

# THIS IS YOUR LIFE

**How to Create the Life You Want to Live  
by Choosing to Evolve**

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**A Life Well Lived  
~ Book 1 ~**



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*Illustrations by Peter Poppele*

## **THIS IS YOUR LIFE**

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Illustrations by Peter Poppele

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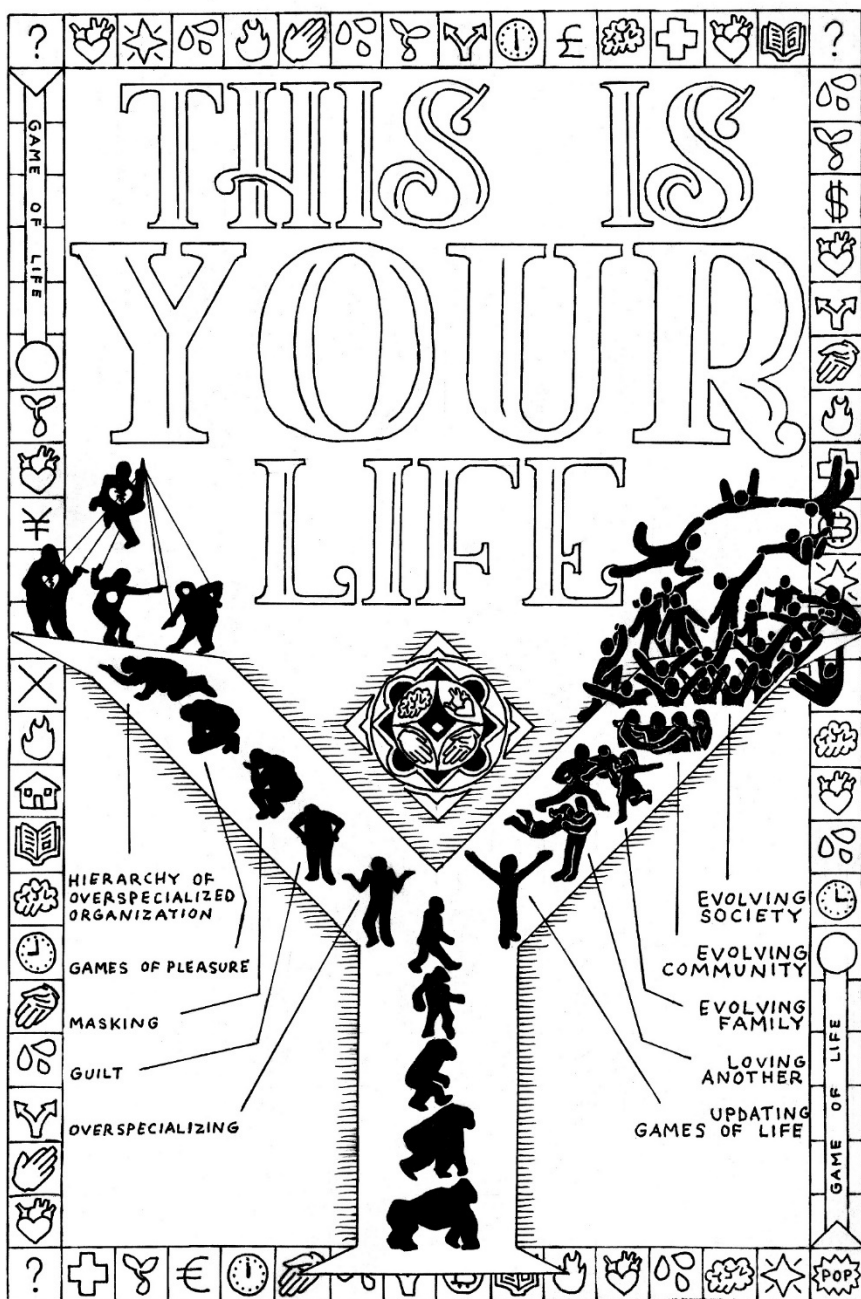
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# Opening Letter

*Dear Friend,*

I hope you understand me when I say that even though I may not know you, or I may never have the chance to meet you in person, to laugh with you, cry with you, hug you, or miss you, I have written every word because I believe in you. I believe in the whisper of ideas that lives buried in your mind, the small flames of enthusiasms that live in your soul. I know they are the blueprint of what you are here to do. They are your challenge, your mission to create in this life, your purpose, your way of loving all those you love and helping them and the world become better. By creating in the real world the ideas that make sense in your smartest of minds, the fire that lives in your bravest of hearts, and the truth that lives in your deepest of souls, you give our world what it needs from you. That which only you can give. You.

In all we say and do, we are being asked questions. No one else can tell us what those questions are or how to answer them, because only we know what makes sense and feels right to us. All we can do is support each other in facing those questions, and help each other in answering them. And that is the point of this book.

Part 1 of this book focuses on analyzing the questions that are being asked of me, and I believe may also be part of the questions being asked of you.

Part 2 focuses on solutions that make sense, feel right, and are working in my life and world, and may in yours as well.

The words written are ideas that have lived and been developing inside of me since I was young, before I was brave

enough to share them even with myself. I now share them with you so we can begin to whisper together. Some of what is written may resonate with you greatly; other parts may not. If you read a question or solution and feel it doesn't apply to you at all, or if it upsets you in any way, maybe it's a sign to look into it deeper, or an opportunity for you to give me feedback and help me update where I am mistaken. I hope we can come together to answer the questions being asked of us, and by doing so, create a better world than has ever been seen.

*Kenton Lion Heart*  
*This Is Your Life*



May you be blessed with the discomfort at easy answers, half-truths, and superficial relationships so that you may live deep within your heart.



May you be blessed with anger at injustice, oppression, and the exploitation of people so that you may work for justice, freedom, and peace.



May you be blessed with tears to shed for those who suffer from pain, rejection, hunger, and war so that you may reach out your hand to help them change their situation and turn their pain to joy.



May you be blessed with enough foolishness to believe that you can make a difference in this world so that you can do what others claim cannot be done.



**PART 1:**



**PROBLEM**





## CHAPTER 1

### Agreeing How to Live

**E**very idea about everything in life is like a seed. For it to take root in the soil of our minds, we have to agree to it consciously or subconsciously. **Agreeing** to something is to accept it as true, to say 'yes 'to whatever the idea is or what the agreement is about. We agree to who we are, what we can and can't do, how we feel about things, who and what is important, what we do with our time and energy (and who we spend that time and energy with), what we want and need, and how we need to behave to get what we want and need. Since the moment of our conception, we began to make agreements about everything in life and our relationship to it. There are some conditions or situations that we are born or put into, but we can always make agreements about our attitude and how we respond. For example, I cannot agree whether or not I have naturally straight hair, but I can agree to straighten or perm it.

Whenever we see a behavior that works in getting a

## AGREEING HOW TO LIVE

desired result, or hear an opinion about our world or about ourselves and we believe it, we consciously or subconsciously make an agreement with ourselves that this is how our world is and who we are in relation to it.

"I agree that in order to not get yelled at by my dad, I need to clean my room and take out the garbage."

"I agree that when I hold a ball in my hands and let it go, it will fall to the ground. Because of this, I agree that gravity exists."

"I agree I need money to live, so I work at this company to make it."

With so many ideas coming at us all the time, how do we know what to focus on and agree to and what not to? We learn this in a similar way to how a puppy learns, with positive and negative feedback. Someone says "sit," and when he sits, he hears a smiling voice saying "good puppy," accompanied with a treat and a rub on his head. This response makes him feel good, so he agrees to repeat this behavior in the future. But when our puppy pees on the carpet, he hears a frowning voice yelling "bad dog," accompanied with no treats and with harsh movements. He learns to avoid this behavior.

What we as humans agree is *good* in our life is what we were "smiled at" for by those who were important to us growing up, the behaviors that caused our family, friends, and teachers to like and accept us. We made agreements with ourselves that this behavior is good and will help us get what we want, so it is best to repeat it. "As a child, when I got a good grade on my test, my teacher, Mom, and Dad were happy, so I wanted to get good grades."

What we see as *bad* in our life and in the world is what we get frowned at for. "When I say *bad* words, adults don't like it, so I try to be polite in front of them." The behaviors that

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caused our family, friends, and teachers to dislike and reject us is what we learned not to repeat, not think about, and avoid. We made an agreement with ourselves that this behavior is bad and doesn't get us what we want, so we'd better not do it again.



This is why often what the people we see as important agree is *good*, we learn to agree is *good*, and what they agree is *bad*, we learn to agree is *bad*. Through this learning process, we make agreements about what is beautiful and what is ugly, what is safe and what is dangerous, what is allowed and what is not allowed, what is possible and what is impossible. If we grow up in a family that agrees it's best to use chopsticks to eat, we will most likely agree to use chopsticks to eat. If our father agrees that it's important to stand up for ourselves, we will most likely agree not to let others pick on us. If our parents and their friends have tattoos, we have a good chance of agreeing this is attractive. Our agreements form how we

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see our world, our consciousness, our reality, our awareness, and how we interact with them.

The first time we make an agreement, it is fragile. The roots only go so deep. But each time we do the behavior, or we see someone doing the behavior and they get the same result, the positive or negative feedback is reinforced, and we agree more and more that this behavior will produce the result. This is like adding water and sunlight to the sprouting plant, and the roots of the idea begin to go deeper. Our agreements are built in the same way we build muscle while exercising. The more direct and simple the movement is to the specific body part, and the more intensity we put into the movement, the less amount of repetition needed for the muscle to be built. The more direct and simple the agreement is to the reward or punishment, and the more intense the reward or punishment is to us, the less amount of repetition needed for us to agree. We only need to touch a hot oven once to agree never to do it again. But learning how to make the right agreements about how to use the oven to cook in a way that others agree is tasty often takes much trial and error.

With enough intensity and practice of our agreements, our subconscious eventually takes over, and we can produce the behavior without thinking about it, like riding a bike. When we first begin to ride a bike, we have to focus really hard on agreeing about how to ride in a way that will not lead us to fall over or crash into things. But with enough practice or intensity, the agreements of how to ride successfully become fully logged into our subconscious. We don't have to consciously focus on riding a bike anymore and can do and think about other things while riding.

Growing up, we make thousands of agreements like this



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that are now rooted deep into our subconscious. All day we repeat behaviors that we agree to without consciously thinking about them. This frees up our conscious mind so we can pay attention to other things. When a familiar situation presents itself, our mind scrolls through our agreements of how to get the result we want, and we automatically do the behavior to get the desired result.

With enough repetition of the behavior, or intensity of the memory, we eventually fully agree that the behavior will produce the desired reward or unwanted punishment. We now have full-grown agreement trees, rooted deep in our mind. The younger and less experienced we are, the more sponge-like we are, soaking up the behaviors of others and easily agreeing to things. But for many of us, as we get older and more experienced, the soils of our brain become less fertile and accepting of new seeds of ideas, and the more difficult it is for us to make new agreements or change the ones we have.

"I agree this is who I am. This is how the world works. This is the point of life. This is how to be successful, and this is not. I agree I can do certain things, and some things I can't do. I agree this is reality, that is fantasy, this is possible, that is impossible, this is good, that is bad."

Over the years, we make agreements for all that we think is good or bad, all we like and dislike, all that we want to experience again and don't.

All of our agreements of how to live come together in a system that dictates what and who we agree to put our time, energy, money, and life force into, and what we agree not to. When others believe in similar things, we feel connected with them, and when they don't, we don't. This is what we commonly call our **Value system** and **Code of ethics**. They

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are our forest of ideas, our system of agreements about how to live that guide all we say and do.

The agreements we think are good and hold ourselves to, we commonly call our **Values**. "I agree being honest is good" is an example of a value. What we and others in our community agree is good and hold each other to are what we call **Ethics**. "I agree that everyone should be honest" is an example of an ethic. What we and others agree we can be penalized for breaking by an authority are what we call **Rules**. "I agree I need to be honest with my parents" is an example of a rule. Our parents' house rules are what we agree are our guides for how we behave in our home.

What we and others agree we can be penalized for by governments are what we call **Laws**. "I agree I need to be honest when in court" is an example of a law. The government's books of laws are what we agree are our guides of how to behave in society. What we agree we can be penalized for breaking by a God or Gods are what are often called **Commandments, Precepts, or Sharia** depending on where we grew up. God's 10 commandments, Buddah's 5 Precepts, or the Islamic Sharia are what many agree to be guides of how we live in the world. "I agree not to bear false witness" is an example of a commandment. These agreements of how to live guide all we say and do and are often how we define what is a *good* person. What we think of as a **Good person** is usually someone who consistently lives up to our agreements. What we think of as a **Bad person** is someone who consistently breaks our agreements. **Sins** are anything that go against, or break, our agreements of what is *good*.

But what happens when we find out there is a *better* way of doing something that is different to the agreement we made? Or if we find that what we agreed is *good* may actually

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be hurting ourselves or others? Or when we discover that what we agreed is *bad* is actually *good* for us and others?

In some areas of our lives, we agree we can update our agreements to the ways that work better. To **Update** literally means to bring things up to date by adding new information or making corrections. But we also made agreements about some areas of our lives that we have agreed we cannot update. We agree that some of the agreements we made are stuck as they are. They are **Non-updatable**.

### NOTE TO READER:

See the Keywords section at the back of the book for definitions of keywords in **bold**.

Also, I hope that as you read, I do not cause you to feel distraught if any of what is written in the next few chapters applies to you or those you love.

Parts of this seem to apply to most of us, if not all.

Part One of this book focuses on general problems so we can create solutions.

Part 2 is about the solutions that we have found to work in our situation.

Please skip there if it feels right too.

You can always revisit any parts of the problem section whenever it helps to do so in your specific situation.

Thanks for taking the time to go into the depths of our souls and the soul of the universe with me.

It makes all the difference in the world.

## QUESTIONS WE CAN ASK OURSELVES

(Go to the Choose to Evolve **Workbook** in the back of the book if you want to write down responses.)

- What are my deepest agreements about what is *good*?

Example: I agree it is good to focus on making money.

- What are my deepest agreements about what is *bad*?

Example: I agree it is bad to be boring.

- What opinions about myself do I agree are who I am?

Example: I agree I am an introvert and shy.



## CHAPTER 2

### Non-Updatable Agreements

**A**ll progress that has ever been made is by a question being asked or a problem being found, and a solution discovered or created in response, which we then update too. In the 16<sup>th</sup> and 17<sup>th</sup> centuries, more and more humans began to agree with this way of creating progress, and we learned to apply it mostly to the physical and biological parts of our life and world. This has become known as the scientific revolution, which has led to huge advances in physical and biological technology that are still ongoing today, exemplified by our improvements in internet, cellphones, and ever more complex medicines and surgeries. Often when we come across problems and contradictions in these areas, or we find a better way of doing something within them, we can solve and update them.

