

# *The Spiritual Entrepreneur*

*A Book about goodness, enthusiasm, intent and  
inspired work.*

*Chris Walker*

# *The Spirit of the Entrepreneur*

There are many people who might ask, what is entrepreneurial spirit? Those are people who have never led a sports team, created a brochure, run a business, a family or stood in front of an audience. For the vast majority of people, entrepreneurial spirit is an ideal to be read about in great leaders of the past, admired in successful heroes, or debated as to the “moral goodness” of others. So, this book is not for those who want to watch from the sidelines. Entrepreneurial spirit is for those who have the courage to think for themselves, act out of courage, to follow their heart and live for the moment.

It means sustaining the struggle and being committed when times are tough. It means getting up again and again. It means taking the blame when you don't deserve it. Entrepreneurial spirit means being responsible for your life. Stepping outside mass consciousness and comfort of a “normal job”. So this little book is for those courageous individuals who have chosen to follow their own star. The mission? To use, give, share the gifts, talents, blessings we were born with, and die empty. To give and therefore leave an impact on this earth, worthy of a life.

# *Entrepreneurial Lifestyles*

Many people wake up and know exactly how and who is going to pay their wage today. They get out of bed, think about themselves and their little world, go to work and come home again. TV breaks the monotony. Then there's another group. I've called them entrepreneurs. Independent individuals who have, for one reason or another, separated themselves from the mass consciousness, decided to determine their own path, to walk a road where their own wits, either cause or kill, their personal success. This group are more prone to heart attacks, marriage breakdowns, bankruptcy, cancer and mental health problems than any other individual group of people.

Entrepreneurs are not always qualified to do what they do. They probably were at some stage, but time and life expands the demands their life until there is no academic science on earth can replace their experience. But these people suffer. Torn between two worlds, trying to fit in one, trying to reject it in the meantime. The challenge for this group is keep up with the personal demand of stress, health, mind control and sustaining their vision. This book is a step on the path to helping those who are ready.

# *Individuality*

Every entrepreneur seems to pride themselves on their individuality, their unique way of doing things, their style. This is vital stuff, but it makes entrepreneurs a fragile bunch, sensitive, insecure, defensive. The determination and commitment that makes the entrepreneur a success can also block him or her from living and working consciously. Better ways are often available but the very same spirit that keeps an entrepreneur on track can block them into unhealthy patterns.

Our individuality is our ego, so ego is responsible for a lot of entrepreneurial spirit, but it can only take a person so far. Sustained ego motivation causes health problems, stress, anxiety, physical exhaustion and depression. So we are suggesting here some additional skills to help entrepreneurs stay emotionally, mentally and physically healthy. Resistance is normal but the results are worth the challenge. You'll find another way to handle stress, lead, and create, one that comes from within.

# *The Four great Pillars of Spiritual Awareness - Entrepreneurial Spirit*

There are four mind states that hold an entrepreneur in a powerful mental state. This mental state is called the spiritual state. There are four conditions of this mental state and while those four conditions sit in balance, there is an inner strength, often referred to as inner calm, or peace of mind. This peace of mind can exist in even the toughest situations, even disasters and stress if the four pillars are firmly in place.

Of the billions of things that can go wrong in life and work, only one of four states of mind can be the cause. This might sound extraordinary, but it is true. It is the combination of these four mind states that creates the mind power called spirituality. Four simple pillars of wisdom. In this book I will share these, and more with you, if, and only if you are ready.

# *The first Spiritual state of mind for Entrepreneurs*

Gratitude must be the most over used word in the new age world and probably the most misunderstood. Thankful. For the new age spiritual materialist it means thankful for all the good and wonderful things, and change all the bad and ugly things so they go away. For the Spiritual entrepreneur, it means the opposite. Gratitude is meant to keep us humble and honest with ourselves. Gratitude means thankful for everything small, for the small blessings, and, in contrast to new age spiritual foolishness, thankful for all things not good, as well. Thankfulness is not an exercise is a humorous state of mind, an inner smile, a light heartedness. The thankful person knows that even the smallest grain of resentment, anger, judgement and criticism is poison to their health and happiness. Gratitude even means thankful for disasters and calamities, for broken trust, for lies, deceptions and abuses. Because nobody can do to you more than you do to yourself. All that happens is a mirror of you consciousness. All that happens has two sides, duality. The mass consciousness sees one side, that's emotional stupidity, the real spiritual individual, living enlightened, sees both sides, and is thankful for both.

