-being and Balance:** Plans for maintaining physical, mental, and emotional health, including stress management and work-life balance.

7. **Continuous Learning and Adaptation:** Approaches to stay adaptable in a changing world, including embracing new technologies, ongoing education, and regular self-assessment.

These action plan items cover the key areas of personal development while allowing for the integration of specific personality insights, character traits, skills, desires, and destiny options identified in the Destiny-Gram profile.

**The Ten Secrets:** In addition to the above, Destiny-Gram's Multiple-Choice and Point of View (MCQ/POV) online questionnaires and Progress Tracking System (PTS) will specifically monitor and analyse user progress in 10 key areas of personal development (“The 10 Secrets”):

1. **Emotional Intelligence:** Cultivating EQ, managing self-talk, and using AI as a guide while following one's intuition.
2. **Excellence and Ambition:** Rejecting mediocrity, setting ambitious goals, and pursuing personal greatness.
3. **Ego Transcendence:** Moving beyond self-centeredness, developing authentic self-love, and fostering deeper connections.
4. **Personal Ethics:** Establishing a moral blueprint, practicing humility, and avoiding discriminatory behaviour.
5. **Vice Management:** Confronting addictions, maintaining integrity, and making positive choices in challenging situations.
6. **Self-Awareness:** Conducting regular self-assessments, building resilience against criticism, and connecting with a greater purpose.
7. **Life Purpose Alignment:** Balancing personal dreams with family commitments and community service.

8. **Healthy Sexuality:** Exploring sexuality responsibly, prioritizing mutual respect and consent in all intimate relationships.
9. **Personal Growth:** Cultivating excellence in the various aspects of life (1-8), including emotional intelligence, ethics, and self-belief.
10. **Self-Actualization:** Aligning life purpose with destiny, preparing for personal transformation, and unleashing full potential.

The system will track user progress in these areas, providing personalized insights and recommendations for continuous improvement and personal development.



