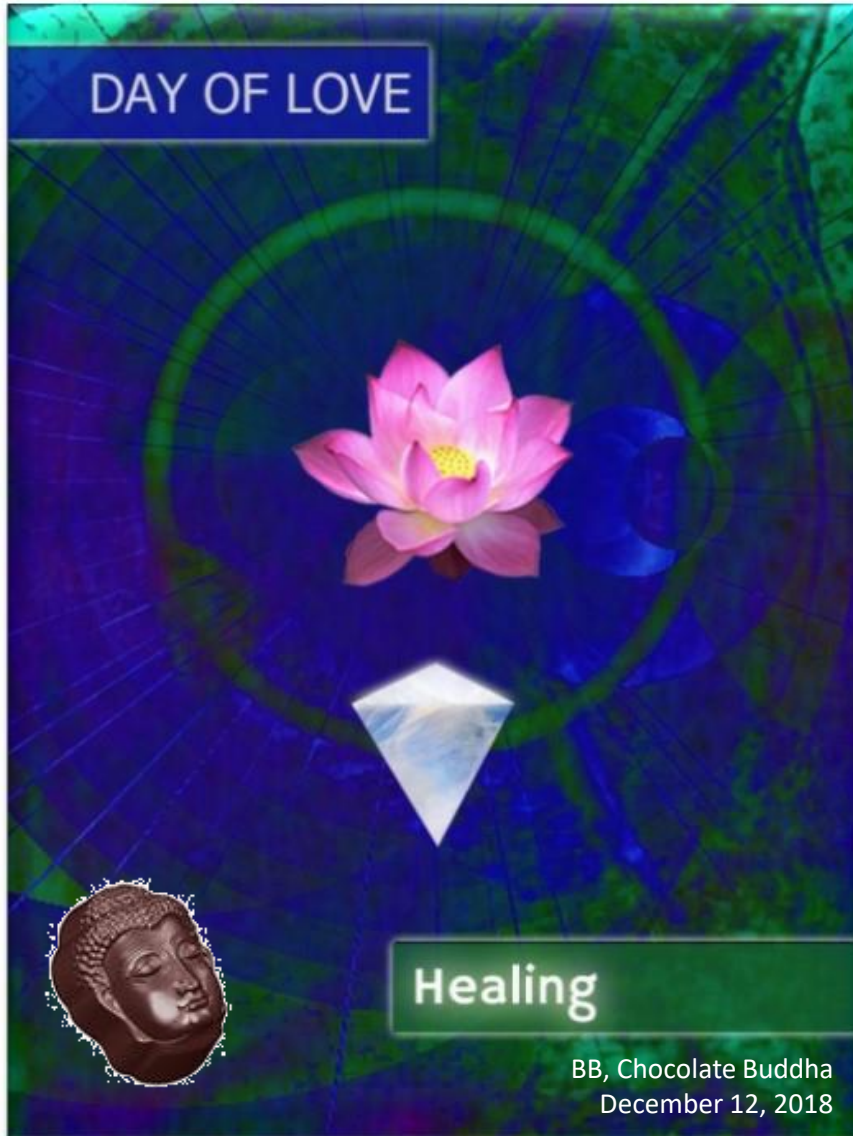


# There Comes a Time, in Every Life, When We are Drowning...



With deepest gratitude

Angel, Fierce Tygress Mother and Lover, French Nun, Red Indian  
Squaw, Dragon Fly, Medicine Buddha, Fellow Space Traveller,  
Twin ENFJ, Shambhala Warrior, Ethel, God  
and  
Darling Extraordinary Woman

For reaching down to save me when I was reaching up

# Inspiration

To Freddie for Courageously and Graciously reaching your hand up to God and God's representatives on Earth, who were reaching down. Taking the hands of love, holding tight and going in a radically new direction...

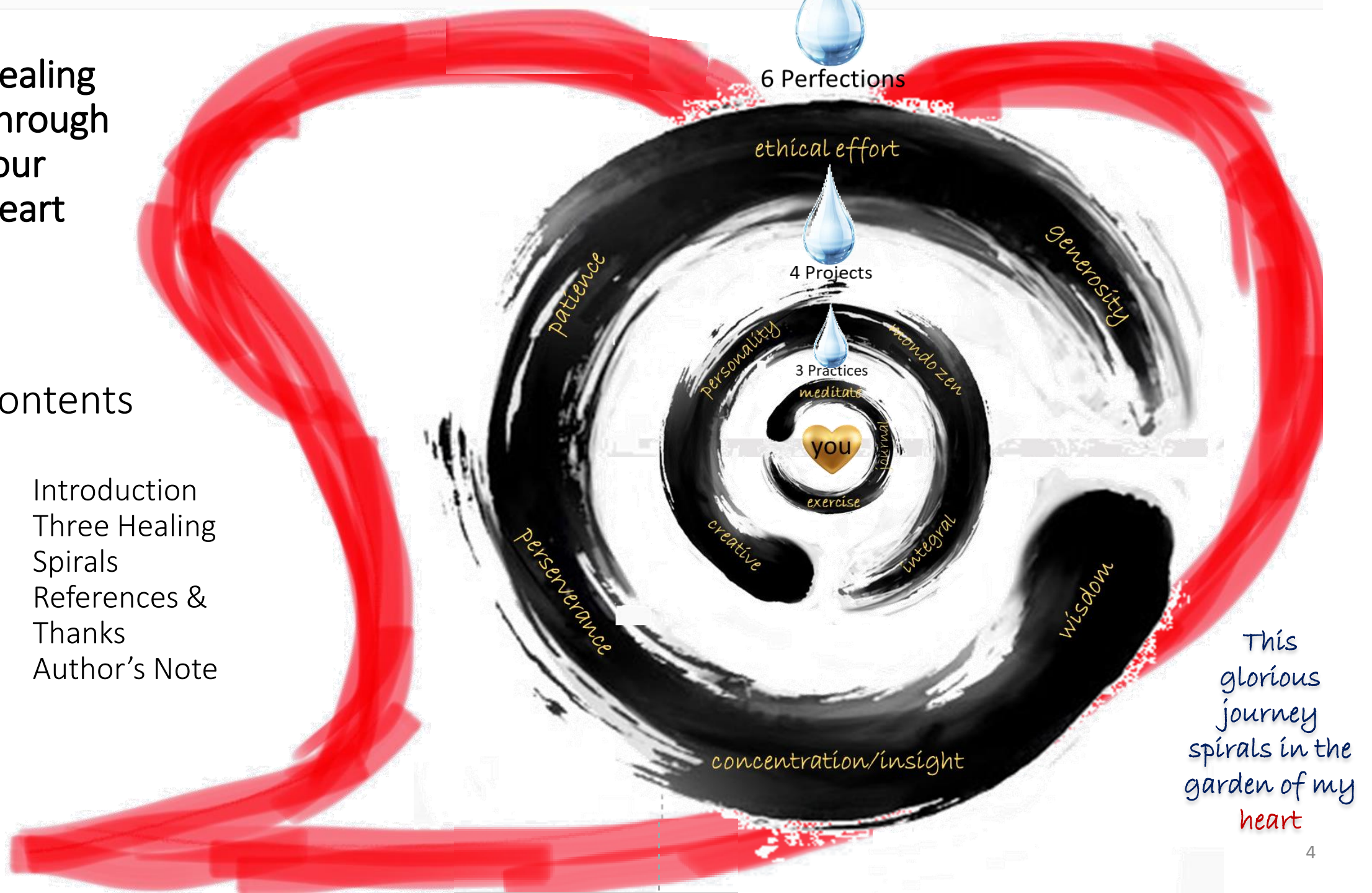
For which we are all enormously grateful.



# Healing Through Your Heart

## Contents

- A. Introduction
- B. Three Healing Spirals
- C. References & Thanks
- D. Author's Note



# A. Introduction



# Making a Connection in Those Last Few Moments

It is cold and I am shivering, standing there in just my swimming trunks, the girl's mother standing next to me. For a frozen moment in time, we stare blankly at the huge waves crashing onto the beach for any sign of Anna. There is none.

We are 13 years old and had gone down to the stream to swim, especially to have fun riding the current at the mouth of the stream as it sweeps into the vast ocean spread out in front of us.

Being the stronger one, I have managed to walk out of the current to the shore and she has been swept out to sea, nowhere to be seen. If I go into the waves to save her I could die. If I stand on the beach, do nothing and she dies, something that now seems entirely possible, I will be blamed.

From a place deep inside, a feeling of knowing, a thing I will come to later understand as Courage rises. I step out of my body, go into the surf, put my hand down into the water, as if by magic I find her hand and pull her to safety on the beach. We collapse in shock on the sand.

She says, 'You found me, just as I was going.'



Clear Water, *suspended* in the vast ocean, reminds us that our *experience* here on earth evolves in a house created by a higher power



# Set Kindness as the Intention, Find Courage to Act

Fundamental to a compassionate way of being is Kindness. Often we need to set an intention in our heart that is kind when preparing to take action.

It takes Courage to act from a place of compassion and love. The intent of this book is to offer ways to build Courage so as to support acting mindfully, authentically, compassionately and courageously.

When we are the hand reaching down, acting from that place of kindness, we must always remember that it is a *choice* for the other person to reach up their hand, to ask for help, to connect.

Often timing is everything. When a person is drowning the best time to save them is in the last few seconds, otherwise their 'thrashing' will drown you with them.

In this Volatile, Uncertain, Complex and Ambiguous world it seems many people have lost touch with connectedness; the feeling that we are all together in a shared experience here on earth. We are all a bit kinder when we remember that we are connected, all One, and others need help as much as we do.

[If everyone truly believed everything is One, Scientific American](#)



Clear Water, it *flows* in all things, *accepting* life-giving oxygen from the air, so that we may keep breathing Spirit in

# Walk That Spiral to the Centre of You, Your Heart

When we walk the spiral, we connect with our heart, at the centre of us and speak the language of love.

1. Starting at the opening we enter the spiral and walk mindfully towards the centre in ever decreasing circles. *Downloading* is a process, letting go of all our current thoughts and preparing to open.
2. Reaching the centre of the spiral we stand still, take a deep breath and feel *Present* to that which is wanting to arise in us. Scrunching our feet on terra firma we feel grounded, connected to Mother Earth.

Reaching out our arms we open them to welcome in new energy, coming down from Father Heaven. Around us are all things, our brothers and sisters, we are surrounded by Universal Unconditional Love.

