

Taking The **Red Pill...**



The next level!

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With that said, let's get on with the juice...

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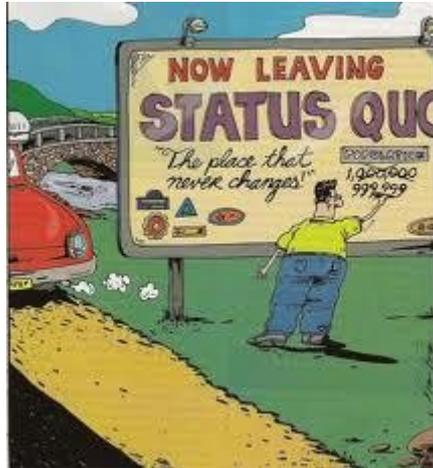
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Welcome!

Now where were we?



So, by now you will have read my first book in this series...my 'flagship manifesto' if you will, the imaginatively titled - ***Take The Red Pill, Quit The Quo!***

You will be familiar with some of the concepts we discussed, my view on it all and have your own ideas I'm sure. You will by now hopefully be questioning the 'norm', the 'way things are' and perhaps challenging them where appropriate along with some sort of clarity in what's important to attain success. You will be aware or have reinforced the principles that are necessary for any achievement or endeavour.

You will have had enough of mediocrity and simply nodding along to what you've been told and be making some proactive decisions and taking some positive, decisive actions. You may be clearer in your thinking or set off some intangible shift in your psyche. Your life may have taken an up turn...it may not have.

The good news is you are still in the race, so just keep on running! Never too late, never too early! By now, not only will you have taken the red pill but you will have upped your dose considerably.

If you never got round to reading it, have never even downloaded it, then maybe it's time to [take a look](#). If you have read it, then these things are always worth re-reading to give you a fresh perspective on the second (or more) viewing.

So what are we delving into in this instalment?

I'm not really sure as I write this so we shall see! Although there are a few things I would like to discuss...

I promised another book. I also alluded to the fact that I would have had some developments in my own life; including travel, living abroad, change in career etc. I said those things without having them in place, although I did know there were plans for the above but I just didn't really know the specifics at that time.

I did know that however much I stalled, was held back, or stopped in my tracks, that somewhere along the line things would have moved on and I would have further clarity in my (and your) future. I will discuss this further.

The first book was written in a small town in Devon, England. This is coming to you from Madrid, Spain. So a little twist there to start with. I'll be delving into my thoughts on that process, insights, fear, love, loathing, observations on people, places and the jolly old merry dance of the universe.

Now, in book one I feel there was a slightly angrier tone than what you will see in this offering. At the time I was quite passionate about what I was saying. I didn't have a job as such (not in the regular sense but I was working hard at a lot of things, not just sitting around scratching my arse) at the time - which allowed me to write the book - and I didn't really want to get one just to stay alive to live another day in order to work another day.

I'm not talking about work you love, I mean the stuff literally to pay the bills and be yet another drone (really depressing in general but especially for me). I was a little pissed at how things were 'supposed to be'. Also anger is a good motivator, keeps you on task and spurs on action. This helps the writing process along with perhaps getting underneath other people's skin. Unsettle people, ruffle a few feathers, upset the apple cart.

Perhaps make them think.

I knew the book had to be written as I had it inside of me and it gave me more of a free range than in regular blogs. It was good to sit and write as I find it energising and almost therapeutic. Even if no-one was ever to read it. People have read it and I have had some great, positive feedback.

Don't get me wrong, I am still very passionate for the pursuit of freedom and the 'cause' we are striving for but I'm a little more philosophical about it all...*a little more Zen.*

Ultimately, it doesn't matter and if you can't change something then acceptance is the only way to contentedness. But, we still must keep fighting for what's right and our ultimate aims - the truth will set you free, to thine own self be true and all that.

I don't want to shove anything down anyone's throats. It's yours to read, enjoy and implement if you wish. It is also yours to use as bog roll. I don't care, I know my truth and I know my outcome. I will be attaining both.

There will be moments in this book where I will have a little rant and a little more 'Mr Angry' but not for the sake of it, more to illustrate a point or emphasise it slightly. But the majority will be laid back...a sort of; this is what I'm up to, this is my plan, this is the situation as I see it, my thoughts on your potential future, this is what I can do to help etc and seeing if I can help you make some strides towards where you want to be...a factual personal viewpoint along with some stories, thoughts and case studies.

I'll try and keep it light and not too heavy going...a fine mix of personal development, travel and comedy...facts along with conjecture...the serious along with entertainment.

A new age is upon us. You may or may not have noticed that the world is changing and we want to position ourselves in the best place. I hope that these reports can help us to do that along with providing a nice little break from the regular humdrum of work, media and boring TV and the 'try hard' social encounters that we indulge in in the name of 'fun' to escape that existence.

My Current situation

Since I wrote the last book I have moved to Spain. I am now living in Madrid. I wrote a blog post on this transition so please [check that out](#) if you are interested.

Anywho, one question that might arise is that of selling out. I am working for a company (at the time of writing, these things can change and sometimes quickly!) Monday to Friday 9am-6pm. Surely this is what we are trying to avoid...what gives?

Like mentioned in the previous book and throughout the blog -

It's a process of refinement.

Sometimes things can be changed in one fell swoop...but often over time. It's a matter of eeking towards your ideals bit by bit.

Ideally we would all get there tomorrow; skipping around, traveling, sipping cocktails on the beach served by scantily clad girls (or boys, whatever), visiting exotic destinations, waking up when we choose and generally living on our terms.

Unfortunately that doesn't appear like it will happen so it's more of a case of slowly slowly catchy monkey. But catchy monkey we shall and I think we can enjoy the process and get as much out of the process as the attainment of our goals themselves.

“What you get by achieving your goals is not as important as what you become by achieving your goals”

~ Zig Ziglar/Henry David Thoreau/Johann Wolfgang von Goethe (not sure who said this originally!)

So, I have improved my situation a little and have worked towards a goal. Namely, working abroad...and in Spain due to wanting to learn Spanish amongst other things...meeting new people, new and different experiences etc. Now, my Spanish has not improved a lick but we can discuss that later ;)

Working yet another boring office job in England would not be the one. Doing it in Spain becomes an experience. Add into the bargain that I have selected the company I'm working for and believe in the product makes it all the better and less of a sell out.

This is in stark contrast to falling into a job just because it was available at the time and just going through the motions although you have no interest in the company or industry...simply a means to an end (gives me the heeby jeebies just writing it).

Am I intending to stay with this company in this job doing those hours? Absolutely not. No way José. But I can do this for a time, pay my dues and perhaps negotiate my position (and work on other projects...including writing ebooks!).

There are other roles within the company I could do. I could also do more out of the office, more active work, work part-time, work remotely...essentially improve things further. I could also leave completely and do something else, whether here in Madrid or elsewhere in the world. *There are no rules*. I would like to do more writing and publish some work amongst other things.

By the way, if you are interested in the job I'm doing then I help coordinate English speaking volunteers for an English immersion program in Spain for Spanish people. Here is an article I wrote following my first experience as a volunteer before working for them to help coordinate said volunteers – [Pueblo Inglés](#).

Ultimately we still need to strive for working for ourselves and on our own terms and only work for/with others on terms that suit and are mutually beneficial. That is what I (and hopefully you!) are looking to do. And in this book, blog posts, future books and videos we will explore how we can get there. It won't be easy but what's the alternative?!

What my present situation has taught me and what I have achieved in the past year has shown is what I am capable of and how easy it potentially could all be. Writing an ebook is quite some feat for most people, especially one with fairly coherent ideals. I also had an idea to move to Spain and for some reason Madrid and within a year or so that process was complete even without any clear plan or idea how I was going to get from point A to point B.