## Sample Personality Dashboard



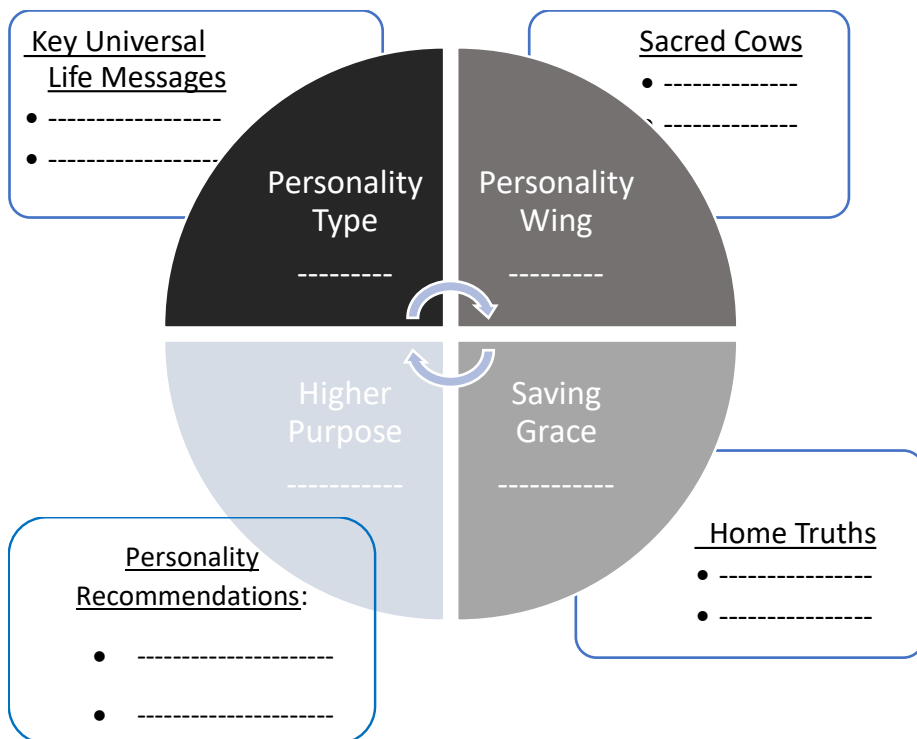
### Personality Type Characteristics

- 1. Virtue \_\_\_\_\_
- 2. Holy Idea \_\_\_\_\_
- 3. Basic Desire \_\_\_\_\_

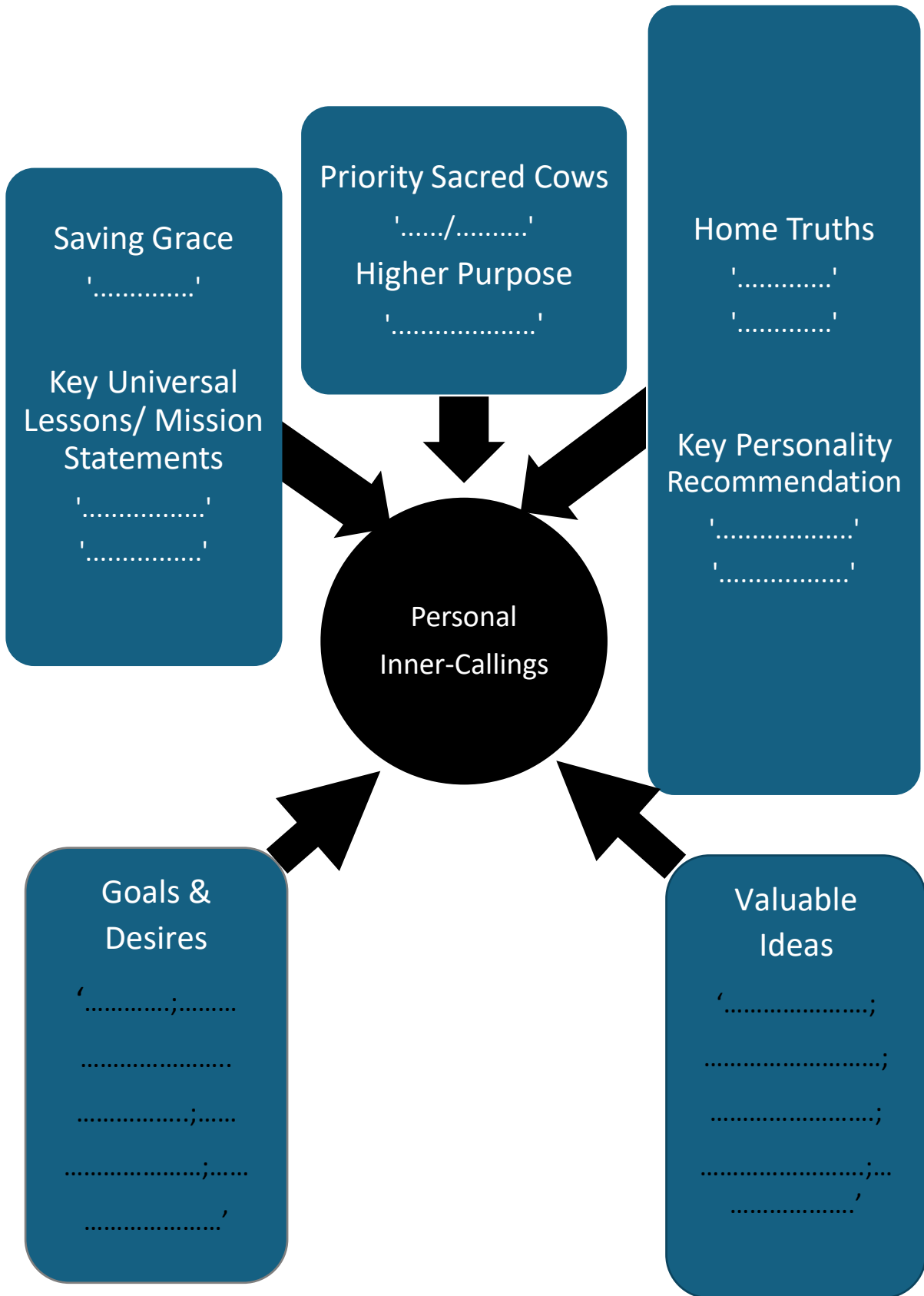


### Personality Traits (Healthy Levels Of Development)

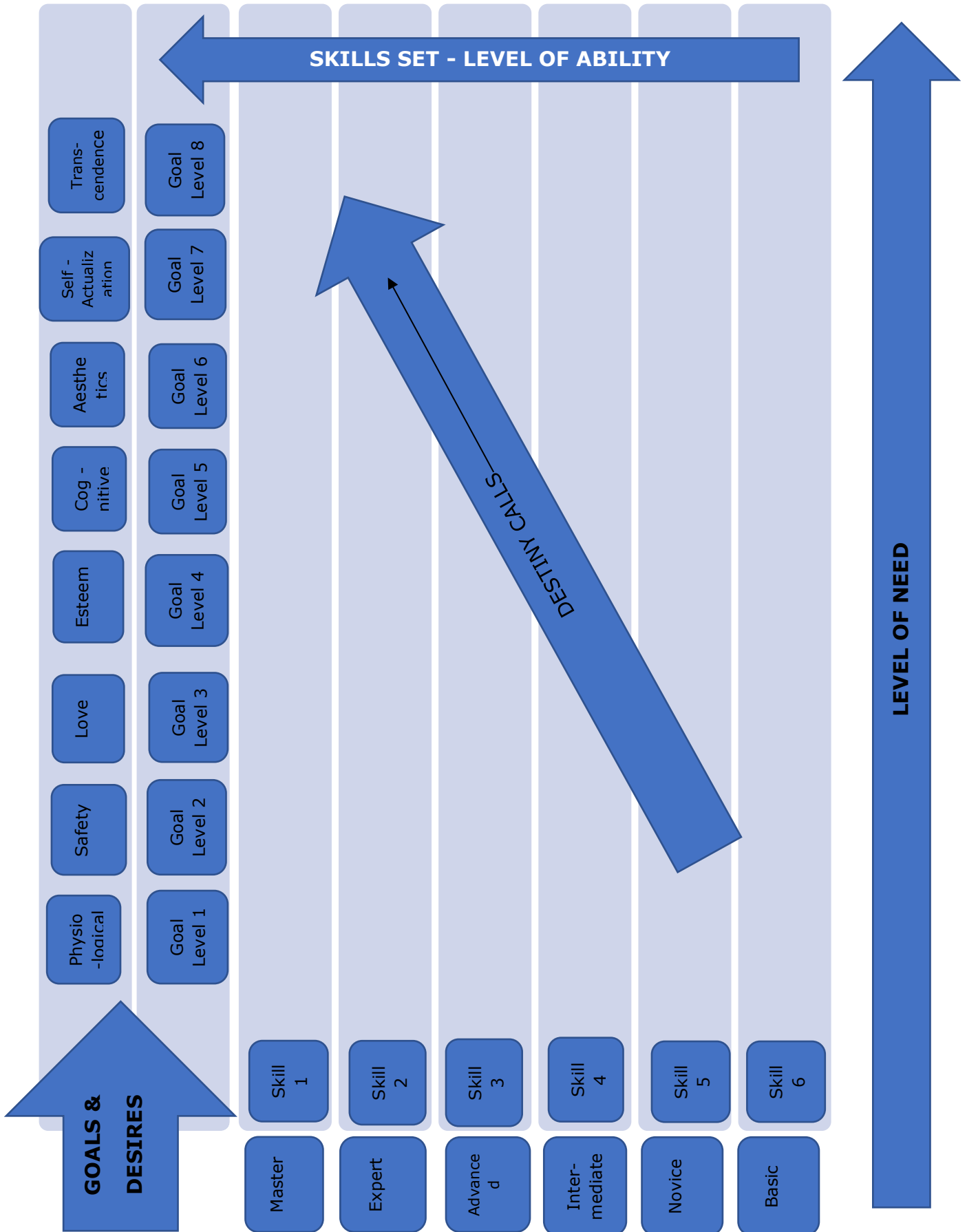
- 1. Level of Liberation \_\_\_\_\_
- 2. Level of Psychological Capacity \_\_\_\_\_
- 3. Level of Social Value & Contribution \_\_\_\_\_



AI-Analysis



# Desires/Skills Reality Check



## Destiny Pyramid – Selection Criteria

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***BASED ON:***

***PRIMARY & SECONDARY PURPOSES IN LIFE:***

.....  
.....