3. Beginning the walk out of the spiral we carry a new intention, a new feeling in our heart. It's time to consciously prepare to *Perform* that which is wanting to emerge through us.

[Walking the Spiral at Crystal Castle, Mullumbimby, Australia](#)

[The Home of Theory U, Presencing Institute](#)



Clear Water, *hidden* in the clouds, carries its own *healing* properties, so in time magic happens, rain starts falling from the heavens, cleansing all our wounds, leaving only an echo in the silence



6 Perfections

*ethical effort*

*generosity*

4 Projects

3 Practices

*meditate*

*you*

*exercise*

*transcendental*

*journal*

*integral*

*personality*

*creative*

*patience*

*perseverance*

*concentration/insight*

*wisdom*

Psychotherapy  
Shadow Work

Collaborative,  
Compassionate,  
Communication  
Self Empathy  
Dyads

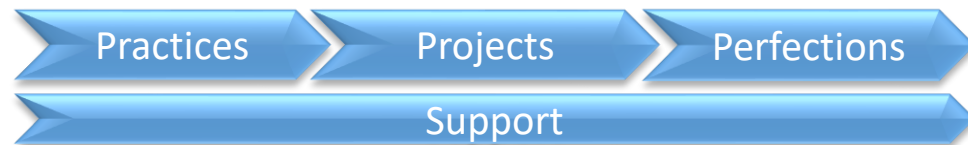
Clairvoyancy  
Akashic Record

Body Work  
Naturopathy  
TCM

# Introducing the Courage Building Evolution Framework

Adopting a mindset in life that each activity we undertake is practice for the next allows us to consciously increase our capacities as we evolve.

This framework is focused on building Courage. The word 'courage' is derived from the French word 'le coeur', the heart. Courage emanates from the centre of us, our heart. The greater our Courage the more we move towards being our true authentic selves, operating in the world with compassion and mindfulness.



*Courage originally meant to speak one's mind whilst telling all the truth of one's heart*

Our 'Speed of Implementation' of change depends on our awareness of our own evolutionary process. Each of us will make our own choices about what we want to change and at what rate.

Ambivalence; *simultaneous contradictory attitudes or feelings*, is a natural human state causing us to remain with the status quo.

When the suffering of maintaining the status quo is greater than the suffering of changing we break through the ambivalence barrier, Courage rises in our heart, and miracles happen.

Spiral	Activity	Timeline
Practices	<ul style="list-style-type: none"> <li>➤ Meditate</li> <li>➤ Journal</li> <li>➤ Exercise</li> </ul>	Daily
Projects	<ul style="list-style-type: none"> <li>➤ Personality</li> <li>➤ Mondo Zen</li> <li>➤ Integral</li> <li>➤ Creative</li> </ul>	3 months – 3 years
Perfections	<ul style="list-style-type: none"> <li>➤ Generosity</li> <li>➤ Ethical Effort</li> <li>➤ Patience</li> <li>➤ Perseverance</li> <li>➤ Concentration, Insight</li> <li>➤ Wisdom</li> </ul>	Lifetime
Support	<ul style="list-style-type: none"> <li>➤ Psychotherapy, Shadow Work</li> <li>➤ Clairvoyancy, Akashic Record</li> <li>➤ CCC Collaborative, Compassionate Communication, Self Empathy, Dyads</li> <li>➤ Body Work, Naturopathy, TCM</li> </ul>	As needed

## Touching my chest I say 'My Heart is the Centre of Me'

Practices	Projects	Perfections
Meditate	Personality	Generosity
Journal	Mondo Zen	Perseverance
Exercise	Integral	Patience
	Creative	Ethical Effort
		Concentration/Insight
		Wisdom

Support			
Psychotherapy	Clairvoyancy	CCC, Collaborative, Compassionate, Communication Self Empathy	Body Work Naturopathy
Shadow Work	Akashic Record	Dyads	TCM

If this is new to you, we suggest you start simply, sit quietly in meditation, perhaps 10 minutes once or twice a week, journal three things that you are most grateful for each day and go for a short walk each day. Or, if you have some experience, start at any place that appeals to you. We suggest that it is a good idea to find a coach who will assist you with this work. You may wish to read the Healing book 'When Cut We All Bleed Red'. Whilst it is not a prerequisite, it does explain some elements of this book in more depth.



start



# Example Courage Program

Days

Months

Years

## Morning

- Upon first waking of consciousness stay in your dreams for a while, then bring as much as you can into the fully awake space and journal the dreams for reflection and sharing
- A few simple stretches
- Hydrate; glass of water
- Meditate
- Breakfast

## During the day

- One's daily activities
- Walking meditation on the way to work or at lunchtime
- Affirmations to assist with any situations that are causing anxiety
- Exercise/Sport
- Update journal

## Evening/Night

- All screens turned off and on the charger by 7 pm
- Read more, have conversations, sharing thoughts, ideas and feelings about the day
- hugs, just be and relax
- A few stretches before bed
- Any routine that helps prepare you for a good night's sleep, e.g. reading

## Creative 101

- Buy yourself a Mandala colouring-in book and colouring pencils, spend some time each day over a week completing one picture
- Over the course of six weeks complete six different pictures
- Display them somewhere other people can see and comment. Journal how it feels to hear their comments.

## Integral 101

- Over 3-4 weeks complete the Integral Exercise 'Exploring You', see page #23 for link
- Develop a four-quadrant model for a challenge you have using the four lenses and write some notes about the new perspectives you have and the solutions you see as a result

## Personality 101

- Watch each of the nine 1 hour Enneagram panels making notes as you go about what resonates for you, over a period of nine weeks.
- Journal which Enneagram type you feel you are and why. Chat to friends and family about some of the personality elements to test other perspectives and see what they notice about you.

## Wisdom

- Contemplate, during meditation these two Zen koans;
- What is the sound of one hand clapping?
- Show me a face that is your face from before your parents were born?

## Insight/Concentration

- Attend a silent retreat, typically a week to ten days, to work on your concentration, being with yourself and developing greater self-awareness

## Generosity 101

- Go to the park and feed the birds for half an hour
- Go up to a homeless person, chat with them and buy them some food.
- Meditate on how it felt for you to do these things

## Ethical Effort 101

- When talking replace the word 'but' with the word 'and'
- Notice your pattern related to feelings of Anger. Instead of acting or speaking in an angry way towards another person in the moment excuse yourself to a quiet place and reflect on what caused the anger, what is it inside of you that needs to change
- You may need to physically let the feelings out by using the 'release' process described in the Healing Book, page #46

## Patience 101

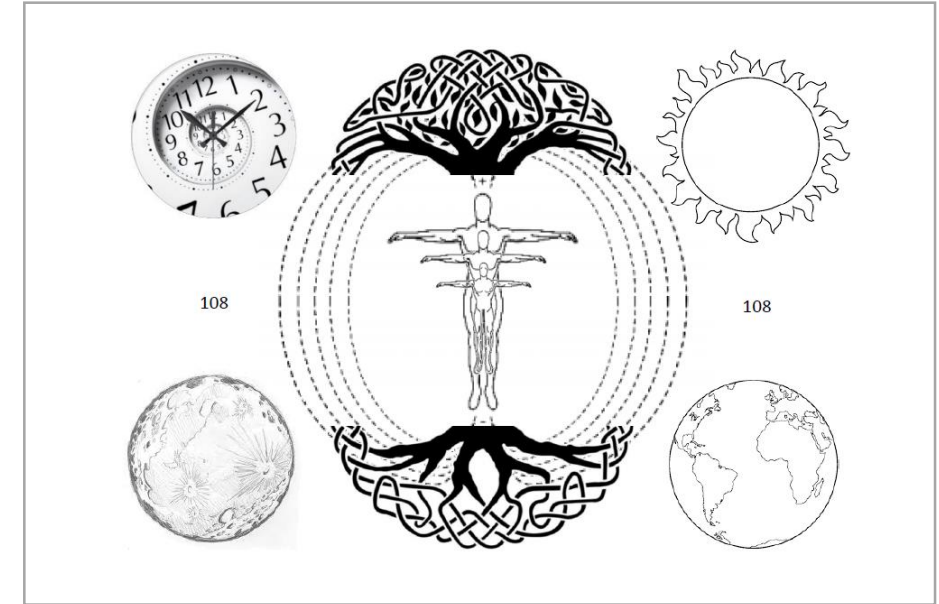
- Think of the thing you want most to happen in the world right now. Meditate and Journal your thoughts & feelings about what it would mean if this did not happen for two years.

## Perseverance 101

- Pick the physical exercise you find the most challenging and each time you do it reflect on what you learned about its nature. Meditate on the joy of your progress

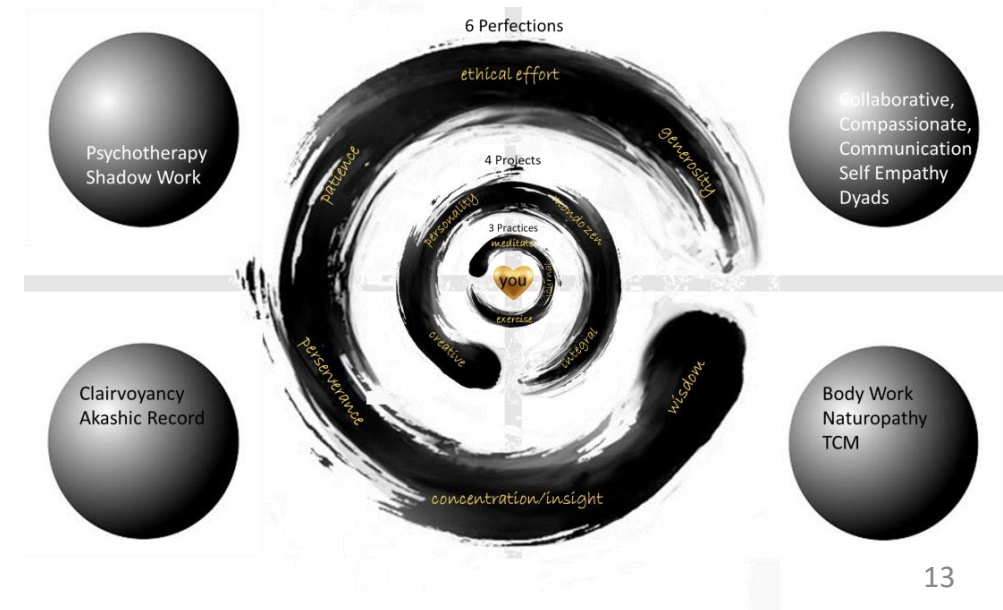
# Mind Body Spirit Evolution for Self and Other takes place in the Womb of Space and Time

- The Womb of Space and Time provides context for evolution, actively nurturing self and other as we increasingly see both our false and true self
- Mind Body Spirit or Emotional Physical Spiritual are our three 'bodies' that may evolve and integrate over time
- Paradoxically, time is sequetaneous (sequential and simultaneous) so there is only the everlasting moment of NOW...'our future is already behind us...'
- All is energy/light. It powers everything. Our bodies are energy fields and we exist with different energies around us
- As thought is energy, we create our lives from our thought. Would you like a happier life? to change your thoughts?