# *Spirituality for Entrepreneurs Step 1.*

There are toxic thoughts that attract ill, and push away abundance. These thoughts are mentioned in most books on mind health and have been proven scientifically to cause immune system breakdown. They are anger, resentment, jealousy, criticism, hate, envy, depression and negativity. There are also thoughts that attract health and attract abundance (means people want to be around people with these thoughts) and they are; thankfulness, thankfulness, thankfulness, thankfulness and yes, thankfulness.

What you appreciate grows. This is the biggest problem for entrepreneurs. Because they are like “PAKMAN” - they begin their journey by wanting something so bad, they will do anything to get it. When they get it, or near it, they can't get out of the habit of wanting. Wanting to change the world, wanting more, wanting better, wanting to do good, wanting to give, wanting to win, wanting bigger, or less. That wanting breeds ingratitude, because wanting breeds discontent. Wanting triggers the entrepreneur to step out and try something, yet, wanting kills the entrepreneur if it always breeds dissatisfaction with what is. Wanting is the poison. Thankfulness the cure.

# *Peter*

Peter's father was a success, a man committed to wanting more at any cost, driven by the need to escape his family's history. At a very early age, (5 years old) Peter developed the wanting mind-set. Wanting more, he struggled to concentrate and was deemed ADD. (Attention Deficit Disorder). Never content, his school performance was not to his potential. After leaving School, Peter wasted a few years at university, until he found a job, a wife and took up the mantle of his father's wanting mind-set. About this same time, Peter's father had his first scare with health, and began to try to change his attitude. Peter soon became an entrepreneur, always driven by a secret desire, a wanting within him. Peter's business approach was uncompromising. Instead of deriving joy from his work, he worried, stressed and punished himself physically and emotionally. "I worked with Peter on a new motive for his work. I introduced him to the idea of intent, to come to work content, thankful for everything, including the challenges. To be thankful for everything instead of wanting to change it. With this mind-set, Peter merged his work with his desire to help the world, acting from love instead of righteousness."

# *Jenny*

As a child Jenny's trust was broken. She set out wanting to find a world where trust was valued. She sought friends she could trust, boys she could trust and, as is normal for all human beings, she gave what she most wanted, trust. By the time Jenny was 15 she had given herself to so many people, her poor heart could take no more. Her sexuality was her hook, trying to give trust to get it, but she only got more abuse. Jenny was unhappy and took to drugs as a mechanism of coping with it. This finally led to a deep depression. I met Jenny when she was 28, still suffering depressions, still feeling abused. How could she develop thankfulness for such a dark path? I explained "we inherit beliefs from our parents. The need to get trust from people, to find people to trust, comes from a deep seated lack of belief in ourselves. In nature, what we judge we breed. So in fact, in the hardest possible way, Jenny has been learning to stop asking for trust, and give it to herself" Based on this shift in mind-set, Jenny began a new career, re skilled herself over the next two years, and is now one of the most successful entrepreneurs in her field. Gratitude for her past underpins a humility, a humble appreciation of every small gift that comes her way. She will never go bankrupt with a gifted mind-set so thankful for the small things in life and work.

# *The Second Step - Spirituality for Entrepreneurs*

One of the great mental challenges for entrepreneurs, performers and artists is balance. Many describe it as the balance between personal and business life. Others as the balance between giving and getting. But the real issue is deeper than this. The real issue is the balance between contentment and ambition. Personal Presence is the mark of an individual who has mastered this balance. The greater the presence, the greater the balance between contentment and ambition. Too much of either takes away personal presence.