***RANK:***

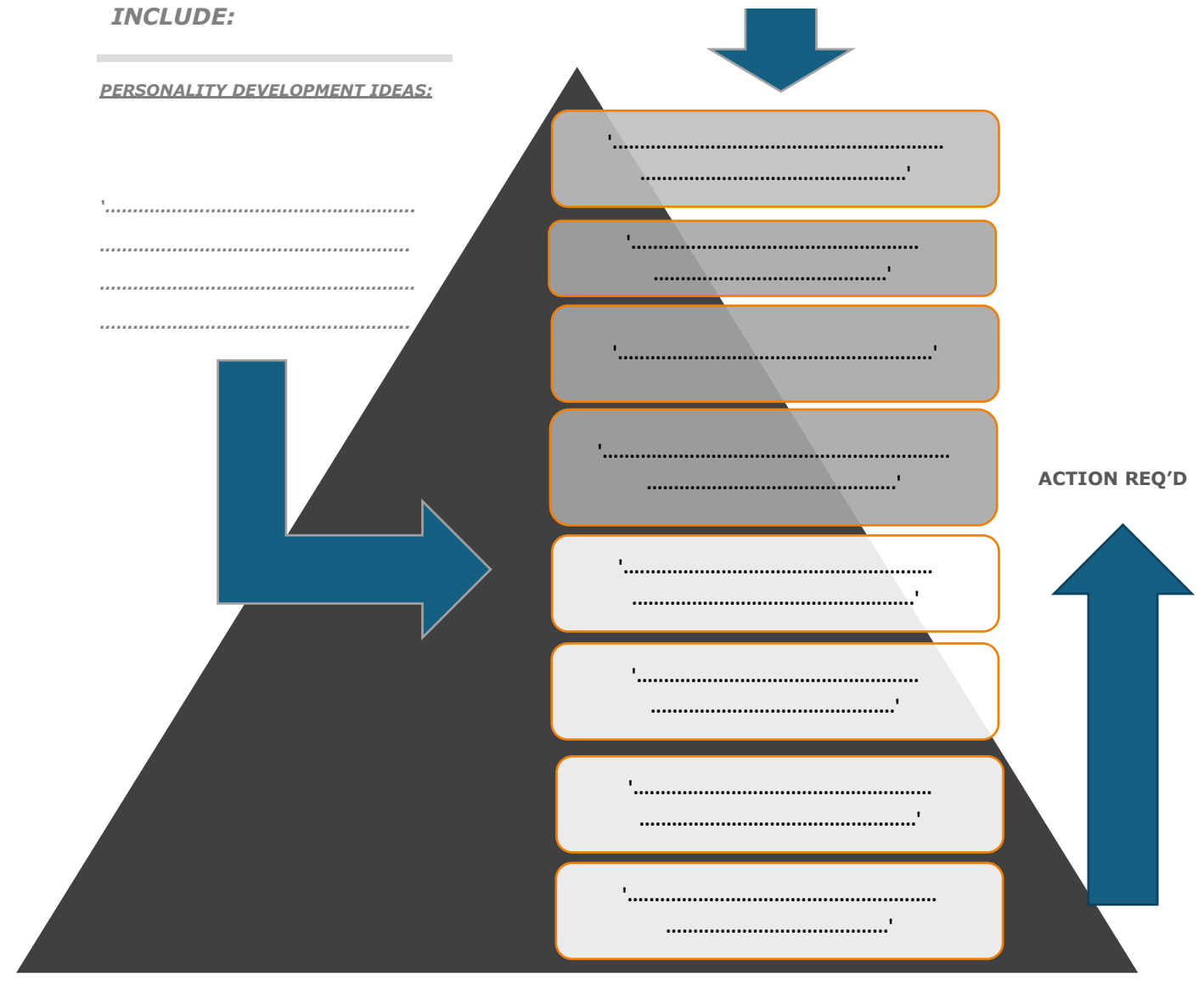
### **Range of Destiny Choices**

***INCLUDE:***

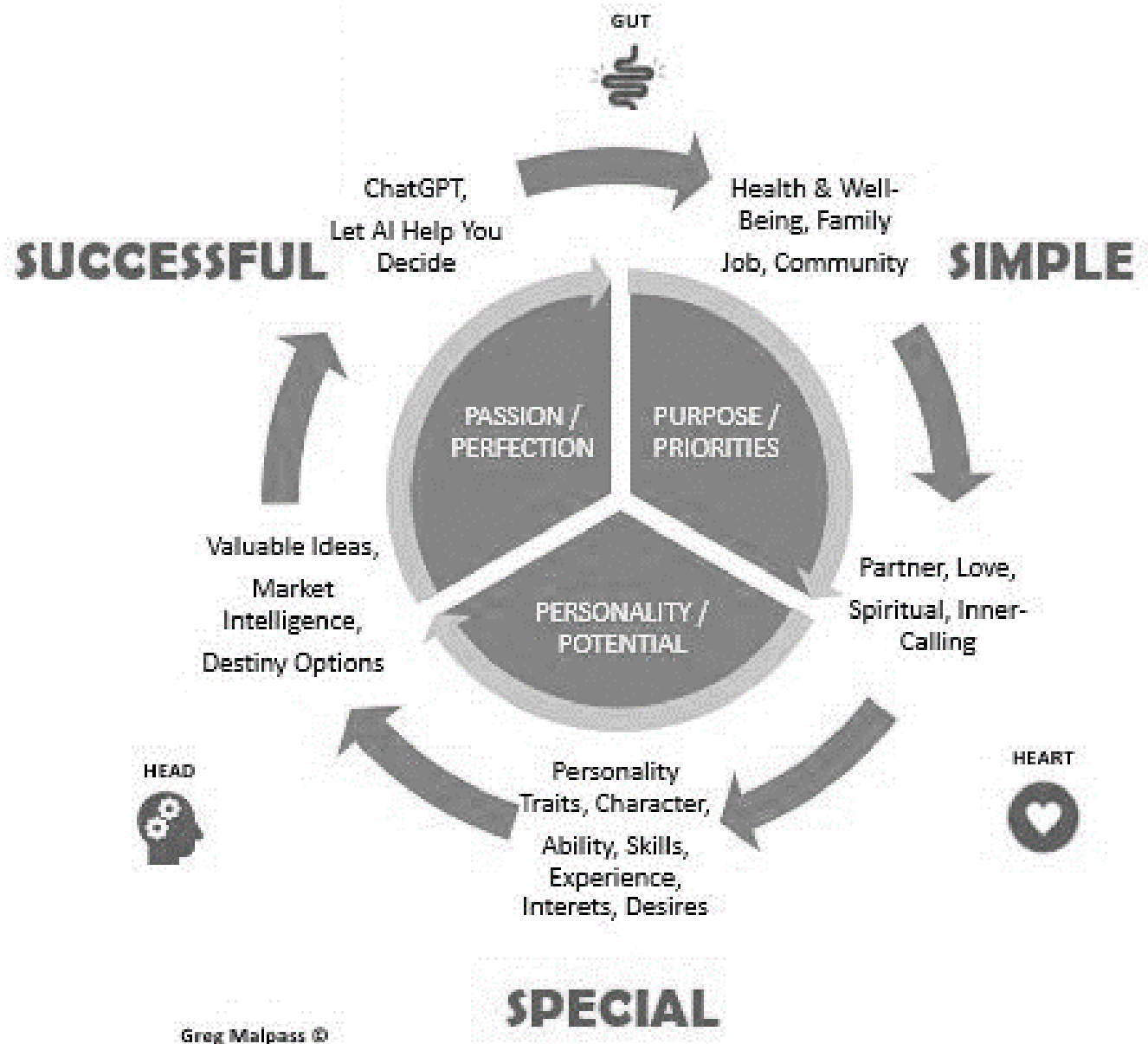
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***PERSONALITY DEVELOPMENT IDEAS:***

.....  
.....  
.....  
.....



## Your Personal Destiny Wheel



Your "Personal Profile and Destiny Plan" will be bespoke, not generic and not based solely on the Enneagram Personality analysis. Destiny-Gram's holistic approach to personal development and life planning is focused on 'Character-Ability-Passion' integrating various aspects of

an individual's life. Although it involves a complex algorithmic AI-assisted analysis, your 'Personal Destiny Wheel' is essentially a "SIMPLE", "SPECIAL" and "SUCCESSFUL" process. A simple formula that implies achieving success by maintaining a balance between simplicity, while recognizing one's unique qualities.

Maslow's 'Simple' basic and psychological lower level of needs (health, well-being, family, job and community) while basics in everyone's life, provide the day-to-day focus, 'Purpose and Priorities' for all of us.

What sets each of us apart as being 'Special' is our uniqueness – our individual traits, character, ability, skills, experience, interests, desires – which together provide our 'Personality and Potential'.

Using our unique mix of qualities enables us as humans to be creative in coming up with valuable ideas, test them and enhance them with market intelligence and education and come up with our own destiny options in our careers and personal lives. If we seek to become 'Successful' in our chosen path, we need to offer 'Passion and Perfection' in what we do, making it our 'Ikigai' sweet spot.

While our unique human traits, together with personal mentoring, can provide the foundation for our informed decision-making, they can be further enhanced via AI/chatbot Integration and Analysis - 'Letting AI Help You Decide'.

Each stage remains governed by human instincts: by our 'Heart' in terms of the spiritual and loving side of life; our 'Heads' in terms of developing our potential around our unique attributes and opportunities; but with reality checks, and our 'Guts' when it comes to assessing advice we may receive from a human or AI-intelligent adviser/mentor. Ultimately, we *sense* what is best for us and our well-being, and that of our loved ones – this being the human 'litmus test'.

The diagram emphasizes the interconnectedness of these various life aspects and suggests a balanced approach to personal development,

considering emotional intelligence (heart), rational thinking (head), and informed but instinctual decision making (gut) factors.

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*"Fate's wheel turns, guided by silicon whispers. Head, heart, and gut align. In the dance of passion and purpose, the simple and the special intertwine, crafting a destiny both unique and universal."*

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## “The Final Analysis and Call to Action”

**The Essence of Personal Destiny:** In our exploration of personal destiny, we've primarily focused on the 'why' rather than the 'how' of transformation. While the practical steps for change vary based on individual circumstances, there's a universal truth: the method by which we pursue our goals shapes our legacy as much as the achievements themselves. The essence of personal destiny lies in: Virtue, Legacy, and Purpose.