But there are areas of our life that the scientific revolution did not touch upon, and with or without us being aware of it, we have agreed we *cannot* update certain ideas in other parts of our life. These are often the agreements we make about our

## NON-UPDATABLE AGREEMENTS

psychological and social world. For example, our belief systems for how we live our lives and how we manage our families, businesses, and countries. On a large scale, many religious organizations, business corporations, and political groups feel some agreements they maintain that are core to their belief systems cannot be updated. It is commonly agreed that some of their agreements are "just the way they are, and everything there is to know about them is already known; no need to ever question, test, or update these ideas, ethics, or laws."

It is often agreed that the way to do something within these areas is "the *only* way that it can be done or thought about. It can't be changed or improved on, so no need to even think about trying." Within these areas of life, it is commonly agreed that if the systems of agreements created by Jesus, Muhammad, Buddha, Confucius, Marx, Jefferson were unable to solve problems of famine, disease, poverty, and racism, how can we expect to do so? It is often agreed that inventing new ways to solve problems, updating the systems, or making new agreements in these areas are at best foolish, egotistical, or naive, and at worst evil. Think about what would happen if you questioned or tried to update the main belief systems that guide how to live and what to believe based on where you are currently located. What would be the result?

Many agree that humanity's difficulties are not caused by problems with the agreement systems that run our world, but it is rather the flaws in our human nature that cause our troubles, and our humanity is something that we cannot update. It is not the problem of our agreements, but the problem of who we are as a species. At best we can find and create ways to protect us from *ourselves* or *others* better. To do

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this, within our current systems we need more laws, more rules, more agreements. Often any attempts to question or update ideas within the systems of our psychosocial world will only lead to harsh negative feedback: being made fun of, punished, outcast, or abandoned. This leads many people to agree that these areas of life cannot and should not be updated.

On a smaller scale, many of us have made agreements that we agree can be updated, but not by *us*. We agree *we* can't be the one to solve a problem or contradiction or create a better way, but someone wiser, someone who *knows better* can. This may be a parent, a doctor, a teacher, a lawyer—someone with expertise, power, or authority. We agree they have enough understanding and the ability to think critically about certain areas and can change, improve, and update agreements about these subjects, but we can't. With certain agreements in our lives, we agree we can't think for ourselves, can't question, can't make changes, can't make them better, can't do the research, and can't compare and contrast. We settle for "this is how my mom and dad always did it. I'm sure they had their reasons," or "this is true because the doctor said it is," or "if the experts don't know about it or haven't mentioned it yet, it's probably not something important to waste our time on."

On a personal level, many of us have agreements we agree are so difficult to update that it *seems we can't*, like our addictions, *bad* habits, or rules and laws we follow. Many people who disagree with smoking cigarettes, smiling awkwardly when uncomfortable, eating until overweight, or updating rules and laws, find it so difficult to update them that it *seems we can't*, so we agree not to even try. Or after a few attempts at changing, we agree to give up, giving ourselves a pat on the back saying "at least I tried."

## NON-UPDATABLE AGREEMENTS

We have other personal agreements that we agree we cannot update because we or those we love could *potentially be hurt* by questioning, changing, and updating them, no matter how obviously wrong they may be. Imagine being born a few hundred years earlier in a world where the agreement was commonly made that people of darker skin color could be *owned* by people of lighter skin color. This agreement was so commonly accepted in some places that it became a law. Being born into this system, we would be taught to honor our agreement and abide by the law, but by doing so we are *hurting* ourselves or others. By *breaking* this agreement, we are helping ourselves or others to be free. So why not update this agreement?

Because like many agreements that we have made, we have become *safe* within them. We have created our identity of who we are within them. We have built our careers, our families, and our social status within them. We have created our whole lives within the context of these agreements so that even if we feel there is a chance they are *wrong* and there may be a better way, we stop ourselves from questioning and analyzing the problem too much, because to change the agreements could potentially cause more problems and danger to ourselves and those we love. So we often just accept that this agreement is just the way it is, and there is nothing we can do about it.

Whether on a large scale or personal level, most of us have at least some agreements that we have agreed we cannot think about, question, or update. It's often easier to see others 'non-updatable agreements than it is to see our own. **Non-updatable agreements** are ideas that we have accepted that we agree we cannot update. It is easier to see our simple non-updatable agreements we have, our bad habits like biting our



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nails, rather than seeing the deep non-updatable agreements that are controlling how we live. This is because the more important the agreement, the deeper the fear of "what happens if I do question what I have accepted to be non-updatable, and find out I was wrong?"



How will this impact my life and the lives of those I love? What will be the consequences of this new way of thinking? No, better to be safe than sorry."

Most of us can feel that there may be some areas of our life where we may have some non-updatable agreements. Even if none come to our mind clearly right away, we can sense that in some ways we may be avoiding areas of our life and playing it safe. This is because for many of us, we have—with or without being aware of it—trained our conscious mind *not* to think about the areas of our life that we cannot update so we can go on living happily.

To do this, we have agreed to more non-updatable

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agreements that serve as defense mechanisms in order to stop us from thinking about the areas of life we don't want to think about. They serve as electric fences with signs that say "Beware of danger," surrounding the trees of our deepest non-updatable agreements that live deep in the forests of our mind. These fences are **Defensive non-updatable agreements** that we have made to protect us from receiving the negative feedback again that we have previously been given in our life.

Maybe when we were young, we were made fun of for the way we danced, and we made the agreement "it is embarrassing to dance." To protect us from feeling this hurt again, we made the agreement "I don't like to dance." Any time we think about or are asked questions about dancing, we get a zap of negative feedback expressed by a twinge of discomfort in our gut, reminding us not to go that way or we may be punished or hurt again. In our conscious mind, all we know is that we don't like dancing, so we don't dance. We have agreed to the fences of defensive non-updatable agreements to protect us from being hurt again. Often when we are triggered to anger by something someone said or did, one of our defensive agreements may be being touched upon. Meanwhile our deepest non-updatable agreement of "it is embarrassing to dance" gets buried further and further into our subconscious every time we agree to avoid it, and we dislike dance all the more.

This is how we deal with nearly all of our deep non-updatable agreements, no matter how personal or large scale. Everyone we know may avoid them or agree not to mention or question them, and so we have learned to as well. It has become second nature to live life without and/or within these areas and limitations of what can be talked about and what cannot. We create ways to live alongside and within the

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common non-updatable agreement fences of our culture. Our **Culture** is the characteristic features of everyday existence made up from the common agreements of most of the people of where we are.

When some of our non-updatable agreements are so obviously in our face that we are forced to face them, we often solve the problem by saying, "There must be something I'm missing. I don't fully understand all of it. I'm not smart enough. There is no other way, so this must be the way it has to be. Others understand why  $2+2=5$ , and I trust them."

We see examples of this every day. With our diet: "I love animals, but I agree to eat meat from companies that treat animals horribly because I need meat for the nutrients that I can't get anywhere else." With our education: "I hated school, but I send my children because I agree that's the only way they can get a good education." With our dreams and love life: "I agree people can find true love and create their dreams, but I can't right now." With our relationships with friends: "I believe we should all be honest and real, but I will never tell anyone some things about me because they could never understand." This is what we call **Cognitive dissonance** or **Double think**, believing in two contradictory things at the same time in order not to be stuck on a problem so life can go on. Many of us subconsciously agree to double-think any time our agreements that are contradictory are one of our non-updatable ones.

Our agreements do not need to be updated all the time. We have many that are great and work well, and many that do not currently need to be updated. But in order to have progress and growth in all areas of our life and world, it is necessary that all of our ideas and agreements *can* be open to be questioned, tested, and updated when need be. In any

## NON-UPDATABLE AGREEMENTS

areas of our life and world that we have agreed we *cannot* update, we will eventually experience freezing and clogging, leading us to get stuck in certain ways of living and **Overspecialize.**

## POSSIBLE NON-UPDATABLE AGREEMENTS THAT WE MADE

I agree there are certain things in my life and world that cannot be questioned or updated.

## QUESTIONS WE CAN ASK OURSELVES

- What agreements have I made about what is *good* have I agreed I can't question, change, or update?

Example: I agree that the best way to come to a decision as a group of people is to do a majority vote.

- What agreements have I made about what is *bad* have I agreed I can't question, change, or update?

Example: I agree that people are naturally bad and need laws to keep society safe and organized.

- What opinions about myself do I agree I can't update?

Example: I agree I am not good at math, because no matter what I do, I can't seem to learn it.



## CHAPTER 3

# Overspecializing

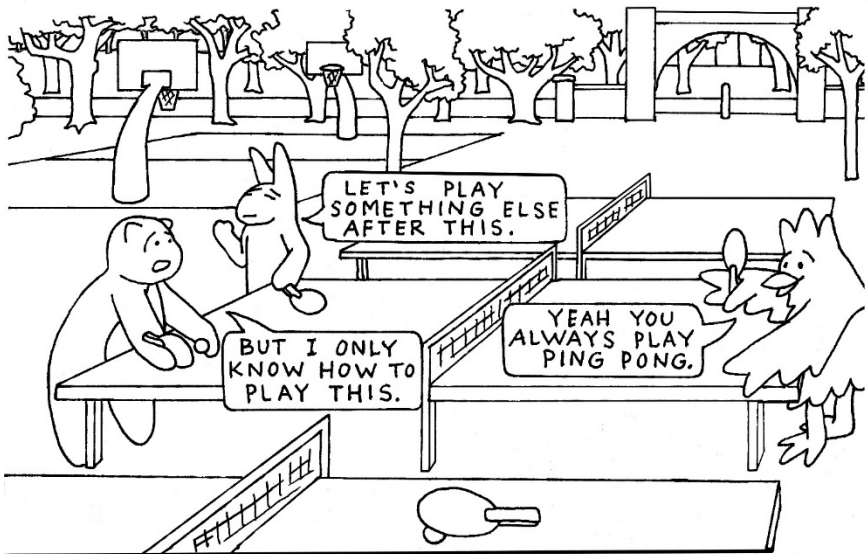
**S**pecializing is something that allows us to focus in on an area of life, practice it, and learn it well. It is essential in our learning process. But if we specialize in anything for too long at the expense of learning and practicing other areas, it can lead to long-term trouble as our overall intelligence and ability in other areas is decreased. We can spend too much time, energy, and money on some areas of our life and not have enough left to put into others. The more we specialize, the more we learn about and do what we know most while increasingly ignoring what we know least, developing a depth of knowledge in a few areas at the cost of being increasingly ignorant in others. We become good or even great at a few things, while we don't know how to do the rest.

This is a phenomenon that we see in the history of our world that has led many species to extinction. **Over-specialization** is when an individual or species does

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increasingly more of the same thing, eventually lowering its ability to change, adapt, innovate, and update. It knows more and more about less and less until it knows everything about nothing. It can only repeat the same old behaviors that are common to all members of its species, becoming a total conformist within its specialties. An individual, group, or species that overspecializes can get what it needs from a few sources, in a few ways, very efficiently, but it can only survive in this narrow range of situations and environments. When the times change, the animals cannot change with them, and disaster awaits.

This is exactly what happens to us when we are only able to update agreements in certain areas of our life, but not in others. We overspecialize in updating the areas that we have agreed we *can* update. The areas of life we have agreed we cannot update, we ignore or overspecialize within the limits of what we have agreed we can do, using old ways that have worked in the past, never improving them.



## OVERSPECIALIZING

Times change, and we can only change with them in the areas that we agreed we can. The areas we can't, we are on the same path as the dinosaurs and billions of other species before us. Every step that we as individuals and a species take toward overspecialization is a step toward a scary future, because even a slight shakeup in what we need to survive can cause us great trouble. What would happen to those who live in a city if the water stopped running to their sinks, or if food stopped stocking up in the grocery stores?

How do we know what areas of our life we are overspecializing in? We can think about what it is that we focus on each day, and what we avoid. What is important for us? What is not? We can see the areas of life that are outside of our specialization anytime we stop ourselves or others from questioning, thinking, or talking about anything. We run into the barriers anytime we are forced or force another to do or not do anything. Anytime we feel afraid, angry, or are triggered at someone saying anything or challenging our point of view. Anytime a conversation is shut down. Anytime we keep new ideas or secrets from others, or ideas are kept from us. Anytime we lie to ourselves or others, and we do not give honest opinions about how we think and feel.

Driving our overspecialization are our non-updatable agreements. Many of our current systems of our world, big and small, have some core non-updatable agreements that cause us to overspecialize. This creates a world in which most cultures praise the very overspecialization that is hurting us. We are "smiled at and given a treat" when we play the right sports, learn the right subjects, do the right jobs, say the right things, look the right way. As long as we believe what everyone else believes and agree to what others agree to,



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doing with our time what is agreed is okay to do with our time, we are rewarded with varying degrees of social status, wealth, and acceptance.

This positive feedback for overspecializing creates a cascading effect. The more we overspecialize, the more we are rewarded for it, the more convinced we become that we cannot and should not put our time and energy into updating certain areas of our reality, the more deeply we believe that we cannot survive without our agreements about how to live being *exactly* the way they are now, the more we are willing to *fight* and *defend* our current situation and the very overspecialization that is hurting us most. This leads us to live in a world where most of us "frown and yell" at each other more and more boldly when we try to question and update things that we have agreed are not allowed. Anyone who is brave enough to try to update the norm can expect to be constantly punished until they behave in ways that are the "normal" overspecialization of the culture of where we are. When we and others do not specialize enough, we find ourselves and others **Guilty**, leading us to overspecialize even more.

## **POSSIBLE NON-UPDATABLE AGREEMENTS THAT WE MADE**

I agree it is good to sometimes overspecialize in certain areas.

### **QUESTIONS WE CAN ASK OURSELVES**

- What are certain areas I agree are good to overspecialize in?

Example: I overspecialize in my job as an accountant, counting money and numbers 40 hours a week, but I make a lot of money.

- What are certain areas I agree it is bad to overspecialize in?

Example: I overspecialize in getting drunk with friends every weekend when I don't have to work.



## CHAPTER 4

### Guilt

**A**s was shown in the last chapter, the times change, *we change*, and some of our agreements do not change with us. Because of this, they may no longer be the best way to lead us to get what we want and need in our specific situation. We end up following some of our agreements because we feel we *have* to. And like most things when we feel forced, whether out in the open or in secret, sooner or later many of us break some of our non-updatable agreements to get what we want and need. Or we break them by simply being *ourselves* and not overspecializing *enough*. And when we break any of our agreements, we feel guilty. **Guilt** is the sad, disappointed, often painful feeling we have when we agree we have done something wrong.