WOMB of SPACE and TIME

- **Evolution** is about an increase in 'knowing' that You, yourself are part of the Whole, all that Ever is, Was or Will be
- Knowing comes from listening and in order to hear, we must be present in the NOW. Presencing takes **Practice**, learning to let whatever wants to emerge come forth in any given moment...
- The glory of life is in the 'ride', not the destination. **Projects** take us on different kinds of rides, moving us out of our comfort zone, building the muscles of Mind Body and Spirit
- Dharmic, Abrahamic and Taoic wisdom traditions all speak of **Perfections** that centre us in our heart, where the language of love lives and Love Is All There Is.

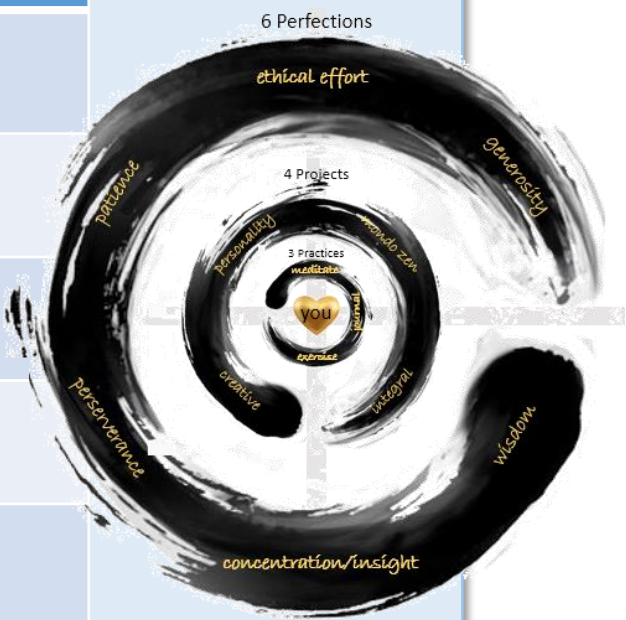


EVOLUTION

# Heart Healing Exercise; Love in Action Activities

Make a poster to put on your wall, in a spot where you will see it each day. Decorate it with your own pictures if you feel like it. In each box fill in the 'Love in Action' activities you engage in that nourish your heart and speak about your journey. You may wish to put an activity in more than one space.

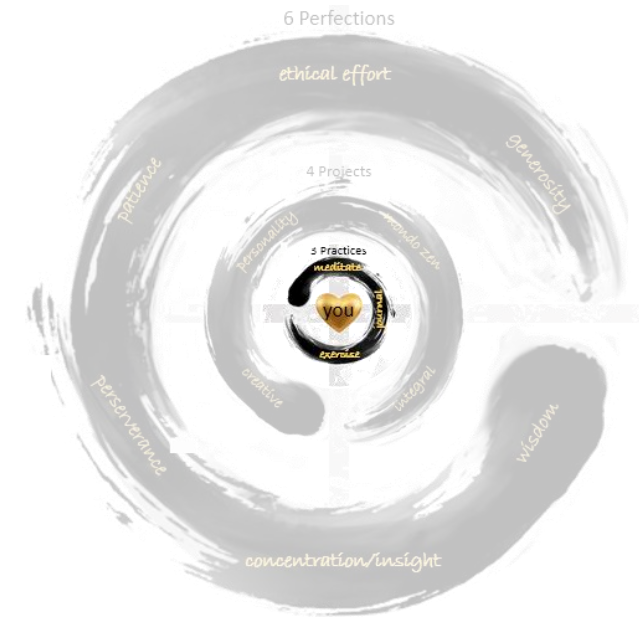
Worldviews Perfections	My Ego centric self	My Ethno centric self	My World centric self	My Cosmo centric self
Generosity				
Ethical Effort				
Patience				
Perseverance				
Insight				
Wisdom				





# B. Healing Spirals





# 1. Three Practices

Finding Courage through practices that uncover you  
*Meditate, Journal, Exercise*

# Meditate

Three tips for getting started and building meditation into your day on a regular basis.

1. **Space Place** – Set up a space that you like to meditate in, one that is quiet and safe. Each time you meditate you may like to begin by lighting a candle, top up a glass of water, light some incense or smell a perfume/essential oil (lavender works well) and have something from nature; a flower, leaf or plant, present.
2. **Sitting Posture** – Ideally sit on a proper meditation cushion or stool, cross legged if possible, ensure you are comfortable, make sure you have a blanket to use so you are not cold. Place your hands in your lap or on your knees with palms up.
3. **Breathing Connecting** – noticing our breathing is a powerful way to start a session, feel what is going on with your body and let go of anything you would like to. If you feel unsettled, gently notice the thought, watch it, let it go, then notice the next one, let your thoughts float by like clouds in the sky, noticing, accepting and letting them go....

Ultimately it is possible to integrate meditation into your way of being so that you are in a 'witness' state, mindful noticing, while you are engaged in all your daily activities.

Where you are	What to do
Starting out	<a href="#">Healing Guided Meditation</a>
Experienced	<a href="#">The Awakening Body - Somatic Meditation</a>
Exploration	<a href="#">Ten Meditations</a>



That is to say; Meditation makes Miracles happen



# Journal

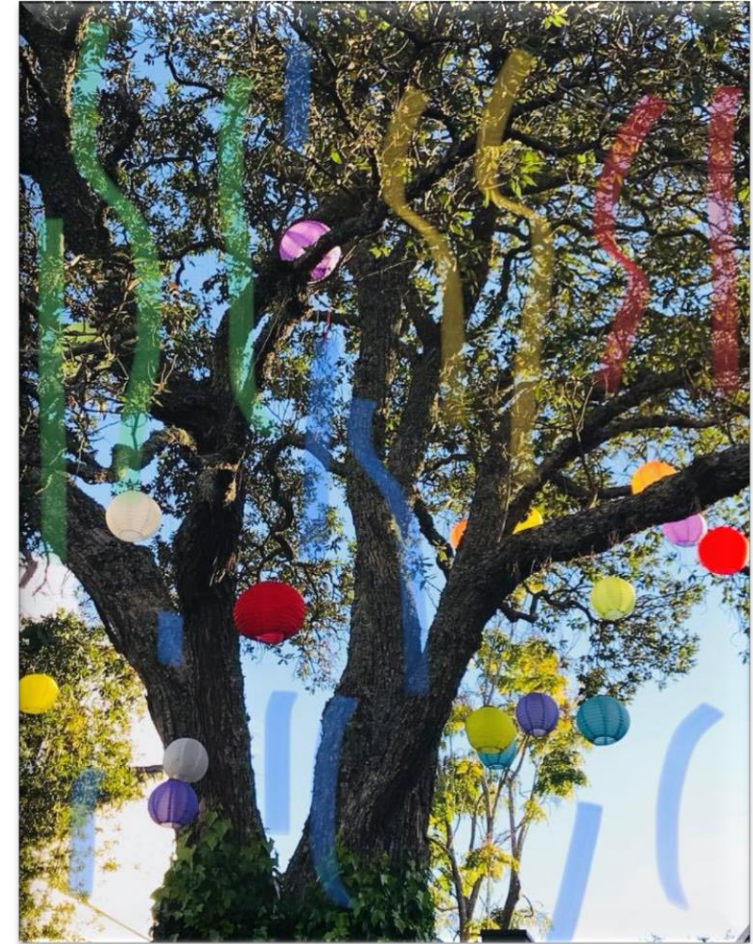
In the wake of the Twin Towers being attacked on September 11, 2001, thousands of people went online and began to journal, blog and write about their feelings. They were participating in a mass healing.

Writing a journal assists us to process our emotions. We have a friend who says 'Until I hear myself saying the words out loud I don't know how I feel'. Journaling can have the same effect of getting feelings out into the open, so they can be examined.

You can journal in a beautiful book or on your phone. The main thing is that you put aside a few minutes at the beginning, during, or at the end of the day to write down your thoughts and feelings.

Here are some examples of topics to journal about;

- What am I most grateful for today
- My dreams last night  
[Lucid Dreaming - Andrew Holecek](#)
- Messages from Spirit
- Insights, Ideas, Inspirations, Drawings
- Magic moments in my day
- Intense emotions; anger, fear, sadness, joy, grief...



Lanterns of rainbow colours light our path. Upwards, ever upwards, we travel in spirals of transformation... embrace Universal Love in Action and take-off today.