**The Foundations of ‘Legacy’:** Legacy is a composite of life experiences, beliefs, values, and traditions passed down. The most effective way to build a lasting legacy is through exemplary living—embodying the destiny you've chosen. This approach teaches invaluable lessons:

- Commitment to principles, even in adversity, demonstrates the strength of conviction.
- Pursuing dreams and passions illustrates the power of perseverance.
- Displaying kindness and compassion, even when undeserved, reveals true character.

While serving immediate circles of family and community is laudable, history's most impactful legacies often belong to those who dedicated themselves to serving humanity at large. This broader perspective is worth consideration, with love as the guiding principle transcending all endeavours.

**The Role of ‘Virtue’ in Shaping Destiny:** Throughout history, philosophers and cultures have defined sets of virtues they deemed essential for a well-lived life. While these lists vary, they often converge on fundamental principles. Aristotle proposed nine

important virtues: Wisdom; Prudence; Justice; Fortitude; Courage; Liberality; Magnificence; Magnanimity; Temperance. In contrast, philosopher Walter Kaufmann proposed a shortlist of 'Cardinal Virtues' as Fortitude, Prudence, Temperance, and Justice which he considered – most makes a person good, happy, and flourishing.

In terms of Freemasonry, there are the same four cardinal virtues that every Mason attempts to perfect in his walk-through life - Fortitude, Prudence, Temperance, and Justice. After examining all the available various perspectives, including those from ancient Nordic traditions, Greek philosophy, Buddhism, and Freemasonry, we can distil these four cardinal virtues that form a solid foundation for personal development and societal contribution:

- **Prudence:** The wisdom to discern appropriate actions, considering potential consequences.
- **Justice:** Fairness and righteousness in dealing with others.
- **Fortitude:** The strength to confront fears and endure challenges.
- **Temperance:** Self-control and moderation in appetites and emotions.

These virtues are not merely abstract concepts but practical guides for decision-making and behaviour. They help us navigate the complexities of life, ensuring our actions contribute positively to our personal growth and the well-being of others.

The Ten Secrets which form the key messages of this book are embodied in the pursuit of these virtues: *Prudence* is the intellectual virtue, the wisdom that guides us in practical decision-making, embracing 'Secret No1: Emotional Intelligence'. *Justice* governs our human relationships and social interactions, ensuring we 'Secret No3: Go Beyond Our Ego' considering others always. *Fortitude* represents our commitment and inner strength to 'Secret No7: Align Our Dreams

with Life Purpose’ and ‘Secret No2: Reject Mediocrity in the Search For Excellence’, where it matters on our chosen path; and ‘Secret No6: Conduct appropriate Reality Checks in the search for Greater Purpose than our own’. Finally, *Temperance* is the means by which we will attempt to regulate or moderate our appetites and emotions and ‘Secret No5: Confront Vices and Champion Integrity’.

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*“Your Reason for Being Is Your Life Purpose and Your Destiny Will be What You Choose to Do with the Rest of Your Life to Achieve It.*

*Make sure you Invest It in something Bigger than Yourself, that Matters to you and Matters for Eternity.”*

**- Greg Malpass**

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**Interplay of Personality, Character, and Spirituality:** In the pursuit of destiny, it's crucial to understand the interplay between personality, character, and spirituality:

- **Personality** (*“The Wrapping”*): The inherent traits that attract or repel others, shaped by nature and early nurture.
- **Character** (*“The Chocolate Coating”*): The moral and ethical framework built through conscious choices and experiences.
- **Spirituality** (*“The Soft Centre”*): The sense of connection to something greater than oneself, providing purpose and meaning.

While personality may be largely fixed, character is malleable and can be developed through conscious effort. Spirituality offers a broader context for our actions and aspirations. A person of character puts principles above personal self and personality; and feeling that there is something greater than oneself is the essence of spirituality. There are certain character traits that most people value, irrespective of personality type such as kindness, honesty, empathy, resilience, and a positive attitude.

Perfection is an unattainable, unrealistic goal, and there are no vestal virgins awaiting the righteous in heaven, but continuous improvement in search of excellence is always attainable.

**The Final Analysis:** The ultimate secret is to 'Align Your Destiny with Your Life Purpose' and use the available AI-tools to help you do so. 'The Path to Self-Actualization' is then the ongoing process.

You can use Destiny-Gram's AI-tools to help you discover your 'True Destiny' by firstly analysing your personal circumstances, your personality, character, higher purpose, needs and desires, skills and abilities, and goals – to produce your 'Personal Profile'. The Destiny-Gram 'Life Assessment Solutions Test' and its integrated AI-mentoring capabilities can then help you delve deeper into each of the 10 secrets disclosed and how you attune to them, monitoring your progress using the website's 'Progress Tracking System'.

Commit to a daily practice (like meditation, journaling, or visualization) that reinforces your connection to your life's purpose.

As we reach the end of this transformative journey, it's clear that your destiny is not a distant, unreachable star, but a path you can forge with intention, self-awareness, and the right tools. "Your Impossible Mission Accomplished" has equipped you with the knowledge, strategies, and insights to embark on this profound journey of self-discovery and personal growth.

Remember, your true destiny lies at the intersection of your authentic self, your deepest passions, and your unique abilities. It's about aligning your actions with your values, embracing your strengths, and continually striving for personal excellence. The integration of emotional intelligence with cutting-edge AI technology offers unprecedented opportunities for self-understanding and guided personal development.

But knowledge without action is merely potential unrealized. Your journey doesn't end with the closing of this book—it begins anew with renewed purpose and clarity.

## Call to Action:

1. **Reflect and Assess:** Take time to thoroughly review the insights you've gained. What resonated most deeply with you? Which areas of your life are calling for transformation?
2. **Create Your Personal Blueprint:** Using the frameworks provided, craft your own personalized blueprint for growth. Set clear, achievable goals that align with your newfound understanding of your true self.
3. **Engage with Destiny-Gram:** Visit [www.destiny-gram.com](http://www.destiny-gram.com) and complete your comprehensive personal profile. Leverage the AI-assisted tools (AI-chatbots) to gain deeper insights into your personality, skills, and potential paths forward. Consider subscribing to the Destiny-Gram premium service (Progress Tracking System) to monitor progress and receive feedback and recommendations over time.
4. **Commit to Continuous Growth:** Choose one area of personal development to focus on immediately. Whether it's cultivating emotional intelligence, confronting a limiting belief, or pursuing a long-held dream, take concrete steps towards this goal within the next week.
5. **Connect and Share:** Sign up quickly and Join the Destiny-Gram founders community of first 100,000 student users. Share your journey, learn from others, and contribute to the collective growth of like-minded individuals striving for self-actualization.
6. **Embrace AI-Assisted Mentoring:** Engage regularly with the AI chatbot, independently attaching your Personal Profile to private chats, or via the APIs on Destiny-Gram. Use it as a tool for reflection, brainstorming, and gaining new perspectives on your challenges and aspirations.

7. **Review and Adjust:** Schedule monthly check-ins with yourself to review your progress, celebrate your wins, and adjust your course as needed. Remember, personal growth is an ongoing journey, not a destination.
8. **Pay It Forward:** As you grow and transform, look for opportunities to mentor or support others in their journey. Share the insights and tools you've gained to create a ripple effect of positive change.

Your impossible mission is not just possible—it's within your grasp. The future you envision, the impact you wish to make, the life you dream of living—all of these are attainable through conscious choice, persistent effort, and the strategic use of the tools and knowledge you now possess.

The time for hesitation is over. Your destiny awaits. Take that first bold step today and let the journey to your true self begin. Remember, every great achievement in history started with a single, courageous action. Make yours now.

Your impossible mission starts here. It starts now. It starts with you.