Sometimes we do actually cause damage and pain, and the guilt helps us to make up for what we did so we can correct it. We will talk about this in chapter 12. For now we focus on what happens when we cannot update some of our agreements and how because of this, it is only a matter of time

## GUILT

before we break some of them. And when we do, we may judge and punish ourselves, agreeing that "it is not the agreement that is flawed; it is us." We may agree that just like some of our agreements cannot update, neither can we, eventually accepting that we are "unforgivable and non-updatable" as well.

How often do we punish ourselves for simply being who we are? Maybe one of our agreements is about what is beautiful or handsome. Every time we look in the mirror and find any areas that don't fit these standards, we feel bad for not being attractive enough. But how can a little girl in China with darker skin ever live up to the standards of lighter skin? Or a pale-skinned child prone to sunburn in the USA ever be tanned enough?

How often do we feel guilty for something we thought, said, or did? Maybe we made an agreement that some things in life are *bad*, and we agree to avoid them. But every once in a while, our thoughts freely roam, or we stumble upon something on the internet, or our curiosity brings us to try things we agreed not to try. Maybe we did some *bad* things that no one knows about, things that if anyone knew, we are sure they would turn away from us.

Regardless of what we feel guilty for, often our guilt leads us down a secret downward spiral. Once we begin to agree that we are guilty of breaking some of our agreements, the floodgates slowly open. All the different areas in which we failed to be good enough begin to add up, and we start to think that we are "*bad* and *dishonorable*." And since we already agree we are *bad* and can't seem to do things *right*, it becomes easier to commit more *bad* things more easily, making us feel all the more guilty. We don't even have to break an agreement more than once. Every time we remember what we did, we

## THIS IS YOUR LIFE

tend to find ourselves guilty again.

The rare times when we are strong enough to second-guess our non-updatable agreements, that maybe it could be the agreements that are flawed and not us, memories of all the times we broke our word and were guilty for being *bad* come flooding in. We remember that we are dishonorable and unforgivable. We remember what we did and think "who am I to question anything?" We may begin to agree subconsciously "I am not *good* enough. I don't *deserve* to be happy. I don't deserve my dream or what I want in life. I don't deserve real love or real friends. I don't deserve to be or think for myself, because that will only lead to me making more mistakes and causing more hurt and pain."

Most of us don't even realize how much we punish ourselves, because just as we move our non-updatable agreements from our conscious brain to our subconscious brain, we also bury our most guilty memories and painful traumas along with them so that we can go on living without having to think about them. We can only sometimes feel the zaps and twinges from the electric fences made up of our defensive agreements (see chapter 2). But our guilty memories often shadow everything we say and do, and every once in a while we may see, hear, or experience something that brings the memories to our conscious mind. Even now, if we are willing to be brave enough to open our hearts and ask ourselves the right questions, we may be able to sense there are some things buried deep down.

Even if most of the time we feel we are *good*, every time we break one of our non-updatables or remember when we did, we are reminded we are *bad*. We may begin to believe there must be a part of us, and most people in general, that is naturally *bad*. We may begin to agree "people must not be

## GUILT

allowed too much freedom or else they will just do *bad* things." If we cannot control ourselves, who can? We agree "we need more rules and laws to keep others in line and keep us safe."



We hold others to our standards as well, and when someone does something that goes against our agreements, we judge and find them guilty too. "If we can't do something outside the box, they can't either." We all hate feeling guilty and caged in, so we often begin to resent some of our family and friends who compel and hold us to our agreements. We may attack them indirectly with passive-aggressive actions, getting even with sarcastic comments or making them the butt of the joke, slowly distancing ourselves from them. We do not want others to see how *bad* we really are and leave us, so when others fall short of enough of our ideas about what is *good*, we may decide they are not worthy of us and leave them first. It all depends on our specific situation, but in general, the

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amount we allow others to punish us is the same amount that we punish ourselves. If they punish us more than we punish ourselves, we often decide to stop the relationship with them.

This leads many of us to spend more and more time alone. Then we feel bad for our loneliness. We agree "I must be alone because I am not *good* enough for friends." Anyone who is still our friend after all our *badness* and guilt we may feel are doing us a favor by being with us. Or we may agree we are alone because our "friends or family are not good enough for us."

In the same way that we become less and less in contact with others, we may also become less and less in contact with what we felt guilty for in the first place. We don't want to feel guilty anymore, so we often choose to close the roads of our mind even further, agreeing not to think about more and more areas of life. This causes a divide between our thoughts, our feelings, our agreements, our decisions, and choices. We can become desensitized to whatever area of our reality that we cannot update, just going through the motions of life.

This causes us to lose our depth of personality that makes us *us*. Out of fear of being punished again, or someone noticing how *bad* we really are, we often stop ourselves from doing, thinking, or feeling anything besides what is for sure accepted by those all around us. If we think outside the box and *fail*, the punishment can hurt too much, so we may make an agreement that "if I do something new or different, I will only hurt myself or others, so I'd better not even try. It is better, safer, to just be like everyone else." We become more and more superficial and terribly boring, similar to a zombie sleepwalking through life, all because we do not want to do something wrong and be punished again. We become afraid to make mistakes, break another agreement, and hurt again.

This guilt cycle can continue for our whole lives and can

## GUILT

quicken our steps down the path of overspecialization. With the pressure to overspecialize from our outside world, and the pressure to overspecialize from the world inside us, we eventually change from the curious, playful, experimental, updatable being that we were born as into one that is shaped by a cookie cutter, fitting the same mold as everyone else. We are often afraid of others seeing how guilty we are, or seeing that we are not really the overspecialized person that we present ourselves as. So we follow along and do our best to blend in, developing **Personality masks** to protect us and help us coast through life. "



## **POSSIBLE NON-UPDATABLE AGREEMENTS WE MADE**

I agree I am not good enough and I will only hurt myself or others if I do something new or different in certain areas of life, so I'd better not even try.

## **QUESTIONS WE CAN ASK OURSELVES**

- In what ways do I feel guilty for who I am?

Example: I have a chemical imbalance that I was born with that causes me not to have enough dopamine in my brain. I just wish I could be normal.

- In what ways do I feel guilty for something I thought, said, or did?

Example: I feel bad for how I treated my mom when I was younger.



## CHAPTER 5

# Personality Masks

**M**any of us are so afraid of making more mistakes, feeling guilty, or being seen by others as we truly are, that we are willing to do anything to prevent these things from happening. Since updating some of the actual agreements about who we are and what we do is *not* an option, we learn to update how we *show* who we are to ourselves and others. Many of us agree to behave in ways that will show to the world that we are overspecializing in the *right* way, the way that we believe our culture expects us to. We learn to fake our feelings to perform the behaviors we feel are expected of us, **masking** our true thoughts and emotions.

We often become actors, splitting our personality based on the different settings of our lives. If at home sex is taboo, we may learn to act like we have no sexual needs in front of our family. If at school we learn that being funny and naughty will help people like us, we may learn to do our best to become a class clown. If at work we are expected to be

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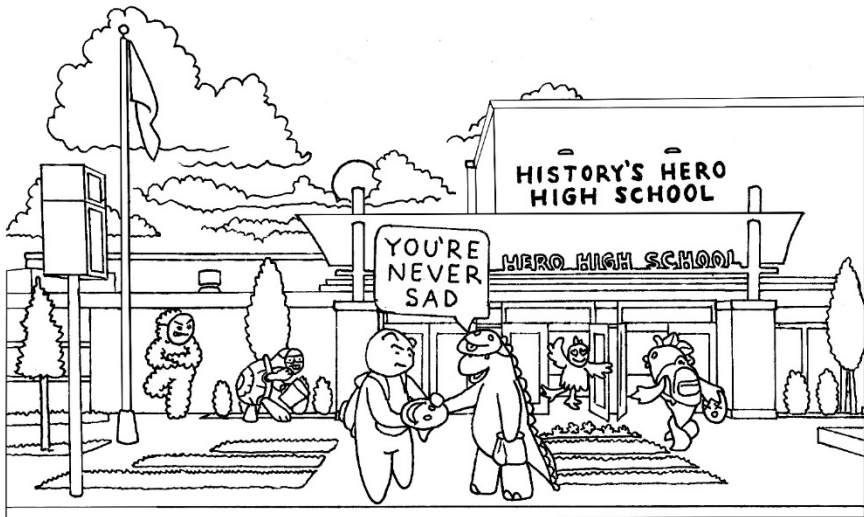
professional, we may learn to wear our best shirts and ties and try to speak with a bigger vocabulary. If we are a man, and we learn that "men do not show emotions," we may learn never to cry and make fun of our friends when they "go too deep."

The more agreements we make about how we are to behave in the different situations of our lives, the deeper and more complex our masks become. We may seem like completely different people, depending on who we are with and where we are. We may become afraid of our worlds mixing and do our best to keep the different parts of our lives separate. Who we are at work is who we are at work; who we are going out is who we are going out, and family us is family us. We also may even learn to fear trying new things because we don't know how to *act* in new settings.

Eventually, we become so practiced at acting in our different personality masks that our subconscious takes over, and it becomes automatic. We don't have to think about acting, we just do it. We wear the masks so long, they become *who we are*. And for many of us, we never even realize we ever put them on.

Most of our personality masks are usually based on defensive non-updatable agreements (described in chapter 2), to protect us from feeling guilty and stopping others from seeing *what we truly are*. A common subconscious agreement is that "none of it is my fault. I am an unfortunate victim of situations out of my control, and it is other people who caused me to be how I am, do what I do, or do what I did. There is nothing I can do or could have done differently. It is the way it is." We wear the mask of a victim.

## PERSONALITY MASKS



A **Victim** is a person who has been hurt or taken advantage of. The amount that we accept that we are a victim as a way to cope with our guilt is the amount that we give up on life and need others to do things for us. This **Victim mentality** shows up in all our different personality masks. If we don't like our job, we may say "If I had had better parents who taught me to study better in school, I would have a better job. But now this is the only way I can pay the bills." If we are having trouble in our relationship or have had a bad breakup, we may say "it's not us; it's them who has the problem." The victim mentality is clearly shown in the common agreement of original sin: "What happened is not my fault; we are all born with a built-in urge to do bad things. This is why we need to be saved." A person who makes the victim agreement sees most as an oppressor, the cause of their problems, and a few as a martyr, a savior who will *save* them and solve all their problems.

This creates the market for some of us to wear the mask

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of a martyr. A **Martyr** is a person who sacrifices something of great value for the sake of a principle. We have a **Martyr mentality** when we agree that in our current situation we "cannot live the life we truly want to live because we are sacrificing to save others." This leads us to have no real responsibilities for anything we truly care about now, because "we can't do it now because we are sacrificing for others. But *someday* when things change we will be able to." This delusion of "sacrificing to save others" almost always leads to disappointment because no one can *save* anyone; we can only help each other *save* ourselves. When the *saving* eventually stops working, we who wear masks of a martyr may agree "it's not our fault; it is *they* who don't understand what we mean or know how to use the help we are giving." Victims will then search for a new martyr to be *saved* by, while martyrs go on preaching to new victims.

When we wear the mask of a Martyr, we often agree that we "never make mistakes. I am only misunderstood." This is because the actual owning up and being responsible for our life and our mistakes would be too painful. We would have to accept that we are not living the life we want because of *our own choice*. So instead, we always *show* that we are in the right, even when deep down we may have doubts or know we are in some ways wrong, making us afraid of interacting honestly with others. We subconsciously agree never to "come out and tell myself or others what I am really thinking or feeling," because we are afraid of confronting the truth: that we are not perfect at overspecializing, and we are guilty of breaking some of our non-updatable agreements. We subconsciously have agreed we "don't *deserve* other people to love and care about me for who I really am. This mask of a martyr who saves others is the only way I can be loved."

## PERSONALITY MASKS

When we wear the mask of a martyr and are confronted about anything remotely close to the truth about us, we will often confuse others by talking quickly or intelligently, changing the subject when convenient so we do not have to face the truth in their words. We convince ourselves that we are superior. "I am smarter than everyone, and that's why I am alone." We act like we are not suffering, but deep, deep down, we are in intense pain. In the eyes of the victim, those in martyr savior masks almost always turn into oppressors, leaving the victim as even more of a victim.

There are times in our lives when we truly are victims, and times when we do dedicate ourselves to making the world better. But these are never excuses for us not to do our best to fully play the cards we have been dealt. Whether as a victim, a martyr, any mix of the two, or any of our other masks that we invent for all the specific situations of our lives, many of us end up spending our days not being fully real to who we are, not truly living. In our attempts to overspecialize, we become a slice of a person in every situation we are in, keeping the different areas of our life separated. We agree to go through the motions of life, not wanting to hurt anymore. We often just want to feel good and survive, filling our time with **playing games of pleasure.**

## POSSIBLE NON-UPDATABLE AGREEMENTS THAT WE MADE

I agree to sometimes behave in ways that will show myself and others that I am overspecialized in the *right* way.

I agree to sometimes fake my feelings to perform the behaviors expected of me, masking my true thoughts and emotions.

I agree that some of what I have done is not my fault; it's the world that has screwed me over, and there is nothing I can do about it.

I agree I can't solve some of my problems now, but someday I will be able to, so it's no use thinking about them now.

## QUESTIONS WE CAN ASK OURSELVES

- What are the most common masks that I wear?

Example: I wear a mask of smiles anytime I leave my house

- In what way am I being a victim and/or a martyr?

Example: My mask of "someday I will do my dream when the time is right" stops me from actually doing it here, now, today and makes me a martyr.



## CHAPTER 6

### Games of Pleasure

**A** big part of many of the personality masks we wear is often to show ourselves and others that we are *happy* all the time. Many of us learn not to talk or even think about anything that will make ourselves or others uncomfortable or upset. We may learn to avoid anything that is "too *bad* or too *deep*." Many of us even agree that pursuing happiness is the point of life. "As long as you are happy," we often hear and say. But what is *happiness*?

**Happiness** is a subjective state of mind in which we believe that our desires are being fulfilled. When our desires are being satisfied, we feel *happy*. But by agreeing to pursue happiness, we eventually end up doing whatever we can to feel good, no matter how it impacts ourselves or others. For example, for many who need money, it often doesn't matter if what we are selling is unhealthy or harmful, as long as it brings us dollars. If we are hungry, we may go for what tastes the best or fills us up the most, ignoring how healthy it is or how the animal was treated to make the food. If we long for



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intimacy and approval, we may be with people sexually who we don't really love or care for, or who don't love and care for us.