**Content** - Shrink your desires to meet your reality. Not wanting = Content.

**Ambition** - Expand your reality to meet your desires. Wanting = Discontent.

## *2- Content - Appreciation for Now*

To be content, means not wanting to change anything, totally satisfied - NOW. It means to shrink your desires to meet your reality. The idea is illustrated in an old proverb. We are rarely happy with what we've got and usually want what we haven't got. Maybe it is easier to be happy with what we've got, and not want what we haven't got.

Happy people, healthy people are content. They are thankful (refer gratitude) for what is, and rather than want to change things, they seek to find appreciation for them. Whether it be a disturbance in the market, a disloyal employee or global warming. A contented human (enlightened being) does not want to change anything, ever.

But, there's a downside. Contentment also leads to laziness, lack of motivation, complacency, separation from global issues and lack of responsibility for the future. A person who is content might not prepare for the winter ahead. They are so happy in the moment that there is nothing to care about. They will surely shrivel and die.

## *2- Ambition -Appreciate the future*

Ambition means to dream, to desire, want, have a drive toward the future. It is natural, we are not ripe, we are green, growing toward some future destiny. We are, in the majority not yet enlightened 24/7 and so, for some part of our day, we must desire, want and have ambition. Ambition is wanting, and without it, there would be no vision of the future, no sense of drive to achieve, no desire to change or grow or evolve. Technology would not accelerate to sustain life, people would put the brakes on an try to save the forests and the whales. We'd be sharing the planet with dinosaurs and antiques, (humans included)

So ambition is essential but it brings with it some negative issues such as greed, envy, discontent, ingratitude, ill-health, stress and unhappiness. People who are filled with ambition are rarely able to smell the roses, enjoy the ride, be thankful for life as it is. They lack the inner calm and peacefulness that causes health and good mannered perspectives. As such, people who have high ambition are often highly reactive, judgemental and harsh on themselves and the world around them.

# *Striking the Spiritual Balance*

Maximum growth - evolution occurs at the border of Order (contentment) and Chaos (desire - ambition) hence, both contentment and ambition must co exist. Both are essential. They rarely coexist in the same moment. Hence, one day we feel driven, the next we feel content. What we must, as spiritual entrepreneurs, do is to avoid the obsession with either.

Compare this to driving a car. If the fuel runs out, you go to a petrol station and fill. If the car gets dirty, you wash it. You put your car in for maintenance each year or so to make sure it's reliable. The same goes for you. If you are running out of energy, it's because you have too much obsession with the future, not enough contentment with the present. If you are depressed and complacent, don't seem to care, then you may have too much contentment and not enough vision. It is quite beautiful really. Happiness comes from contentment, and this breeds health, love and calm. Inspiration and self worth comes from a sense of purpose in life, dreams and vision. Balancing these two is called personal presence, the ability to turn up, right now.

# *Shaun*

Shaun was ill. His chest infection just wouldn't go away. Spreading to sore throats, head aches and all this, when his business needed him most. He looked tired and it was any wonder. Troubles in his company were draining him and he wasn't healthy. But what was most disheartening for Shaun was that he had just come back from holiday. He had gone away to re energize himself and come back filled with hopes and dreams, re igniting his passions. Days later, the flu had struck and now, months later, he wasn't back to his old self. "Exhaustion and immune system breakdown come from emotion, and the emotion most common to causing ill-health, is excess ambition, not thankful for what he's got. Shaun needed to work hard and fast, his only skill set was to get busy, worry about how, and work. Self sacrificial business management. I reminded him that the fastest way to anywhere was not the hardest. I suggested some gratitude exercises. I mean, he could still eat, walk, sleep and breathe. His obsession had drained him, he couldn't sustain it, he was aging fast. Dead people don't celebrate success. I reminded him that he wasn't his business, that his business was a machine, not him. I reminded him of the other seven areas of his life and to be thankful for what he had. Shaun's health improved overnight, and his business lives on.