**Crafting Your Destiny :** As you chart your course towards your chosen destiny, consider these key closing points:

1. Strive to embody noble virtues in your daily actions.
2. Recognize that your methods in pursuing goals are as important as the goals themselves.
3. Aim to contribute to something larger than yourself, extending your impact beyond personal circles.
4. Understand that while personality may be inherent, character can be cultivated.

5. Seek a balance between personal ambition and broader societal contribution.

Remember, the ultimate measure of a life well-lived is not just in personal achievements, but in the positive impact left on others and the world at large. By aligning your actions with timeless virtues and focusing on meaningful contributions, you can craft a destiny that is both personally fulfilling and universally significant. Be happy, be kind, be generous, do your own thing, and to hell with those who criticise you or ensue negativity with their rhetoric. And in making your own success, if you are going to leave a positive impact on others, think and act big!

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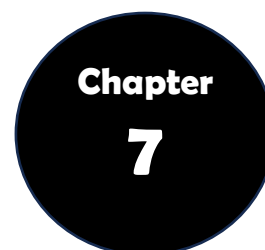
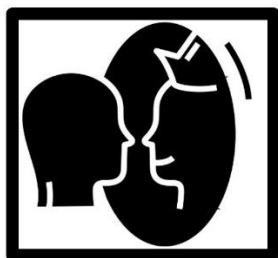
*“You are what you think. So just think big, believe big, act big, work big, give big, forgive big, laugh big, love big and live big.”*

**- Andrew Carnegie**

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## The Enneagram and Your Destiny – Reflection Page

### 1. The Enneagram:

What is my Enneagram Type and Wing and key strengths and weaknesses?	
What are the key recommendations for raising my type's level of development?	

### 2. My Destiny:

How clear am I about my life's purpose?	
In what ways are my current actions aligned (or misaligned) with my perceived destiny?	
What obstacles do I foresee in aligning my purpose with my destiny, and how might I overcome them?	

### 3. Action Steps:

<p>What I intend to do to commit to all the above to determine my life purpose, destiny plan and path to actualization?</p>	
<p>What headings will I put to start writing my personal manifesto that outlines my life purpose and the steps to achieve it?</p>	
<p>What headings will I put to start writing my five-year plan that aligns my daily actions with my long-term purpose and goals?</p>	

## “Epilogue”

(by Greg Malpass)

The journey to self-actualization and discovering one's true destiny is a multifaceted process that requires deep introspection, courageous action, and continuous growth. In *"Your Impossible Mission Accomplished,"* Russ Whittington explores this journey through various chapters of frank analysis, using my own personal story and anecdotal examples to guide readers on their own path to personal destiny.

Whittington presents ten key secrets, with *"Embracing Emotional Intelligence"* forming their foundation. This concept enables us to navigate our inner landscape and interpersonal relationships with greater awareness and skill. Enhanced self-awareness then allows us to pursue the subsequent secrets, such as rejecting mediocrity and striving for excellence in areas that align with our values.

He relates my own personal struggle with alcohol dependency to illustrate the power of self-reflection and seeking a higher purpose. Alcoholics Anonymous (AA) encourages members to self-reflect and develop a relationship with a *"Higher Power"* through that reflection. The higher power does not have to be connected with spiritual belief or religion. Recovering people are often said to be the best people in the world because they recognize their flaws, they recognize those they have harmed, they make amends, and they go out and help their fellow human beings who find themselves in similar circumstances.

This resonates with the other secrets shared: learning to transcend our ego and moving beyond self-centeredness to connect with something greater than ourselves. This expanded perspective helps us

craft a moral personal blueprint that reflects our highest ethical standards and aspirations. These elements equip us to confront our vices, champion integrity and make the choices that align with our true selves.

The journey culminates in aligning our dreams with our life's true purpose. This alignment isn't just about career or personal achievements, but about creating a life that resonates with our deepest values and contributes positively to the world around us. For me this meant focusing on loving family, providing for them; and helping others by sharing my experiences through writing.

The book's "*Reflection Exercises*" help readers transform abstract concepts into concrete steps toward their self-actualization. This process involves entering a state of *flow* - being absorbed in challenging yet manageable life tasks. The *state* itself becomes the source of profound enjoyment and fulfilment along the journey, not just at the destination - bridging the gap between self-actualization and fleeting happiness.

"*Your Impossible Mission Accomplished*," its accompanying video-book "*The Path to Self-Actualization*," and the AI-assisted Platform "*Destiny-Gram*" offer a comprehensive framework for living authentically and purposefully. By integrating emotional intelligence, ethical living, personal growth, and holistic well-being, readers and users are equipped to not only discover their true destiny but to actively create and live it.

The journey may be challenging, but armed with these insights and tools, the "*Impossible Mission*" of living one's best life becomes not only possible but deeply fulfilling.

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- "The Road Less Traveled" by M. Scott Peck*
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- "Tiny Buddha" (tinybuddha.com) - Simple wisdom for complex lives*
- "The Gottman Institute" (gottman.com) - Research-based approach to relationships*
- "Happify.com" - Science-based activities and games to improve emotional well-being*
- "Enneagram Institute" (enneagraminstitute.com) - Comprehensive resource on the Enneagram*

## **Parallel Works:**

1. *Embrace Emotional Intelligence*
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  - *"Social Intelligence" by Daniel Goleman*
2. *Reject Mediocrity*
  - *"The War of Art" by Steven Pressfield*
  - *"Mindset: The New Psychology of Success" by Carol S. Dweck*
3. *Transcend Ego and Cultivate Deep Love*
  - *"A New Earth" by Eckhart Tolle*
  - *"The Art of Loving" by Erich Fromm*
4. *Set a Personal Moral Blueprint and Never Bully Anyone*
  - *"The Road to Character" by David Brooks*
  - *"Ethics for the New Millennium" by Dalai Lama*
5. *Confront Vices and Champion Integrity and Growth*
  - *"The 7 Habits of Highly Effective People" by Stephen Covey*
  - *"Awaken the Giant Within" by Tony Robbins*
6. *Do Your Own Personal Reality Check and Connect with Greater Purpose*
  - *"Man's Search for Meaning" by Viktor Frankl*
  - *"The Purpose Driven Life" by Rick Warren*
7. *Align Your Dreams with Your Life's True Purpose*
  - *"Finding Your Own North Star" by Martha Beck*
  - *"The Alchemist" by Paulo Coelho*
8. *Embrace Healthy Sexuality*
  - *"Come as You Are" by Emily Nagoski*
  - *"The Ethical Slut" by Janet W. Hardy and Dossie Easton*