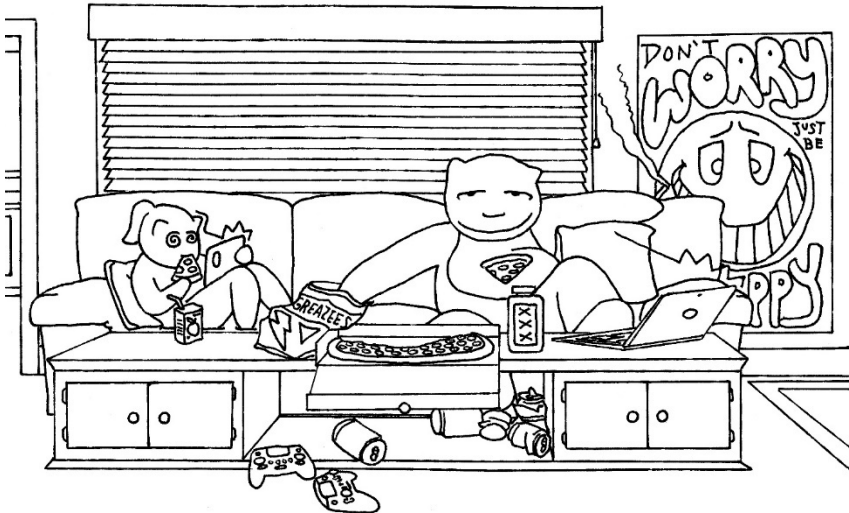
In this way, seeking happiness leads to the desire of desire, because once a desire is satisfied, we soon need to be on to the next one, as only desires that are *currently being fulfilled* can make us happy. Whatever our desires are, we learn we need to satisfy *more* of them to keep us feeling happy. We may need more places and countries to go to in order to satisfy our desire to travel. We may need more time scrolling on our phone through more social media channels looking for more extreme videos. We may need to take more selfies so we can have more likes on our posts. We may need more sex with more people to satisfy our body's cravings and feel good about ourselves. We may need more drugs to feel high. We may need more money to buy more things. We may need more work to make more money to pay for more things in order to make us feel as if we are worthy and doing something productive. We may need more promises, rules, and laws to feel safe. Our desires turn into distractions or addictions as this desire for desire can never be satisfied.

Many of us eventually learn that this chasing of desires will never end, and it is actually our *unfulfilled desires* that are making us *unhappy*. So in order to be happy, we often learn that we need to *avoid being unhappy*. The easiest way to eliminate unhappiness is to eliminate desire. The easiest way to eliminate desire is to die.

Though some do, most of us do not choose suicide to solve our problems, because usually not all areas of our life are non-updatable. Many of us learn to do the best we can with what we *can* update. We choose to stay busy and happy within the limits of the updatable areas, avoiding anything

## GAMES OF PLEASURE

too deep that could potentially hurt us in the areas we agreed we *can't* update. In these things that we agreed we cannot update, we numb and distract ourselves so we do not question or think too much about what we truly want and need within these areas. The more important the agreements are that we agreed we cannot update, the more we live our lives without really living, a walking dead within these areas doing our best to experience as little sadness and as much happiness as we can. Playing these **games of pleasure**, we seek to maximize happiness and eliminate pain, but in the process we eliminate happiness and our will to live. Since almost everyone we know is overspecializing in some ways, we grow up in an ever more guilty, fake, and pleasure-seeking **Overspecializing society**.



## **POSSIBLE NON-UPDATABLE AGREEMENTS THAT WE MADE**

I agree not to think about anything bad or negative in certain areas of life and just focus on being happy.

I agree that it's unfulfilled desires in certain areas of my life that make me unhappy, so in order to be happy, I need to avoid these certain areas of my life.

## **QUESTIONS WE CAN ASK OURSELVES**

- What games of pleasure do I play most?

Example: I spend a lot of time on my phone scrolling through other people's moments on social media.

- Do I have any addictions?

Example: I wouldn't say addiction, but I need to drink three cups of coffee a day in order to function normally. It seems that, yes, I am addicted to drinking coffee.



## CHAPTER 7

# Overspecializing Societies

**A**n **Organization** is a group of two or more individuals coming together based on common agreements. This can be anything from two friends agreeing to see each other often, becoming a friend group. To a husband and wife agreeing to take care of each other and raise children, becoming a family. To a bunch of neighbors agreeing to take care of the neighborhood, becoming a community. To many strangers agreeing to sell a product, becoming a company. Because most of us are overspecializing in parts of our individual lives, many of the ways we come together in organization with others are also overspecializing.

An **Overspecializing organization** is two or more individuals bonded together by common non-updatable agreements that lead them to do increasingly more of the same thing and know more and more about less and less until the organization knows everything about nothing, leading it to be able to change, adapt, and create less and less.

Whether as a family or a business, this overspecializing

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leads us to one of the most common ways that we agree to come together with others, using the same way many of our ape ancestors have used for millions of years: coming together in a hierarchy. A **Hierarchy** is an organization in which people or groups are ranked one above the other according to status or authority. In most of our organizations, we agree to follow informal and formal leaders, organizing into levels according to the status or authority we have. And like all the areas that we overspecialize in, hierarchy works well in the short term, but hurts us in the long run.

In the short term, the leader of any organization, no matter how big or small it is, can tell the people considered below them what is right and wrong, how to behave, and what to do within the organization. This allows for quick action and decision making, as the people below the leaders can tell the people below them the same, and the people below them can tell the people below them.

But over time, the people below tend to tell the people above them less and less about what they really think or feel. This seems to be out of fear of putting themselves or others at risk of losing their position in the organization, and also because they simply stop caring. A choice needs to be freely taken for it to be meaningful for us, and since the people below cannot update anything of true impact within the organization without the approval of their superiors, the people below stop being concerned about the well-being of the company. They get used to only listening to orders and rarely questioning them.

This leads the people above to rarely hear true, honest opinions and thoughts from the people below them, and they live more and more out of touch with the real problems of the organization and what they really want and need to update.

## OVERSPECIALIZING SOCIETIES

But since they are in charge and are expected to lead, the people above continue to give their ideas from their false reality to the people below them, having more and more difficulty getting all the people involved in the hierarchy on board. This usually leads them to rely on different means of manipulation and force to have their commands followed.

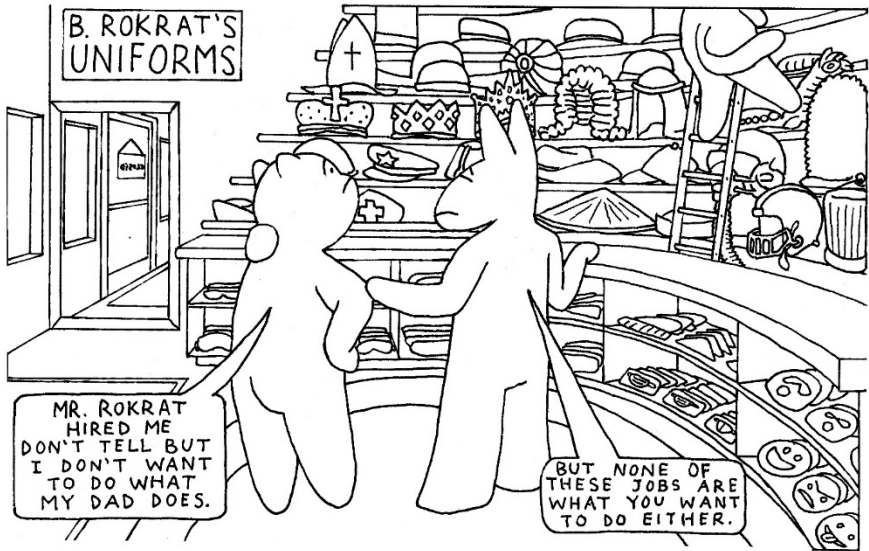
The lower down the hierarchy, the less people can make decisions, leading to more and more people caring less and less about the organization or its cause. This downward spiral of overspecialization in hierarchical ways continues until the organization falls apart. We call this type of overspecializing organization a bureaucracy. An alternative definition to a **Bureaucracy** is any overspecializing organization of people that systematically lowers communication, honest information exchange, corrective feedback, and meaning between its members by seeking to destroy all means of detecting its errors and shortcomings.

Each of us is a system of body parts, organs, and cells, so any overspecializing individual can also be said to be a bureaucracy. Allowing some in a group to have authority and power over others is one of the most common ways a group of people, whether a family, business, or society, turns into a bureaucracy. This is why nearly every organization up to this point in human history, no matter how big or small or great it is at first, goes down overspecializing routes toward extinction. It may take just a few moments for our group of friends to break up, thousands of years as in the cases of Ancient Sumer and Egypt, or 200 years as in the case of the United States, whose overspecializing bureaucratic path to extinction we are experiencing now.

When we look around us, we can see overspecializing organizations everywhere we look. This is why many of us

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never feel we can be fully *real* when we are in groups of people. How much truth do we say to our parents, teachers, friends, coworkers, or bosses. How much do we share how we actually think and feel with anyone? How much truth do we tell ourselves?



We will never know a better way unless we are able to question, test, create solutions, and update in all areas of our life, in all of the agreements we make. In the same way we have done with our computers, phones, some medicines, how to play basketball, and how to make movies, we can learn how to update all of the previously non-updatable areas in our life.

How?

The second part of this book is an example of a solution to humanity's core problem of overspecialization and shows how we can update all areas of our life. Of course, creating general solutions is difficult, because each of our individual situations, experiences, and feelings, as well as every

## OVERSPECIALIZING SOCIETIES

organization that we are part of, cultures and subcultures tend to have different variations of experiencing overspecialization. In some places and in some ways, our overspecialization happens consciously and purposefully to get people to think and feel certain ways. And in others, people are overspecializing without being aware of it at all. In most areas that we have experience in, it seems to be all of the above.

I hope as you read you remember that if there is any way you can improve what is written, or adjust it to apply better to your life, please update it to fit you specifically, and let's come together to create a better world than has ever been seen.

To understand how to solve humanity's core problem of overspecialization, it helps to first do our best to understand the forces that control our universe and how they interact: **Destruction and Creation.**



## **POSSIBLE NON-UPDATABLE AGREEMENTS THAT WE MADE**

I agree to sometimes come together with others in overspecializing bureaucratic ways in certain areas of my life to get what I want and need.

## **QUESTIONS WE CAN ASK OURSELVES**

- What overspecialized organizations am I part of?

Example: My family is overspecialized with our religious beliefs. And at work, I just sit at a computer all day, writing and inspecting similar documents.



**PART 2:**



**SOLUTION**





## CHAPTER 8

### Destruction and Creation

**I**t seems that all systems, from the biggest universes, galaxies, and solar systems to the smallest quantum, atoms, and cells are repeating similar processes, each in their own way. This is because all that exists appears to be a cause and effect of the same cosmic force. The **Cosmic force** is a collective term for the joint operations of all natural processes. It has no beginning or end. It is everywhere. It is infinite. Some people and religions personalize it and call it God, or Gods and Goddesses. Specialization and generalization (commonly known as destruction and creation, negative and positive, death and life, or entropy and evolution) are two sides of the cosmic force that interact to create all systems of life.

As we have seen so far with overspecialization, the **destructive** force pulls everything toward total disorder and simplicity. It is the process of staying the same, falling apart, dying, and randomizing. When we hurt or destroy something or somebody, we are being destructive. When we as an

## DESTRUCTION AND CREATION

individual or species are stuck in our ways and continue a behavior even though the times and situation have changed, we may be being destructive, because when times and situations change, the best ways to do things often change as well. This is why not being able to question and update some of our agreements about who we are and how we live can be so destructive to ourselves and others.

The **creative** force is the deliberate organization of energy, matter, life, and mind that causes something to come into existence, organize, update, innovate, live more, and come together greater than when apart, leading to greater general intelligence and complexity. It is the process of creating, innovating, and organizing, and individuals coming together to become greater together than when apart. When we come together with others to create and produce something we couldn't accomplish alone, we are being creative. When we help ourselves or someone heal, innovate, find, and create ways that work better in the real world to do something in an improved way, we are being creative. This is why being able to question and update all of our agreements about who we are and how we live is so creative for ourselves and others.

As we have seen in part 1 of this book, when we choose to keep repeating the same pattern of behavior for too long, no matter how creative the behavior was in the beginning, we overspecialize and begin to destruct, heading toward extinction. The same goes for generalization. **Generalization** is when an individual or species knows more and more about more and more. When we **overgeneralize** and always do things that we have never done before, we never commit or focus on anything. We agree to do so much that we do not have time or energy to water or tend to any of our seeds of agreements, getting well practiced at none and having none

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truly grow. This can also be seen as *overspecializing in generalizing*. We need a healthy balance of choosing when to specialize and focus and when to generalize and learn new things. When we do so, we evolve.

**Evolution** is the process that results from the interaction of the creative and the destructive forces that lead to growing, improving, mutating, and updating toward greater general complexity, intelligence, truth, love, and awareness. We evolve when a better way is found or created and we specialize on it enough to learn how to do it well. Then we update and evolve again when a new problem needs to be solved and/or a better way is found and created again. This process of evolution goes on and on, ever more beautifully, intelligently, and complex. All of life, from a simple cell to a great nation of people, can always choose to innovate. We can always choose to solve a problem or create a new way to do something that works better and is more generally intelligent and complex but may have never been done before. And we can choose to specialize on it enough so that we can truly incorporate it into our life, live better, and evolve.

This is what happened when the first brave cells started working together with other cells, increasing their chance of survival because they found it was harder for predators to kill a group of cells than a single cell. It came at a short-term risk, because working together also involves a division of tasks, distribution of food and energy, and a lower reproduction rate at first. But this innovation, once focused on, practiced, and improved upon, led to multicellular life and increasingly complex life forms.

This is what happened when one of our brave ancestors first chose to walk on two feet when savanna grasslands became increasingly common as forests. It came at a short-

## DESTRUCTION AND CREATION

term risk, with lack of balance, predators being able to see them more clearly, and slower sprinting speeds. But standing up allowed him or her to travel easier on the ground, to see further, forage better, intimidate opponents with a bigger presentation of size and freed up his or her hands for carrying objects, making and using tools, and potentially achieving longer endurance when running. This simple innovation of standing up straight and walking and learning how to do it well led to more and more of our ancestors walking upright and toward the world of humans that we know today.

This is what happened when some of our brave ancestors, similar to the cells in our body, first chose to share food, care for infants, and build social networks that helped them meet the daily challenges of their environments. This came at a short-term risk due to the need to share sometimes limited food and resources, and some individuals withdrawing cooperation and disrupting the group due to conflict and unproductive interpersonal challenges which stopped the group from reaching its goals. But over time, they became better practiced at this innovation, and these small groups gradually grew larger and more complicated, leading to the complex organizations of cities and nations that we know today.