# Exercise

Throughout life, exercise has been part of my world, including sprint and long distance running, soccer, several martial art forms, squash, golf, yoga, gym classes, Pilates, cycling, trekking and walking. I've learned that;

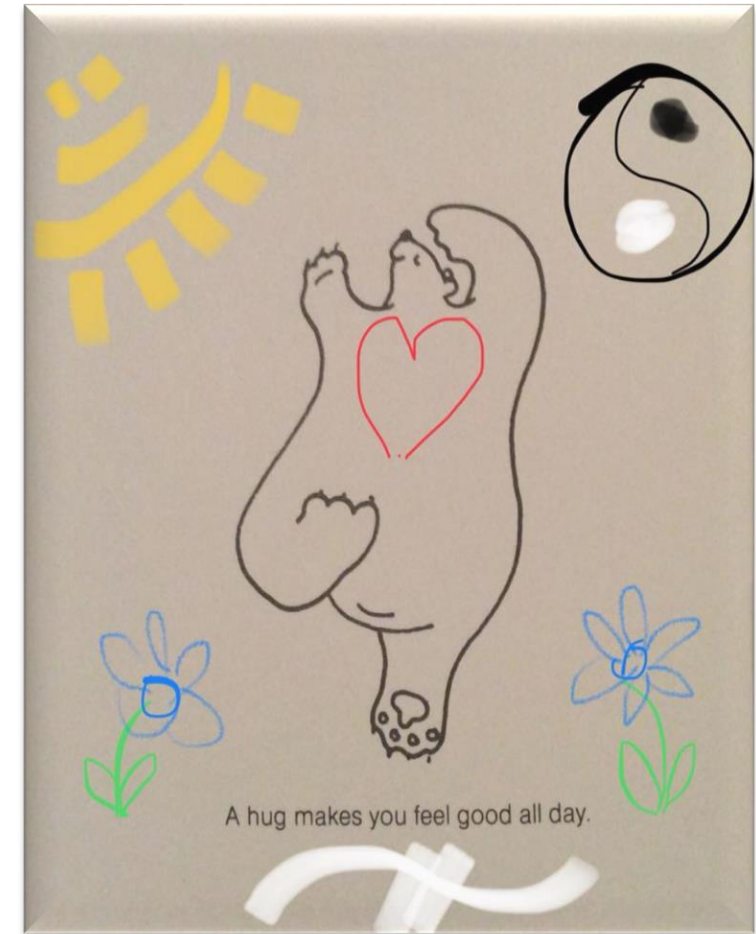
**First;** It's important to notice if it brings you joy

**Second;** Mindfulness of three movement principles brings dividends for young people and adults, no matter which exercise brings you joy.

1. Function first  
[Kevin Giles on Movement Dynamics](#)
2. Get up and down from the floor often  
[An example at Jeremy Browne's Sport Performance](#)
3. Add in 'Theory U' Mindfulness  
[Theory U Mindfulness Pre, During and Post Workout](#)

**Squat, Lunge, Push, Pull, Brace,  
Rotate, Hinge**

**Every direction  
Every plane  
Every amplitude  
Every speed  
Every complexity**



Hug, Thrice Hugs to all





## Inspirational 'Change' Poems

### OUR DEEPEST FEAR

*By Marianne Williamson*

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.

We ask ourselves,  
"Who am I to be brilliant, gorgeous, talented, fabulous?"  
Actually, who are you *not* to be? You are a child of God.

Your playing small does not serve the world.  
There's nothing enlightened about shrinking  
so that other people won't feel insecure around you.

We are all meant to shine, as children do.  
We were born to make manifest the glory of God  
that is within us.  
It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously  
give other people permission to do the same.  
As we're liberated from our own fear,  
our presence automatically liberates others.

### You Are Going to Hurt Someone

You're going to hurt someone  
You're going to hurt other people  
Even though you don't want to  
Even though you don't mean to  
Through no fault of your own

You're going to hurt someone

We're all bumping up against each  
other with our cravings and  
sensibilities, reaching clumsily for  
fulfilment

We bond and then unbind  
We stretch our arms to grab more life,  
and we give someone a black eye

Egos get hurt; vows are broken;  
fires doused  
Becoming whole leaves breakage

Why does it help to know the  
inevitability of hurting someone?

It helps to know of this inevitability  
so that you don't retreat  
when you need to lift off,  
so that you choose to leave the house  
of familiarity

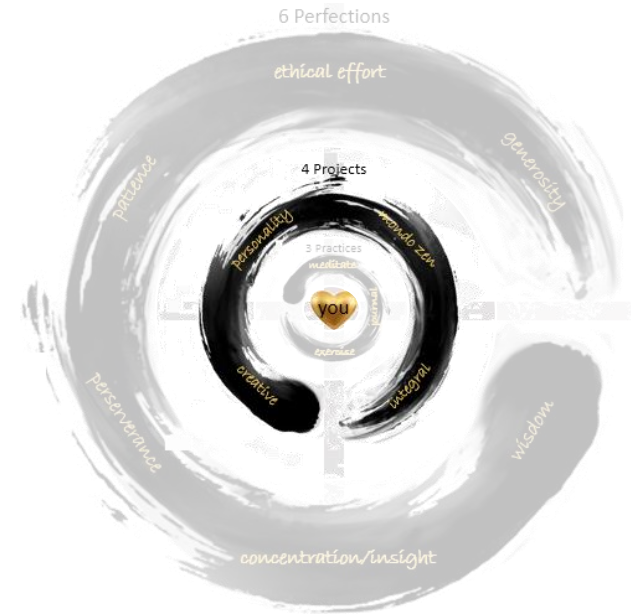
for Morocco, or Broadway, or love

Or the centre of your Soul

It helps to know how nature works  
when you are exploring wilderness

**Danielle LaPorte**





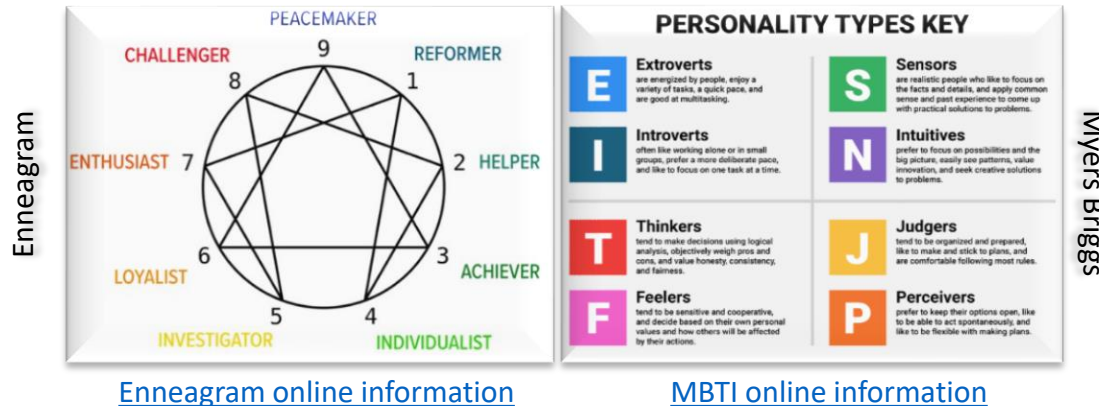
## 2. Four Projects

Finding Courage through Projects that lead to seeing yourself more clearly  
*Personality, Mondo Zen, Integral, Creative*

# Personality

Through examining our own personality we begin to deepen our understanding of ourselves, those around us and our interactions & relationships. We develop a new appreciation for the importance and value of diversity, we begin to connect with others in ways they will find easier and, most importantly, our tolerance and compassion for others grows.

Two very powerful personality frameworks can be used to start and to deepen this understanding. Myers Briggs Type Indicator (MBTI) and The Enneagram.



Both of these frameworks can be studied and engaged with through a wealth of reading, online videos, online assessments and conversations with colleagues, friends and family. Comprehensive feedback provided by a professional coach is the most helpful.



## JOMO (Joy Of Missing Out.)



Oh the joy of missing out.  
When the world begins to shout  
And rush towards that shining thing;  
The latest bit of mental bling –  
Trying to have it, see it, do it,  
You simply know you won't go through it;  
The anxious clamouring and need  
This restless hungry thing to feed.

Instead, you feel the loveliness;  
The pleasure of your emptiness.  
You spurn the treasure on the shelf  
In favour of your peaceful self;  
Without regret, without a doubt.  
Oh the joy of missing out.



A little equation occurred to me...

FOMO + SLOMO => JOMO ☺

When we have Fear and we slow down to deeply listen to what's going on inside....Joy emerges to take its place.

# Mondo Zen

Mondo Zen; Zen transformed for our modern times by Jun Po Denis Kelly, means 'way of dialogue'.

It transcends the hierarchical/authoritarian gender biased and constraining monastic aspects of traditional Zen in favour of practical, experiential 'in the world' engagement.

It offers a series of twelve koans that, through direct personal experience guided by the 'teacher', lead to a simpler and stronger way of knowing.

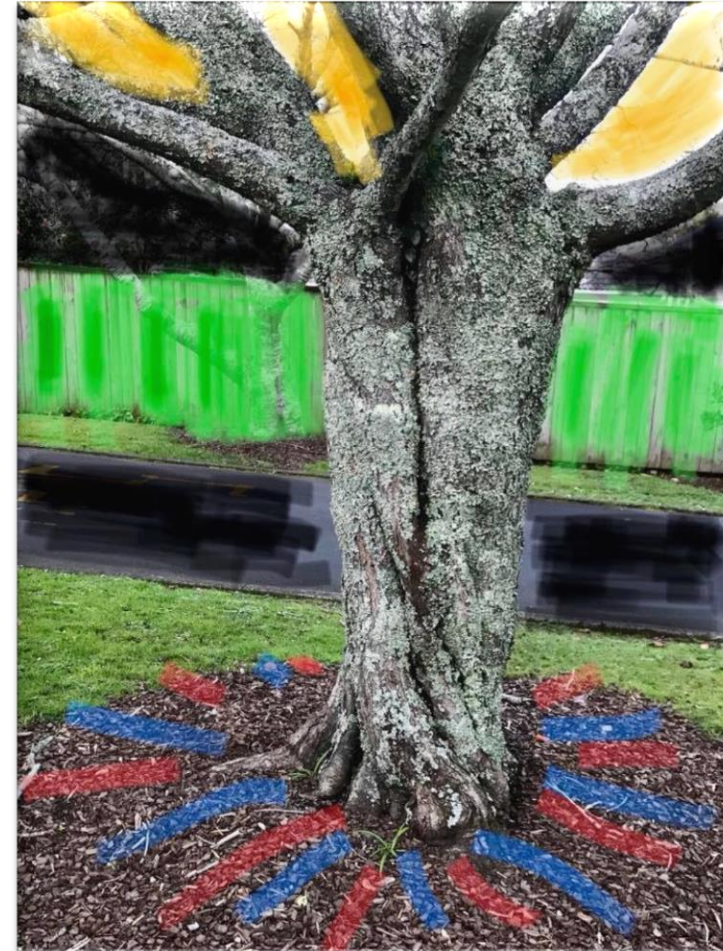
A koan is a story, dialogue, question or statement used in Zen practice to provoke 'great doubt' and test a student's progress on the Zen path.

The *Mondo Zen*<sup>TM</sup> process is a full heart-mind collaboration between the 'student' and 'teacher'.

In particular, the facilitator will first ensure that they, themselves, are deeply grounded and present in Clear Deep Heart Mind during a Mondo Zen session.

