

THE EVOLUTION SOLUTION



Do it Daily

There are three things everybody wants and needs for a fulfilled and happy life:

An Amazing Future
A Great Relationship
A Brilliant Job

All three depend on our ability to keep up with the demands of daily evolution.

Deal with Challenges as They Happen - You process things and get back into a good space fast. This creates automatic immunity from the build up of relationship problems and job related stresses that build up over time. The opportunity is there because every day something will challenge all three of those essential ingredients of life and if evolution happens there's no need for big calamities. Evolution simply means we process everyday challenges to expand our life.

Avoid Big Changes - Evolve Daily - An earth quake happens because the earth forgot to do daily evolution. A volcano only erupts when it forgot its daily evolution. Business and personal calamities only happen when we forget our daily evolution. So, we wrote down how to do your Daily Evolution ... The rest is amazing.

Never get Complacent or Take People for Granted - Complacency is the enemy of Everyday Evolution. When people say "I don't need to or want to change" you know they are heading for trouble because what they are saying is "I'll wait for trouble before I act." Of course, once trouble happens, change is usually impossible or at the least, very difficult.

Expand Your Expectations Daily - Daily Evolution means that you have the simple skills to expand your expectations daily and enjoy life more. You stay more present, turn up more often, avoid big calamities and handle the unexpected masterfully. In simpler terms, you stay in control. This is not so much about digging deep, it's about taking control & driving the bus. It's about clever use of time and resources to be absolutely present in each of the different pieces of the puzzle of life. It's about clearing a rolling fog that if allowed, will persist throughout the day/week/month/year.

Mornings Are the Most Important - Daily Evolution starts with an effective morning, combining the elements of healthy food, exercise and focus on the current task and making time for the big picture, all threaded together in a way that hits these pieces at full throttle. This approach brings the relief and release that comes with knowing you have had a solid, effective crack at something without the fog of distraction, without competing alternatives for any given minute or hour.

Don't Compromise, Even For a Moment - It's Habit Forming - Daily Evolution is a way of thinking that really means you set the bar high for your life, and keep it there. The ultimate experience of Evolving Daily is to want nothing once, twice or even three times a day, then all the rest of the day will be as you wish it to be.

Work Inside Out - When you do a Daily Evolution you become content and fulfilled on the inside. In that moment you are content with yourself and in that moment there is nothing lacking; there is no desire, no movement and from this place whatever you touch, whatever you are doing or not doing -- even just existing -- is a peak experience. You are alive and that is enough.

Don't Let the Stuff (Stress, emotions and worries) Build Up - So, in your Daily Evolution moments you take all the challenges and activity and process it and you use it . From that, you develop a larger sense of inner contentment. This calms you, but it doesn't calm you on the outside. You will still be driven for a bigger better life because Daily Evolution helps you get fulfilment on the inside but you must never be fulfilled on the outside.

Outer Contentment is as Dangerous as Inner Turbulence - When you are green you are growing, when you are ripe you rot. A person who becomes content on the inside as well as the outside is a danger to themselves and those around them. Fulfilment on the inside leads to health, love and fulfilment but contentment on the outside leads to complacency, depression, withdrawal, relationship crashes and ill-health.

If motivation comes from discontent it's healthy as long as it's balanced with inner contentment - Motivation simply means you are not fulfilled on the outside. You want more of all the things you could be, do and have. Motivation comes from discontent which means we are missing something, we feel insecure and we feel the drive to search for those things. We are therefore motivated to get whatever it is we believe is missing. The more our discontent, the more our motivation. Many great achievements have been reached by people who are discontent and even when they reach their desired goals, they simply become more discontent.

Healthy motivation leads us from one desire to another in search of fulfilment. The big danger comes when there is no separation between the inner contentment and outer motivation. Then we've lost perspective and from that alone ALL human troubles begin because that search for outer contentment and being free of wanting stuff never ends. One desire creates another desire. Really, one desire creates 10 desires. We simply can't stop. The more we desire, the more we desire and this is how nature works. If a tree ever sat back to say "stuff it I have enough" it'd be dead in weeks. So the whole idea is to be as greedy and hungry for stuff on the outside while being as content as a lamb on the inside. It's easier said than done but it's entirely possible.

All Day Motivation (Elation) leads to All Night Depression - Great entrepreneurs learn the hard way, that if they stay hungry all day, pushing the envelope all day, wanting, needing, wishing for things, hoping for stuff, they burn out and they burn others out. They learn that a great day is a mix of being motivated to do better and contentment with things the way they already are. It's the ultimate duality. Content and Discontent all in the same hour.