This is what happened when people started questioning, testing, and updating the agreements in our physical and biological world, as we mentioned in chapter 2. This came at a short-term risk, as many of the powers that were feared were the changes that the new updates brought. But when practiced and focused on, this innovation led to the creation of the world we know today of international travel, complex city systems, and information on almost anything we could have interest in at our fingertips with the internet.



## THIS IS YOUR LIFE

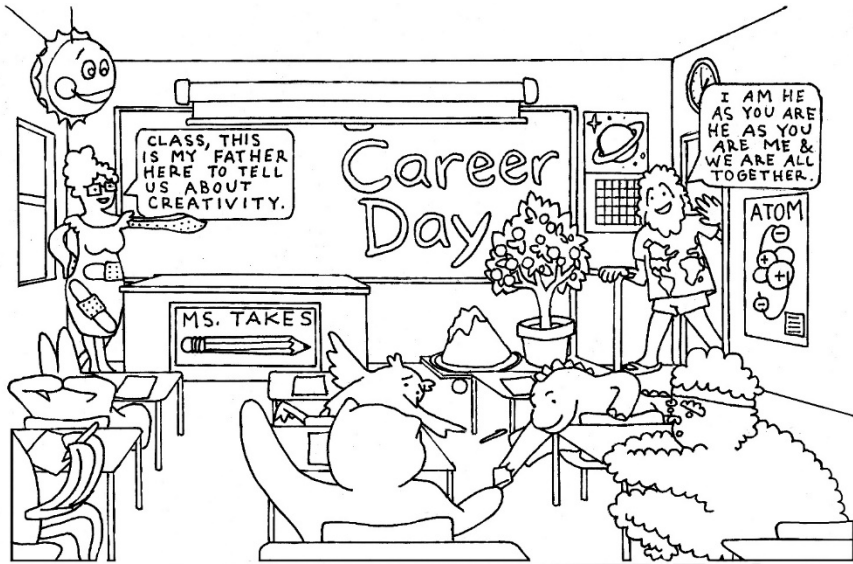
And this is what we can choose to make happen now by questioning, testing, and updating all of our agreements in all areas of our life. This new, more generally intelligent and complex innovation may come with some short-term risks but will eventually lead to a better world than has ever been seen. We just have to be brave enough to learn, try, and practice it, innovating the ideas and improving them more in each our own ways.

In this way we can see that creation and destruction, generalization and specialization are not *good* and *evil* as we have come to learn them traditionally. The destructive force is needed so creation can happen, and they come together to create evolution. Death is needed so new life can live. Sometimes we need to tear down to build anew. We need to learn from and let go of old ideas so we can update and create new ones, ways that work better here and now, which will eventually be learned from and let go of again. The destructive force helps us clear away the bullshit so only the true still stands.

As we learn to answer all our questions, solve all our problems, and become able to update all our agreements, the destructive force will come in the form of mistakes. Innovation always comes with many, many mistakes. Every update we've covered—the cells coming together, walking upright, humans coming together, and the scientific revolution—were all full of mistakes made before they succeeded in updating. Because like all in the destructive force, it is our mistakes, our failures that are our greatest teachers. We cannot create or update unless we risk destruction and failure. We fail so we can learn to get back up again in a better way. We feel pain so we know where to heal, sadness so we know there is something we need to change.

## DESTRUCTION AND CREATION

Whether it's in our mind, our body, or our relationships, the destruction of pain and sadness tells us to stop and see there is a disturbance in the force so that we can stop and create a way to solve the problem in a better way.



Throughout history, our problems, our contradictions, and non-updatable agreements exist so we can create better ways to solve and update them. It is the questions, the problems, the contradictions, the mistakes, the failures, the blockages, the conflicts, the specializations, the negative feedbacks, the *destructions* that show us our reality and exactly what needs to be fixed in us and others so we can focus our time and energy on solving, healing, and creating better ways. It is the specialization that allows us to focus on, truly learn, and practice our new creative ideas. And once we are practiced enough at our learned behaviors, we can choose when and where we decide to update and be creative enough to try something new.

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So we can see that in order to evolve, we often need to be creative enough that we risk destruction, and when any destructive behavior is found, we can update once again to a new creative way, learning from our mistakes every step of the way. Destruction is like our fire to our steel of creativity, shaping it into whatever shape we truly want and need most. It is our choices between destruction and creation, when to specialize and when to innovate, that create our life's story. The whos, whats, whens, wheres, whys, and hows we decide between choosing when to focus and repeat more and when to create, when to persist and practice and when to try something we have never done before, when to specialize in our agreements and when to update them that decides how we play our **game of life**.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to practice and focus on the behaviors and agreements I need and want, but not settle and overspecialize in them.

I agree when I discover myself doing a destructive behavior or overspecializing in a certain area of life, I can update to a new, creative way.

## **QUESTIONS WE CAN ASK OURSELVES**

- In what ways am I being destructive?

Example: I'm not really destructive, but I spend a lot of my time doing the same things every day, not ever really creating anything.

- In what ways am I being creative?

Example: I work out a few times a week doing different exercises to keep my body healthy and ready for anything, but I would like to do more.



## CHAPTER 9

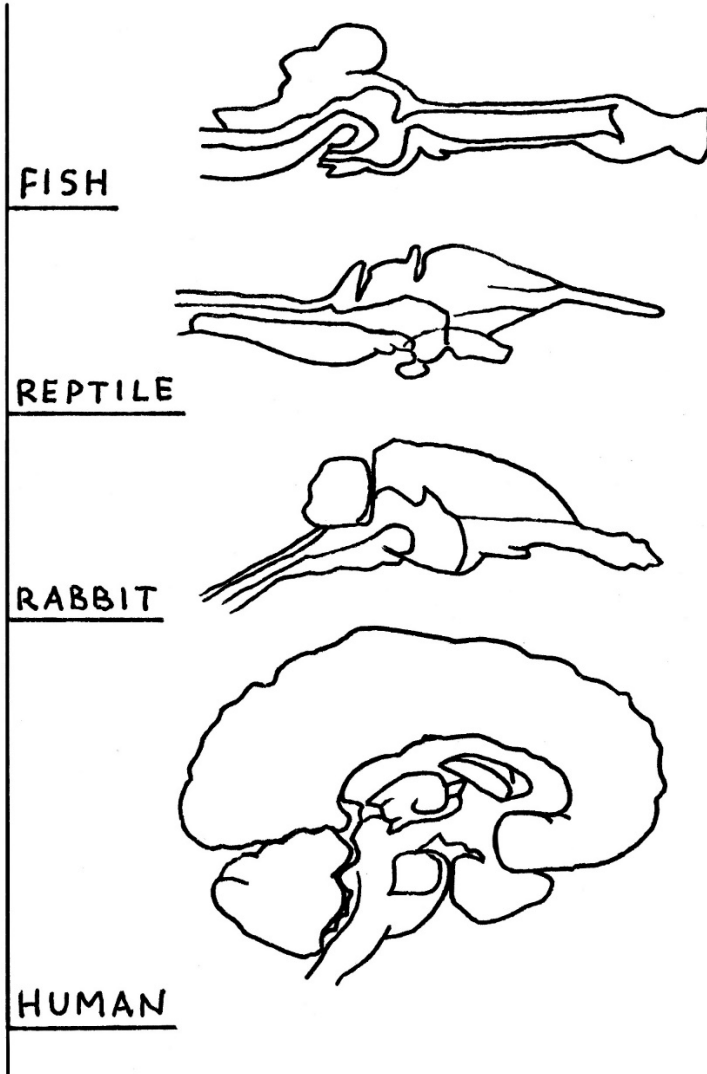
### Games of Life

**L**ife is like a 4D video game—our bodies are the characters that we see through the screen of our eyes, and our minds are the players holding the controller sitting on the couch in our head. What our bodies say and do is determined by what buttons we push. The buttons we push are our agreements, what we agree to put our time and energy into. So how to play the game?

Part of the answer lies within us, in our brains. Our brain controls and is connected to everything in our body. It sends and receives signals from each part of us, keeping us communicating and in touch with all that we are. Our brain has evolved from the animals that have preceded us in the evolutionary process, keeping that which helped them to survive. In essence, in our head we have a fish brain, a reptile brain, a mammal brain, and our newest-evolved human brain. Through millions of years of evolution, our brains built on top of each other. Every fish has a similar brain to the fish part of our brain, every reptile a similar one to the reptile part of our

## GAMES OF LIFE

brain, every mammal a similar one to the mammal part of our brain, every human a similar one to the human part of our brain. Since our brains are similar, our needs and desires are as well. Each brain reflects its own needs and desires.



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The oldest part of our brain, our fish brain, is the basis for our most primitive biological drives and automatic control of our basic physiology. The next is our reptilian complex, the center of our fear, rage, and aggression, plus our intermediate biological drives. The next is our mammalian cortex, or the limbic system, the center of the emotion of love and its variants, plus our higher biological drives. The fish, reptile, and mammal parts of our brain are all tied to our basic needs and desires to survive, reproduce, metabolize, and provide for the welfare of those we love.

Our most recently evolved human part of our brain, called the frontal lobes of our neocortex, is the center of our consciousness where we manage a collection of cognitive skills to plan, organize, initiate, innovate, self-monitor, and control our responses in order to achieve a goal, as well as language and voluntary movement. In the human part of our brain, we have the desire and need to *choose our agreements* about all we say and do so we can *create, innovate, and update* how we live to satisfy our needs and desires in the best way we can, and *communicate* our ideas, thoughts, feelings, and choices of how we do so with others. We feel the needs of our human brain emotionally and spiritually as our **heart and soul**. When we talk about "following our heart" or "living from our soul," we are referring to satisfying the needs and desires of our human brain.

To sum it up, what our heart and soul desire and need most is for us to create all we want and need in our life, and help others do the same. We long to *choose agreements* that lead us to *create, innovate, and update* how we live so we can satisfy all our needs and desires of all our brains to the best we can, and *communicate* our updates with others, learning from theirs as well. In other words, the human part of our brain longs for

## GAMES OF LIFE

us to *choose to behave in ways that may lead us to evolve* in all we do and share it with others.

We can **choose to evolve** by bearing in mind:

We need to update all our agreements that guide our lives so they are in line with **creating ways** to satisfy all our needs and desires in the most **creative ways** that have the most **creative impacts** for ourselves and others.

The most **creative ways** to satisfy our needs and desires are in our own individual way that makes sense and feels right to us, works in practical reality and is able to be communicated to others, balancing when to specialize, practice, and let go, and when to generalize, create, and update.

The ways that have the most **creative impacts** with what we say and do are those that are *creative for all impacted*, and destructive for none. If it's destructive for one, it's destructive for all, since we are all part of the same Cosmic Force.

The best ways to create **impacts creative for all impacted** is to say and do things that *maximize the ability to create* for all impacted, in other words beneficial for all so they too can have the opportunity to be creative enough to satisfy theirs and others' needs.

We can sum up this ability to *create creative impacts in our own creative ways that maximize the ability to create for all impacted* with one word: **Creativity**. When we choose to **maximize creativity** for ourselves and others, we choose to help each other's ability to create creatively be as great as possible. We choose to evolve and share the update with others so they have the opportunity to choose to do so as well.

When playing our 4D video game, we can help our character choose to evolve by making the agreement to "do our best to maximize creativity in all we say and do." By doing



## THIS IS YOUR LIFE

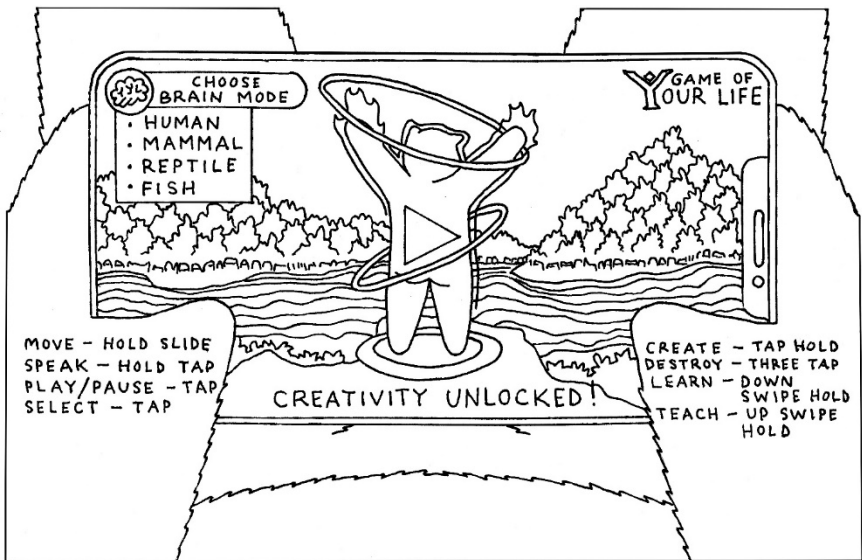
so, we are agreeing to update all our agreements so they are maximizing the ability to update and create in all areas of our lives, for ourselves and others. When we are making a decision, we can ask ourselves, "Does what we are going to say or do maximize the ability to create for all impacted by our decision?" If it does not, we can create a way to update to one that can. If we have a desire, but our way of getting it doesn't match up with increasing the creativity of everyone who is impacted, or it is destructive for any, then we can stop or slow down and think of a way that is maximally creative for all.

This is obviously difficult to do, especially since most, if not all, of us grew up in overspecializing worlds and, as we saw in part 1, learned to overspecialize in some areas of our life. We learned to punish ourselves sometimes with guilt for not specializing enough, then learned how to wear personality masks to hide our guilt and lack of specialization, and play games of pleasure through it all to keep us feeling good. But we went through this destructive process because we never learned we can update *all* of our agreements and create ways to satisfy *all* of our desires and needs in creative ways. We learned to get some of what we want and need in any way we could, often settling for destructive ways.

But now we can agree to update all of our agreements so that we are using our creativity to create creative ways to satisfy all our and others' desires and needs, and by doing so we start to play **Games of Life** in all areas of our existence. Playing our game of life means we agree we are responsible for everything we say or do and whatever happens to us, as we agree that everything is our agreement, our choice. We agree that even though we cannot control some of the conditions and situations we are born into, we can always

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control our attitudes and how we respond. We agree to say and do all we agree to, and not say or do what we do not. We agree to update when we find we are being destructive, or we learn a better way. We agree to do our best to choose words and behaviors that maximize creativity for all, lowering for none.