[About Jun Po and Mondo Zen](#)

[A Heart Blow Open, Biography of Jun Po Denis Kelly Roshi](#)



When the dance of life brings us together, the possibility of intimacy beckons...and we can take Courage in these moments to speak our truth. For if we do not let ourselves break free from what's inside of us we cannot expect to be free.

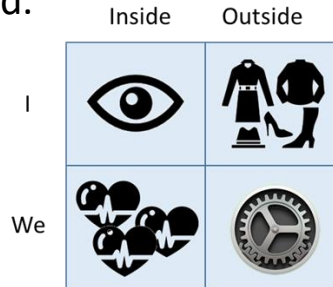


# Integral Theory

Using Integral Theory to explore you provides a powerful way of getting to know ourselves. As we see who we are, and our way of being, more clearly, we can see others more clearly and, as a result, this brings more Peace, Love and Harmony into the world.

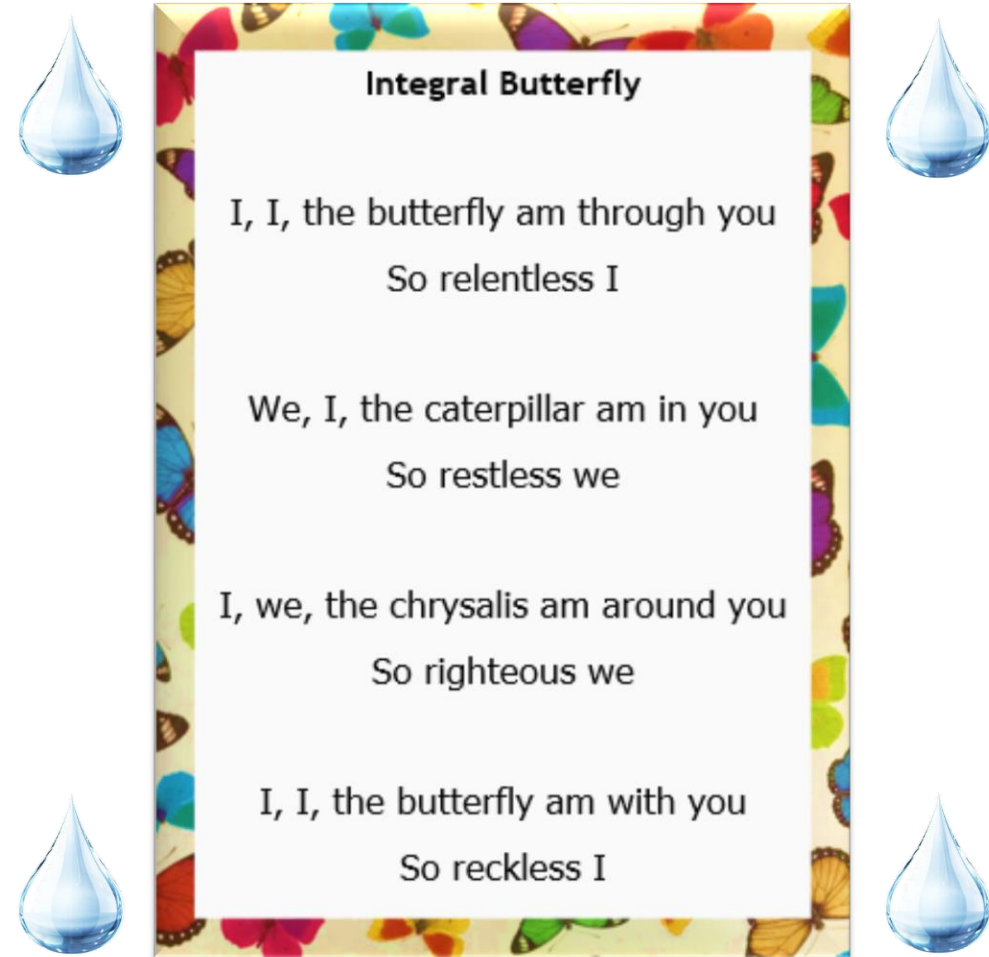
Key aspects of Integral Theory;

1. Four lenses to look through at any person, situation, organisation or event, using inside/outside and I/we. They are, [I, Inside], [I, Outside], [We, Inside], [We, Outside]
2. Levels of human 'ego' development give us a Map, Framework and a Language to explore with
3. As Allies of Evolution spiralling upward we both 'Transcend and Include' our 'knowing' from previous levels



Here is a useful exercise that utilises Integral Theory. See if you can come to know the qualities of your very own 'Homoeopathic Drop' in the ocean of consciousness using this practice - [Exploring You](#)

Keynote speech by Bence Ganti from the 2018 Integral European Conference, describing [Integral Theory](#)



For all our friends at Jam Tse Dhargye Ling, thank you.



# Creative

Creativity flows from our heart and offers many healing benefits. You can dance, sing, draw, paint, write, sculpt, work with wood, the list of possibilities is endless. You can be spontaneous or put time aside each week over 4-6 weeks to work on your chosen project.

As an example, Art therapy has been shown to improve a number of patient outcomes including mood, anxiety reduction and reduced pain levels. [Colour Me Well website](#)

## Project Suggestion; Origami Tetrahedron Gift Box

A novel project using Origami incorporating the 1940's clutch purse design is provided here to have some fun with and can be combined with the first perfection, 'Generosity', to be given as a gift with some goodies inside, possibly chocolate, crystals, USB etc.

Your require,

1. Three pieces of card, lightweight (120gsm), 140cm x 140cm
2. About 10-15 minutes and a creative frame of mind
3. These instructions [Tetrahedron Gift Box](#)



Home is where our heart is ...that's the centre of us.  
Find your heart...it's inside, where the joy of life is, where you feel peaceful... just like sitting by the fire at home.

# Inspirational Life Story; Sir Edmund Hillary & Radiant Living

One of the first New Zealand schools of Radiant Living was established in Auckland. Its secretary was Gertrude Hillary who reported progress early in 1939. For a few years, the whole Hillary family was involved with Radiant Living. A son, Edmund, aged 19 in 1939, trained as an Accredited Teacher of Radiant Living and was briefly Herbert Sutcliffe's assistant.

From Radiant Living Aug/Sept 1953:  
Radiant Living, Hillary and  
Mount Everest  
By Herbert Sutcliffe, D.Sc.



As Edmund Hillary (now Sir Edmund) is inevitably linked with the top of Mount Everest, so is Radiant Living connected with Sir Edmund. We all know that the past assuredly qualifies the present and influences the future. Therefore a few records of his association with Radiant Living teaching will enable us to glimpse the influence it has had upon him and thus upon his subsequent exploits.

In 1938, when Sir Edmund was 19 years of age, he attended my classes in Auckland. He became an inaugural member of the School formed in September of that year.

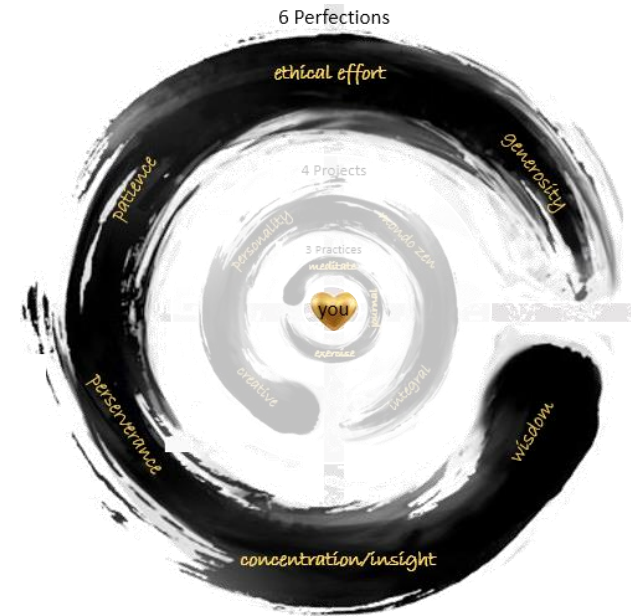
[Sir Edmund Hillary & The School of Radiant Living](#)

In fact all the members of the Hillary family, his father, mother, sister and brother enrolled as members, became teachers and subsequently four of the family sat and passed the examination for Associated Teacher of Radiant Living. (A.T.R.L. degree).

Sir Edmund threw himself wholeheartedly into the Radiant Living studies and it is interesting to note his remarkable success by the gaining of the following marks in his 1941 A.T.R.L. examination:

Health	98%,	Everyday	Psychology	98%,
Psycho	Cosmology	100%,	Letters to Students	100%,
Physical Exercises	91%,	Lecturing Ability*	100%	

\*Inferiority-cause and cure. It seems to be a tribute to this man, now world-renowned, and to the Teaching itself that he became so highly qualified as a Teacher and that the value of the Science and Philosophy came to him at a very important period of his life, when he was 19 years old. For five years, from 1938 to 1943, he was closely associated with the Auckland School, as also were the other members of his family. I am glad to have on record the many times they testified to the fact that Radiant Living came into their lives bringing harmony and understanding to each member of the family and the family as a whole just when it was most needed.



# 3. Six Perfections

Finding Courage to strive to be your best self

*Generosity, Ethical Effort, Patience, Perseverance, Concentration/Insight, Wisdom*

# Practice Makes Permanent

## **A Progressive System of Action**

The six perfections are placed in this order by design. The order is explained as going from lower to higher practice or from the gross to the subtle level.

As one progresses, the practices grow in importance and difficulty. The practice of each of the perfections requires the cultivation of the preceding perfection.

When one practices generosity, one will accept pure morality without focusing on material concerns. Ethical effort gives rise to patience. When one has patience, one can make an ethical effort. When one has made an ethical effort, one's concentration will improve. When one is absorbed in concentration, one will perfectly realise the nature of all phenomena (i.e. have wisdom).

## **Why Practice the Six Perfections?**

Most people agree with the statement that all human beings want happiness and want to avoid suffering. Happiness is the result of a peaceful mind; in order to become happy, it is necessary to train the mind.

When practising the six perfections the person becomes more compassionate creating greater happiness for themselves and others.

## **Transforming the Perfections into Habits**

The perfections are areas of excellence for everybody to strive towards. If one wishes to change and develop, an approach is to cultivate the six perfections. In cultivating each of the perfections we can reflect on the advantages of practising and the drawbacks of not practising the perfections.

The six perfections can become habitual, and deeper levels of happiness will evolve as we change our way of thinking, feeling and acting in everyday life.