Inner Contentment Time For Recovery - The great thing about contentment is that you relax, recover, revive, recuperate, heal, build your immune defences, get stronger, and become smarter. Neuroscience is validating this over and over. If we practice high quality down time during the working day, we perform twice as well, make smarter choices and live longer. That's for you to research for yourselves but the evidence is overwhelming. More time spent in Contentment equates to better quality of Motivation and action.

Nobody Likes Working with, or Even Living with, Desperate People. No one in business that is. A sexy person at a bar might be attracting a lot of attention because of their desperation, but they'll have a really violent love life with lots of quarrels. So, desperation is often defined as spontaneousness, but really, best label it for what it is, Short Term Unbalanced Motivation ... And whether in business or personal life, it leads to catastrophe. Banks hunt for desperation in all business propositions. If they find it, they shut the door and bolt the safe. (except in the USA Sub-Prime Lending Markets). Thieves and corrupt lenders, email spammers and those sharp knife ads on TV at 4.00am in the morning - they hunt for desperate people, they are their clients. Most Motivation CD packs are sold between 2.00am and 4.00am.. Because that's when depressed, alcohol filled people are sitting awake trying to work out what to do with their miseries.

Adrenalin Junkie But You Don't Want to be Desperate. You want to be inspired or at the least, motivated. You also want to be cool, calm and collected. You want to be in control of your destiny so, you really need to balance motivation with confidence in contentment. Now, this can be done on the weekend. You can say, like my Day used to say, "work the week, recover on the weekend" but it only takes one moment of desperation to blow your team's confidence in you, or a moment of motivation when you needed to be present in a meeting to blow a year's work, one bad decision to really spoil a lot of effort. So, I think we need to learn how to drop into the zone whenever we want, on the hour or less in order to balance the hour, not the week.

Get in the Zone, back to ground zero, three or four times a day every day - And more if you choose. It's simply fulfilment and contentment (read here turning up in a good space) whenever we choose. It means we walk into meetings, home, phone calls, email responses, lunch, sport, and thinking time acting smarter, not more motivated. This Evolution solution means we turn up at meetings 110% and not carrying baggage from the last meeting, it means we sleep better, eat better, love better because we turn up 110% and there is no fog. Daily Evolution gives you the power back by allowing you to breaking through the loops of ever increasing tension (desire and discontent) whenever we choose. Remember, when we break the repetitive grip of motivation and continuous seeking things in our life it simply means we rest, recover, take a breather, get in the zone and do it inspired, not "despired (desperate - uninspired)."



Expand Your Circle of Confidence - Not Shrink It.

Contractive focus comes from zooming in on a particular small space in time or physical area, like in meditation where you might find yourself looking at a fly on the wall or prayer, where you are concentrating on a higher power. From this contraction you gain peace of mind and contentment. This is one way of finding the Zone and it's great provided you have two things: 1.

the spare time to spend going to classes to learn how to do it, and 2. The courage to handle the conflict that comes when you reject, judge and exclude others from the contracted space you've used to get into the zone in order to preserve it.

Beware the Myth That Shrinking is Helping - This contractive focus requires that we exclude things. It's the foundation of judgement. When we exclude people, usually it's because we want to maintain some sense of inner peace or comfort, so we judge them as being outside of our circle, and hence, our religious or meditative process becomes a place of solace. We might exclude people by saying they are not Christian or not Buddhist or accuse them of being nasty, unconscious or something. Whatever we say to exclude people, the downside is judgement and that leads to conflict which in turn means high maintenance and a continual sense of worry that those we exclude might fight back. It's a vulnerability and in the extreme, this means war.

Expand Your Mind Don't Shrink it - The opposite to contractive focus is expansive focus, which means including things that bug you in your expectations of good life. In other words, it's an acceptance that modern life is pure chaos and in that chaos it is possible, by evolving, to find order. Say someone is nasty to you. You can contract and say "I don't like that person" and cut them out of your will. Or, you can expand and say, "there's a benefit to nasty, and I'm thankful for that person" - the first way is the religious way, exclusion of all that doesn't fit with beliefs. That's the root of most of the world's current conflict both internationally and personally. Alternatively you could say, as is obvious in nature, everything has a purpose under heaven, and therefore, there's nothing to exclude, there's just a chaos you need to find the order (blessing) in. This inclusiveness is the foundation of the Evolution Solution. Instead of having a circle that's fixed and a world we exclude in order to create peace of mind, we simply expand our circle to include those things we'd otherwise judge. In other words, our circle of comfort expands with every encounter.