Coincidences and just events, one thing leading to another got me here. And the process in between is all a bit of a blur, it seems as if it just happened. I sometimes have to stop and reflect on what I have done. I don't give myself enough credit. I'm not saying I've done anything amazing but I've done something noteworthy enough both with the ebook, the blog, moving countries etc.

I had no idea I was going to get this job, I just booked a flight. Then my sister mentions a volunteer program she had previously attended which I then went on, I then returned to do another program...one thing led to another and next I was working helping to coordinate that very same program.

Is the situation perfect? Is Madrid the ultimate place? No. But I had an idea and a goal in mind and made it happen...and the weirdest part is the little effort that it seemed to take, from decision through to actuality.

All that striving, all that effort you put in and often you end up getting nowhere...and then occasionally things seem to 'just happen' like the universe has its own ideas and you're not really calling the shots but that's the way you're being taken.

We need to tap in to some of that to make our lives (and others) great. This is possible and many have done it. Sometimes by accident, sometimes deliberately, but we need to tap into that and flow with the 'universe' so there is no struggle just a continuous flow, like water, through and around obstacles, working with nature and forces and riding the 'coincidences' and events.

It's a reminder that you can, literally, do almost anything if you put your mind to it. Sounds like a cliché but it's true. And even when we know this and even when we have successes we forget or think that the next thing we want is unobtainable or difficult to reach.

Anything that is not literally impossible (ie. physically preposterous...although even that is debatable where the line is), is possible. Not only possible but very likely, no, guaranteed if you adopt the right mindset and enter the right flow. Make the decision, do the research, make the plan, take the actions, things have to develop.

Even if things take a different turn that you did not see coming so be it. It may be even better as a result and produce a whole new world that you could never have dreamed of.

So, following on from the status quo, the dream chasing paradox, action, decisions, priorities, discipline/attitude/patience, persistence, fear of criticism, Kaizen, 'blue pill heads' & the 'not much' crowd and Karma...what we got?!

Lets continue...

“Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive” ~ Howard Thurman



Routines & Habits



Watch your thoughts, for they become words. Choose your words for they become actions. Understand your actions, for they become habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny.

I have no idea who said the above, but it's a great quote. I've written it in my quote book and now it's at the top of this important chapter. It's also a very powerful quote with deep connotations.

So, habits...things you do on a consistent basis without conscious thought, a behaviour pattern you have followed until it is virtually involuntary. And routines...a regular course of procedure, whether it be your daily routine or any series of regular actions in a given situation. The two go hand in hand and can have both good and bad undertones.

They can both potentially be the best thing ever or the worst and all that's wrong with the world. It all depends on the specifics and how they're applied.

You need to master them and all else will fall into place. Once you're doing positive and productive things unconsciously and consistently, great things will happen. It's a great position to be in to have things happen in the way you like without even thinking about them.

However, the flip-side also applies. If you're not careful then they can go against you, stop you in your tracks...and basically retard your life. They can slip under the radar and before you know it, life has rolled on but you are still in this same loop.

So they need to be looked at and assessed...then acted on so they are working in your favour.

Now, I think I'm going to surprise you a little here. For someone writing a book like this, with its underlying theme...

I like routine.

There, I said it. I like routines. But we should hate them, fight them, surely we want to be different and do loads of adventurous and wonderful, outside the box kind of stuff, right?

Absolutely, but hear me out.

Remember, routine can be used for good as well as evil. The bad routines that you're thinking of is not what I'm about, but using routine in an appropriate way can prove to be liberating.

The groundhog day, treadmill, bored merry-go-round rat race is hideous, for sure. There are many others that may be a pain. Life in general could be one big chore...and that's what we're hoping to defeat, or at least improve as much as we can.

But, if done right and if you can get into the right routine and on the appropriate ride then you can ride the wave of that river and use the energy and momentum for positive strides.

Sure, smash the crap routines, change them, don't let them trap you in a rut. However difficult try to get out of them and/or change them for the better. But do get into a good, solid routine of positive flow.

A decent routine allows you to focus on what's important. If you get all the smaller stuff sorted and those things happen as a given it then frees your mind up to concentrate on the rest of your life.

With no good routine, the minutiae of your day-to-day can affect your greater purpose. Take care of that day-to-day and concentrate your efforts on the grander scheme of things.

The last thing you want to do is think too much (as discussed in the previous report!). If you're thinking a lot about the bigger picture then you don't want this taking up your time and energy and draining you of your resources. A decent routine will make sure this part of your life is catered for and lets you concentrate on more important matters.

Try to get into a good routine and follow it religiously.

We always fall into some sort of routine whether we like it or not. There's comfort there and an air of certainty. Whether we are permanently living in a place, have a job or are on the road traveling you still fall into some sort of mini routine, however small and for however long, it happens by default so you may as well make it a good one and use it to your advantage.

More specifically, the habits of your actions on a daily basis...what you fall into doing as a matter of course.

This brings us nicely on to habits...

One prime example of your routine and a religious habit is cleaning your teeth of a morning and evening (I hope!). There are many of these things like eating, tea, coffee, exercise, TV and far more.

We often don't do these things when we want or need to, but we do them out of pure habit so we don't have to think. This can obviously be dangerous so it is vitally important we assess what we're doing and make sure we are doing consistently what aligns with our values and are taking us forward in what we want to achieve.

As for habits, I'm talking about nurturing positive, life affirming ones and eradicating or minimising the ones that aren't. A habit needs to be worked on and done consistently for it to become a habit. Also, as is quite often the case, an old habit needs to be replaced by a new one. No-one likes a void...the void must be filled.

When I do certain things at certain times of day I feel relaxed and more centred. I feel a little anxious when I don't get done the things I think I should or stray from that routine.

Find what works for you. It may be getting up at a certain time in the morning, exercising, shower, breakfast. It can even come down to how & when you have your tea and coffee. These simple little funny rituals we play out, are a little odd but work for us.

I'm a little torn, as my main point for these books is smashing this status quo, normal routine type stuff but at the same time if we engineer things correctly it can work towards our advantage of what we are trying to attain.

Habit ties in with discipline...and if something becomes habitual then the discipline will come naturally, not through a conscious choice but because we would feel weird not doing it. We won't be relying on strength of willpower (after all, that is what the word discipline screams) but just doing so anyway...no effort, just flowing.

This isn't a book on making or breaking habits. You can find many books, tapes, hypnotherapy and all sorts to help with that. Do your research and find what works for you.

This book is about awareness mainly and you need to be aware of routines and habits as they are what are controlling you every second whether you know it or not. They are your destiny playing out.

Having said that, I will probably expand on this chapter (and all the others) at some point on the blog. Maybe even produce a full report, audio or video on the subject.

Until then, remember...

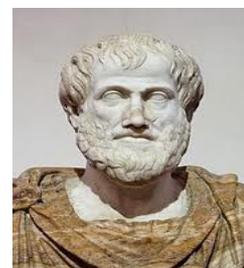
“People form habits, habits form futures” ~ Mike Litman

It is from this structure that you will have more freedom in your life. It sounds paradoxical, but it's true.

Aristotle once said -

“We are what we repeatedly do. Excellence then, is not an act, but a habit”

And he was quite a clever cookie so I'm told...



Perfectionism Plague



Beware of this cheeky little progress stifler. It has halted as many things as anything else, stopped progress in its tracks. That inherent need to get things *just right* before continuing. But in trying to get everything 'just right' we actually don't get moving, can't get any feedback, improve and otherwise move forward.

