

The Big Leap - Gay Hendricks (Conquer Your Hidden Fear and Take your life to the next level)

Chapter 1

Introduction - Remove Your Last Obstacle to Ultimate Success in Wealth, Work and Love

- The one problem that holds you back
- The upper limit problem is the only problem we need to solve
- It is essential to keep the heart and soul elements of life (such as love and creativity)
- Life is at it's best when love, money and creativity are growing in harmony

The moment of Discovery

- When you are feeling your best. You manufactured the stream of painful images because you were feeling good
- Some part of you was afraid of enjoying positive energy for any extended period of time
- Those thoughts brings you to a returned state you are more familiar with
- I have limited tolerance for feeling good. When I hit my 'Upper Limit' I manufacture thoughts that make me feel bad. The problem is bigger than just my tolerance for my life going well in general. When I hit my Upper Limit, I do something that stops my positive forward trajectory. I get into conflict with my ex-wife or do something else that brings me back down within the bounds of my limited tolerance
- 1) How can I extend the periods of contentment in my life?
- 2) If I can eliminate the behaviours that stop the flow of positive energy, can I learn how to feel great all the time?
- 3) Can I allow things to go well in my life all the time? In relationships, can I live in harmony and intimacy all the time?
- 4) Can our species live in expanding waves of peace and prosperity

Chapter 2

Preparing for Your Big Leap - The one Problem and How to Solve it

- Fundamental Questions:
 - 1) Am I willing to increase the amount of time every day that I feel good inside?
 - ◆ It is important to begin with willingness to feel good inside

- 2) Am I willing to increase the amount of time that my whole life goes well?
 - ◆ 'whole life' includes work, your relationships etc.
- 3) Am I willing to feel good and have my life go well all the time?
- 4) Are you willing to take the Big Leap to your ultimate level of success in love, money and creative contribution?
 - ◆ Zone of Genius operating in this means you have to leave your Ego at the door
- Fear is excitement without breath
- Fear can transform into excitement by breathing fully in it
- You are in charge of this exhilaration
- On judgement day. God will not ask you "Why were you not Moses?" He will ask "Why were you not Sheila?"
- The goal in life is not to attain some imaginary ideal it is to find and fully use our own gifts
- Each of us has an internal thermostat, it determines how much love, success and creativity we allow ourselves to enjoy
- Once we exceed the setting we do something to sabotage ourselves causing us to drop back to the old familiar setting
- Guilt operates in conjunction with the 'upper limit problem'
- All of us can find and nurture the capacity for positive feelings now, rather than waiting until some longed for event occurs
- As that capacity of enjoyment expands, so does your financial abundance, the love you feel and the creativity you express
- If you focus for a moment, you can always find some place in you that feels good right now. Your task is to give the expanding positive feeling your full attention.
- Appreciate your current money supply. Instead of waiting to only good only if you have more money
- Give your full attention in that place of satisfaction
- Find a place where you can feel good about the love you have in your life
- Give your full attention to that place of joy or satisfaction. Feel it expand as you give awareness to it
- Read up on Jack Whitaker. He was already a millionaire when he won the 300million it was quite clear that the massive infusion of new wealth pushed him past his upper limit thermostat settings.

The Upper Limit Thermostats of Famous and Highly Success People

- We each have the tendency to trip our Upper Limit Switch and each of us can eliminate that tendency
- People often experience big breakthroughs and then find a way to avoid relishing their achievement
- Bonnie Raitt battled her demons - took a look at her career and made a faithful decision and jumped out of her traps ~ In meditation she visualised herself onstage at the Grammy Awards