Don't be a Bob Nr 1 who was run by a fixed approach to his work. The pressure was mounting. They wanted more done, better results and now, with his new family at home there was less time to do it all. Bob complained, he asked for a reduction in work load, one day off a week and more flexible hours, even working from home more. His company wisely refused and suggested to Bob he evolve his work practices. Bob refused, and stress got the better of him. Eventually, Bob got what he wanted: less time at work, more time at home, however, sick leave and disability pay was not quite the way he assumed he'd get what he wanted.

Be an Alternative Bob Nr2 He's the master of his work. The pressure was mounting. They wanted more done, better results and now, with his new family at home, there was less time to do it all. Bob knew he'd been left behind in the arts of proficient work, his efficiency was low and effectiveness even less. It was the first and most important admission: it wasn't the work, it was the process Bob was using to get it done. Bob made some important choices. First, he needed to separate work and home clearly. So, he elected to work at work and home at home. He drew the line with time. Second, he knew that the only way to make today's seemingly impossible workload dwindle was to add more work to it. That seemed really weird to Bob Nr1, but Bob Nr2, had the right idea. He needed to demand a better operating practice than his current comfort zone. So, Bob Nr2 imagined he had half the time to do twice the work and set about asking himself how. When the why is big enough the how takes care of itself, and while Bob wanted to do a great job, he wanted even more to be a great Dad. That to him included providing financially and personally for his children. He wanted extra work for extra responsibility which would pay more, he wanted better process so he could turn up better at home. Bob came to realise that 50% of the time he spent at

work was dress rehearsal time, and life isn't a dress rehearsal so, he cut out things that wasted time. Long meetings, chitter chatter, and sitting in peak hour traffic were two immediate changes. Then he set about getting his mind clear. Instead of exercise in the morning when his mind was most clear, he jumped the traffic snarl and got to the office at 6.00am. He did all the thinking stuff then. After 9.00am he had his second breakfast and some time out. Then meetings until 12.00. After lunch it was mundane stuff until 3.00pm when he left to be home for the family. On the way home he pulled on his running shoes and jogged an hour in the park. Bob Nr2, instead of contracting to shrink under the stress load, expanded to rise above it.

Inner Contentment comes when we realise that we are everything we see and that nothing is missing.

Make city life part of the order - not the chaos. - It's a profound awakening in itself. You think at first, "they are doing something and I should be critical or angry about it in order to maintain my quality of life" Instead, with the Evolution Solution, you think like the world is a mirror and your judgements and disturbances toward the behaviour of others, just tells you where you need to expand your thinking." That's the Evolution Solution Applied to work and life stress. Instead of shrinking from city life and running to the green change or sea change, you expand and then city life becomes a part of the order instead of the chaos.

Take an Emotional Shower - When we are angry we are blind to reality. Anger may bring us a temporary burst of energy, but that energy is blind and it blocks the part of our brain that distinguishes right from wrong. To deal with our problems, we need to be practical and realistic. If we are to be realistic, we need to use our human intelligence properly, which means we need a calm mind.

Expand your circle or Zone - This requires some adaptation in thinking. If you think the same things today as yesterday, your adaptation is blocked and a tsunami is building. Instead, if the expansion is done hour by hour with a very simple process then there's no back pressure, growth can be cyclic but constant. You Evolve, continually.

Find balance between contentment and motivation - This doesn't have to be left to chance. If it is left to chance and we manage to duck under the radar of Evolution a few too many times, then the likelihood of a divorce, business problem, health issue or whatever increases exponentially and this is the real insight: What fulfils us today will not fulfil us tomorrow. Contentment and fulfilment are not fixed, they require constant expansion.

What made you content and fulfilled in all areas of life yesterday may not cut it today.

Don't do What Bob Nr1 did - When Bob walked out of the Ashram he was on cloud 9. He got in the car, drove 50 meters and realised he had a flat tyre. Bob calmly walked around to the punctured tyre, assessed the situation and calmly walked to the trunk of his car. Upon opening the trunk, he discovered that there was no spare tyre. His wife had taken it out to bring home the new computer she'd just bought for her business. Bob slammed the trunk shut, swore and walked around to the driver's side door to get his mobile phone. The car had locked itself from the slamming trunk. Three weeks of meditation and organic vegetables and Bob was as lunatic and crazy as he'd been the day

he walked in. He kicked and swore and threw rocks at the car window to get in, only to find that the cell phone battery was flat ... No one uses cell phones in an Ashram!