## **Related Philosophical and Spiritual Texts:**

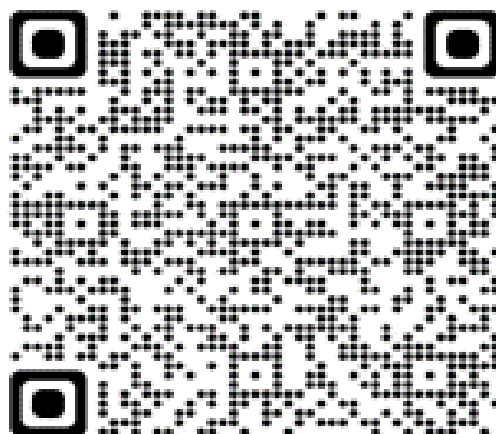
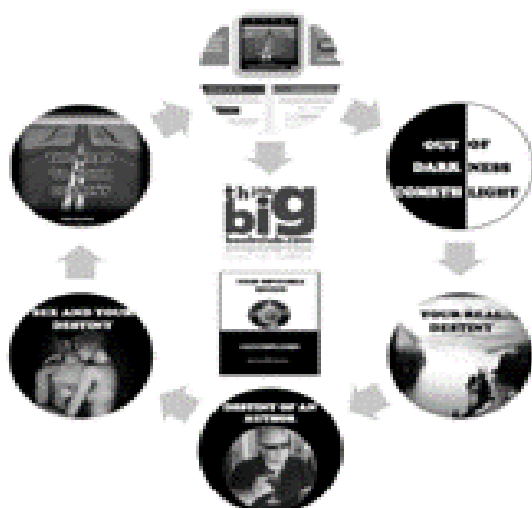
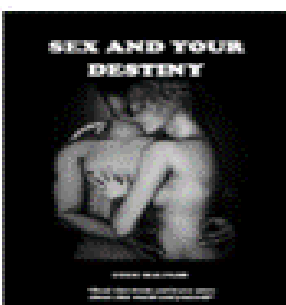
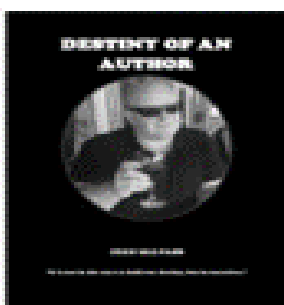
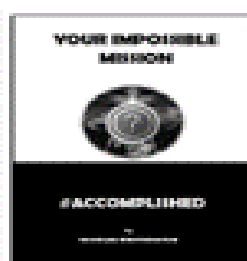
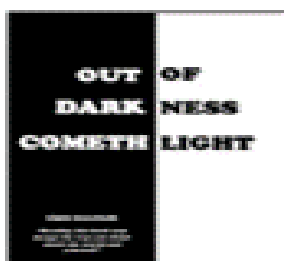
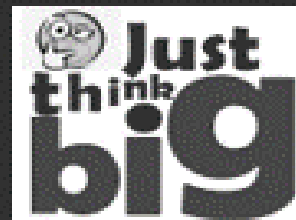
- *"Meditations" by Marcus Aurelius: Addresses personal integrity, confronting vices and connecting with greater purpose.*
- *"The Prophet" by Kahlil Gibran: Explores love, self-knowledge, and finding one's true purpose.*
- *"Siddhartha" by Hermann Hesse: A journey of self-discovery that touches on many aspects of self-actualization.*
- *"Tao Te Ching" by Lao Tzu: Offers wisdom on transcending ego and finding one's true path.*



SUGGESTED READING



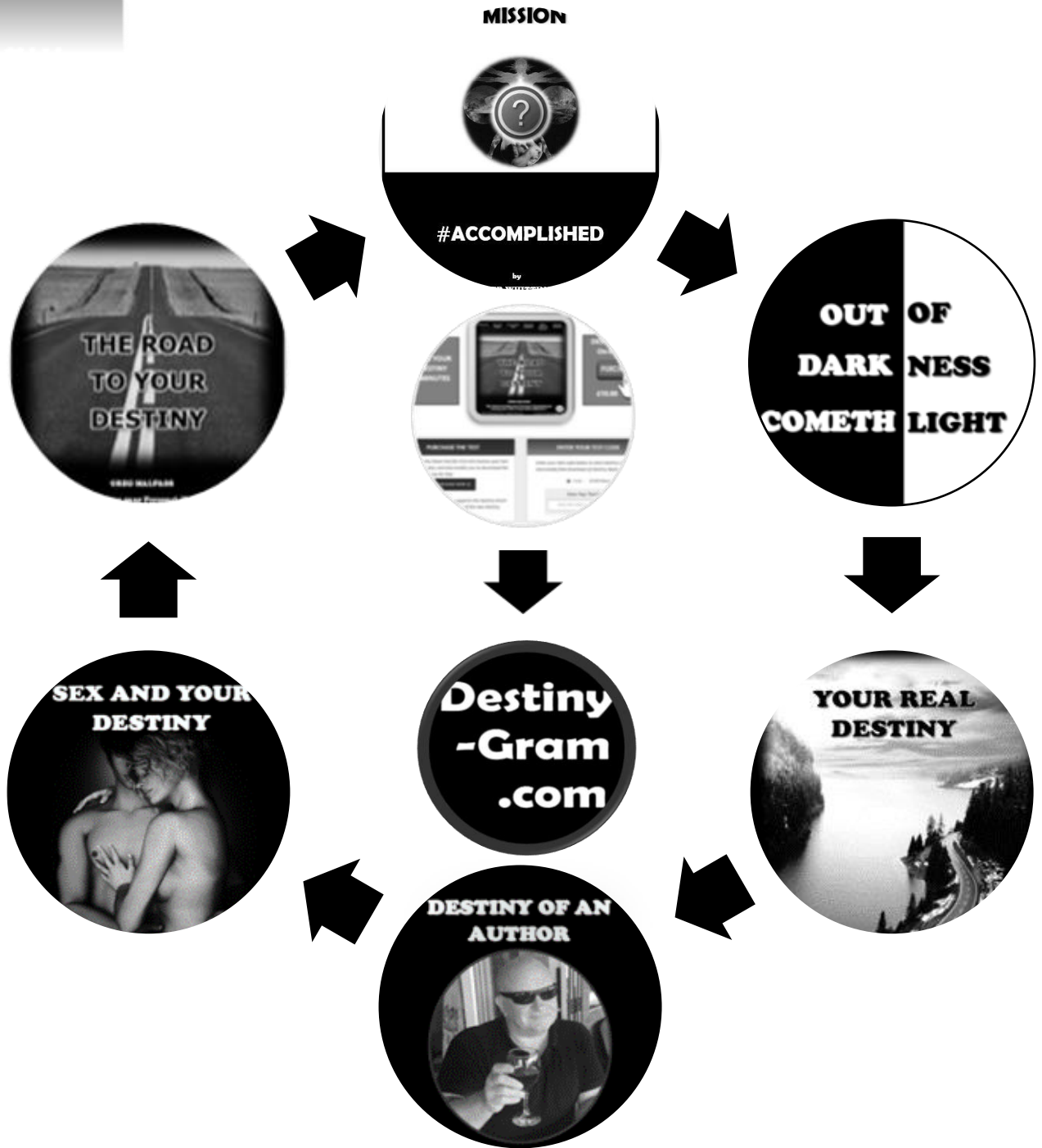
# THE THINK BIG BOOK CLUB



From Darkness to Destiny



# The Journey from Darkness to Destiny



[www.Destiny-Gram.com](http://www.Destiny-Gram.com)



# Book Summaries

**OUT OF DARKNESS COMETH LIGHT**

GREG MALPASS

"Reading this book may change the way you think about the world and yourself."

This book will help you "Reflect on Life, Discover Your Purpose and Power of the personal level requires critical thinking, awareness and understanding of the book's unique format for personality analysis and self-discovery."

**Inner-Calling** philosophy for individuals and business leaders for both individuals and business owners to understand the changes in the World Order from 9/11 and the United States to COVID-19 Pandemic.

The Author writes his and, writing in a unique, drawing on the personal experience of global business, political and business operations, personal reflections, personal growth, self-awareness, and the personal "I".

But the stories of both the creative and the creative "I" of human history and behavior seem to help answer the many of "What's the connection about our world, our minds, who we're becoming, and where we should be going, as individuals and a global society."

ISBN: 978-1-948444-44-4

**YOUR REAL DESTINY**

GREG MALPASS

"The two most important days in your life are the day you are born and the day you find out why."

"The two most important days in your life are the day you are born and the day you find out why."

**From Enneagram to Inner-Calling**

This is the ultimate life-changing book using the simple personal framework of Personality and Inner-Calling. Discover the Author's techniques developed by the Author to help you discover your Real Destiny.