This is a chief cause of procrastination, concern that it won't be perfect so you don't do it at all or put it off.

“You don't have to get it right, you just have to get it going” ~ Mike Litman

Thing is, nothing will ever be just right...ever. So the only possible choice is to get things as good as they can be at that stage of proceedings, get it 'out there' and adjust accordingly.

I can't stress how important this point is and how it can halt your progress...you're waiting, procrastinating but no closer to your goals. Your ego is taking over, wanting everything to be amazing which is all well and good but it's striving for something that's simply not obtainable.

You want to aim for excellence, not perfection. Forget perfection, this doesn't exist and will only make you feel bad so let's forget it entirely. Whatever you're doing can certainly become pretty damn amazing when improved and refined but perfection as such will not be attained, only improved excellence.

You have to just aim to 'get it out there', whatever *it* is. Then you can refine as you go, receive feedback, refine, tweak, improve, make better. You will eventually have something that is very very good, perhaps excellent...it won't ever be perfect though. But that's ok, it doesn't need to be.

Detachment from outcome

One great way of overcoming this is to become totally detached from the outcome. Obviously there will be an outcome or a goal you desire but you need to learn to not be defined by it. You want to reach that objective but at the same time you are still going to be happy without it. Paradoxically, that helps to draw it to you anyway.

You have to learn to gain from the process itself, enjoy the journey, as that is as rich as any perceived pot of gold.

Take approaching a girl (or boy depending on your gender and persuasion), this is quite nerve-racking for some people. It's mainly because of their fear of rejection. But you have to ask yourself, what is the worst that can happen? They reject you. Big wow.

If they're rude then they're not really the kind of people you want to be spending time on and with. More likely is they will politely decline. But even more likely is that they will be receptive as long as you're not a complete weirdo about things.

If you just relax and not want anything from the exchange then you don't lose anything if it doesn't work out. And, at the same time you will actually appear more attractive to that other person on the process. Win-win.

Same with sales. A desperate salesman won't make that sale. It's obvious, the prospect knows and can sense that desperation. Now, when that salesman is indifferent, and genuinely so, then that arouses curiosity.

Same with women, same with sales. I'm no expert on either but that's the way it is.

Indifference is huge. In dating, in sales, in anything. Check out any guy who's good with girls. The needy guy pandering to every whim won't be anything but a friend. The guy who's slightly aloof, unpredictable, mysterious and doesn't seem to care either way is more attractive to the girl.

This is not a book on dating, nor would I be qualified to write it! Although there are worse people you could listen to, but I'll shut up with my 2-bit advice and get back to perfectionism.

My point in all of this is that perfectionism isn't possible nor is it necessary in any arena.

Usually, you only need to be a little better than average. Most people don't make much of an effort at anything, so just a little effort from you puts you ahead of the game.

A lot of effort from you puts you way ahead.

Become a little crazy, whimsical, devil-may-care. Be a little tongue in cheek, take things with a pinch of salt. It really doesn't matter all that much.

You enter with that attitude and perfection doesn't really matter and you win either way.

Gossips & Whingers



"Before you diagnose yourself with depression or low self esteem, first, make sure that you are not, in fact, simply surrounded by assholes" ~ William Gibson

In the first book I talked about the concept of 'get with people' and surrounding yourself with the right people. Those that share your passions, goals and ideals. Also those with energy, those that encourage and those that are generally moving forwards and making positive contributions to themselves and the world...or at least in the process of attempting to.

I may or may not have gone in to much detail about the opposite but I certainly allude to it. I certainly mention it in the chapter on fear of criticism. I also wrote about whingers on my blog in one of my ['Room 101'](#) articles.

So as it stands you want to increase your exposure to the right kind of people, circumstances and influences and you want to eliminate where possible and certainly minimise as much as possible all negative influences whatever they may be.

Eradicate and lessen all those influences that aren't congruent with your principles and objectives.

This includes but is not limited to your friends, family, colleagues, boss, spouse, wider acquaintances and associates, TV you watch, newspapers you read, magazines, advertising you're bombarded with, politicians, media, clubs/hobbies you're a part of etcetera etcetera...

You need to be on guard and actively seeking the right surroundings at all times otherwise you may well get sucked in.

At least to start with you have to be very careful and make a conscious effort in this way until you build a bit of **momentum** and an **impenetrable forcefield** and you reach such a time that you see what's right and what's wrong, good and bad, best to avoid, best to be a part of.

Once you reach that level then it becomes a little easier. You know your truth and you know what you're striving for, the reasons for it and where you are going. Thus, you are

able to operate at that level a little more often and a little easier.

You will still get sucked in occasionally but you will be able to get back on track soon enough and see it all for what it is.

“When values are clear, decisions are easy” ~ Roy Disney



But before you get to the impenetrable forcefield stage you have to fight that urge to fit in and to blindly nod along when things aren't right and you're not following your heart.

It's ok to be different. No need to do it for the sake of it to cause a fuss or drama or out of a *'look at me, I'm different, please notice me'* sense.

But if you want to behave differently and follow a different approach that may not fit in with the 'norm' then it's important to get over yourself, over other unsolicited views or opinions and live the way you would like.

The day you realise that it's ok to be 'different' and perhaps follow a different path is the day you set off a chain of events that will lead you down the path of where you want to go.

Here's the rub: The cold hard fact: If you would like to be successful and achieve different and better results than other people then you will have to think and act differently to those people in order to achieve those results. Fact.

People may not like it. People may think you're 'weird'. People may think you're a saddo for staying in working on a project rather than waste away another night with booze and idle chatter.

They may feel put out by the fact that you would like to work on a future, a legacy, a business, build something (whether for cash and/or influence) for no obvious immediate gain where you wake up the next day with a feeling of satisfaction and knowing that you're getting there and they wake up - once again - with a headache and an empty wallet.

Well, at least they have the memories...no wait, they don't have the memories, that's the point.

Not knocking going out and having a good time, I do it... so do it, make it mindless, that's all ok, an important part of life, let yourself go, enjoy yourself, relax, get involved, you don't

have to be 'Mr serious project chaser' at all times...

But don't let anyone shake you if you've taken an alternative decision to work on yourself and your future. It takes a special kind of person to do that and you will ultimately 'win' (whatever that means) if you continue with an unshakeable persistence.

You will constantly come up against these decisions and it is your response to those little and bigger decisions over time that will shape your future.

Make sure you choose wisely, make sure they are **your** decisions and make sure you aren't pushed or swayed by someone else who thinks they know better and probably aren't going anywhere themselves.

By the way, I'm not suggesting these people are losers, just on a different path. They might be chasing their own dreams but operating on a different schedule. For example, they might work on them during the week but your only time is at weekends. This may cause a little conflict or temptation but you will have to remain strong and plan accordingly.

Stick to your guns. This is where you need a little faith in what you are doing and remember your why factor. Why are you doing it, what will you gain from doing it and what will be the cost of not doing it?

Important questions which need to be kept in mind (or rather the answers to them). This may well form the central subject of a future report!

Onwards...and mini rant...

So, back to my number one pet hate in life, whingers and whinging.

Pathetic specimens spouting pathetic nonsense and they don't even have the good decency to entertain me. Boring, negative shite. Not seeing a problem and actively looking for solutions...oh no...complaining about everything and anything under the sun, doing absolutely nothing about it and emanating this poisonous energy out into the ether.

Drawing in all and sundry into its miasmatic bubble. Dragging other people in and dragging them down. All flocking together like hideous stench ridden birds of a feather, making poorly thought out comments and opinions on the way things are and what's wrong with people, inconstructive and no smidgen or hint at some sort of a solution or positive steps to the mindless discussion.