What fulfilment meant for Bob ten minutes ago was now irrelevant. Now, he needed, more than ever to do an Evolution Solution .. Process the stuff so he could think clearly and not go home angry. So we meet more challenges from doing what we're motivated to do, motivation leads us to challenges. By seeking to fulfil our desires (motivation) we get more information and that information often conflicts with our expectations (Bob's spare tyre) and then the choice is then ours.: evolution, which would expand those expectations and bring us back from crazy or get emotional, which contracts our mind, fogs our decisions and brings us more motivation (usually to change others).

Be Hungry and Content all at the Same Time - Fulfilled on the inside does not mean fulfilled on the outside. Our appetite for life remains extreme even if we right on top of our evolution. Evolution simply relates to our inner contentment, so by daily evolution we resolve conflicts between what we want and who we are. The result is more fulfilling relationships, more inspiring to be around, clearer pictures of the future we are creating. When I talk Evolution, I don't mean that you have to become a monk or an Olympic champion or Bill Gates. That's a choice you can make separately. But I do suggest that whatever you choose to do you can do it as a total person, content, happy and loving on the inside, ambitious and life hungry for whatever you choose on the outside.

Think about how your mindset impacts others - Evolution Solutions are infectious. Just as negativity can be infectious so the presence that comes from an Evolution Solution moment. We know this as personal presence or personality but it is also a key ingredient feeling good about yourself and being surrounded by people who feel good about you.

Find the Perfect Balance: Desire and Fulfilled We have an innate calling to be motivated to go do and get something great in our lives, and, we have a deep yearning for fulfilment and contentment. One is the hunger of desire while the other is the hunger of the soul. As all people who have achieved success will tell you, satisfying the appetite for success does not automatically lead to fulfilment. Success may be a temporarily comfort zone but eventually the high of success reveals another appetite that existed all the time, but often ignored. An appetite for love, relationship and contentment. Success is not a very rich experience if the cost of it is hunger for love, hunger for contentment and continually feeling dissatisfied in life but if you Evolve Yourself daily there need be no need for an argument between your ambitions for success and contentment and loving relationship at home.

Don't Listen to Advice You Didn't Ask For or Wouldn't Pay For - Bob came home tired. He walked in the door, his partner was waiting enthusiastically. He tried to put on a brave face, he knew she was frisky and wanted romance, she'd been dreaming of it all afternoon. But Bob's day was anything but romantic. Meetings that bored him, financial problems that weighed heavily on his mind, and frankly, he just didn't want to come home, he wanted to go to the pub and have a few drinks to wash away his woes and chat with some mates. But Bob was home, and Bob's partner was frisky, and now, the only inevitable result was for Bob to force himself to act out the scenario or apologise and the consequences of that would be weeks of arguments resulting from his partner's sense of rejection. Bob starts running Yoga classes and telling people how much he despises the corporate world for wrecking his life... People attend and he gets a new career as a life coach.

Learn from those who walk their talk - Bob NR2 is at work, he loves his work, in spite of the fact that he has some financial problems. He knows worry won't fix it and nobody invests in desperation, so, the key factor is to have a great plan B, and he does, a fall back strategy if the worst happens. Bob's meetings are short and intense. If people come unprepared, he cancels. Bob knows that if he doesn't value his time, no one else will. There have been one or two potential troubles that Bob has averted today. It's 3.00pm time for sport and training. He packs his desk, does the schedule for tomorrow, reads his VIP list for life and heads off to jog with a mate. It's now 4.00pm, Bob drives most of the way home but stops the car and sits for a moment of Evolve time. He recounts the day, takes an Innerwealth Emotional Shower, feels refreshed and journeys the rest of the way home. He walks in, Bob is frisky, so is his partner... Yum.

EVOLUTION

Are you looking for me?
I am in the next seat.
My shoulder is against yours.
You will not find me in stupas,
Not in Indian shrines rooms,
Nor in synagogues, nor in cathedrals:
Not in masses, nor in kirtans, not in legs
Winding around your own neck,
nor in eating nothing but vegetables.
When you really look for me,
You will see me instantly-
You will find me in the tiniest moment of time.

Kabir