Solving One Problem and Freeing Yourself

- Solving the Upper Limit Problem is possible only by a leap of consciousness
- Dis-solved not solve
- Shining awareness on it's under panning - The false foundations that Holds the ULP in place
- 4 main zones (our activities in the world)
 - 1) Zone of incompetence
 - 2) Zone of competence
 - 3) Zone of excellence
 - 4) Zone of Genius
- Zone of Incompetence
 - Activities we are not good at
 - Others can do them better then we can
 - Free yourself from this zone
 - Delegate this zone or be creative and avoid them altogether
 - 'Stuck on Stupid'
 - It's worthwhile to do something you're not good at if the intention is to enjoy or master it i.e. skiing, yoga teaching
- Zone of Competence
 - You are competent at these activities but other can do them just as well
 - The disease of un-fulfillment
 - If you could stop doing that sort of thing, what would it free uptime for you to do?
 - If money or job description were not an issue what would you really like to be doing?
- Zone of Excellence
 - Activities you do extremely well
 - You make a good living in this zone
 - For successful people, this zone is seductive and even dangerous trap
 - It's where your own addiction to comfort wants you to stay. (Also where your family, friends would want you to stay)
 - The problem is that a deep secret part of you will wither and die if you stay inside your zone of excellence
- Zone of Genius
 - Liberating and expressing your natural genius is your ultimate path to success and life satisfaction
 - Your genius beckons you with increasingly strong call as you go through your life
 - Move gently and gracefully
 - If we don't need the call and make a gentle, graceful
 - Bill described the new project (clearly his zone of Genius)
 - Counselling to do whatever it took to make it happen, spend an hour a day laying the groundwork for it
 - No excuses

Making the Leap - Dismantling the Foundation of the Problem

- If you meet the love partner of your dreams your Upper Limit Problem may kick-in and cause set-backs in your financial life for e.g..
- Big steps forward in success and also Big Setbacks
- Rubber banding you back
- If you see what you are doing in time, you can shift out of that free fall and point yourself up towards the sky
- Are you willing to be wealthy in both money and love?
- When the big stuff comes up, ask your partner if she/he is willing to join you as an equal partner on a leaning journey
- In relationships, when the big stuff comes up, ask your partner if she or he is willing to join you as an equal partner on a learning journey. If the answer is yes, you join together in a relationship of true possibility
- if she or he is more committed to being right

Triggering the Upper Limit Problem

- The 4 hidden barriers
- Begin by considering the possibility that you have at least one hidden barrier that is keeping you from being completely successful
- Hidden Barrier #1 - Feeling Fundamentally Flawed
- Hidden Barrier #2 - Disloyalty and Abandonment
 - "I cannot expand to my full success because it cause me to end up alone, be disloyal to my roots, and leave behind people from my past."
 - You follow breakthroughs of success with bouts of self-punishment
 - Behind every communication problem is a sweaty 10min conversation you don't want to have
 - However the moment you work up the courage to have it, you collect an instant reward in relief as well as open up a flow of communication that allow you to resolve the situation
- Hidden Barrier #3 - Believing That More Success Brings a Bigger Burden
 - Believing that more success brings a bigger burden
 - "I can't expand to my highest potential because I'd be an even bigger burden than I am now."
 - By my thirties I began to wake-up and realise that most of the guilt I feel was for crimes I hadn't committed
- Hidden Barrier #4 - The Crime of Outshining
 - "I must not expand to my full success, because if I did I would outshine... and make him/her look or feel bad"
 - Don't shine too much, or you'll make others feel bad or look bad
 - The other solution is to continue to shine brightly but turn down the volume on their enjoyment of it. If they can appear to be suffering, they can get empathy and sympathy from others instead of jealousy.
 - In that deep space, he heard a new kind of 'music' coming from within him
 - Do not be guilty of success

- Sometimes your parents might be plagued under the spell of this grief of for life, and they unwittingly make sure you would live under it too
- Ask yourself if you're afraid your success will steal attention from someone whom you've been let to believe needs it more

Going Forward

- It's time now to increase the velocity of your learning by going directly into the buzzing intercity of your life experience
- You ULP lives in the moment by moment interactions you have with yourself and the people around you
- There is only one way to get this data, and that is to focus your keen awareness on specific aspects of your daily life