"I'm too busy producing fine wine to bother about those producing sour grapes" ~ Unknown

These people disgust me. Just because they're so shit more than anything else. It may not be their fault but they are old enough and have the potential to become better people I'm sure. But sadly that will take work and behaving differently and breaking away from the existing heard of nobodys.

Every workplace (& family, pub, wherever) has them, some to more advanced degrees than others. Some more obvious, some less so, but always there...pathetic. These people will pontificate and gossip without necessarily having grounds, just something to fill the time

for them...that oh so painful gaping void.

They will always complain about the company, the boss, the way things are run, colleagues, the economy, government...even if these things are all great, they will mercilessly seek it out and bring it to discussion. Sometimes loudly, sometimes in whispers and sometimes in quiet corners.

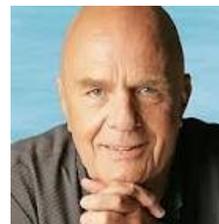
Another great reason why you need to work for yourself and on your own terms so as not to have to deal with these idiots unless you want to perhaps for your own entertainment. You have to be careful as not only do these people have the potential to drag you down to their level, they drag other people in which is then extra for you to avoid or be immune to.

You don't have to be one of them. Please don't be one of them. You have too much to offer. Go offer it.

Thing is; if you want to go on a rant then that's ok. If it provides some comedy, or relieves you/get things off your chest then that's cool beans. Do that once in awhile, it's quite liberating.

But no whinging and no gossiping. Remember:

“Don't be a duck, be an eagle. Ducks quack and complain. Eagles soar above the crowd” ~ Dr Wayne Dyer



Ok, the occasional gossip in your own time is up to you but do it with a bit of fun and don't spend too much time on it. The time spent on these negative pursuits is time that isn't spent on the positive, life affirming, goal getting kind.

The energy spent on these pursuits can be debilitating and sap you of your vital resources. What gives you energy is spending your time living with passion and doing positive things whilst surrounded with like-minded people and situations.

Also, if things aren't right then question and challenge them, sure, but do it appropriately. Be constructive, positive, offer solutions, ideas.

Be very careful whos company you keep. You need to steer clear of these idiots, you really do. Sorry to be harsh, but it's the way it has to be.

The workplace is a classic example.

At a recent job, my colleagues seemed to deem it necessary to have coffee breaks together and lunchbreaks together. I played no part in that.

To start with I was questioned as to why wasn't getting involved in these mothers meetings. I didn't want anything to do with them to be honest. I work with the fuckers 40 hours a week. My time is my time. Those 15 minutes and that 1 hour is my respite, to tune back in to my vibe, not tune in to their nonsense.

Don't get me wrong, there were good people involved in the cackle. 1 or 2 who's company I would like to keep either on a one-on-one basis or with other appropriate people. But in this environment...no. *No*. Individually, most are absolutely fine and we can get the best out of any exchange. But as a group? Not so.

There were a few I didn't really care for, pointless to force it really...and a language barrier to deal with too.

I had my coffee later, partly as I like to have it later and get more done in the first few hours of the morning and be closer to lunch...but partly by design to avoid the rabble.

"Why do you go out for lunch?" "Where do you go?" Etc

"Away from you, you dullards." Not actually said of course but it was my indirect thinking.

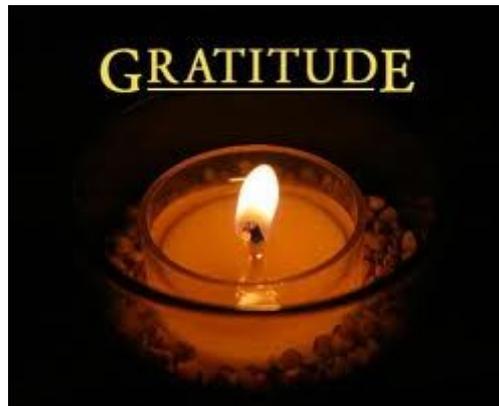
"Little people talk about people. Medium size people talk about things. And big people talk about ideals and principles" ~ Unknown

So, not only do you need to avoid the influx from these kinds of people but you also need to maximise the right kind of people, situations and behaviours. You need to bombard yourself. Continuously. You will become like where you are most influenced. Be aware, make it count.

Now, I know we are 'all one'. I also realise that other people are mirrors of ourselves etc etc. I get these spiritual principles and I'm working on improving my understanding of this whole area.

However. This is happening right in front of us in the 'real' world. We need to recognise it and make sure we maintain our focus and energy for the greater good. What I've discussed in this chapter is HUGE in going some way to achieving that.

Gratitude & Re-framing



We need to develop an attitude of gratitude.

As cheesy and as often said, we need to appreciate what we have over that longing for what we don't have. Sure, dream, plan and act for better but just be thankful, relax and simply be. The way things are, are the way things are, qué sira sira, she'll be right.

Always remember that everything is perfect as it is. You have chosen it, you can change it. It's all easy. Flow. Things tend to work out alright. Whatever you're concerned about never really materialises and things that should concern you, you haven't thought of and you need to deal with on the fly.

Accept apparent bad things for what they are. Don't just tolerate them, welcome them. Take them on the chin and power onward. Encourage them to a certain degree as you will not be defeated. They act as guides and they strengthen your character. Remember that.

Here's the thing. I'm guessing you have food, water and shelter. That's the basics met right there. Anything over and above that is a bonus. If ever you have not had those things for a time then you realise nothing else matters. You really don't care about anything other than attaining those basics.

You have an internet connection and access to a computer. You must have to be able to have accessed and be reading this book. That means that not only have you your basic needs met but you are far better off than that.

You have the means to communicate with the whole world instantly, have all the information you could ever want at your fingertips, an ability to make money and be entertained constantly.

I would hazard a guess that you are able to also indulge in some luxuries. I bet you go out once in a while, have a few drinks, perhaps dinner and many other things. Purchase clothes on a fairly regular basis, you may even have your own car, perhaps the odd holiday. I could go on but you are doing just fine.

I'm not going to start comparing you to the rest of the world, saying that most don't have these luxuries, many don't have food or clean water. You are in a good position compared to them but that's not your fault but cherish the fact that you are doing pretty damn well for yourself, but more importantly you can change it and improve it at the drop of a hat.

Your choice.

I have on occasion been known to get a little pissed off. Mainly when due to having to go to a job I don't want to go to just to earn enough money to live and keep doing the same.

I have to think a little about what I do have. Not compared to those less fortunate as such, but in and of itself.

Job, family, health, food/water/shelter, basics + luxuries, opportunities, fully functioning body and mind etc.

And if you're not happy with anything you have the potential to change it, improve. That's the biggest thing to be grateful about; the potential and ability to alter things to your way, to learn, to grow...you have all the tools at your disposal.

And if you don't have all your 'faculties', if a part of you is injured, diseased or missing then whilst that is a bad thing, it builds the appreciation of what you do have and you can then make the choice from that point of how you will react.

Let it define you and destroy you. Or use it to drive you to a greater good.

Life's biggest lesson paradox

Here it is:

You have to be content with what you have in order to obtain more, but you need to be unhappy enough in order to strive for more.

I remember working for a direct sales company. In fact I referenced that job in the first report. We would essentially be foot soldiers doing the (thankless and unrelenting) job of going door to door selling gas and electric. Great huh.

The manager fella was a seasoned campaigner and didn't have to go out in the field. His job was to manage and motivate us to be successful. He could chill in the office or do whatever he wanted really whilst we were out and about.

Often, he did actually get involved as he loved to get out there, get his hands dirty. He was a fairly cheeky chappy and he was the kind of person that enjoyed that kind of thing. Added to the fact, he didn't really need to do it; not for anyone else and not for the money...he could just do it for fun once in a while. He really didn't give a shit. He was indifferent (there's that word again!).