The six perfections are adapted for this book from a series of Buddhist teachings.

e.g. [Teachings from Tibet - Six Perfections](#)



# Generosity

The first perfection is Generosity; the wish to give without expecting any reward, and giving fully without attachment to any response.

Generosity is measured by the motivation, not the action in itself. The perfection of Generosity is not measured by one's ability to give, but by the attitude and readiness to give whatever is needed. When you give with purely altruistic intention, the amount is not important.

The perfection of Generosity is of three kinds:

1. Giving of material things
2. Giving of protection from fear
3. Giving of wisdom

As an example of Generosity, the 'birdseed' practice, shown here, supports all three kinds of giving.

At a recent conference we placed this box of TetraHaeders containing USB sticks of the Healing Book 'When Cut We All Bleed Red', in the hotel foyer, with the message 'Please Take One, A Free Gift for Those with Courage'



A gentle pace was taken with enjoyment of the ride and journey

# Ethical Effort

The second perfection; Ethical Effort, is the motivation towards right thoughts, right speech and right actions and our commitment to refrain from harm.

Practising the perfection of Ethical Effort starts with the intention of a 'kind heart'; developing the wish to do beneficial and wholesome actions.

Like all the perfections, the motivation is compassion for others, the altruistic intention and the wish to help all living beings.

Distinguishing between 'right' and 'wrong' actions and paying close attention to 'right' and 'wrong' thoughts is important.

Mediation increases our self awareness and our ability to act kindly and compassionately.



Who you are never interrupts who you are to become. It puts its ear to your heart and listens to what wants to emerge in the sound of Love.

# Patience

The perfection of Patience is the ability to go slowly and carefully enough to make the 'best' decisions, and is paramount to becoming a better person.

Impatience can lead to irritation and anger which inhibits our ability to choose how best to behave and respond.

Slowing down, reflecting and having curiosity about our responses leads to greater awareness of what is impacting our state of mind.

This enables us to 'witness' and observe ourselves, pause and allow the time to make conscious choices about how to respond in any given moment.

With this greater understanding we can develop 'equanimity', no matter what situation we find ourselves in.

This can be thought of as developing self-leadership; 'I can be my own leader, and I can choose to respond differently from my initial reaction'.



The breath of Mother Nature is always with us...listen to your breath and connect with the deepest truth of who you really are.



# Perseverance

Perseverance is the Courage and insatiable energy to withstand difficulties and continue until one's goal is achieved, including when taking on heavy burdens or making sacrifices for the benefit of others.

Perseverance makes it possible to complete what is undertaken.

All the other perfections can be strengthened and increased through Perseverance. Creating and stabilising the other perfections is greatly enhanced by Perseverance.

It is important to reflect and carefully choose what to be persevering about. There can be unintended consequences, e.g. persevering in an unhealthy relationship.



No fear, endless love, deepest peace as we all fly to en-light-en-ment by  
November 30th



# Concentration/Insight

The fifth perfection; Concentration, is the ability to quieten the mind, turn away from distracting thoughts, feelings and observations, and to gently focus, allowing Insights to emerge.

Calm abiding, developed through meditation, dramatically improves Concentration and Insight.

Some strategies for reducing preoccupation with worldly affairs and increasing Concentration/Insight;

1. Give away your television to the thrift shop
2. Meditate in the morning before looking at your phone, email, the news or eating
3. Blissful solitude can often be achieved by being out in nature away from the noise of everyday life

Boredom or agitation is the opposite of calm abiding. These can be countered, in meditation, by mindfully returning to a joyous image, event, or memory and taking a few deep breaths to help you re-settle.



Gentle Dove of Peace, Loving Hand of the Friend, Rainbow Colours of Harmony, are present NOW.... Lest We Forget

# Wisdom

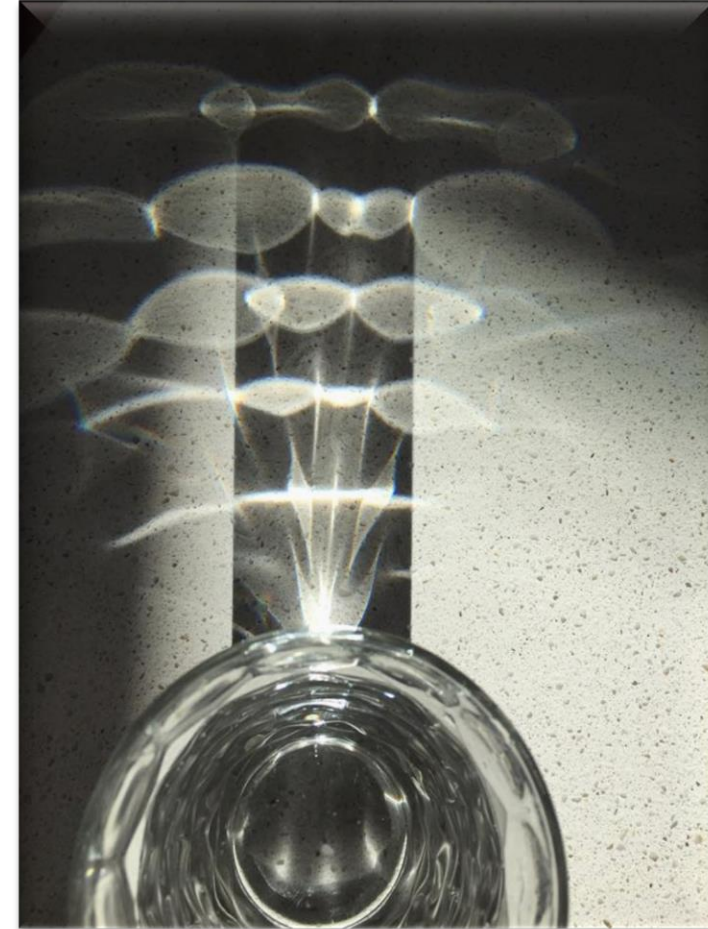
The Wisdom perfection can be illustrated by the idea that 'Knowledge is knowing that a tomato is a fruit and wisdom is not using it in a fruit salad'.

A wise person knows what to do and how to be in a given moment; making the 'right' and 'true' *decision* and then taking the 'right' and 'true' *action/inaction*.

We can develop more Wisdom by;

1. Increasing the number of perspectives that we can hold at one time; seeing and feeling what other people may be seeing and feeling, e.g. the concept of imagining 'walking a mile in another's shoes'. This builds greater love and compassion, and we become more heart centred.
2. Choosing to take actions that need an increased level of Courage. Slowing down, pausing, listening to our still small inner voice, becoming clearer, we develop more confidence in our Knowing the best action. Connecting with our Courage, we move forward.

Compassionate Perspective *and* Insightful Courage  
*leads to*  
Wise Thoughts, Words & Actions



The sun shines its light on us all every day. Mohandas K Gandhi thought of the sun as God because of these qualities of Love and Light.

# Practicing Perfections Requires an Understanding of Context

Our world includes a wide spectrum of humans, from those who are extremely altruistic, through the 'normal' range to those who are narcissistic and even psychopathic.

- Altruism [Psychology Today on Altruism](#)
- Normality [What Do We Mean by Normal ?](#)
- Psychopathy [What We Know About Psychopathy?](#)

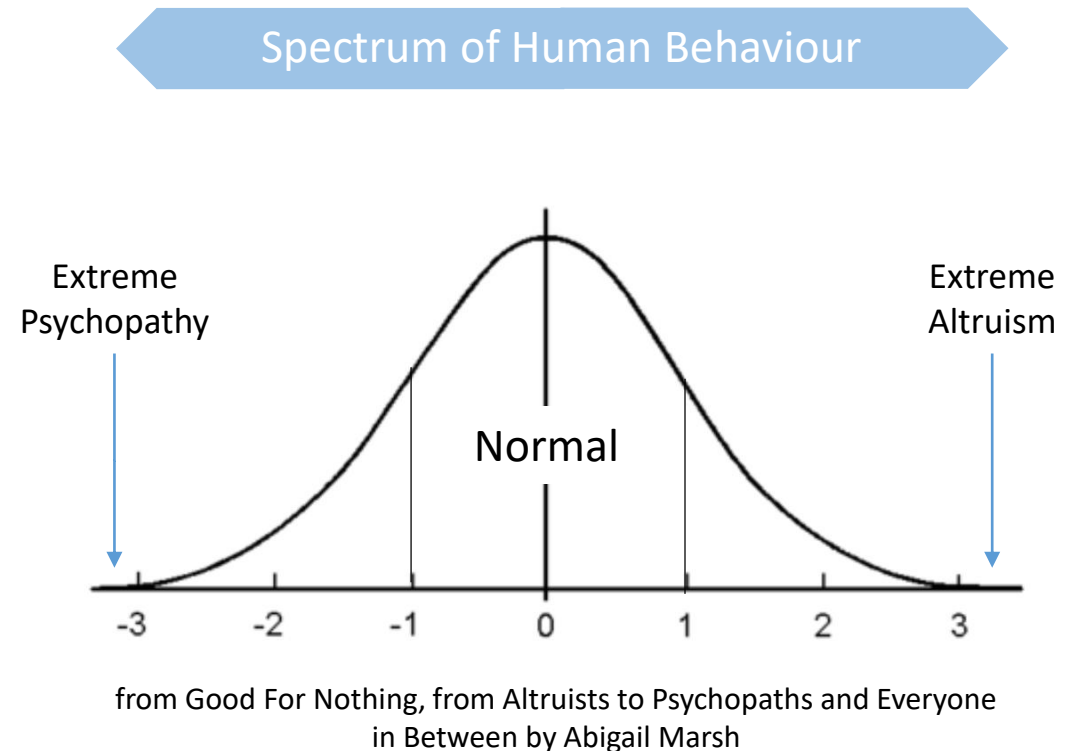
Dharmic, Abrahamic and Taoic wisdom traditions teach us to operate in the world with Love and Compassion for ourselves and for others.

So, how do we set boundaries in relation to the people we encounter? In other words, How are we to be compassionate to those people we find difficult? and How do we decide what level of altruism works for us? What about our own self-care?

An answer lies in 'context'. Every situation, event, space, place and time is unique. Only you, the practitioner will know the right path for you. Working on ourselves builds capacity to hold many perspectives. It becomes easier to think, say and feel 'Ok' with what, on the face of it, are contradictions. This is called the ability to 'hold paradox'.

For example, we may encounter a difficult person whom we can both love as a fellow human and acknowledge as an 'enemy' who is being disruptive/destructive.