You will gain the tools you need to truly understand your own personality, your thoughts as well as your feelings, and how to ultimately your thinking in life. This book will help you "Change your life, make the right choices going forward, and most importantly live them."

"Your life cannot be repeated. It is now or never. Find out who you are, what your heart leads to in life, and not away from your heart to become your Real Destiny."

In Magic

ISBN: 978-1-948444-45-1

**THE ROAD TO YOUR DESTINY**

GREG MALPASS

"By Understanding your Personal 'DestinyGram' Change your Life & Find Life Fulfillment."

**SEX AND YOUR DESTINY**

GREG MALPASS

"Read this book and learn more about the world and yourself."

**You and Your Destiny**

Everything People Don't Talk About

ISBN: 978-1-948444-46-8

**DESTINY OF AN AUTHOR**

GREG MALPASS

"It is not in the stars to build our destiny, but to understand it."

**YOUR IMPOSSIBLE MISSION**

#ACCOMPLISHED

RUSTLER WHITTEFONT

**Your Only Path to Your Purpose of Destiny**

In book: THE KEY, THE GOAL, AND THE METHOD

The Search for Meaningful Higher than Yourself, that Matters to you, and Matters for Humanity, Implying Artificial Intelligence Technology

ISBN: 978-1-948444-47-5

## BOOK SUMMARIES

Sponsor of Destiny-Gram



# THINK BIG BOOK REVIEWS



***'Out of Darkness Cometh Light'*** sets the scene for the 'Road to Personal Destiny' by entertaining, educating, and inspiring the readers to study themselves and the world around them a lot closer, and understand consciousness and the seeds of true happiness.

***'Your Real Destiny'*** takes the analysis deeper and more personal to the individual, going beyond Personality Analysis with Character and Values-based Profiling and introducing the concept of Self-Discovery by Self-Awareness of Personality Traits, Value-drivers, Skills Set and Desires culminating in a Personal Blueprint of Destiny Options based purely on Self-Assessment and Self-Selection criteria.

***'Destiny of an Author'*** is an autobiography but serves to provide a Real-Life Case Study of the application of the sister books' philosophies and processes in the generation of a New Life Blueprint for the individual, and Search for new Destiny.

***'Sex and Your Destiny'*** is a frank assessment of the importance and influence of the subject matter on all of our lives, and how it impinges on setting overall Life Destiny Options

# Out of Darkness Cometh Light



Greg Malpass

This Book will help you 'Reflect on Life, Discover Real Purpose and Become your true Destiny'. Profound betterment at the personal level requires radical soul-searching and employment of the book's unique blueprint for personality analysis and self-discovery.

'Inward-thinking' philosophies for individuals and 'outward-looking' ideas for both individuals and societies are explored for transformational change in a New World Order free from War and the Global 2020-22 COVID 19 Pandemic.

The Author bares his soul, writing in anecdotes, drawing on his personal experience of global business, political and business corruption, personal dysfunction, promiscuous sex, addictions, and the personal ego.

But his stories of both the positive and negative traits of human nature and behaviour seem to help answer so many of life's Big Questions about our world, our origins, who we've become, and where we should be going as individuals and a global society.



UK: £19.95 EUROPE: €24.95 USA: \$ 29.95



**'THE PROBLEM'**  
POWER, POLITICS & CORRUPTION



**'THE EGO'**  
LUST, GREED & ADDICTION

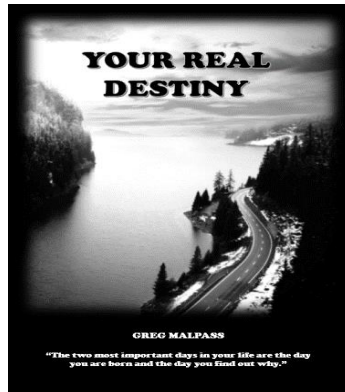


**'THE SECRET'**  
SELF-DISCOVERY & INNER-CALLING

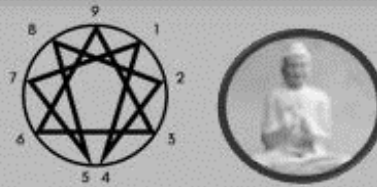


**'THE BLUEPRINT'**  
KNOWLEDGE, PASSION & PURPOSE

# Your Real Destiny



*"The two most important days in your life are the day you are born and the day you find out why."*



## ***From Enneagram to Inner-Calling***

*This is the ultimate Life Changing Book using the world-renowned Enneagram of Personality and New Ground-Breaking Self Analysis Techniques developed by the Author to help you discover your Real Destiny.*

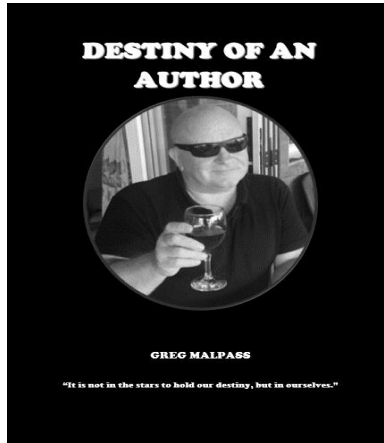
*You will gain the tools you need to truly understand your own Personality, your Needs as well as your Desires, and based on your own Principles and Character, discover Real Purpose and ultimately your Destiny in Life. This Book will help you - Change your Life, Make the Right Choices going forward, and most importantly Act Now.*

*"Your life cannot be repeated. It is now or never. Find out who you are, what your heart longs to achieve, and sail away from safe harbours to become your true Destiny."*



UK £ 9.95  
USA \$12.95  
EUROPE €10.95

# Destiny of an Author



Author of

**"OUT OF DARKNESS COMETH LIGHT"**

And

**"YOUR REAL DESTINY"**

---

**Greg Malpass** - has a BSc in Civil Engineering from the City University London and studied for an MBA at London Business School and New York University. His career spanned 40 years as an International Businessman, working with Multi-National Groups in Infrastructure Sectors and the UK Government's Department for International Trade. In 2020, during the Global COVID 19 Pandemic, he launched his new career as a Writer and Speaker on Personal Development. This is his life story about how he got there.

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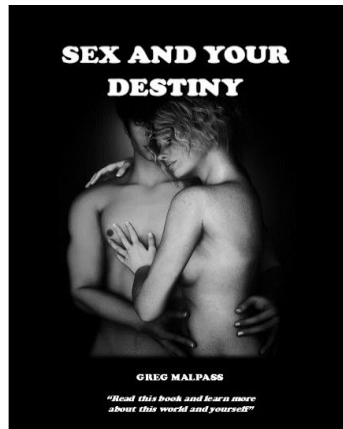
**"It is not in the stars to hold our destiny, but in ourselves."**

**- William Shakespeare**

UK £ 5.95  
USA \$7.95  
EUR €6.95



# Sex and Your Destiny



## Sex and Your Destiny Everything People Won't Talk About



*"Gravitation is not responsible for people falling in love."  
- Albert Einstein*



UK: £14.95 EUROPE: €17.95 USA: \$17.95



**Love and sex** - are among the most meaningful and ethically significant phenomena in our lives. For many of us, our longing for genuine love and satisfying sex overshadow our desires for education, a career, wealth generation, or arguably the search for real destiny in our lives. Yet love and sex - and our beliefs about both - seem to cause us at least as much suffering as joy, and at least as much regret as satisfaction.

Though private lives remain private, popular cultural, media and social networking references to 'love and sex' abound. Few of us spend time to consider what enduring effect our views and the decisions we make around love and sex have on our lives. In reality it's our personalities which play the leading role in what we think and do and analysis of personality traits and commonly held views and myths on love and sex can yield valuable insight.