Anyway, what he always said and encouraged us with was that we should be striving to be in his position (or similar) in the not too distant future, ie pay our dues, get the results at sales, build a mini team and then run an office. This would take some time but not too far

in the future.

Anyway, he would say that you need to love the job enough to get you out of bed, motivate you and get the sales. But hate it enough that you wouldn't want to stay in that position for any longer than you had to, and become a leader of your own team where you can have others doing the ground work and you can just get involved as and when you feel like it, if at all.

I wouldn't recommend direct sales, or any sales really. It's a difficult job and you really need to be a certain type of person. You can learn some things and improve, sure, but you really need have a particular mindset which is hard to forge if that isn't really you. If that is you then you can earn good money.

People will pay for that skill for that very reason that it's rare. And if you bring people money, consistently, and lots of it, you will have a piece of that pie. Nowhere near what the guy at the top is getting but a good chunk nonetheless.

You also may need to forgo some morals. You should never have to push to sell anything. This day and age will hopefully show this. People will buy without being pressured and anyone who tries that route will have the door closed on them (metaphorically and literally in some cases).

“Selling to people who actually want to hear from you is more effective than interrupting strangers who don't” ~ Seth Godin



The era we live in now will be more about recommendations and social proof. People will buy through their own choice and you need to offer your products or services almost under the radar. Not blatantly so, as a marketing angle, I mean genuinely look to help people and let them discover your goods and they will seek you out and pay you more. There will also be more good-will all round.

I digress.

The point about my sales story is that first you must appreciate what you have...then you can strive for more. Actually, that story doesn't fit my point perfectly but I'll keep it in anyway!

Everything is just fine as it is. Sure, have a goal. Have several...and make them big by all means. But be absolutely ok and content whether you achieve them or not. Don't let them define you. Go after them, plan for them, take action and be happy when you achieve anything, but keep it real. If you don't make it, that's ok. All is perfect as it is. And if you do make it, great. Congratulate yourself (a little, but not too much. Be humble).

The most important thing is the person you're becoming in the process and throughout the journey. The true goal is the growth you experience whilst in that process. The attainment of the final thing is merely a side issue really.

Imagine devoting your whole time and energy to something and not achieving it. You'd be devastated if that was all that it was about.

Also, the other side of the coin; *you achieve it*. Now what? Even though you are successful, you feel deflated. You've just achieved what you believe to be your deepest desire and now you feel empty.

I recently saw a report on TV during the Olympics on this very subject. It's actually a little depressing. Damned if you do and damned if you don't. Either way you don't really win.

Consequently, you need to take a more Zen, middle ground approach. The good, the bad, the ugly. It is what it is. So long as you grow, increase consciousness, genuinely enjoy and be aware each step of the journey...that will be the true success; win, lose or draw.

Re-framing

Along with being a little bit grateful, we should also apply this powerful tool. It could easily be described as '*looking on the bright side*' or '*every cloud...*'. But that's a bit wishy-washy and cliché and doesn't really mean anything...and it's ever so slightly annoying when people say it.

However, we should re-frame our perspectives in order to improve our outlook and improve our 'lot'. It's not a matter of being deluded and blindly ignoring something and skipping along, gently rocking back and forth saying to yourself, "*it's fine, it's fine*".

What we are talking about is putting a slightly different spin on an event or circumstance.

Not denying it or covering it, still seeing it properly but in a positive light. Whatever it is, is what it is, that's fact. But we may as well see it in the best way possible rather than seek out the worst. Easier said than done of course...but worth a go!

So, re-framing is exactly that, putting something in a slightly different frame, altering the point of view. A picture put in a frame is exactly what it is, the frame around it may make it stand out and look good or make it seem a little dour. But the picture is still the same picture either way.

"I do not fix problems. I fix my thinking. Then problems fix themselves" ~ Louise L. Hay



There are many occasions where I (and I'm sure you too) have had things happen that may well appear negative and not 'what I want'. Only for the situation to actually turn out better as a result.

And that's the point here, there is no good or bad per sé. Just events and our reactions to them.

Some people refer to rain as bad weather. Is it, is it really? The people experiencing months of drought will probably be thrilled about this. Ok, that's an extreme example and most of us don't have droughts. But lets stick to the facts.

Rain is wet.

Water isn't inherently bad, in fact you need it to live. I gladly get in to the shower every day and am surrounded by it. I have been known to go swimming.

Ok, you could argue, I don't go for a shower with my clothes on and there is ample opportunity to dry.

If you're on your way to work and it pisses down (technical term for rain shower in British English) then you will get wet, be uncomfortable and could even catch a cold. That's bad, that's fact.

Now, if you're on your way home from work and this happens and you have no commitments it's absolutely fine. You walk in the door, remove said clothes and put dry ones on. Make a cup of tea. Get cosy, safe in the knowledge that you're safe inside. Put on a DVD. Get on with some inside jobs. It's actually quite a nice feeling. I like it.

On days of 'bad' weather I can sit at my computer and write and not feel that I should be outside. It's great for productivity.

Many people say that it's 'good' weather when it's sunny. The sun is warm. If you're looking to catch a sun tan then this would be an imperative ingredient. It's not great for everyone though; it might be too hot, uncomfortable.

Both of these are equal to me and have their merits. Either get really boring if they continue day after day. Personally I'm a Spring and Autumn kind of guy, don't care much for the more extreme.

Anyway, this impromptu weather discussion is merely an example and can be applied to everything. The weather seems to be quite an obsession for many people so is fairly apt.

The point is: stick with the facts.

The situation is what the situation is, the truth is the only constant here. Don't stray from the facts. Then work from those facts to how you react to them, then take action from that place. If it's something you can change that needs to be changed...change it. If it's something you have no control over, accept it and do what is necessary or desired from that point.

Confucius

This Chinese thinker & philosopher was a guy who understood this very fact, which he hypothesised in his teachings.

It is the observer that gives meaning to a situation or event. They have no inherent meaning in and of themselves.

“He who says he can and he who says he can't, are both usually right”



This is one quote (or similar) from our man Confucius.

This could also be considered a very Zen approach. However, it's not just for Buddhists and similar to follow and be, it's the every man and woman that needs to understand these fundamentals in order to move forward.

Before you attain any success you need to understand and live this. If not, any apparent outward success may have no meaning and may not leave you feeling how you had hoped. And on the flip-side if you lack the apparent outward 'success' then you will still be content. You will be able to strive for more without being defined by it.

And another from Confy...

“Choose a job you love, and you will never have to work a day in your life”

A little fable to finish the chapter...

Fable of the Farmer – “We'll see”

A farmer had only one horse. One day, his horse ran away.

All the neighbors came by saying, “I'm so sorry. This is such bad news. You must be so upset.” The man just said, “We'll see.”

A few days later, his horse came back with twenty wild horses. The man and his son corraled all 21 horses.

All the neighbors came by saying, “Congratulations! This is such good news. You must be so happy!” The man just said, “We'll see.”

One of the wild horses kicked the man's only son, breaking both his legs.

All the neighbors came by saying, “I'm so sorry. This is such bad news. You must be so upset.” The man just said, “We'll see.”

The country went to war, and every able-bodied young man was drafted to fight. The war was terrible and killed every young man, but the farmer's son was spared, since his broken legs prevented him from being drafted.

All the neighbors came by saying, "Congratulations! This is such good news. You must be so happy!" The man just said, "We'll see."

Fear Fairies



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure” ~ Marianne Williamson

We talked a bit about fear in the last book. There was a whole chapter devoted to the fear of criticism due to its overwhelming significance and its effect on everything we do *and* don't do.