Chapter 3

Getting Specific - How to spot the Upper Limit Problem in Daily Life

- Once you see you ULP in action you will have a new navigational tool for your life
- Paying relaxed attention - being vigilance
 - Worry - Typical ways we Upper Limit ourselves
 - ◆ Worrying about something we have no control over
 - ◆ Worrying about things going wrong for instance
 - ◆ When things are going well do you bring yourself down by manufacturing a string of worrying thoughts?
 - ◆ Money arguments never have anything to do with money
 - ◆ Deep down you feel you do not deserve to be wealthy or loved too
 - ◆ If you suggest to the person that those worry - thoughts are simply ways to avoid feeling the flow of positive energy
 - Tools to work your worry
 - ◆ 1) Notice yourself worry about something
 - ◆ 2) Let go of the worry through shifting your focus away from it
 - ◆ 3) Wonder: What positive new thing is trying to come into being?
 - ◆ 4) I usually get a body feeling (not a thought or idea) or where that positive new thing is trying to come through
 - ◆ 5) I open my focus to feel that body feeling deeply
 - ◆ 6) I let myself feel it deeply for as long as I possibly can
 - ◆ 7) Later, I often get an idea of the positive thing that was trying to come through
 - ◆ Drop your worry thought imagine squeezing your grip and dropping the ball
 - ◆ Give your mind a more productive thing to do
 - ◆ When you find yourself worrying know that there is something positive trying to break through
 - ◆ Your worry thoughts, particularly if you find yourself recycling the

100%, and person B is a whole and complete 100%. If 2 people are involved there is 200% responsibility to be divided up. The fatal mistake is thinking that there is 100% of responsibility to be divided up.

- ◆ Each person = 100 entity
- ◆ This method of problem resolution works wonders. When people step out of the victim position and take 100% responsibility
- ◆ Many people will look at that simple solution and say, "That's impossible!" However, if you told a visitor from another planet that some earthlings had been squabbling about the same thing for several thousand years, the visitor would probably say, "That's impossible!" It's no more impossible then, to create a new way of dealing with conflicts, through both sides in every conflict taking 100% responsibility.
- Getting Sick, Getting Hurt
 - ◆ If you can call pull up memories of some of your illnesses and accidents, ask yourself if they came during or just after a big win in business or a period of good times in a relationship
 - ◆ If i felt the sniffles and scratchy throat of a cold coming on, I would pause to wonder whether I was Upper Limiting myself.
 - ◆ A lot of credit for that long running streak of health must go to my thinking of getting sick and getting hurt is Upper Limit Symptoms
 - ◆ Let me explain in more detail exactly how to do this for yourself:
 - ◆ The 3 Ps
 - ◆ 1) Punishment 2) Prevention 3) Protection
 - ◆ Many physical symptoms such as headache and back pain are warning signs, like the flapping and wobble of a flat tire when you're driving on a highway
 - ◆ The symptoms are saying, slow down, stop what you're doing and pay attention, because there's something out of integrity here. (Punishment)
 - ◆ Prevention & Protection ~These are linked together because they occur at the same time
 - ◆ When you suffer symptoms of illness or experience an accident, you often do so because you're unconsciously trying to prevent yourself from having to do something you don't really want to do and/or protect yourself from something you don't want to feel
 - ◆ It's your unconscious mind's way of doing you a favour. It's a costly favour
 - ◆ The next time you find yourself with a stomachache, a throbbing head or a stubbed toe, ask yourself if you might be Upper Limiting
- Integrity Breach
 - ◆ Lies, broken agreements withheld truths
 - ◆ If you can focus your keen awareness on those 3 behaviours, you

can make huge strides in transcending your Upper Limit and establishing yourself in your Genius Zone.

- ◆ Understanding integrity as a moral level of daily reality
- ◆ To be out of integrity meant you were whole & complete
- ◆ Think of communication between people as a flow of energy. Think of your communication with your own inner depths in the same way. A breach of integrity stops the flow of energy. A pebble in a hose
- ◆ When you hide feelings inside yourself, you start seeing them in other people (especially true with sexual feelings) - Called Projection
- ◆ Two people may be locked in an angry conflict for weeks. When they get beneath the roiled surface of the issue, however they discover that the real issue is that they're both sad about something they've both kept hidden
- The First Steps in Wholeness: Discovering Your Story
- Find your breach of integrity, find your wholeness. Ask yourself questions like these:
 - Where do I feel out of integrity with myself?
 - What is keeping me from feeling complete and whole?
 - What important feeling am I not letting into my awareness?
 - Where in my life am I not telling the full truth?
 - Where in my life have I not kept my promises?
 - In my relationship with xxx, what do i need to say or do to feel complete and whole?
 - Questions like these will lift you out of the limiting story that you've been living in. Almost all of us have a story about why we don't access our genius. When we are within that story it is very difficult to know that it's just a story
 - What makes those stories seem so real (hard to recognise as "just stories") is that they were being told before we were born.
 - We're born into stories that keep us from accessing our genius. We grow into those stories and become like fish that aren't aware of the water they're swimming in
- The Attitude
 - It takes only a few seconds to communicate a specific truth to another person, a truth that can restore wholeness to a relationship that's felt incomplete for years.
 - Be lighthearted about noticing your Upper Limit behaviours
 - Keep the wonder in everything that you do. Keep seeking the deepest truths about life, and to do seeking in the spirit of play, not work
- Action Steps
 - Make a list of your Upper Limit behaviours. Here are some of the most common ones:
 - Worry | Blame and Criticism | Getting Sick or Hurt | Squabbling | Hiding Significant Feelings | Not Keeping Agreements | Not Speaking