We can take action to set very clear boundaries so that this person has less ability to negatively impact ourselves and others.





# Inspirational Teaching; the Dalai Lama, Altruism & the Six Perfections

**T**he main theme of Buddhism is altruism based on compassion and love. The feeling of compassion is important whether you are a believer or a nonbeliever, for everyone shares or feels the value of love.

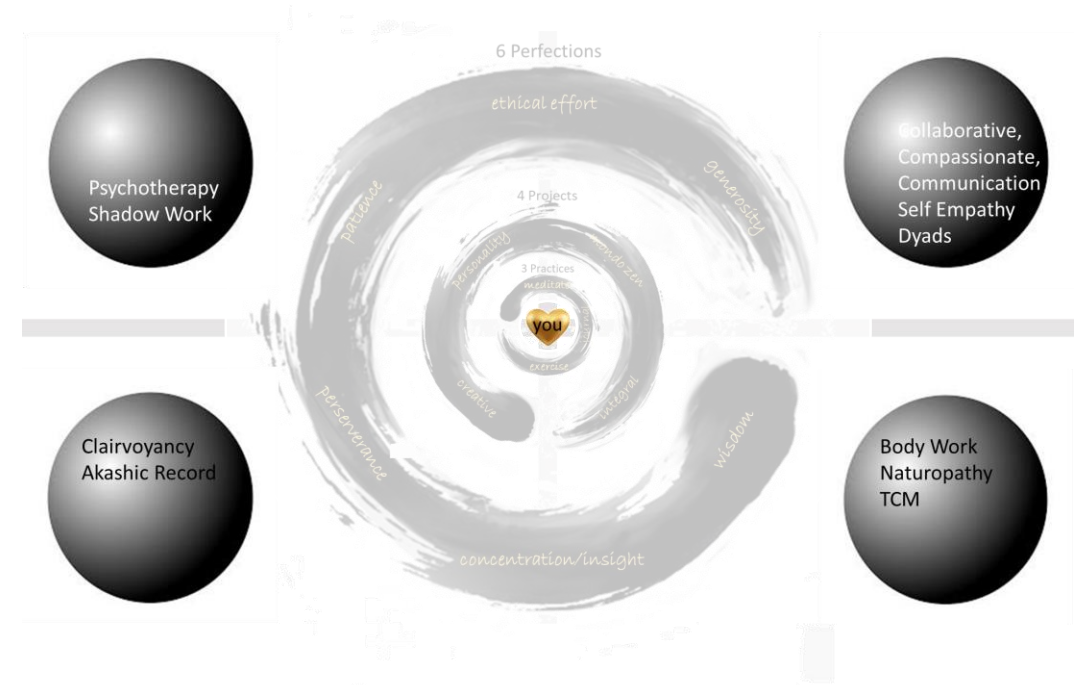
When we human beings are small children, we very much depend on the kindness, of our parents; without their kindness it would be difficult to survive. Again, when we become old, we very much need the kindness of others—we are dependent on it. Between those two—childhood and old age—we are quite independent, feeling that since we have no need to depend on others, we ourselves do not need to practice kindness. This is wrong.

Those engaged in the practice of compassion feel much happier internally—more calm, more peaceful—and other people reciprocate that feeling. Through anger, real peace, friendship, and trust are impossible, but through love, we can develop understanding, unity, friendship, and harmony. Thus, kindness and compassion are the most important things, precious and valuable.

We human beings have a sophisticated brain as a result of which we have developed much material progress. However, if we balance external development with internal development, we can utilize material things in the right way. At the same time as we enjoy material progress, we will not lose the value of humanity.

Because compassion and altruism are so important, I will explain a little from the Buddhist teaching on how to practice them. The type of good attitude about which I am speaking is a feeling, when faced with choosing your own or others' welfare, to choose others' welfare rather than your own. Cherishing others' interests and neglecting your own cannot be developed immediately; training is needed.

In Buddhism there are two main techniques for developing such an altruistic attitude, one called the equalizing and switching of self and other and another called the sevenfold quintessential instructions of cause and effect. For the first, the theory of rebirth is not necessary, whereas for the latter it is. As I have explained the first elsewhere (see pp. 17ff.), I will talk about the sevenfold quintessential instructions of cause and effect today... [excerpt from Kindness Clarity & Insight continued...](#)



# Support

Finding the Courage to ask others for help

# Step out of the Spiral to do Something Special

Entering the spiral of practices, projects and perfections we are embarking on a journey. Just as with life we will encounter the unknown and when we do it is wise to stop, listen to our heart and perhaps pause our journey whilst we engage in a 'support' activity that will prepare us for the next leg.

In the Courage Building Evolution Framework there are four spaces to go when you feel a pause or side journey is needed. In essence, each of them is concerned with an element of Shadow Work, which is sometimes called 'cleaning up'.

This work deepens our understanding of ourselves so that unconscious psychological triggers become known to us, decreasing pain and suffering in our own and others' lives. Our heartfelt nature evolves as we discover the deeper knowing of both belonging and becoming.

Support	Level of Healing
Clairvoyancy, Akashic Record	Spiritual
Psychotherapy, Shadow Work	Emotional
Body Work, Naturopathy, TCM	Physical
Collaborative Compassionate Communications, Self Empathy, Dyads	All three above





# Support Links

Psychotherapy



Shadow Work



Akashic Record

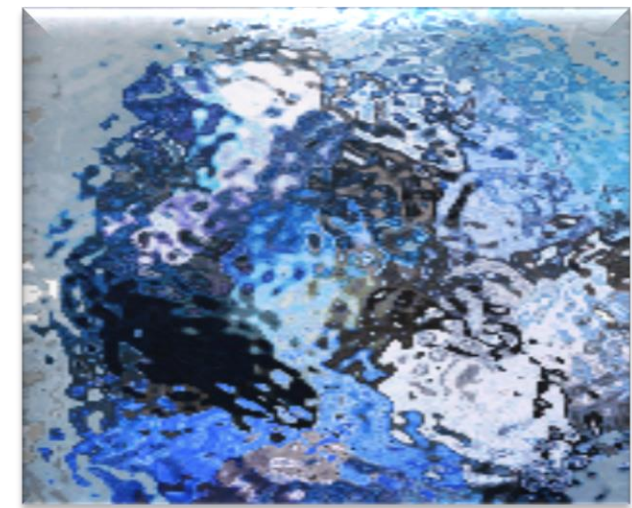
Clairvoyancy



Collaborative Compassionate  
Communication



Self Empathy Dyads



Body Work - Naturopathy

Traditional Chinese Medicine



# C. References & Thanks



# Gratitude for Contributions

## Mountains of Thanks

- Family and Friends for all your great love and support
- Jeremy Browne for all the great conversations and a phenomenal speed of implementation of many of the practices in this book, your gym space, and our friendship
- Dean Anne and the team at the HTC for being such wonderful 'caretakers' of the sacred space that is conducive to opening, feeling and processing with complete safety
- Sir Edmund Hillary for the guidance and companionship
- Matt Whiston for illuminating the Perfections with great skill, compassion and such a big smile
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- David Chaloner for pointing out the need to double down on patience
- Paul Wedge for therapy and guidance
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- Yoland Van Vugt, friend and rehabilitation Exercise Physiologist
- Bence Ganti and the team at 2018 IEC (Integral European Conference)
- Auntie Sue, living and leaving life on her own terms, peacefully



*The Most Efficient Design for a Solar Collector is a Sunflower*

*The [head of a sunflower plant](#) is not really a flower, but a group of small flowers (called florets) crowded together. The ones on the outside hold the petals, and the ones on the inside, which are called disc florets, develop into seeds. The disc florets are arranged in a spiral pattern that orients them at 137 degrees (the golden angle) with respect to each other. The angle produces a pattern of interconnected spirals that follow the Fibonacci sequence.*

## Mountains of Thanks

- All those of you who know that you have been, and are, on the journey with us and remain anonymous

## Acknowledgments

- Written by Alistair Cran with contributions and editing by Adrienne Calder

## References

- Abigail Marsh, Good for Nothing
- Martin Seligman, The Hope Circuit
- Terry Patten, A New Republic of the Heart
- AH Almas, Facets of Unity
- Kathleen Keating, The Little Book of Hugs
- Jane Roberts, Psychic Politics
- Jane Roberts, The Psyche
- Kenneth McIntosh, Water from an Ancient Well, Celtic Spirituality for Modern Life
- Positive Psychology movement
- Christopher Robin, the movie
- Bohemian Rhapsody, the movie about Freddie Mercury
- Paul Tough, How Children Succeed