Playing our game of life usually means starting to maximize our own ability to create all we want and need first, and eventually thinking less of ourselves and seeking to maximize the creativity of others. If something doesn't exist, and we want it, we can make agreements that guide us to put our time and energy into creating it in a creative way that has a creative impact for all impacted, in a way that *gives life* to all impacted by our decision, including ourselves. We can update when we find ourselves being destructive, or as the times and situations change and a better way is found.

An example of how to update one of our agreements from

## THIS IS YOUR LIFE

destructive to creative is if we have made the agreement to sometimes lie to get what we want. Many of us, if not most, have made this agreement in one way or another. We made this agreement because by agreeing to lie sometimes, we protect ourselves from being vulnerable in the short term, speeding up the process of getting what we want and lowering the chance of conflict. But by doing so, we also deny others the opportunity to act based on true information, so what they do is probably false as well. They may have also learned from our behavior and lie to us in return, so what we do in response is also based on false information. Because of this, we may learn not to trust most people, and most people learn not to trust us. So we often choose to live and create with the only person we have learned to trust—ourselves. And many times, as we have seen in our overspecialization, not even that.

By updating our "sometimes lie" agreement to "always tell the truth," we may put ourselves at short-term risk by being vulnerable to those we are telling the truth to, but we are showing them that we want to trust them, which will most likely cause them to want to trust us. We are also maximizing their ability to create, because we are giving them true information, which allows them more of a chance to do something creative, which will most likely also lead them to treat us in similar ways. Two honest brains solving any problem are better than one.

Obviously being honest is not always the best way to maximize creativity in every situation. If someone who seems angry comes to our house with a gun asking for our mother, it most likely would not be creative to tell them that she is upstairs. So we can maybe update our agreement to agree to "tell the truth with those we can trust" and agree to "put our

## GAMES OF LIFE

time and energy into helping ourselves and others become more trustworthy so we can be all the more honest and creative together with more and more people."

Slowly but surely we can do our best to see and create what maximizes creativity in every area of our life, based completely on the specific situation that we are in. We can ask ourselves, "Does this decision or agreement make sense logically in our minds, and feel right emotionally in our hearts and souls?" If it makes sense and feels right, it's often creative. Any decision that **makes sense** logically is a thought or action without contradiction that nourishes us and everyone else who is influenced by that action. And any that **feels right** is one that we can feel a deep confidence in the area of our chest, between the nipples, in our sternum.

To feel it, we can consciously put our attention on our heart and ask it what to do. Then wait for the response. It may be the faintest level of feelings, but we know it's there, in our heart. We will feel two kinds of sensation to help us know if our decision is creative or not. One is a sensation of comfort in our soul, a peace of knowing we are proud of ourselves. The other is a sensation of discomfort, of knowing we are not living to our full potential. At the moment we consciously make a choice, we can pay attention to our heart and ask it, "If I make this choice, what happens?" If our heart sends a message of comfort and peace, and it makes sense in our mind to maximize creativity for all impacted, it is most likely a game of life choice. If our soul sends a message of discomfort, or doesn't make sense in some ways, then it may be a game of pleasure choice. Often the destructive choice is what is easy, and we are probably running from fear in some way. And our game of life choice is often what is more difficult and what we need our bravest of hearts to make.

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In this way, we can see that our heart and soul are intuitive, holistic, contextual, and relational. They do not seem to have an "I win, you lose" perspective, but they rather always seek a "win-win for all." Our heart and soul seem to be our connection with the cosmic force, just as many spiritual people have been saying throughout the ages. At times it may even seem irrational, but our heart also seems to have a computing ability that is far more accurate and precise than anything within the limits of our rational thoughts. That is why we may want to agree to trust our bravest intuition no matter what. Sometimes it may be best to stop thinking with our head, which is easily controlled by fear and guilt, and think with our bravest of hearts. We can learn to use our brain to do what it is made for, to make sense of what our brave heart is leading us to do. And do our best to trust, follow, and create what feels right in our soul, beyond fear, pure love, pure creation.

Another simple way of deciphering which of our agreements are creative or destructive is by asking ourselves whether we want to do an act of learning, teaching, or creating. We need to *learn* how to create all that we want and need, and so do others. When we don't know how to do something, we can *learn* from others. By creating ways to *teach* others how to get what they need and want, and have them actually understand, we and they learn the most, and we maximize creativity for us all. If it is an act of learning, teaching, or creating, it is usually creative.

These, of course, are just suggestions that make sense and feel right to us. Test them and your own ideas and see what works best for you. In the end, how we each choose to play our game of life is our own choice. It is no easy thing to do, especially after we are so used to playing games of pleasure

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in many areas of our life and overspecializing in the ways we learned to. But we don't win the game of life by being perfect at it. We win by playing it to the best we can in our own way, learning from our mistakes and updating all the time.

There is no one way to play; it is all about what feels right and makes sense for us, and like anything, we get better at playing our games of life with practice. As we put more and more of our time and energy into creating all we want and need in creative ways, we become ever more creative. And just like all of our desires, the more we do them, the more we want them. The more we create, the more our desire for creativity becomes ever stronger and easier to fulfill relative to our other desires.

This is why consciously choosing to play our game of life in our own way and agreeing to do our best to maximize creativity in all areas of our life is a choice that changes us forever. Because it is a process that makes us ever freer, safer, sexier, wealthier, and happier. What is freer than creating all we want and need when we want and need it? Need food? Create a way. Need shelter? Create a way. Need love? Create a way. Need money? Create a way. What is safer than the ability to create a solution to any problem or danger? We consider less and less our or anyone else's *happiness* in every choice we make, instead considering whether it makes sense and feels right, whether it maximizes creativity for all. If it doesn't, we can update. Ironically, the only people who are never *unhappy* are not those who seek happiness and play games of pleasure, but those who are fully committed to playing the game of life and maximizing creativity in their lives and those of others. Because creating is an infinite desire which we can always be in the process of satisfying and creating. We can always be in the process of creating ways to

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satisfy ours and others 'needs.

We create anytime we question and come up with solutions in any area of our life, testing if our idea is true by doing it and seeing if it works. We create by teaching ideas and information to another, increasing their ability to create. We create by curing sickness or injury and producing health. We create by having, loving, raising, nurturing, and educating our children to be people who can create themselves. We create by feeling any feelings we are feeling fully—even sadness—letting it lead us to acknowledge what is causing it and solving the problem. We create by producing a work of art that is perceived as beautiful. **Beauty** is the conscious perception of creativity being communicated to our subconscious. The greater the creativity communicated to the subconscious, the more beautiful the art.

When we create in one area of our life, achieve one challenge, satisfy one of our needs, and solve one of our problems, we can celebrate, enjoy the results, and when ready, move on to create the next. Words have been invented for this long-term happiness that comes from maximizing creativity and playing games of life: **joy, fulfillment, self-actualization**. We can feel these things even when we feel sad.

Playing our Game of Life, we can agree always to be open to the possibility that there are an infinite number of alternatives that we could have played it better, ways that we could have increased creativity more. We can agree that the universe may be structured very differently than we think it is. We can agree to expect no other rewards from playing our Game of Life than to have increased the creativity of ourself and others. This is what we win. Everyone who plays the Game of Life wins; everyone who refuses loses. No one plays the Game of Life without choosing to do so. It is always our

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choice. Only total refusal to play can defeat us.

In our life's 4D game, when we live by agreements that we do not choose for ourselves or agree that we cannot update as we see fit, we do not fully control the character on the screen. But by choosing our agreements and updating them all in the ways that we want to and when we want to, we take hold of our controller. We become completely responsible for choosing what our character says and does, where we go, the situations we find ourself in, and whatever happens to us. We can go where we want, say what we want, see who we want. Anything we want to learn, we can find out how and take the time to learn. Who, what, where, when, why, and how we impact, or impact in, the world is our choice. We can download any information into our brain. What we want our character to be good at, we can choose to put our time, energy, and money into learning it, training at it. Almost anything we want, be it a girlfriend or husband, a friend circle, a business, an invention, changing the world, we can put our time and energy into and create it to be.

Throughout history, progress is made entirely by people who chose to play the Game of Life and maximize creativity. Now the question you are being asked is how do *you* want to play your game of life? It's your choice.

**This is your life.**



## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to play the game of life in my own way and maximize creativity of all impacted in all I do, doing my best to be destructive for none.

## **QUESTIONS WE CAN ASK OURSELVES**

- In what ways can I update from playing a game of pleasure to playing the game of life that I truly want to play?

Example: I can stop looking at porn and start looking for a partner I can really love.



## CHAPTER 10

### This Is Your Life

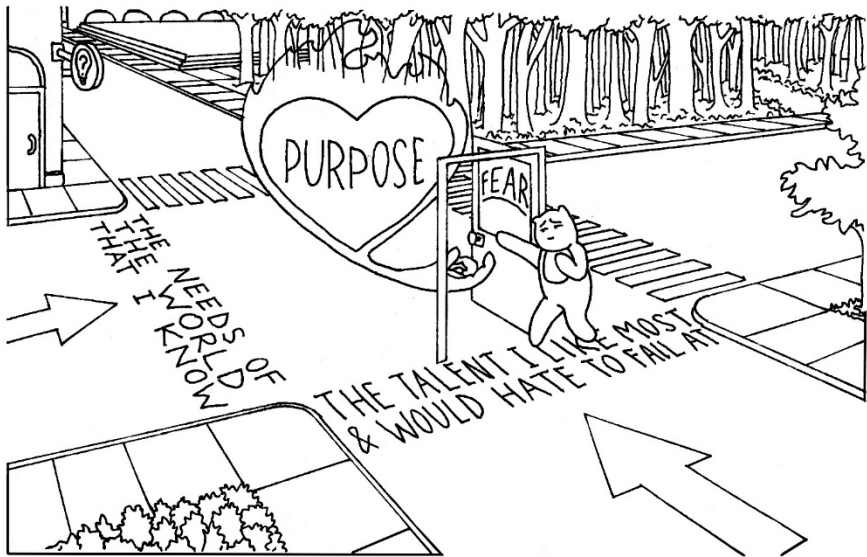
**N**o one can tell us the details of who, what, where, when, why, and how we are to play our game of life. Only we know our needs, our problems, the agreements that we have made that we can already update, and those of which we have agreed that we cannot. Only we have the specific combination of genetic makeup that we have, plus all our experiences that make us *us*. Only we are in the exact situation that we are in and understand ourselves and our world as we do. Only we can give ourselves and our world what it needs in ways that only *we* can. Only we can solve our life's and world's problems in *our* own way. This **unique ability and creativity** to solve our and our world's problems and needs is a special gift to us. It is also our responsibility, because no one else can do it for us.

Agreeing to put our time and energy into learning about, teaching, and creating our unique abilities with those we love are our greatest joys in life. When we use our unique abilities

## THIS IS YOUR LIFE

to create ways to give ourselves and our world **what it needs most**, we are filled with enthusiasm. We give out energy and light like the sun. We become fully part of the moments, and time becomes no longer of importance. We experience heaven on earth.

At the intersection between our unique, greatest joy abilities and what we and our world need the most, live our deepest creativities, our enthusiasm, passions, calling, vocations, purpose. When we choose to use our unique abilities to give ourselves and our world what it needs most, we do what we are here to do. The one who chooses is the chosen one. And the chosen one is the one who chooses.



What are our life's and world's greatest needs? What do we and our world *need* the most? Our world could be just us, our friends, our love partner, our family, our community, our school or company, our country, the world, or the universe. What do we want our world to be? Who do we want to spend

## THIS IS YOUR LIFE

time with every day? Doing what? What do we love to do? If we couldn't fail, what would we do? Who do we want to be? What do we want to be doing every day? Who do we want to be with? What are our deepest goals and dreams? How can we use our unique joy abilities to give ourselves and our world what we need most?

As we answer these questions, we can also update each of our agreements one by one so that each of the agreements we make is in line with our deepest heart. Anything we agree to do, we can fully choose ourselves. It destroys our creativity to take away our ability to choose and update our own agreements. And it creates our creativity to choose for ourselves what makes sense and feels right to us in our bravest of hearts and smartest of minds, testing our ideas in practical reality, and updating how we do them so they work to maximize creativity for all involved.

Answering these questions of how to play our game of life is a never-ending process, and it takes time for most of us to get used to listening to our heart and being the captain of our own ship. Some of us are quicker than others in certain areas, and slower in others. Our game of life is no race. It is all about how we want it to be and creating that which we want to do.

In this process it is important to allow ourselves to be bored. Boredom seems to be one of the parents of creativity. In our world today, we are so used to the quick dopamine feeds from playing games of pleasure that it's difficult to put down our phone, put down our computer, and choose not to fill our day to be so busy. But if we can do so, we can begin to listen to the world with our *hearts and souls*, and we can hear the questions being asked of us. Our human mind needs time and freedom to think, just as plants need time to grow once we water them. And they will, in ways that we are not always

## THIS IS YOUR LIFE

conscious of in the moment. We can try to allow ourselves to rest and sleep and *be* with our problems, and many times we will wake up with solutions to them. Our hearts are drawn to evolve like a magnet, drawn to finding and creating the solution to our problems, to make known the unknown. Often the best way to create what we want and need is to follow what the cosmic force provides us, creating in the way that makes sense and feels right in our specific situation.

Using our unique joy abilities to give ourselves and our world what we need seems to be one of the most creative ways to play our games of life. There may be others. Follow and create what makes sense and feels right in your heart, trusting your intuition even if you don't yet fully understand why, and testing your ideas and agreements in practical reality, always being open to updating them to find a better way. Your creativity is your very nature, your fire of passion and life force which is yours to question, test, grow, mutate, update, create, and evolve in your own way. Others can only do their best to tell you what they see, feel, and understand, what makes sense and feels right to them to call forth the creativity that lives in all of us, but that which may be asleep. Others can do their best to provoke your creativity, challenge it, and create a creative context, an evolutionary space that guides your creativity to rise in you and sleep no more. That is what I am doing my best to do with this book. But in the end, it is all *your* choice as to how you play *your* game of life. If you have the courage to follow and create the fire of enthusiasms that live in your deepest heart and soul, the whole cosmic force will conspire to help you along your path. We just need to do our best to know when we need to have patience and follow, and when we need to have courage and create. We will get better at this as we practice our game of life.

## THIS IS YOUR LIFE

Each one of us is always being asked questions. It is in how we answer them that makes us who we are. We will never fully know or understand everything; we can only create in the general direction of our best enthusiasms. We can only do the best with what we have and know, trying different things and updating as we learn more about ourselves and our world, taking two steps forward and one step back. As we decide how we want to play our game of life, we can begin to update our agreements so that we are truly using our time, energy, creativity, and money to create all that we and our world want and need.