- Significant Truths to the Relevant People | Deflecting
- When you notice yourself doing these things on your Upper Limit Problem, shift your attention to the real issue
 - Make more room in your awareness for abundance, love and success.
 - Use your whole being. i.e. Feeling love in your chest & heart area. Savour the body feeling, as well as mental satisfaction of success and abundance
 - Embrace your new story that tells about your adventures in your Zone of Genius. Find a new mythology, or make up one of your own, that shows you enjoying your life in the full radiance of your expressed potential

Chapter 4

Building a New Home in Your Zone of Genius - How to make Every Moment an Expression of Your Genius

- Feeling the internal rust after some time of living in Zone of Excellence i.e. Sluggish
- Being upset for reason you never thought they were
- Also every in Zone of Genius have a carefully crafted, well justified story about why they can't take their Big Leap

Your Genius Commitment

- In your Zone of Genius:
 - You get a constant sense of purposeful joy nothing else can compare to
 - You don't feel like you're working
 - Time feels completely different (Time expands to support your activities)
- The power of commitment brings forth the means necessary for you to live in your zone
- If you make a vow that you really want to live your life in this Zone of Genius your journey will be blessed with good fortune at all the twists and turns of the road

Zone of Genius Entry Questions

1. What do I most love to do? (long stretches at a time without feeling bored)
 - In your Zone of Genius, your passion / business has to reflect you and what you love most about it
2. What work do I do that doesn't seem like work? (do it all day long without feeling bored)
 - Like most of us, you feel sad or irritated about the amount of your precious time that gets eaten up in the necessary trivia of your day
 - The mount of pressure is your call to live in your Zone of Genius
3. In my work, what produces the highest ratio of abundance and satisfaction to amount of time spent?

- Spending an hour everyday meditating and letting my mind roam freely, doing this everyday is a practical way to make good on my commitment to one of my highest priority activities
 - Meditation = Free mind play
 - Do it before engaging in any official work, email, writing, project planning etc.
 - If you feel something needs to be done before your prioritised Zone of Genius. Tell your mind for the unsolicited dive and do your passion anyway
4. (Take a deep breath, and expand to embrace a new concept of yourself. The forth Genius Question invites you to think of who you are in most unusual terms. It asks you to identify a unique and priceless gift you carry within yourself. Your exploration into this aspect of yourself is not about self-flattery or expansion of your ego. It's a clear-eyed look at a deep, innermost quality, with the intention of applying that quality to make your own life and the lives of others more valuable. Here's the question:
- What is my unique ability?** (Special skill, fully realised & put to work, provides enormous benefits to you and the organisation I serve)
- How to find it if you can't? Imagine a Russian doll - Think of your ability as a skill within a skill within a skill

Articulate your Unique Ability

- "I'm at my best when I'm _____"
- Planning and plotting next steps in what to do
- "When I'm at my best, the exact thing I'm doing is _____"
- "When I'm doing that, the thing I love most about it is _____"
- My unique ability is strategic planning and process. Laying everything out clearly and neatly. No bits and pieces scatted everywhere, clearing away the unwanted and working on the bits I want to keep
- The inner glow of wonder and excitement (then you know you're getting closer to your unique ability)
- Living in Your Zone of Genius - Using the Ultimate Success Mantra to Thrive in Love, Abundance and Creativity
- Your job is to live in Zone of Genius