# Mary

If you made a list of every self help guru that travelled from America to Australia in the American speaking circuit off season, you'd find their book on Mary's shelf, the after conference workshop manual next to it, and the credit card debit receipt in her file. Mary had spent enough money to house 10,000 Nepali orphans for the rest of their lives on seminars, gurus and their tapes and book sets. Devoting herself to one after the other, she kept telling friends "I found it" and after 15 years, they'd sort of lost interest. Obsessed with self change, with growth and becoming happy, Mary changed everything from the position of the lounge suite in the house to the color of her make-up. Once a wild, free spirited youth, she swung into the "I can be different" mode after a friend took her to a seminar introduction night. She crossed the line, and never came back. I explained to Mary, "you can't change yourself. Why would you want to? What is there that's not worthy of love. Self help is for people who are ill. You were not ill, but now you are. Your obsession with Self - has turned you into a person who can't live or love who they are. Truly, Mary, at the end of self help, after the rest of your money is spent, you are going to discover there is no self to help. The greatest love and happiness you can find is when you accept that the greatest love is the love you give.

# *The Third Step - Spirituality for Entrepreneurs*

After 13 months meditation in retreat I could hear an ant scurry, or a snail slide. I was empty, nothing existed within me, or outside of me, I was gone, the separation between the me called Chris, and the tree, or the whole forest was impossible to find. My ego was not shattered so much as it was expanded. I was once a person with an identity, and now, in the stillness, I was everything. Chris existed everywhere, including other people. Boundarylessness is a sensational experience as long as you don't have to earn a living. However, the most powerful experience I had was that of absolute and unquestionable certainty. Knowledge, logic and facts had no place in this realm of certainty. There is no answer to the question - why? Things just were. It was in this time, deep in the meditation of emptiness, that I learned the importance of certainty, trusting myself, and my greatest gift, the ability say "I don't know"

Certainty cannot come from logic. Logic is risk management. Essential for life.

However, true certainty is not about risk management. Certainty is not an inner voice or a message from some higher being. Certainty is simply a knowing, and when you have it, you know that you know that you know that you know. Certainty has no language, it is a knowing and that knowing is normally a picture within your heart.

From my experience since that awakening I have come to realize that 99% of the questions people ask are trivial. And the other 1% are a waste of time. We ask questions because we do not trust a certainty that is based on nothing, emptiness. We ask for numbers and logic and rationalizations. We even ask people to lie to us so that we can hear what we want to hear, and bypass what we really know, but don't like.

Intuition is a shallower form of knowing. Intuition is based on the past, our emotional history affects our intuition causing it to be predictive, risk averting, protective. But certainty has no why, no how, no reason, no logic. It is simply a knowing. Certainty is beyond the head where people argue for righteousness - trying to rationalize their behavior, act good, be good, think good. Certainty has no good, or bad. Certainty is the mark of all great leaders, a knowing, action with intent, detached from result.

# *Certainty*

The art of mastering certainty must come from the opening of the human heart. It is through the human heart that certainty can be felt. This heart is not the physical heart but an area in the center of the chest where action from below and inspiration from above collide.

There is only one sure way to open the human heart. That is that art of stillness. Stillness is a mindless state in which an individual's ego is expanded and therefore becomes lost. It is the diametric opposite skill to the development of values based leadership, personal strengths and weaknesses and the accumulation of knowledge of any sort. Knowledge, whether it is about human rights, weather patterns, rocket science, religious history or metaphysics is the impediment to the art of stillness. Even worse are emotions and the physical hunt for pleasure and comfort.

Stillness is therefore the art of certainty. An emptiness, the void, the place we fear.

Stillness, however, is not passive. To find stillness requires huge discipline, application and commitment. It can be found by force by sitting in meditation and learning the art of observation rather than reaction to, emotional mind noise. In properly taught meditation (which is extremely rare) the body is placed in a position in which no movement is allowed. Dead still. Once the container is controlled, it becomes obedient to its master, the mind. Now, we must still the mind and this is achieved in several ways. One is to fill the mind with a single thought. To chant it, hear it, taste it, think it and see it. The senses fill the mind with a single harmonious thought and that in itself causes the mind to expand beyond human identity.

There is another technique however, one that is a form of meditation in everyday life. This stillness is achieved instantaneously, and with practice, anytime, anywhere. It is the art of mind control. Your ego can only function in the presumption of better or worse, gooder or badder, nicer or worser, happier or sadder. The Ego can only exist in a world of comparatives in which it, the observer is separated from that which it doesn't like. (or wishes to be separated) Hence, there is a technique called compassion, in which these separations can be dissolved and stillness achieved, instantaneously, anywhere, any time, but first, you'll need to get past the blockage of your ego mind.