# The Destiny-Gram Handbook and Website

## The Road to Your Destiny



*Destiny-Gram Handbook Free Download with Purchase of Destiny-Gram On-line test*

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[www.Destiny-Gram.com](http://www.Destiny-Gram.com)

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#ACCOMPLISHED

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# Destiny-Gram Personal Profiling

δ **PERSONAL PROFILE DASHBOARD**

## "MY DESTINY"

is to...

It is what I Love to Do, based on my Life Purpose and Passion for

It is my Destiny to pursue this by the following Action

**2 Key Universal Life Messages**


.....

.....

**2 Sacred Cows**

.....

.....



The diagram is a circular matrix divided into four quadrants: Personality Type (top-left), Personality Wing (top-right), Higher Purpose (bottom-left), and Saving Grace (bottom-right). A central cross with a circle at its intersection is overlaid on the matrix. To the left of the matrix is a circular diagram with numbers 1-8 and letters A, B, C, D. To the right is a large 'δ' symbol.

**Links:**

δ

**DESTINY-GRAM FULL PROFILE**  
Personality, Character, Skills, Goals & Desires


in

**CAREER PROFILE**  
Education & Experience

@ f t

**SOCIAL NETWORKING PROFILES**  
Views & Images

**Personality Type Characteristics**

 A small profile picture of a man.

- 1. Virtue
- 2. Holy Idea
- 3. Basic Desire

**LEVEL OF ABILITY**

MASTER/GURU

RECOGNISED AUTHORITY


APPLIED THEORY

PRACTICAL APPLICATION




PASSIONATE BUT LIMITED KNOWLEDGE

**SKILLS SET**


**Personality Traits (Healthy Levels Of Development)**


 A small profile picture of a woman.


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


**PERSONAL PROFILE LINKS:** δ  in  f  TikTok


δ


  
**About Me**


  
**Personality Type**


  
**Profile Dashboard**


  
**Reality Matrix**


  
**Destiny Pyramid**


  
**LinkedIn Profile**


  
**My Contacts**


  
**Profile Search**

  
**Posts**

  
**JOB**  
**Jobs**

  
**Market Place**

  
**Dating**

  
**Ideas**

345

# Destiny-Gram AI-Assisted Life Assessment

**LEVERAGING ARTIFICIAL INTELLIGENCE**

## 'LIFE ASSESSMENT SOLUTIONS'

Destiny-Gram.com

*"Destiny transcends time, shaping the present with purpose, and in its wake, leaves behind a lasting legacy."*

**THE AI WEBSITE**  
Destiny-Gram™  
'AI-LIFE ASSESSMENT SOLUTIONS BUSINESS'

**CREATE YOUR UNIQUE PERSONAL PROFILE**

With the integration of AI into Social Network Services, you can tap into advanced analysis, data-driven insights, and personalized recommendations that enhance your understanding of yourself and align your path with true calling. Embrace the synergy between human introspection and AI capabilities to set up a comprehensive 'Destiny-Gram Personal Profile' and unlock your fullest potential in Self-Awareness, Goal Setting, Career Planning, Decision Making, Personal Growth and Development, and Networking and Opportunities in both your Professional and Private Lives.

Sign up to [www.Destiny-Gram.com](http://www.Destiny-Gram.com) to generate your unique Personal Profile and benefit from the Platform's Personal Development and Networking Opportunities.

*"We hold a Monopoly on Unique Personal Profiles"*

©Destiny-Gram 2023

Destiny-Gram is the only Social Networking Site that holds Comprehensive Profiles & uses AI to Empower Personal and Professional Growth.

Harness the power of AI as your ally in unravelling your Destiny through in-depth Self-Assessment.

©Destiny-Gram 2023

**LEVERAGING ARTIFICIAL INTELLIGENCE**

## 'LIFE ASSESSMENT SOLUTIONS'

Destiny-Gram.com

**LEARN HOW TO USE YOUR PROFILE**

*"Discovering one's Personal Destiny is like solving a complex equation; you need the right variables, a dash of inspiration, and the ability to balance the unknowns... Or you could just flip a coin and hope for the best!"*

**Profile, Self-Assessment & Personal Development**

Who Am I? What Do I Want to Achieve? What is My Destiny? How Do I Make the Right Decisions?

**Networking, Ideas & Opportunities**

Jobs - Love - Ideas

How Do I Build and Use my Professional & Private Network?

How Do I attain Fulfillment, True Purpose & Happiness?

**Self-Awareness:** Reflecting upon personality, values, skills, desires, and aspirations fosters self-awareness, allows individuals to gain a deeper understanding of their strengths, weaknesses, and areas for growth.

**Goal Setting:** With a clear understanding of attributes and aspirations, individuals can set meaningful goals aligned with their values and passions.

**Career Planning:** By identifying their skills, competencies, and professional interests within the comprehensive profile, individuals can align their career choices accordingly. They can explore job opportunities, industries, or paths that resonate with their profile, far deeper than existing social network sites.

**Personal Growth And Development:** Individuals can leverage self-awareness to pursue learning opportunities, acquire new skills and develop themselves personally and professionally.

**Decision-Making Support:** Individuals can refer to their comprehensive profile to ensure alignment with their values, desires, passions, and long-term aspirations, serving as a guiding framework, helping individuals make decisions that are in line with their authentic selves.

**Networking And Connections:** The comprehensive profile can facilitate meaningful connections with like-minded individuals, mentors, potential employers or partners, or professionals in related fields. By showcasing their unique qualities and interests, individuals can attract connections that can support and guide them on their chosen career path and personal lives, including job-hunting and dating.

**Idea Creation:** Brainstorming and collaborating on new projects or ventures, in partnerships or groups. The profiles serve as a repository of knowledge and capabilities, fostering creativity and innovation by connecting individuals with complementary skills and shared passions.

**Personal Fulfillment:** By consciously shaping their lives based on their comprehensive profile, individuals have the potential to experience a greater sense of fulfillment and purpose. They can make choices that align with their true selves, leading to a more satisfying and meaningful life journey, discovering their real destiny.

©Destiny-Gram 2023

Your comprehensive profile will facilitate meaningful connections with like-minded individuals, mentors, and other professionals, including potential employers, and partners in job-hunting, and dating.

**MY PROFILE - SELF-ASSESSMENT - PERSONAL DEVELOPMENT**

ABOUT ME  
WHO AM I?  
WHAT DO I WANT?  
MY DESTINY

**MY PROFILE**

**NETWORKING IDEAL OPPORTUNITIES**

MY NETWORK  
PROFILE SEARCH  
BOOTS NETWORKING  
JOB SEARCH  
MARKETPLACE  
BANKING  
NEW PAGES

A comprehensive profile once formulated that encompasses various aspects of an individual's identity can help the user make informed decisions about their professional and personal lives, ultimately guiding them in setting their own path and defining their destiny.

©Destiny-Gram 2023

Inspired by the book's insights, '*Destiny-Gram*' has emerged as an innovative online AI-assisted personal profiling website, offering holistic personal profiles that users can share securely with AI chatbots to enable more informed dialogues and personalized advice - helping individuals explore ideas and opportunities aligned with their distinct attributes, paving the way for more meaningful personal and professional journeys in an AI-enhanced world.

*The launch of AI-Assisted Personal Profiling and AI-Mentoring*



*Destiny-Gram Personal Profiling - An Introduction*



# Your Only Path to True Purpose & Destiny

## THE KEYS, THE GOALS, AND THE METHODS

The Search for Something Bigger than Yourself, that Matters to you,  
and Matters for Eternity, employing Artificial Intelligence Techniques



**Blindness-Purposeless-Hobbies-Pleasure**

**Apathy-Uncertainty-Darkness**



**Vision-Mission-Values-Happiness**

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