Out of the box and into the spiral

- Think of your Zone of Genius as a continuous spiral
- You go higher & higher everyday and you expand your capacity for more love, abundance & success
- An upward journey with no Upper Limit
- Zone of Excellence, space that you already know how to function
- You can attain results without stretching yourself very much
- Therefore you can feel satisfied with it. It does not feed you, you feed other people around you

The Ultimate Success Mantra - A Central Guiding Meditation

- Navigating upward spiral calls for new set of skills
- Shortcut to finding these skills:
- #1: Organise your inner operating system around what I call "Central Guiding Intention" (Organise your always and already listening into your Central Guiding Intention)
- Central Guiding Intention is a metogram that you have to install at the root/source of being. Store it alongside other meta programs like 'relating to gravity' & 'eating when hungry'
- Your Central Guiding Intention will help you live peacefully in your Zone of Genius
- The Central Guiding for living in your Zone of Genius is what I call the Ultimate Success Mantra
- How does the Mantra Work?
- Its sound/focal point in meditation. The Mantra is to help you return to the present moment
- The mantra gives you a home base to come back to whenever you notice attention wanders (mind would tend to go to the past or the future)
- The art of Meditation is in the way you let go of your wander thoughts and return to the mantra
- The key to integrating it smoothly and effectively into your life is to be gentle and open hearted with yourself

Your Ultimate Success Mantra (USM)

- It's a comprehensive intention you will use to centre yourself in your Zone of Genius
- Its a set of instruction to your conscious & unconscious mind designed to inform all your actions and decisions
- I Expand in Abundance, Success & Love Everyday as I Inspire Those Around Me to Do the Same
- I expand in abundance, success and love every day as I inspire those around me to do the same
- Here is what the Mantra does for you on a moment by moment basis. It beams a key instruction to your conscious and unconscious mind
- It's telling you to expand rather than to contract or remain as is, in key areas of development [Abundance, Love & Success]
- An antidote to yours of conditioning an ancient programming that convinced your unconscious mind you don't deserve full success

How to use Ultimate Success Mantra

- Formally - while meditating
- Informally - as you go about your daily life
- Your brain is a muscle you are creating muscle memory by repeating positive mantras
- Continue this with thanksgiving to God with the Lords prayer

- For formal meditation, find a place where you can sit quietly for 5-10mins
- Close your eyes, rest for a minute or so until your system settles down
- Whisper every 15-20seconds the Ultimate Success Mantra "I expand in abundance, success and love everyday as I inspire those around me to do the same"

Another Shortcut: Renewing & Refining Commitment

- Commitment works as a springboard in your Zone of Genius. The minute you make a sincere commitment to living in your Zone of Genius, you propel yourself in that direction
- Once you're in the zone commitment also works magnificently well as a steering mechanism and calibration device to centered there
- Art of commitment too when energy is low and you feel like you're going to give up. It ignites your reserves
- The ultimate trick from the ultimate trickster, your Ego, to hold on to it's job you'll encounter a boulder in the living room of your Zone of Genius. The bolder is the belief that you are unlovable
- In Zone of Genius you have no need for your Ego. You don't come about getting approval, control, getting even or other oriented goal of the Ego. But when war erupts between your conviction that love lies outside yourself and the deep knowledge that it's a matter of your own creation, you can feel a kind of cellular exhaustion that seems part of the very cosmos itself
- This is where recommitments come in handy
- Moving in your Zone of Genius is lie riding a bicycle, it's not hard once you get the hang of it
- There are two high motivations for playing such close attention
- #1 It's highly motivating to feel that kind of exhilaration
- #2 To inspire those around you
- One of the most delicious feelings in the world comes from seeing people becoming inspired by your commitment to living in your Zone of Genius

Chapter 5

Living in Einstein Time - Creating Time for the Full Expression of Your Genius

- Creating time for the full expression of your genius
- If you get a handle on how time actually operates, your work flows gracefully and at high performance
- One immediate pay-off, you feel less stressed as you go through your day
- Even greater reward, you free-up time for creative thinking
- When you make the shift to Einstein Time, you experience a major surge in your productivity and enjoyment
- The shift takes place the moment you embrace one profound truth!
YOU ARE WHERE TIME COMES FROM
- It seems like magic, but it's based on sound science inspired by Einstein's Physics