## **SUGGESTED UPDATED AGREEMENTS THAT WE CAN MAKE**

I agree to use my deepest creativity to solve my and my world's problems, and satisfy all my wants and needs in my own creative way.

## **QUESTIONS WE CAN ASK OURSELVES**

- What are my greatest unique joy abilities?

Example: I understand and feel deeply for others.

- What are my or my world's greatest needs and problems?

Example: My world needs to learn how to update all areas of our life.

- How can I use my deepest creativity to create ways to solve my and my world's problems and satisfy all my wants and needs in creative ways?

Example: I can write a book and create a community focused on learning, teaching, and creating how to update all areas of our life.



## CHAPTER 11

### Updating our Agreements

Once we have an idea of how we want to play our game of life, we can update our agreements of where we put our time and energy so they are guiding us to live in the way we choose. For example, if we want to be someone who can give speeches in public, we can update some of our agreements of where we put our time and energy so that we put ourselves in situations where we are learning and practicing how to public speak. If we want someone to love in our life, we can update our agreements so that we put ourselves in situations and environments that we can meet someone we can love. If we want to make money, we can update our agreements so that we are in situations where we are learning, practicing, and creating ways to make money. This process of transforming our agreements so they are creating all we and our world's wants and needs in creative ways is called **Creative Transformation**.

If the way we attempt to update our agreement doesn't work, or a better way is found in the process, we can learn



## THIS IS YOUR LIFE

from our mistakes and try again, updating to the new, better way. We will get better at updating each time we try as each attempt we are getting better at creating ways to give ourselves and our world what we want and need. With enough time, consistency, energy, practice, and understanding, with enough getting up when we fall down, we can creatively transform every area of our life and make any dream we feel in our hearts come true.

Even though we have already agreed to play our game of life in our own creative way, we may find that it is still difficult to update certain agreements. These are usually the agreements that we subconsciously agreed we cannot update. We have agreed a certain way of doing things, and to update them to new creative ways may take more focus, practice, time, and energy.

For example, if our father taught us to shoot a basketball with our right hand, and we practiced shooting this way our whole life, how difficult would it be for us to learn how to shoot the ball just as well with our left hand? How hard would it be to learn to speak Chinese for someone who has never heard it before? How demanding would it be for an addict to update from a drug addiction? In our overspecialization, we often become *addicted* to the agreements and behaviors that we agreed cannot be updated, *addicted* to the certain ways of living that they represent.

This is why it is essential for us to update to the things that put deep enthusiasm in our hearts and souls. Our fires of passion are the only things that allow us to keep our willpower ignited as long as it is necessary to persist in updating through the difficulties. When we fail, we need to tap into this deep conviction in order for us to be able to learn from our mistakes and try again.

## UPDATING OUR AGREEMENTS

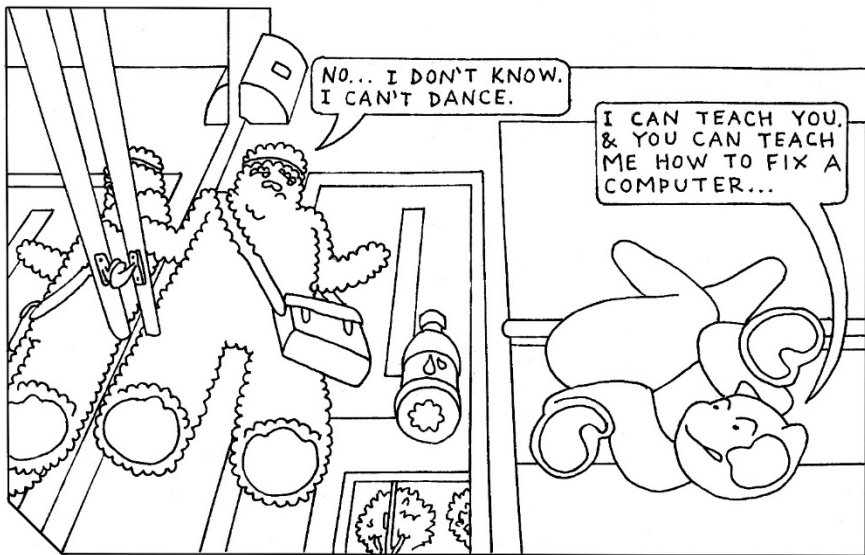
Ironically, often the core areas of our life that need to be updated most in order for us to play our game of life in the way we truly want are the very areas that make us the *most* uncomfortable and are *most difficult* to update. Our deepest, non-updatable agreements are the *biggest bad guys* in our game of life that we need to update in order for us to move on to the next level and evolve. But this is so difficult for most of us because we learned to play games of pleasure, seeking what feels good and avoiding what doesn't. We learned to avoid the very agreements that we now need to creatively transform. To fully play our games of life, most of us need to flip this around and stop avoiding that which makes us uncomfortable and agree to seek, focus on, and update the very areas of our life that are most difficult for us. We can agree to "focus on updating our non-updatable agreements."

For example, maybe our dream is to "be the best basketball player we can be." To achieve this goal, we learned to overspecialize in only using our right hand to dribble and shoot the ball, because we got positive feedback when we used it as we were able to put the ball in the hoop. Our teammates were happy, and fans cheered for us. But when we used our left hand, we got negative feedback because we were not that good at it. We lost the ball and missed most shots, and our teammates got upset with us, and fans booed. So we made the agreement to "use only our right hand when we play basketball," leading us to get many awards and win many games.

But as the years pass, other teams are now learning that we cannot use our left hand to dribble or shoot and are beginning to defend us in ways that force us to use our left hand, causing us to make more and more mistakes. To achieve our deepest goal of "being the best basketball player we can

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be," we may need to update our agreement from "using only our right hand to play basketball" to "I can use both hands to play." Even if we get booed and don't make as many shots at first, we can agree to "get through the discomfort and awkwardness of using our left hand, and purposefully focus on improving it by putting our time and energy into practicing using it." We need to focus on our greater goal of "being the best player we can be" and updating from our mistakes that we make when we use our left hand, seeing them as lessons that we can learn from.



Over time, and with lots of practice and learning from our mistakes, we will be able to play basketball with both our right and left hand. We will be a big step closer to our dream of "being the best basketball player we can be." We can then focus this same way on all of our non-updatable agreements, all parts of our game that we are weakest at, and practice them in the same way, step by step truly becoming the "best

## UPDATING OUR AGREEMENTS

basketball player we can be."

Some of us are basketball players, but we can all be game of life players. We can all agree to put our time and energy into practicing at improving our weaknesses in order to get what we truly want in the long term in the direction of our deepest goals and dreams. This is commonly called **delayed gratification**, the ability to delay an impulse for an immediate reward to create a more creative impact. By focusing on seeking our non-updatable agreements and helping them creatively transform, using delayed gratification to practice in the areas that we truly want and need, we no longer overspecialize, and instead we create a balance between generalizing and specializing to choose to evolve in all the areas we truly want and need. We add bits of information to our knowledge base about what we know least, constantly innovating, updating, and practicing what works so our repertoire of behavior is constantly expanding until we can create in a maximum number of areas. We know more and more about more and more.

Anytime we choose to live more, push ourself beyond our comfort zone, and learn from our mistakes, we get rewarded in the long run, even if we fail in the short term. Anytime we question an agreement and create a better way that makes more sense, feels more right, and works better in the real world, we get rewarded in the long run. The more important the agreement is to us or the more non-updatable it has been in our lives, the more the risk we are taking by questioning, experimenting, and updating it, the more we get rewarded when we create a way that actually works. We get rewarded on any occasion we put our time and energy into what maximizes creativity for all, instead of doing what is easy and only helping ourselves.

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As we noted in chapter 8, it is the destruction, the negative feedback, the conflict, the challenge, the problem, the parts of life that we are not good at—the non-updatable agreements—that are the very things that we can choose to seek, practice, heal, improve, and update in the direction of how we want to play our game of life. Every time we solve our problems, answer our questions, and update a previously non-updatable agreement, we evolve on to the next level in our game of life. Winning the game of life is updating in our own beautiful way and adding to the world what was not there before us. What only we can give—*us*—and sharing our creativity with all we impact.

As we question and attempt to update our agreements one by one, we may begin to see and remember our guilt. We may be reminded how "bad we are for not being able to live up to our agreements" and that "we do not deserve to update any of them." But instead of punishing ourselves again, we can now choose to update by learning how to compensate and let go of our guilt.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to update all my agreements so they guide me to maximize creativity for myself and others in the way I choose to play my game of life.

I agree to focus on updating my non-updatable agreements.

## **QUESTIONS WE CAN ASK OURSELVES**

- What agreements do I want to update?

Example: I have agreed I will someday start my dream once I make enough money.

Example: I let go of this agreement. I now agree to start my dream here and now, doing my best with what I have got.



## CHAPTER 12

### Compensate

**A**s we attempt to question and update areas of our life that we have previously agreed are non-updatable, most of us will get zaps of negative feedback and guilt expressed by a twinge of discomfort in our gut, attached with bad memories reminding us "not to go that way or we may be punished or hurt again." These reminders urge us to play it safe, causing us to want to run back to our all too well practiced personality masks and game of pleasure agreements that stop us from feeling pain, but also fully living.

To stop ourselves from running back into our safe houses and continue to bravely play our games of life, we can stop, breathe, and when ready, *bravely* face the problem and see it for what it is. What are the actual destructive impacts that we caused? We can stop running away and look our guilt in the eye, seeing and feeling what it is we are feeling guilty for so we can compensate for the destructive damage with an equally creative impact. To **compensate** means to provide

## COMPENSATE

something creative as a balance for something destructive. For example, perhaps when we ask ourselves what do we feel guilty for, we remember that ten years ago we said something *bad* about a good friend of ours, and we feel guilty for never owning up to it. We can stop and ask ourselves, "What damage did we cause? Who was hurt? Was it just something said in passing, or did we hurt them by talking badly about them? Did they lose friends because of us, or was a bad rumor started because of what we said?" We can see the damage that was caused and do our best to walk in the other's shoes, feeling their pain and allowing it to do what pain and sadness do best—lead us to focus on the problem so we can properly heal it. "How did the destructive damage make them feel? How would we feel if that was us?"

Once we can see the destructive damage that we caused, we can create a way to compensate for it. We can think, "How would they want to be compensated? How would *we* want to be compensated if this was done to us?" Maybe a way to compensate can be to now, ten years later, invite the very friend who we said bad things about to dinner. We can tell them what happened, owning up for our actions, apologizing for causing them trouble and for not being responsible back then when it happened, but we are now. If we find out they lost friends because of what we said or were hurt by the rumor we started about them, we can reach out to the people who believed the rumor, owning up to it and sharing why we said it, helping to heal the damage we have caused in the relationships. Or we can offer to dedicate our time and energy to helping the person we hurt to create something they want or need help with in their life, in return for the damage we caused.

If we are not able to compensate the person we hurt



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directly because they cannot be found or are no longer around, we can compensate to our world now. If we have friends currently that we also sometimes say bad things about, or we know people who do this, we can help solve the problem in our current situation and pay the compensation forward. Sometimes all the compensation that is needed is an apology and learning from the mistake.

Just like all things in the game of life, there is no limit to how we compensate, or one right way to do it. It is all based on the specific situation, with the goal of repairing the destructive damage caused. Regardless of how we do it, by compensating we are no longer agreeing to be a victim or a martyr because we are taking the responsibility into our own hands, doing our best to solve all our problems here and now. (See victim and martyr in chapter 4.) To be **responsible** means to be held accountable for the outcome of what comes from our impact. In our overspecialization, we learned to run from responsibility our whole life, becoming more and more afraid of the pain we would feel if we were responsible. But when we choose to be responsible, we can truly begin to play our games of life. Everything and every area that we choose to be responsible for in our life is what becomes most meaningful to us. When we choose to be responsible, we choose to truly live.

We can step by step be responsible and compensate for all we feel any amount of guilt for, and also forgive those who did destructive damages to us, and help them be responsible and compensate for them as well. If they don't know how to, we can explain and show how, leading by example. There is nothing too destructive, *bad*, or *evil* that we cannot compensate for, nothing that is beyond updating or forgiving. There are no mistakes that we cannot learn from; we only

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need to be willing to update and do so. To be **willing** means to be deliberate, intentional, voluntary, and prepared to do something. He or she who has a why (a reason), can solve any how (problem). Once we are willing to be responsible, compensate for our destructive impacts, learn from our mistakes and update, and create our deepest creativities with all we are, there is nothing that we cannot do.

Once we have done our best to compensate, the mistake or negative impact does not ever need to be brought up again, unless we choose to use it as an example to learn from. We do not need to overcompensate. **Overcompensating** is taking excessive measures in attempting to correct or make amends for an error, weakness, or problem. Like all things in the game of life, trust your heart and mind and what feels right and makes sense. As mentioned in chapter 4, we allow others to punish us only as much as we punish ourselves. And now we know that we don't need to suffer from our guilt ever again, because we did our best to heal the hurt caused. Our guilt can now be a tool to remind us to motivate us to feel the pain we caused in the other so we can compensate and do better next time, not a weapon against ourselves. And like all scars and mistakes, we can now be thankful for the lesson learned from guilt and the story it provides, moving on and updating as we continue to play our game of life.

As we do our best to compensate, we can also begin to look for the core non-updatable agreements that are planted deep within us that caused us to do the destructive impact in the first place. Once we are responsible for our destructive impacts, the defensive, non-updatable agreement fences (see chapter 2) that have zapped us with pain our whole lives to protect us from bigger hurt, lose a lot of their electric power.

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We can finally walk over the fence and see the real reason why we did what we did. "Why did I say something bad about my friend? It wasn't about them at all, was it? It was about me. I wanted to bring my friend down because I didn't feel good enough about myself. I didn't want too many people to like my friend, and not like me, them becoming friends, and leaving me behind."



Asking these questions in a safe, responsible, willing-to-compensate-and-update mindset, we will often arrive at a non-updatable agreement that led us to do the destruction and to our guilt. I agreed "that I am not good enough." As we mentioned throughout the first part of the book, most of us have felt this deep within us our whole life. We learned that no matter what we do, we can never do enough to become the image of perfection that we have agreed we *should* be. We can never overspecialize enough because we are not our non-updatable agreements.