# D. Authors Note

The Compassion Spiral; Supporting Others



# Love and Compassion for All Sentient Beings

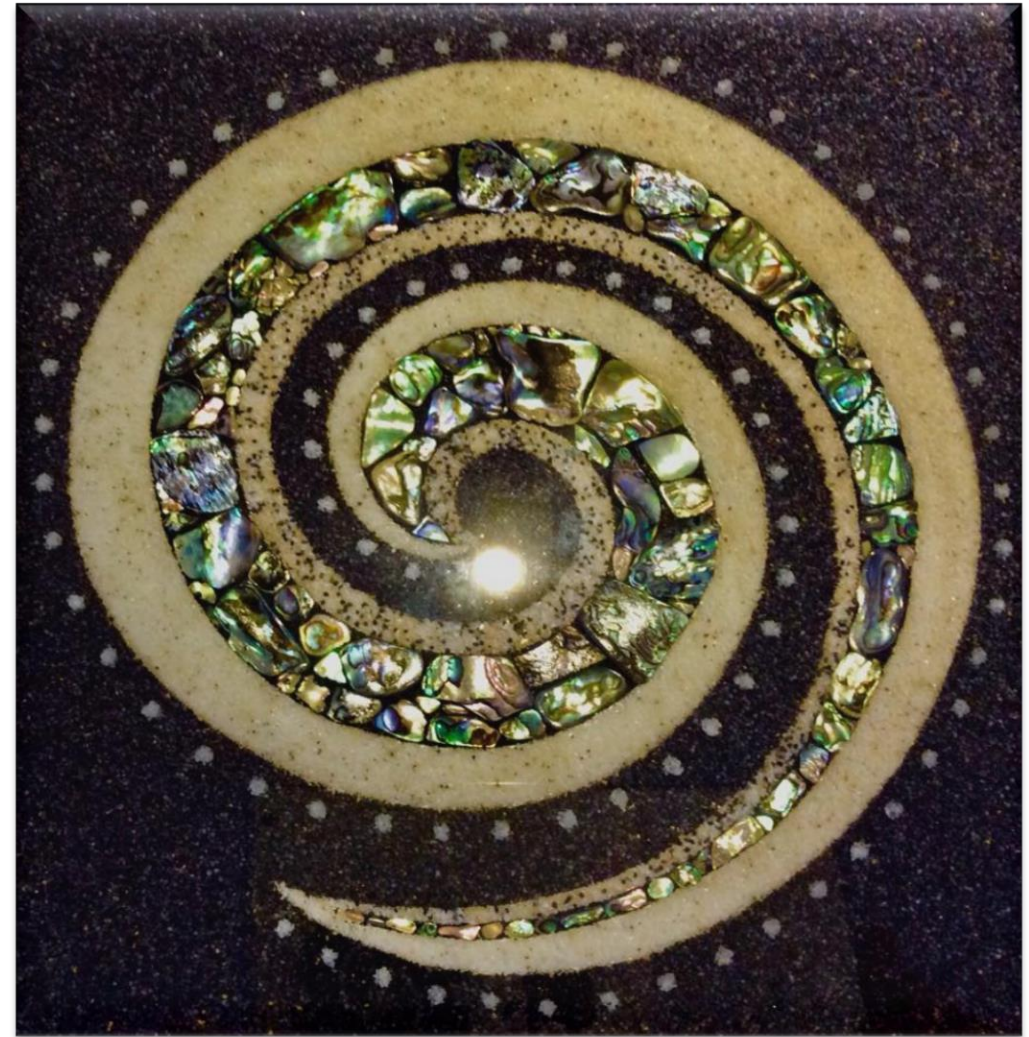
Some questions we may ask ourselves and others may ask us:

- How long should I accept the suffering that I experience when engaging with this other person?
- Why am I feeling completely full of anger with this person?
- What can I do to get some space between me and the one I feel is causing me pain and suffering?
- Where are my boundaries with respect to this person?
- When will I be free from this emotional turmoil?

We all have choices. In every moment we can choose to Stop, Listen or Go.

These next two pages present an adaptation of the Courage Building Evolution Spiral; the 'Compassion Spiral'.

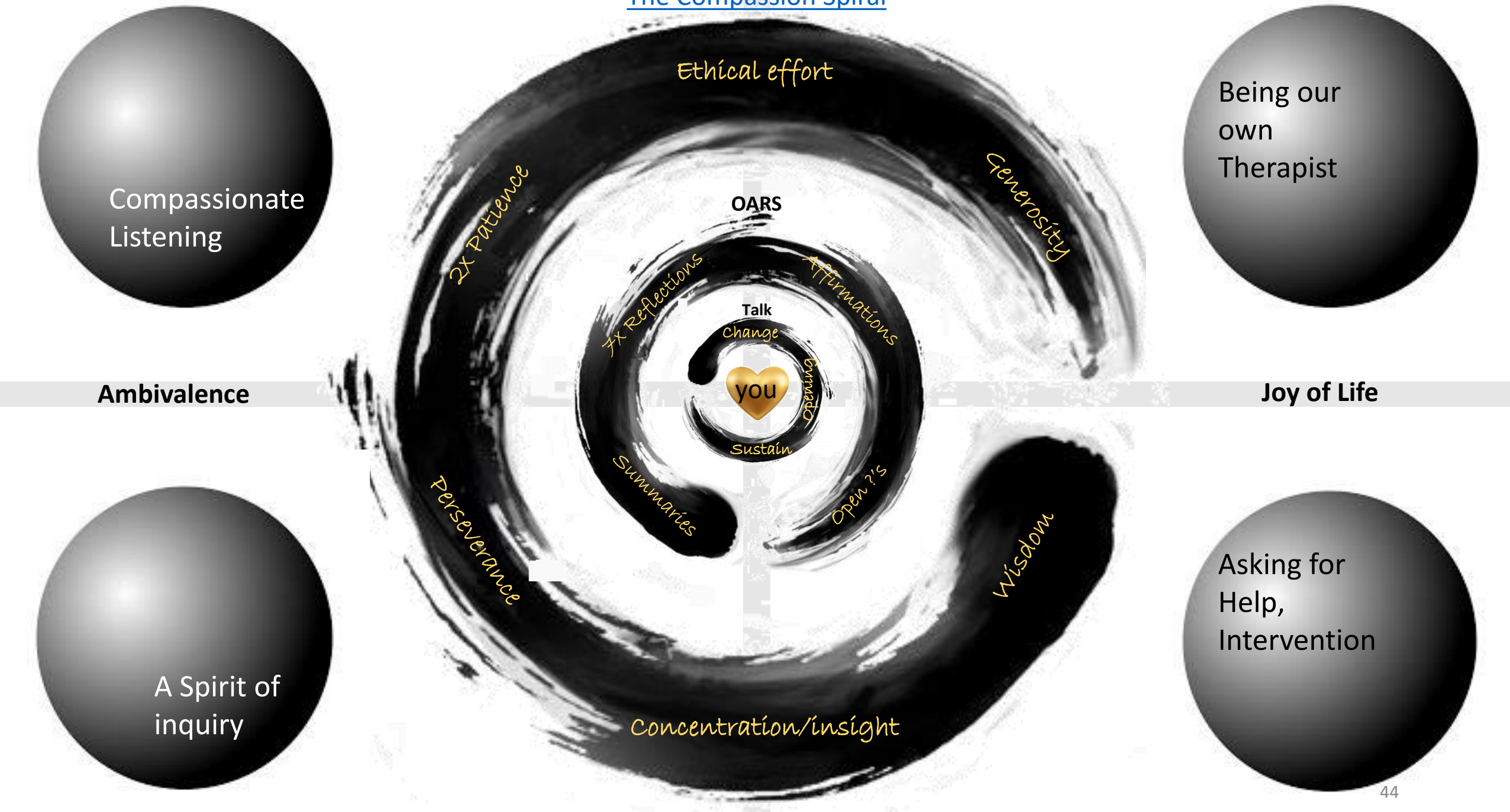
It offers tools and perspectives for when we really want to support another person to change for their good, our good and the good of all around them, and they appear to be ambivalent.



[Vietnamese Monk Thich Nhat Hanh - Compassion](#)



## The Compassion Spiral



## For the Therapist, Coach, Parent; considering how to help others evolve

As the 'Helper' we dance the compassion spiral together with our 'Helpee' (Patient, Client, Child), entering through an opening, starting a journey, fully conscious that each of us will evolve as a result of holding the other. Entering the spiral we place an intention of kindness in our heart.

- When we practice **Compassionate Listening** we are holding the space in such a way that the person feels safe to say whatever they are feeling. They will feel accepted, not judged.

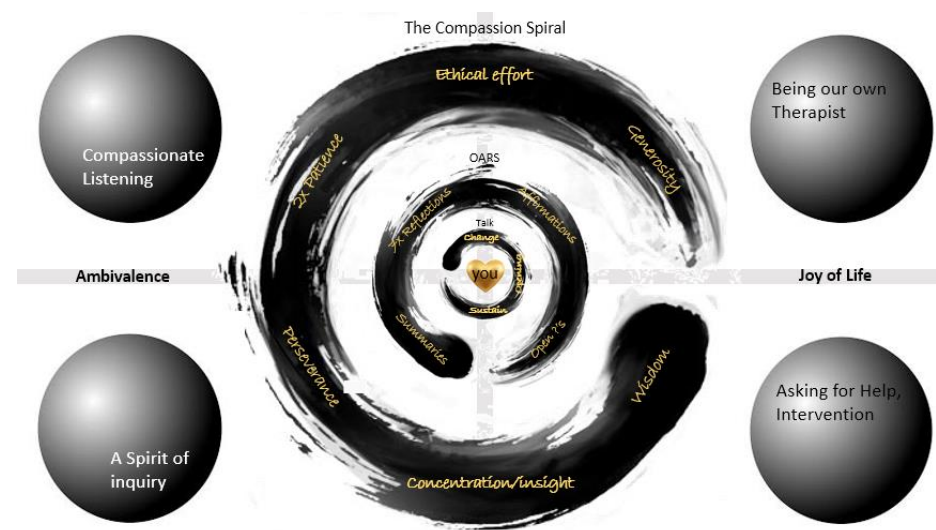


- Sometimes thought of as Resistance to Change, we now understand people are often likely to be in a state of **Ambivalence** about change and that this is natural.



- When we practice a **Spirit of Inquiry**, we ask questions, seeking to explore the helpee's thoughts and feelings in relation to the area of pain and suffering.

- **Compassion**, sometimes called altruism is a way of being that evolves consciousness. Six perfections or practices underpin this; Generosity, Ethical Effort, Patience, Perseverance, Concentration/Insight and Wisdom. Entering the spiral together, the first thing we notice is the helpee's language; how they **Talk**.



- 'Sustain talk' comes from a place of ambivalence regarding change. The opening comes when we sense a shift in energy from the helpee. They may return frequently to sustain talk before making the shift to change talk. **OARS** (Open ?'s, Affirmations, Reflections, Summaries) provide four practices that help move someone towards 'Change talk'.

[Motivational Interviewing is key to behaviour change](#)

- When we practice **Being our own Therapist** we seek out teachings, read books, watch videos that assist with developing our own awareness and, as a sense of empowerment grows, we take more responsibility for our life and our love.



- Sometimes thought of as 'enlightenment' talk, feeling free to just be ourselves and not controlled by unhealthy unconscious patterns of behaviour shifts us to the **Joy of Life**.



- When we practice **Asking for Help**, often one of the hardest things to do, we make our selves vulnerable and, at the same time, open to intimacy in our relationships. This may lead to some type of intervention and a shift to a more healthy way of being.

## Offerings from the Divine

We haven't had this much fun for 500 years,  
Dr Robert Gilman

The 'Hand of God' found in space by NASA telescope

Taoic  
Perspective



[The Wisdom of the Tao](#)

Abrahamic  
Perspective



[The Serenity Prayer](#)

Dharmic  
Perspective



[Buddhism and Courage](#)



# A Tribute to the Courage of Two Grandfathers...Lest We Forget

[Integral Recovery Institute Podcast - Alistair Cran - Finding Courage](#)

William George Cran

Hugh Radford Gray



[www.day-of-love.com](http://www.day-of-love.com)

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