- Once you realise that you're where time comes from, you have the power to make as much of it as you want. You're the Boss!
- Einstein Time is a new kind of time management that reorganises your conception of time at the very core
- With Einstein Time you'll also discover how to liberate the energy you need for accomplishing your more precious activities
- You'll understand what drowns your creative energy and how to stop the drain
- Main Benefits:
 - 1. You get more done in less time
 - 2. You enjoy plenty of time and abundant energy for your most important creative activities
 - 3. You discover your unique abilities and how to express them
 - 4. You feel good inside
 - With Einstein Time, you learn how to become the source of time so you can make as much of it as you want
 - How to liberate the energy you need for accomplishing your most precious activities
 - You'll understand exactly what drains your creative energy and how to stop the drain
 - Newton paradigm assumes that there's a scarcity of time it's exactly the same problem we would have if we assumed there was a scarcity of food, we'd always be hungry

Our Time Problem: A Space Problem

- Make changes in how we think about space
- Concept of time changes because we make fundamental change in how much space we are willing to occupy
- Example: An hour with a loved one feels like a minute where as a minute on a hot stove feels like an hour
- If you are sitting on a hot stove, you become pre-occupied with trying not to occupy the space you're in
- The act of contacting your awareness away from space makes time congeal. The more you cringe from the pain, the slower time gets
- When you embrace your loved one through, your awareness flows in the opposite direction, towards space
- You want to occupy every possible smidgen of space in the yearned for present
- How time flies when you're reading a good book
- Example: Dad received call from teenage daughter while at work saying they need to meet to talk. No clue given. Dad then can't work worrying what was wrong and keeps looking at his clock waiting for time to pass fast so he can meet his daughter but time seems to be ticking very slowly. Unable to concentrate with work, he finally meets his daughter his anxiety is high. However, it turns out not as bad as he'd expected and they have a good time. When he gets back to work, work flows very efficiently. (Einstein

magic @ work!)

- The truth about time and all the things you really don't want to do.
- Advertising encourages us to want to do a lot of things we don't really want to do
- All these problems disappear on Einstein Time
- To get on Einstein Time, you have to make one big shift, and it's so unthinkable few people have the courage to take it.
- You have to peel layers of old, erroneous programming in order to get to the elegant simple truth of it
- One layer that needs to be peeled off is your time persona

Pardon Me, May I Borrow Your Persona for a Moment?

- Persona = pattern of action & feeling that comes at a certain time in our lives, in response to certain condition (mask)

What You Really Need to Know About Your Persona

- Most of us probably don't realise that the persona we're wearing is actually a persona i.e. If you are a shy person, it probably just a persona
- Part of maturing is learning to spot when we are operating out of a persona
- Discarding the persona that aren't contributing to our happiness and success in life
- Time persona works the same way
- When we switch to Einstein Time, we take charge of the amount of time we have we realise we are where time comes from
- Liberating Insight: Since I'm the producer of time, I can make as much of it as I need
- Heal the dualistic split embedded in the Newtonian relationship with time
- It takes practice and key awareness to master this concept. [Just like driving a car]
- Quit thinking that time is "out there". Take ownership of time - Acknowledge that you are where it comes from and it will stop owning you
- This question allows you to seize the controls of your time and your life
 - 1. Where in my life am I taking full ownership?
 - 2. What am I trying to disown?
 - 3. What aspect of my life do I need to take full ownership of?
- Here's the principle behind the question: Stress & Conflict are caused by *resisting* acceptance and ownership
- If there is any part of ourselves or our lives that we're not fully willing to accept, we will experience stress and conflict in that area. The stress will disappear the minute we take ownership of it.