There were also brief references to the other basic fears and how they can all form together to stop you in your tracks like a little frightened wimpy child.

What is it that we are so afraid of? It's bizarre when you stop and think about it. What's the worst that can happen?!

I've heard the word '**FEAR**' referred to as an acronym; False Evidence Appearing Real.

Quite.

Essentially something that hasn't even happened and may never happen effecting our psyche, affecting our decisions, subsequent actions and ipso facto our lives and all that comes with it.

It's insane. Literally.

We are creating a reality based on nothing. The stupid thing is that generally what we have a fear about never really materialises and some things that we should have probably been afraid of and never considered them, did happen and we dealt with them when they arose.

Living in the past or future is technically a form of insanity. Only in the moment can we actually be living...a discussion for a whole future report and the basis of all happiness, contentedness and, dare I say it, enlightenment.

Fight or Flight

It's the old fight or flight syndrome. Back in the day many years ago, if you were in physical danger, like when faced with a woolly mammoth for example, you were in physical danger.

You could literally lose your life right there and then. You either fought it head on to the bitter end or you turned and ran. Fast. That's fight or flight.

Now, in this day and age when we don't often come up against woolly mammoths and similar, so we aren't in that real, immediate danger, where our entire existence is under immediate threat. But the underlying psyche lives on. Your mind is a powerful beast and it can't differentiate between imagined and real danger.

If you are going to approach that girl or boy with amorous intentions. It's unlikely they are going to stand up and wield an offensive weapon and finish you off for having the gall to interrupt their spritzer.

When you get up to give a speech in front of people, they're not going to all stand up part way through, corner you and make sure you never tell weak gags ever again.

The girl/boy may 'reject' you. The speech may be shit and people may not enjoy it. These are worse case scenarios. You live. In fact, you may even gain from these experiences. But your fight or flight instincts treat this exactly the same as the physical, possible death scenario.

You go into fight or flight response and you feel some of the same symptoms. Perhaps you might get nervous along with some extra adrenalin. That adrenalin is especially to lift you for the battle with that woolly mammoth we discussed before, or to give you the extra boost to get you the hell away pronto.

It's overkill for the modern day scaredy-cat, *what will other people think* situations that you are generally faced with nowadays.

We need to get back in tune with reality. If we are walking home at night and we are attacked we need to be ready and we need to act fast and ruthlessly. That's where our fight and flight mechanisms will serve us well. But for everyday situations where this exists all in our heads, it needs to be toned down to the appropriate frequency.

A few nerves and a little adrenalin can be good in some situations. But this extreme irrational fear is exactly that, irrational. And we need to be aware of that and base our thoughts and behaviour on what we know to be true.

So how do we do this? Great question! I don't have a straight answer but it's something that can be worked on and improved upon if you follow a general path of growth and consciousness. As you proceed you can manage to set all this into its appropriate place.

I hope that by reading this kind of material and following this path, that will help to put things in order and slowly but surely fear will play less of a factor and you will act and live without it.

At least only have it where it's completely necessary. We will visit this subject some more over at the site I'm sure!

Fear & Learning a Language

This is something that's struck me whilst being in Spain. I have also been affected by this on previous jaunts abroad to various degrees. Spending a more sustained period in one country brings it home a bit for analysis.

For some bizarre reason I'm a little afraid of speaking and being out in a foreign language.

Not an irrational or deep fear, just avoidance. I would be the first person to encourage Spanish people for example to speak English, make mistakes, be confident and that it really doesn't matter.

I become a little meek and a bit of a pathetic specimen. I might be all confident strutting along the road with all sorts of big ideas and thoughts and I walk into a shop (or wherever) and I suddenly become all apologetic for my existence.

A pathetic little wallflower all overly polite trying half-heartedly to use the language and getting all confused when they say something out of the norm and I shrug, smile and think, just give me my change and get the hell out of there.

It's strange really and a little hypocritical of me. But I guess we all have certain things and languages are a but tricky.

But, as ever, you just have to get over yourself. In this example some great exchanges and connections can be made through the very fact that you do speak different languages, so that's something not to be missed and to be celebrated.

My second driving lesson

Sometimes one small action can be the catalyst for massive change.

It was about a decade ago now. I was stood in a shop doorway in my home city sheltering from the rain. Should I do this? I might just give it a miss, it is raining after all. And dark. I could just go home again and chill out. I could always do this another time, at some point in the near future I will give it another go...

It was only my second driving lesson and the last thing I needed was bad weather, this added to the fact I didn't really want to do it. Just wanted to bypass this and get a license really.

I was due to meet the instructor in about 10 minutes and these were the thoughts going through my head.

First lesson was all the initial basics and only a little driving. This would be the first lesson where I started off in the driving seat and would be driving around in these not so great conditions.

I don't remember if I convinced myself or what but the next thing I know I have gone and met the instructor at the centre where they were based. I was that close I thought I may as well go along.

Funnily enough, the lesson went quite well. I drove well considering it was only the second time driving a car. Quite smooth. And the weather didn't have much of an impact at all.

In fact, it felt quite good being in the car rather than outside it.

Cars have lights, windscreen wipers etc, it's all been factored in. I took it a little slower, was overly vigilant and wasn't nearly as bad as what my thinking suggested when stood in the shop doorway.

I was glad I went through with it. After the lesson I felt pretty good, achieved something, faced a fear. When I did eventually get home and chill out, that time felt a whole lot better than if I had known that I had avoided this whole episode.

More importantly this was the catalyst for further lessons and eventually passing my test which was important. Not because I was all that bothered about driving places, it was just something that I wanted to get done as it was always on my mind. A monkey on my back if you like.

Since that second lesson, I had several more. I failed my first test. I didn't drive again for well over a year, then I booked a test, some semi-intensive lessons to lead up to it and passed second time. Job done.

That can all be traced back to being stood in that shop doorway in Exeter feeling sorry for myself that I had to do this thing and the last thing I needed was the weather being against me.

If I hadn't gone that day? I'm sure I would have tried again and would have got there. But it would have been a longer process and a serious setback.

And these things add up. Both positive and negative.

This little story can be applied to anyone and anything. I bet you have many times been sheltering from the rain. Sometimes you go home, close the curtains, block it out.

Sometimes you get out there and drive through it.

You know which you *should* do, you know where your comfort zone is and isn't. And you know the pay-offs and potential rewards.

Simplify, Minimise & Zen it!



Keep it simple. Uncomplicate things.

That's it for this chapter. That'll do pig, that'll do.

Ok, maybe not but those first few words sum up the chapter and it would be particularly apt to leave it at that. Not fluff it up and complicate matters. But I feel we might need to get to the bottom of this and implement the theory as much as we can.

Here's the thing: There is essentially too much crap in our lives, getting in the way, causing congestion and discontentment. Whether we are talking about the physical material things or the mental noise and clutter.

There is far too much clutter, stuff and excess that needs to be stripped away in order to be left with the essential. All this extra is getting in the way, not improving our lives but hindering it.

We want clear minds and clear lives. Clear ideals, clear principles, clear path ahead.

Ironically, as I'm trying to write this I am not able to concentrate and get into a flow. Why could that be?

Clutter.

Thinking about various things; work, other chapters, articles, best way to write this chapter.

And bear in mind that a lot of these things you know about, ie. they are obvious. You know your mind has wandered or is being affected by a particular thing. But then there are the things in the background running, that you're not consciously thinking about but are there and are affecting you at all times.

Like my stupid computer for instance...computers in general, provide a good metaphor.

You have too many applications running. You can see the obvious ones; internet with several tabs (which could and probably should be minimised, ie. work on one thing at a time), music etc but also the other ones behind the scenes, plug ins, programs etc.