# *Spirituality for Entrepreneurs - Finding Stillness - Certainty*

We have said that certainty comes from emptiness and that emptiness comes from stillness. For the entrepreneur, this is a vital skill because without certainty there can be no inspiration and without inspiration there can be no true leadership. Leadership based on logic, math, fact and emotional games (like psychology and personality tests) is flawed and manipulative).

We have mentioned rarely taught techniques for meditation and warned that most meditation is taught by unqualified teachers or those with religious or spiritually distorted ambition. We have warned of the dangers of seeking stillness through any form of bliss deriving, pleasure seeking, righteousness supporting, ego development. Such things are called the new age, and they are a complete dilution and prostitution of the real purpose of meditation. Simply put, any idea of achievement attached to meditation (including enlightenment) is a complete contradiction, a farce.

# *Mobile Meditation - Stillness on the Run*

Split a lemon what have you got? Two halves. Split a half lemon, what have you got? two halves of that half. Split a quarter lemon and what have you got? Two halves. Continue this process. You'll eventually get molecules, (with a small enough knife) and split a molecule and what have you got? Quarks, quasars and keep splitting. No matter how many times you divide anything, there are always two sides to it. This is absolutely true everywhere in the entire universe, except one place. The human mind.

Your mind, your ego mind, has seven layers. The most primitive layer splits things the most, in other words your primitive mind can see either really bad in something, or really good. Like an on off switch. Black and white. This is the mind of many entrepreneurs whose obsession with success, and fear of failure, drives them, in a primal way, to eat, kill the opposition and win at any cost. Fear of the future, Guilt and anger at the past. Cave man lives in the heart of every fundamentalist.

## Mobile Meditation - beyond the fundamentalist

Fundamentalism is the motive force behind much success. It is aggressive, stressful, competitive, ambition at any cost. Here, the individual, their ego and their personality is hooked into the outcome of their business or career. The terrorist who throws a bomb is no different to the entrepreneur who is driven by righteousness. One does the world physical harm, the other, mental and emotional. Many do good people walk the planet condemning this, condemning that, pointing out the bad people, the injustice people, these do good people are fundamentalists who, in their ignorance, have taken up the mantle of knowing what is best for everyone. Environmental terrorists are operating from the primal brain, people stuck in their ego, simply trying to be right. Belittled in childhood, trying to be right in adulthood.

This is the battle we all have in learning the art of stillness. First we must see our own primal mind, always wanting to impart its ego, righteousness on our life and the world. This is the body and emotional mind doing what comes natural. Seeking to be right, better, safe and above.

Mobile Meditation - Seeking truth in every moment.

Everyday enlightenment is possible if you can rise above the continuous and natural taunt of your body (seeking pleasure and avoiding pain) and your emotional mind (seeking to be right, better, safe and above).

Everyday enlightenment means to see the order in the chaos and it is as simple as this. Take an emotion, like anger, and look at the good in it. Find the benefit. Take an experience and find both good and bad in it. Balance your mind-set. Take a global issue and see the two sides of it (get above the mass hysteria). Everyday enlightenment, stillness in action, mobile meditation is the art of seeing double. Just like the lemon, every action has a reaction, every good a bad, every bad a good, every wrong has a right and every right has a wrong.

Your mind has a primal part (right or wrong extremes) and has an enlightened part (right and wrong in balance) think balance, find stillness and remember, stress comes from lopsided perceptions, imbalanced thought. You control this thought, if you choose.