How to Begin

- Do whatever it takes to get yourself in harmony with the reality that you're the source of time
- Abstinence from complaining about time
 - It is one thing to stop complaining that you are the victim of time, but

- it's another to stop feeling that you are the victim of time
- Completely eliminate "I don't have time to do that right now."
- 1. The Sensation of Time Pressure
- Where is your time pressure when you feel like you're in a hurry?
 - Is it between spine and your heart? Pushing towards the front of your chest?
- What is your sensation of boredom?
 -

Chapter 6

Solving the Relationship Problem - Transcending the Upper Limits of Love and Appreciation

- Instead of focusing on the past, we need to increase our tolerance for things going well in our lives now
- If we don't learn to do this we suffer in every area of our lives especially relationships
- 3 main styles of unsatisfying relationships (80% of successful people)
 1. *Devitalised* Relationships: Partners remained together in spite of having fallen out of love with each other years ago.
 - Might look OK on the outside
 2. Passive: Congenial Relationships
 - Never had been passionate with each other in the first place
 - More like business partners than husband and wife
 - Low expectations, they don't fight much so remain together in no-hum harmony
 3. Conflict Habituated:
 - Lifestyle based on constant conflict
 - Low level bickering or heated, interrupted by periods of truce
- 2 main reasons that successful people have dismal relationships
 1. Because they are successful
 2. Because they don't know how the Upper Limit Problem works
- Upper Limit Problem is magnified in successful couples, because each person is synergising the other's quest for a life in Zone of Genius
- There is no quicker way to bring forth out inner Neanderthal than to get into a loving relationship. When we open up to more love and energy, we begin to flush old programming out of our system
- Genuine contact with another person gets us high and this trips the Upper Limit Switch making us want to come back down to more familiar level
- If you are a successful person in a close relationship, you will likely find the following suggestions helpful
 1. Make sure you take time for yourself, space apart from your partner
 - These periods of battery charging alone time gives you the ability to master longer and longer periods of closeness when you're in union with your beloved
 2. Put priority on speaking the microscopic truth, especially about what is

- going on in your emotions.
- Communicating about feelings, dreams, desires and other inner experiences create a deep intimacy in relationships
3. When emotions are in the air, try not to talk your partner out of them
 - Feelings are to be felt
 - if you're sad, let yourself feel that way until you don't feel sad anymore
 - Same thing with fear, anger, happiness and other feelings
 4. Give your partner and yourself non-sexual touch.
 - A loving hand squeeze or a touch on the shoulder communicates love and caring
 5. After soaring to a new height of intimacy, bring yourself back to ground in a positive way
 - It works much better, and is much more fun, to come back to earth by doing some earthly dancing, taking a walk on the surface of the earth or cleaning out a closet full of earthly possessions
 6. Cultivate at least 3 friends with whom you can form a No-Upper-Limit conspiracy.
 - "To breathe together - Spot each other's Upper Limit Problem"
- With the ideas and tools we've explored in this book, you have everything you need to set sail and navigate tricky swirls and currents of intimate relationships
 - If you're a successful person in relationship with another successful person. You've embarked on one of the great quests in all human endeavour
 - Ultimate thrill ride, journey with learning potential and opportunity to experience true joy
 - We are all amateurs when it comes to feeling and expressing love. It gives every moment of life an exhilarating learning edge
 - Cheerfully humble to think of yourself as a beginner
 - The moment my attitude of cheerful humility slips into self-righteousness or arrogance, the universe will step in to set me straight
 - Getting stubborn and defensive invites the sledgehammer; getting open and curious invites the feather
 - Relationships is the ultimate spiritual path, because it constantly presents us with the challenge to love and embrace in the very situations in which we're most prone to shun and reject
 - You can tell more about a person's true spirituality from the way he or she treats his or her partner than you every could tallying that person's church attendance
 - In relationships, be open to learning from every moment of interaction

Chapter 7

Baby Steps and Big Leaps - My Early Adventures As an Entrepreneur

- A special kind of awareness settled into me, a sure knowledge that seems so obvious I wondered why I hadn't thought of it before:
"I am made of the same stuff as everything else. The trees, the sky, the earth beneath me - We are all made of the same thing and it's all one thing."
- Everything is connected to everything else. I am the Son of God and everyone else is too. It has to be that way, because everything is connected and everything is equal
- Passage from "Meditations of Marcus Aurelius"
"I am part of a while, all of which is governed by nature.... I am intimately related to all parts, which are of the same kind as myself. If I remember these two things, I cannot be disconnected with anything that arises out of the whole, because I am connected to the whole"