You may not be aware but they are running in the background and affecting your computer's performance.

In fact you have to be careful not to get a virus or for your computer to slow down completely or stop. It needs to be cleansed and just the necessary running in order to run clearly, effectively, smoothly and cleanly.

That bugger runs pretty slow at times so you need to get someone to remove the unnecessary applications and speed up/cleanse the programs you do need.

And for us too...cleanse, remove and refresh.

Go back to basics.

Now with modern technology being what it is and the abundance of choice, is this a good thing? That's an unanswerable question...there are pros and cons.

Nowadays, you can communicate with people across the world instantly which is great, but overused and it all becomes a distraction and impedes your life. It can even be another form of addiction, a bad habit.

I was observing a girl on the train the other day (not in a perverted or stalkery kind of way...I do do that but just not on this occasion), she sat down and was checking facebook on her phone. The disturbing part was that she kept pulling the screen down in order to refresh it. Every second or so. Oh dear.

It can become an obsession.

Also, these days you have far more choice. Ok, you may have it better than 'back in the day' but with all the extra choice and possibilities it can leave you stifled, confused and anxious. If you just had one or 2 options then that's not a great ideal but it makes things a lot easier.

Whether things are better now or not it doesn't really matter. You have to just deal with the situation as it is. It's pretty awesome that you can communicate with someone face-to-face the other side of the world for free for example, share pictures instantly, not wait weeks for a letter to come through the mail.

On the other side of that, things are certainly crazier. As most people (in the western world anyway) have their basic needs met, their need for consumerism and technology has risen dramatically. People are less grateful for what they have and just want more and more...they can never be satiated! And this is bad news indeed.

So, what am I saying? Lord knows. I would say to embrace new technology, use it to your advantage, enjoy what it adds to your life...but be careful. Don't let it run your life (note to self). There's a balance there somewhere but like any addiction or obsession it's a fine line.

For example, it could be a good idea to eliminate some online social networks altogether...take the AA prohibition approach. But that's a shame as you miss out on the benefits. Much like the alcoholic will miss a nice beer. For some it might be essential.

I'm sure for most you can just minimise. Have certain designated times for such activity. Don't read your email first thing, only check facebook at night or at certain times in the day. Unsubscribe from some email newsletters.

Which reminds me. Sometimes if I don't deal with my emails properly for a few days there are 10s of them that build up. I sign up to a lot of newsletters as I'm interested in personal development, travel, pursuing freedom, fitness etc. So if I see something that interests me I will sign up to the newsletter. I need to unsubscribe from those that give me the least amount of value and only keep a few of the best.

I suggest you do the same.

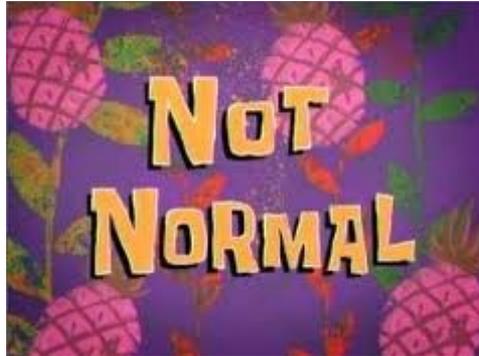
You have to consider how much REAL value you are getting from them. Sometimes there will be a gem, but it's even worth missing the occasional gem if the rest are taking up your time and just fuelling procrastination rather than actually moving you forward in some way.

Especially if you work using your computer and the internet. This can be a hazard. So minimise and eliminate to the bare bones.

This can extend to your physical belongings. I hazard a guess that you own a lot of crap. I don't really but there is junk here and there. Have a good old clear out. Not just for the physical benefit, mentally it clears you too...or so I'm told.

I've heard when people do discard of all this unnecessary stuff they feel liberated. Free. The backpacker will tell you how great it feels to have everything you need and nothing more on their back. That may not be for everyone, but you get the idea.

You're Not Normal!



Hear me out!

I'm here to tell you you're not normal. I'm also here to tell you that that's a good thing. An essential thing, something that should be embraced rather than shyed away from or hidden.

You're not *abnormal* (as far as I know anyway...you could be, I may have never met you...you could actually be some sort of nutter)...

But you are not 'regular' in the traditional sense. I know I'm not and I'm guessing not for you too and I can assure you, it's ok. In fact it's great!

I am basing this on the fact you are reading a report like this, you may also have read my first book and may potentially be a regular or occasional visitor to my blog.

I'm also guessing if you're reading this you will have read similar type things and plan to read more in the future. Perhaps you're at the start of your journey or advanced down the track...or somewhere in between.

You could of course just be someone who knows me and read through just to see what the hell I was gibbering on about. That's ok too.

But to read through this type of material tells me a lot. It tells me you are interested in finding out about a different way...a better way. You're interested in perhaps improving yourself but more importantly improving your situation in the world.

It tells me you may be looking for a little more freedom but may not quite know how to go about attaining it. It tells me that you want to have a little more fun and eliminate boredom and conformity to a status quo that really isn't the way.

This is all super duper. And I'm glad you are on this journey and making that little bit of effort even if it is just the first step. There will be many more. It will be hard work, but ultimately rewarding. It has to be.

Anyway, why aren't we normal?

Because we do things differently than the 'average' person. We think differently, we question things, we seek a better way, we avoid conformity when it's not appropriate for us...we don't follow the common herd like the rest of the sheep as *'that's the way things are'*, we object to being slaves to the system and blindly nod along like some pathetic drone...and sometimes, just sometimes, we act a little crazy.

Crazy for whom? That's a good question.

The average Joe and Joanna live a certain life. They have it mapped out. There is some deviation on the set life plan allowed but only within certain societal reasons.

For example, you can go traveling in your gap year, to certain places. But not after 30, at that stage you should really be settled down. Of course you should, Eastenders said so...unless you're some sort of renegade maverick drop out with issues.

*****As an aside – if there is one piece of advice I could offer anyone at any age is to travel. Travel, travel, travel. You can afford it, you can have the time. It is possible and it is fairly easy. There is no excuse. You will never have lived if you don't.*****

The above is so important I've emphasised it with bold, italics and asterisks. Underline may have been overkill. It's possibly the most important part of this and any other book ever.

There are certain jobs people do, jobs that carry recognition. Not necessarily because they're enjoyable and fulfilling. And if you were to quit that safe, steady position it would be deemed reckless.

You must do well at school in order to get to the next stage of education and again to the next stage. This then 'ensures' (which it doesn't by the way...do you know any uni graduates in menial jobs? Probably 95%, but I digress) you get a good job in a reputable company.

You then work your way up to a higher paid position, more responsibility etc. You get a house, car, wife/husband, mortgage and some shiny objects so you can show your neighbours how great you are.

You then have your 25 days annual leave (or whatever's agreed with your employer...**2 weeks** in America [shocked face]! Unacceptable) but only when the powers that be allow you to take them.

You will have drinks at the weekend in the same bar with the same people. You will holiday in the Canary Islands or similar, or the equivalent for your part of the world.

You will work at least 45 years in order to reach retirement and spend the last of your days at the lowest of your health and well-being probably drawing on a pittance to do so. The chances are you may have to keep on working.

Would it not be better to have that free time earlier in your life? Surely.

Those 45 years will probably be fairly terrible as you aren't generally living with any passion or purpose...just going through the motions.

There will be good times, sure, but overall you will feel a little empty and there may well be times where it all seems a little pointless.

Screw that! What I've just described is unacceptable. For me, DEFINITELY, and I'm guessing for you too.

Which brings me back to my point...