# *Paul*

A sports star come business executive, Paul knew how to take risks. His prowess as a racing driver has taken him to number five in the world. Now, 20 years on, he was running his business just like he drove, simply to win. Paul was a visionary sort of guy, he could dream up the future for any company, including his own. But his ability to put things into practice was less than ordinary. A visionary without a rocket, a racing driver without a support crew. Uncertainty was Paul's nightmare. That same man who was so ambitious to become world champion, was still running his company, mentally desperate to cover up a deep sense of forboding, an insecurity, a belief that he was not going to make it. People described Paul as a great bloke but hyper active. And how could he sit still? His fears might be realized. I explained to Paul "Finding inner confidence does not come from achievement or wealth. Anything that you can loose or put on a mantle piece, cannot form the basis of security. Frankly, the more you have the more afraid of loosing it you become. Real confidence comes from certainty, and the greatest certainty is that you know nothing, own nothing, will amount to nothing (death is inevitable) and with all that, it's ok. Nothing to win, nothing to prove, emptiness is the fullness we all seek. Paul practiced and learned certainty.

# *Susan*

An engaging woman, Susan was a single mother and an entrepreneur. An amazing balancing act in anyone's language. When I met her, her mind reminded me of a bottle I had once seen in which bees had gone in looking for the honey, and couldn't get out. They flew at the glass, they flew back again, they flew at each other, they flew into the honey. Susan's mind was like this bottle of bees. Thoughts, ideas, worries, fears, hopes, ambitions, concerns. Emotions changed by the minute, so much happening, so busy, so responsible. All this made Susan vulnerable. Vulnerable to those who could take a few bees away at a fee, vulnerable to men who could calm her by taking away some of the worries, vulnerable to her own emotional swings. She'd even tried medication. Emotion comes from a way of thinking. Worries, anxieties and fears exist in every mind, how they affect us, depends totally on how we think. I explained to Susan "trying to find a solution that is best is like trying to find an elephant with six legs. All answers, all actions have an upside and a downside. Religious thinking of good without bad is how we control the masses, but you, Susan, you are an entrepreneur and you can't think like that, otherwise you can't serve them. So, I helped her see that by finding stillness and certainty, she could let go of right, and just do with good intent"

# *The Forth Step - Spirituality for Entrepreneurs - Love*

An entrepreneur has to love their work and if they do, their work will love them back. But false expectations kill that love. The love of anything does not mean, as hippies wished, the lack of challenge. In fact love is the balance of two opposite extremes, the synthesis of all emotion, the balance of support and challenge.

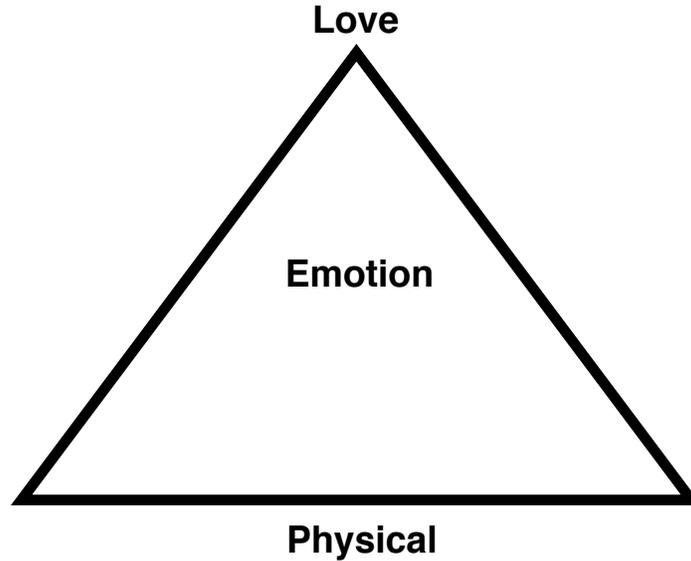
to love anything, especially your work, you'll need to welcome the good news and the bad news with the same enthusiasm. Support and challenge are two halves of love. The ego wants support, peace, happiness, nice, flower power. This is the ego, wanting to become the God you worship. Me, my, I, us, me. The desire for pleasure is the desire for bliss, wealth, comfort, goodness and self preservation. The real worship of a higher power comes from action. When we can embrace challenge and destruction with the same energy that we celebrate creation, we know God. In the real world it means having a purpose in life greater than self satisfaction.

Beyond the Ego - Love is the forth Mind-set for Spirituality for Entrepreneurs.