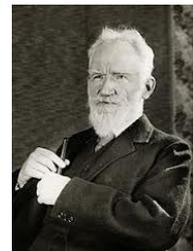
We are not normal and proud of that fact.

We want to earn cash but for the right reasons.

We want freedom and choices; both for us and our families and friends.

We want to do what we want to do when we want to do it...so long as there is no harm to others then there is absolutely no conceivable reason why this shouldn't be the case.

“You see things, and you say, 'Why?' But I dream things that never were, and I say, 'Why not?’” ~ George Bernard Shaw



We want to travel the world, have many adventures, meet great people, sample the delights of this crazy world and not get caught up in the humdrum of existence.

Work when we want to work, on projects that we want to work on...that we are passionate about and have a positive influence on us and the world at large.

Sleep when we want to sleep, drink when we want to drink, eat when we want and the foods that we like.

We don't place any importance on a biological age, a geographical location, the money we have or earn or the (temporary) position we may be in to earn it.

Remember the friendly 'blue pill heads' and the 'not much crowd' from the first book? We are not them. Also, they may look at us with a little confusion...

“Why is he doing that?”

“Why is she going there?”

“What's the point in that, shouldn't they be doing this?”

“He's bloody lost it. Who's he think he is, Richard Branson?!”

“She's throwing it all away, she had a good thing there”

“Why are you not coming to the pub, are you stupid”

I could write many of these but I think you get the idea.

We may do things differently, as mentioned earlier, we are after different results.

To be better and obtain more or get somewhere closer to meeting our ideals it's the only way it can be. I wrote a recent article on [productivity and sacrifice](#), forsaking drinking beers in the sun to try and make some strides forward and achieve something noteworthy.

It's not for everyone

Realise that you do have to pay a price. Not everyone is cut out for this. Perhaps you're not but I don't know you, so perhaps you are.

The point is, the majority of people like outlined above aren't cut out for a life of anything more than mediocrity. It's not necessarily their fault, it's partly conditioning which they haven't set about reversing.

I have also been conditioned in the same way but have worked hard over a number of years to try and get things around to my way.

By the way, there's nothing wrong with people living like that above, in fact it means more opportunity and fun for us.

It's not easy. Something has to give and you will 'fail' miserably many times.

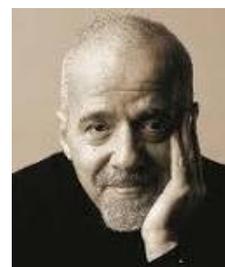
But persevere and the best fruit at the top of the tree is yours. The keys to the kingdom are at your mercy.

At least that's what I tell myself ;)

There are many others in history that weren't normal either. Famous names as well as 'regular' Jack and Jills who dared to dream and did something different and a little special.

Paulo Coelho

I recently listened to an audio and have read some material on the writer Paulo Coelho. You may know him as the author of *The Alchemist*, a very famous book. If you're not familiar with it, then get familiar with it.



In fact get familiar with some more of his work, I intend to read more from him.

Anyway, in this audio I listened to as well as something I read it was said that Paulo was put in a mental institute when he was growing up.

Do you know why?

Because he wanted to be a writer rather than the career his parents had in mind. This was considered crazy as no-one could make a career and money out of writing. He needed to forget this and concentrate on the 'correct' path laid out for him.

This was deemed so 'out there' that he was actually institutionalised for a time.

Now that's insane.

“Those who danced were thought to be quite insane by those who couldn't hear the music” ~ Angela Monet

As we know, he has done fairly well in his crazy pursuit and continues to do so.

He brings joy to many, inspires many (including me) and causes people who read his books to think a little. Imagine if he'd listened to his parents and those of the establishment to quash his ideas.

It was also great to hear/read the great Coelho also procrastinates when he sits down to write.

He too checks emails, facebook, twitter, fart-arses around for several hours first. He then decides to dedicate half an hour to the task so that he can look himself in the mirror. Of course after 5/10 minutes he's in a state of flow and the ideas are coming thick and fast and he just keeps on typing...

Hope for us all.

The Wright brothers & Thomas Edison

Now here are some people who were insane. They had to be, surely...going by what we know now and certainly what they did and didn't know then.

These fellas named Wilbur and Orville Wright purported an idea that they would bend metal and fly people across oceans in this invention. Madness.

But somewhere along the line it happened. It's allowed me to get back and forth to Spain in recent months. I still marvel at this feat of engineering as I'm sat on a plane. 'How the hell is this happening?', I continue to think to myself.

Then there was a chap by the name of Thomas Edison. Spoke some nonsense about flicking a switch then a room would light up from a receptacle in the middle of the room. Somewhere along the line it happened. It's what's allowing me to see what I'm typing now.

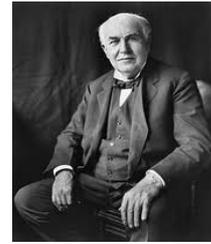
Once again, how the hell does this work?! Who knows, who cares to be fair. But this guy had an idea, a vision, a mission, call it what you will, and saw it through.

They say he 'failed' way over 1000 times. Most people would have probably given up after the first, a few more may have made it to 5 and majority would have thrown in the towel by 10...much less a 100.

History is hazy but it was certainly over 1000 attempts. But this guy was never giving up, he would have probably died trying.

He reportedly said something along the lines of:

“I have not failed 1,000 times. I have successfully discovered 1,000 ways to NOT make a light bulb”



Which makes it all the more preposterous that you can't do and achieve what you would like. If they can do that – yes, extreme examples, but – then you can achieve the smaller dreams you may have for yourself and those around you.

This was all deemed 'unrealistic'. In some ways understandably so. You need to be a little 'unrealistic' also compared to what others may believe possible.

“Being realistic is the most commonly traveled road to mediocrity” ~ Will Smith

And a little more from Will Smith...

“Just decide - what it's gonna be, how you're gonna be, how you're gonna do it. Just decide. From that point you do what you have to [...] This is what I believe and I'm willing to die for it...it's that simple.”



Closing...



There were going to be several other chapters, which I'll leave for another day.

I was going to include a chapter on 'the system & conditioning' for example...slightly more edgy stuff.

But I wanted to keep this a little lighter read along with it being short enough to read through in one sitting. I will certainly be elaborating on that topic and many more on the blog and future reports. But for now this serves as a little continuation from the first book.

I started to write a chapter on 'flow' but couldn't really find the words so will be re-visiting that.

Also one on exercise, suffice to say; exercise regularly, it's important. This not only helps with your overall health and fitness it has so many benefits (and big ones at that) including helping with getting present, in the moment, engrossed, centred, positive, active.

I would add exercise as a regular habit if you don't already. Start small if necessary. Build. Perhaps try meditation, tai-chi, work on a passion that helps generate feelings of flow and Being.

I have an idea for the third book to be centred around being centred. Being in the moment, staying present and being 100% focused on the particular activity or situation at hand. I think this is so important that a full report needs to be devoted to it. We need to discuss the concepts, their importance and ideas to reach that state consistently. We also need to consider our 'why factor'.

The fourth book will be based around a central chapter of the first book and very important overall concept - the dream chasing paradox. This could be centred around breaking out from your job, working on your own terms or pursuing any endeavour.

We are ultimately seeking some sort of freedom and mastery, whatever that may mean to you, so hopefully that report and any accompanying videos etc will help you and I towards our greater ideals.

I will of course continue to update my blog and website with any great content that may be of use along with - hopefully - some input from others who have 'made it' and others who are in the process of trying.

And we will delve far deeper into these topics and more on the blog, in the [forums](#), future reports, videos, podcasts and any other ways we can think of!

Until next time!

“The best sermons are lived, not preached” ~ Cowboy wisdom

Adam

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