Learning how to love means learning how to separate your ego (seeking pleasure) from love (unconditional appreciation). We can love many, many people, but we can't marry them all. We can have many many children but we can't own them. WE can do many many things but we can't reap or control the result of our work. We can love the world, but we can't stop its evolution. (creation and destruction)

To love - really unconditionally love our work or our partner, we must know the difference between emotionally attached (seeking gratification from something or someone) and loving them. Love seeks no reward, wants no return, love comes from the heart that is appreciative and thankful, full, content. Emotion comes from the mind that wants. In a relationship with another person wanting them, marrying them, expecting them to be who you want them to be is naive love, emotional love, unsustainable love. Loving someone, unconditionally, really means to let them go, to appreciate them for who they are, to value them without wanting anything, including the desire to help or change them. It frees you to say "I commit to love you forever, but not stay in a marriage with you. Two separate topics. Love and emotion (wanting)

*Love - Building the foundations for  
Success*



Although the capacity exists for every human being to function with unconditional love, few do. The reason for this is that people can't differentiate between the attractions of emotions, physical and love.

If you build a house, I am sure you'd spend lots of time working on the foundations right? Because your new TV set is going to fall through the floor if the house foundations are not stable. But in the world of spiritual living, many people build the roof first. They jump into meditation and yoga and read books about ancient yogi's before they have money in the bank or stability in their emotions.

All three areas are equally important. Physical needs, emotional needs and spiritual needs are all vital in the construction of a good life. Love is without emotion, emotion is without love, physical needs are without emotion. For example \$100 in the bank won't stay there long if emotions are allowed to manage it. Good health will not be sustained if we let emotions (do i feel good?) rule how and what we eat and when.

So this hierarchy is important.

# *Love - Building the Foundations for success*

There are seven separate and individual areas of life. So there are seven opportunities to grow, and seven opportunities to fall. Hence there are seven foundations for success. 3 Masculine. 3 Feminine. 1 androgenous.

Masculine areas of life are not limited to men. However, most people with 51% hormones in the male side might say they are their most important values.

Feminine areas of life are not limited to women. However, most people with 51% of hormones in the feminine side might say they are their most important values

Education, books, new age has confused this natural balance.

# *Love - Building the Foundations for success*

## **Masculine areas of life are;**

1/ Money

2/ Mind (knowledge)

3/ Career

# *Love - Building the Foundations for success*

## **Feminine areas of life are:**

1/ Health

2/ Relationship

3/ Family

# *Love - Building the Foundations for success*

## Building the Foundations

It doesn't take much to build a foundation to rise above financial needs. In Nepal I meet people who have a few rupees and aren't needing more. But as time progresses, their expectations change: TV, tourists, electricity and education (including Mormon missionaries) come to the mountains to reveal a comparison. With this, expectations change, and suddenly, a happy, primitive, content family, can become desperate for more of everything. One could, I assume hide in a cave and be content, but there would be little growth in that cave dwelling consciousness. So, we are all challenged to grow, to continually improve the size and quality of our foundation. Jumping to spirituality without this foundation is using spirituality as an anti depressant. A find alternative to Prozac, but ultimately, not sustainable. Real Spirituality is build on an appreciation for life, not the desire to escape from it.

# *Love - the Ultimate motive*

Love - the balance of support and challenge is the ultimate motivation. Here are some affirmative statements to remind you of how to stay inspired in your business, career.

Spiritual - I am not my work

Mental - Gratitude is not dependant on me getting what I want

Health - My body is not me. It is a machine and the wellness of it is not an option

Social Life - My social life is not my work

Relationship - My relationship is the emotional foundation for love at work

Financial - Money is separate to work. Keep risk separate.

Career - Career is separate to my financial foundation

# *More*

My dedication is to open hearts to better ways of working and living. The process is often exacting. Our ego becomes our reality and there's plenty to feed that myth. If you are ready to live above the line, to step out from the mass consciousness and live with higher consciousness, then I offer a series of workshops, consultative process, keynotes and retreats in which I share the skills. The longer the program the deeper the opportunity.

If you are interested please contact our web site at <http://www.chriswalker.com.au> or phone our office (Australia ) 02 93283198 or International 61 2 93283198.

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Chris Walker