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In our overspecialization, we agreed that "we are not good enough." That we are unworthy of so much in life because of all the times we found ourselves guilty for breaking our non-updatable agreements. We can update this deep cause of destruction in our lives by updating this agreement to "I am good enough. I am **worthy and deserving** of all I think and feel, need and want, and I can create creative ways to create them all. I never deserved to punish myself with so much guilt. I deserve to put my time and energy into practicing, enjoying, and creating all I want and need in my own creative way. I deserve to try and make mistakes and fail, and learn from them and update. I deserve to love and be loved. I deserve to feel sunlight on my face, the wind in my hair, and all of the flavors of the world on my tongue. I deserve to know I am beautiful just for being me. I deserve all I want and can imagine in my life. I deserve my dream life that lives in my heart and soul, and I am willing to do all I can to create it. I am responsible for being me and willing to create all I want and need in my own creative way."

In this way, one by one we can update each of our non-updatable agreements, clearing the traffic of the highways between our mind, heart, and body, and different areas of our life, slowly but surely becoming whole again. We can update our game of life to anything we want, anytime we want. We can do this process of compensation and updating again and again until everything that we feel guilty for is healed, compensated for, and updated.

As we look closely at all we feel guilty for, we will also often find that many things we feel bad for are where we didn't *actually* cause any destruction. They are just illusions in our mind left over after all our years of punishing ourselves. These illusions will evaporate once we are responsible, face

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them, and get to the core of the guilt, seeing that there is nothing to compensate for, and therefore we have nothing to feel guilty for. We can choose to let them go.

The next chapter has some recommended creative agreements that can help us to free our creativity in our hearts even more and guide our minds so we can think of how to create all we want and need practically in our current situation, and lead our bodies to do the work and enjoy the ride. Welcome to fully living.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to stop, breathe, and see the problem for what it is so I can compensate for my destructive impacts with equally creative ones and let guilt go.

I agree I am good enough and deserve all I can think, feel, and imagine, and I am willing to create it all in creative ways.

## **QUESTIONS WE CAN ASK OURSELVES**

- What do I feel guilty for?

Example: I feel guilty for talking behind my friend's back.

- What are the destructive impacts that I caused?

Example: I caused destructive impacts by causing others to think my friend is worse than she is.

- How can I compensate for the destructive damage I caused?

Example: I will compensate by making an agreement with the same people that I said those destructive things to. We shouldn't make fun of our friend because she has flaws. We all do, and this is what makes us *us*. Anywhere she is being destructive, we can help her to update, just like I hope you all will do with me.

- What agreement do I need to update so I don't cause destructive damage anymore?

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Example: I agreed if other people are good at something around me, no one will see that I am good enough, and people won't like or accept me. I update from this agreement to a new creative agreement that I now agree I am good enough just as I am, and I can update any area that I want to improve in.

- What do I deserve?

Example: I deserve to have real friends who I can love and be loved by, just for being me, and them being them.



## CHAPTER 13

### Creative Agreements

**A**s we have seen, with our agreements of where we put our time and energy, we can destroy everything around us, or we can create our most beautiful dream life. What we agree to is so powerful that one agreement can change a life, or destroy the lives of millions of people. Our very creativity, confidence, and willpower come from being able to update to creative agreements and keep our word with ourself and others. These are some general creative agreements that can help us focus our life force so we can maximize our, and others', creativity here, now, today.

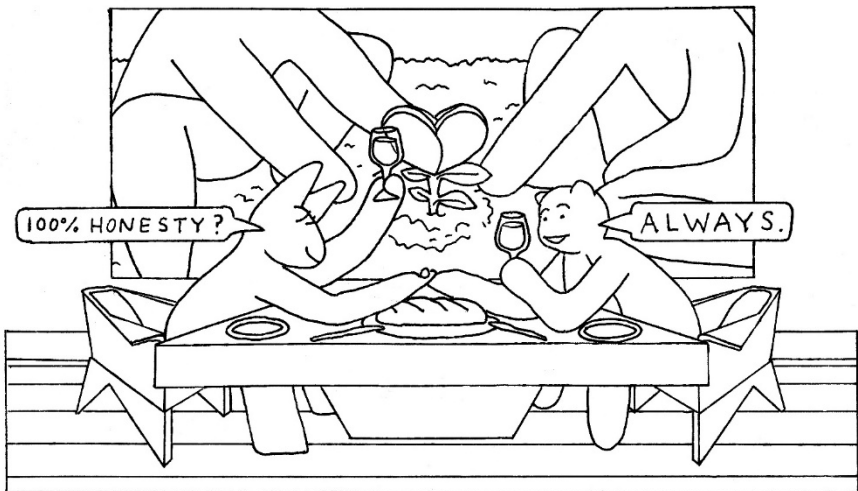
#### **I AGREE TO BE HONEST.**

This means we speak and do what feels right and makes sense to the best of our awareness. We create a way that others can understand our honesty and meaning so they can see the real us, and interact with us based on our truth. Being honest is to



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agree to speak and act with integrity, to say and do only what we mean. It means having our agreements represent what we truly want and need, and having what we say and do match up with our agreements. This agreement is very important because it is through our word and what we agree to do that we express our creative power, our life force, how we play our game of life. It is through our word that we create everything—what we dream, what we feel, what we really are, and the impacts we have with our life. We have learned to do precisely the opposite during our overspecialization as we learned to go against ourself. But when we make this agreement "to be honest with ourself and those we can trust," just with that intention, our truth will manifest through us and clean all the emotional poison that still exists within us.



### **I AGREE TO GIVE MY BEST IN ALL I SAY AND DO.**

This means we are intense and deliberate with our actions. We see, feel, taste, listen, do, speak, and act, all with one hundred

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percent of *us*. When eating, we do our best to eat healthily, be with the food, to taste it, enjoy it, and be thankful for it. When we talk with others, we are with them soul to soul, heart to heart, mind to mind, body to body, doing our best to really hear and understand them, and be heard and understood. When we choose to work, we work with all we have. When we choose to play, we play with all we have. When we choose to relax, we put our all into relaxing. When we make this agreement, we are by default living fully in the moment, living each day to the best we can and our life to the fullest.

### **I AGREE TO BE RESPONSIBLE FOR WHAT I SAY AND DO.**

This means that we say what we do, and do what we say. We are accountable for all our decisions and impacts and whatever happens to us or others based on our words or actions. If we cause a destructive impact, we will compensate with an equally creative one, as we discussed in the last chapter. Being responsible means that we have the confidence to know we can be who we want to be, update and create what we need. If someone does something that disturbs us, being responsible means we think about why they are saying or doing whatever it is before we apply it to ourselves. If someone calls us ugly, this does not mean we are ugly. We know what we are and can trust that. What they say may not have anything to do with us; it is for us to decide if there is any truth in what they say. Can we trust them? Are they being honest? Responsible? Creative? What are their intentions and reasons for saying or doing that? When we make this agreement to be responsible, everything is our choice, our agreement to believe in it or not, to update what we say and do or not.

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### **I AGREE TO BE OPEN TO NEW INFORMATION AND BEING WRONG.**

This means that we know there are always an infinite number of alternatives by which we could have increased creativity or done things better, and the universe may be structured very differently than we think. It means that if we know something, or agree to something, we are always open to update, and if we do not know something, or want to know something, we simply ask. By being open to being wrong, we are willing to question, experiment, test, theorize, create, and update any of our ideas or agreements based on any information that makes more sense and feels more right. We do not limit others to judgments based on labels and stereotypes we have of them, but instead see every person as his or her own person, every situation its own situation, everything its own thing. When we make this agreement if someone is being creative, no matter how weird or different their ways may seem, we are open to learning and understanding.

### **I AGREE TO BE COURAGEOUS.**

This means that we stand up for, and create, what we feel is right and makes sense. We are brave in front of people and when alone, no matter how tired or nervous we may be. When we are courageous, we face the reality of our situation with dignity, and dig deep for real answers. We do our best to take action when it is creative to do so, knowing it is often better to try and fail than not try at all, because evolution is not possible without creative action. What keeps something creative is purposeful, brave creativity, and doing nothing is often

## CREATIVE AGREEMENTS

enough to let overspecialization destroy ourselves, those we love, and humanity. At the same time, we are also brave enough to do nothing when nothing is the creative thing to do. When we make this agreement, we are brave enough to choose between when to stick to our agreements and when to update, and deal with the consequences.

### **I AGREE TO BE HOSPITABLE.**

This means we do our best to be with the other person, truly seeing them and understanding them, and letting them see and understand us. Being hospitable means we are really with them, feeling their joys and pains and showing them ours. We clothe them when they are naked, feed them when they are hungry, give them a place to sleep when they are tired, and listen when they need to be listened to. When we make this agreement, we do our best to have a friendly character and are accepting of others for who they are.

### **I AGREE TO BE FREE.**

This means we are forced or controlled by no one and nothing, and force and control no one and nothing. We know everything is a choice and everyone deserves the right to choose and have the ability to make an impact, creative or destructive. We respect and support ourselves and others to make our own decisions because it is destructive to take away the ability of anyone to question, test, update, and create in their own way. Being free means we are not dependent on, or imprisoned to, anybody, any vice or anything. It means we know the greatest reward from playing our games of life is

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maximizing creativity for ourself and others, so when we create something, we give up our attachment to the exact way it happens, as long as it is creative. If we have a very strict idea of how something needs to happen and get rigidly attached to it, then we shut out a whole range of possibilities that can only happen under freedom. When we make this agreement, we water the seeds of creativity in what we want to create and let them grow in their own way, trusting that creative acts will eventually have creative results, even if we are not always able to see how in the current moment.

### I AGREE TO BE LOYAL.

This means we will give firm and constant support and allegiance to our creative agreements, to ourselves, and to those we love. We are loyal to maximizing creativity and updating creative ideas that are ever evolving. When it makes sense and feels right to uphold our agreements, we do so even in the face of our momentary game of pleasure temptations and desires. When we are loyal to our agreements, and our agreements are creative, creativity and evolution in all we do will eventually follow.

### I AGREE TO BE JUST.

This means we do our best to maximize creativity in ourselves and others in everything we say or do *directly*. We acknowledge that every action that we say or do is a creative act in itself, and that creative results do not justify destructive ways of achieving them. We know that all forms of compulsive, repetitive, overspecialized behavior that have no

## CREATIVE AGREEMENTS

current relationship to creativity are either destructive or non-effective. This does not mean we cannot do things for fun. Creativity usually feels like play, and creating ways to have fun and relaxing, sleep and resting, are some of the best ways for us to charge our batteries so we have energy to create more of what we want and need. Being just means we know the decreasing of creativity for anyone or anything represents a closing of the collective mind of life, and we do our best to stand behind maximizing creativity for all, lowering for none and opening up the collective mind. We cannot increase creativity by sacrificing it in ourselves or others in order to make another creative or happy, and we cannot increase the creativity of a group, no matter how large, by decreasing the creativity of even one person or thing. The tyranny of a majority is just as destructive as the tyranny of a minority. When we make this agreement, we do our best to be fair to all and help every soul have the opportunity to live a life of dignity.

Whatever agreements we decide to put our time and energy into, these and/or other ones, we can compare what we actually say and do with our agreements. Do our agreements help us create what we value most? Do they do so in ways that are creative for all impacted? If not, we can update them so they do and are. It will often take time to practice any agreement we make before we can consistently do it as our second nature, but over time, with a lot of trial and error, we can achieve and create anything we agree to. As we practice living by our updated creative agreements, trying and failing and learning from our mistakes, we will begin to see all the problems and contradictions our overspecialization has caused in us. We will see all the non-updatable agreements

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that we have and the changes we need to make for us to update and play our games of life in the way we truly want and need. We slowly but surely become stronger and stronger, from our inside out, because we have nothing to hide. We become real; we become whole. Our mind, body, heart, and soul become one, working together to create the life we truly want to live. Our heart and soul guide us; our mind makes sense of the agreements we are to make practically, and our bodies do the work and enjoy the ride. We are no longer what we were born as. We are what we now have in us to become.

As we do our best to let our heart and soul guide us in choosing our agreements in all matters, it is creative not to confuse them with fear. Our fear is often an illusion, and our heart and soul are our true sense of right and wrong. We can solve our fear with love.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to be honest with myself and those who are trustworthy and do my best to help others become trustworthy by first being trustworthy myself.

I agree to give my best in all I say and do.

I agree that I am responsible for all I say and do.

I agree to be open to being wrong.

I agree to be courageous.

I agree to be hospitable.

I agree to be free.

I agree to be loyal.

I agree to be just.

## **QUESTIONS WE CAN ASK OURSELVES**

- Do I have any other creative agreements that I want to live by that I see as freeing and helping me to create the life I want to live?

Example: I agree to do my best to clean the house. This means when I see something dirty, I will do my best to clean it.





## CHAPTER 14

### Solving Fear with Love

**W**hen we first start consciously attempting to update our agreements, most of us feel confident and good about it. But once the fun of talking about making a change passes, and we actually have to stick to doing the new behavior consistently, we may begin to feel uncomfortable. The new agreement may be something we have not ever fully committed to before, and we don't know what will happen if we try. "What if I made the wrong choice, and the old way was better? What if I can't get what I really want by agreeing to this? How much of life am I missing out on by choosing this?" As we step into the unknown land of creativity, fear creeps in, and it slowly takes over our every thought.

We get filled with an urge to run back to our old, seemingly safe but often destructive and overspecialized ways of behaving. A voice in our mind may say, "Everyone else is living *that* way. Who am I to think that *I* can live any differently? Maybe I

## SOLVING FEAR WITH LOVE

should just go back and live like them, like I used to, using ways that I know for sure work. Maybe I am not *maximizing creativity* or whatever that book said. Maybe this is not really living how *I* want to live. I don't even know if these *agreements* are *updates*. It sure doesn't feel like an update right now. Maybe it's better not to kid myself. At least I tried."

What's going on here? Our fear is doing what it does best—trying to protect us from danger. Our reptile ancestors learned to feel afraid when faced with danger, and then to choose fight or flight to protect themselves. If the danger was too big, and they didn't have a chance of winning, they were filled with panic and ran to safety. If the danger was small, and they could probably come out as a winner, the fear turned into anger, and they fought the danger.

Since our brain is part reptile (see chapter 9), we still have this million-year-old fear impulse to protect ourselves and help us survive. When we are faced with a problem and get the urge to run away mentally or physically, it is because we think the problem may be too big for us to handle. When we get the urge to argue or fight, we are probably faced with a *danger* that we think we can potentially beat. And just as all agreements and learned behaviors that were creative at one time become destructive when the times change and they do not update with it, this fight or flight reflex is now one of the principle causes of why most of us overspecialize. Our fear is one of the main reasons why most of us cannot update certain areas of our lives, and why we choose to play the same pleasure games that we have seen others play, instead of playing our game of life in our own creative way. Fear leads us to conform to ways that everyone else is doing, ways that have been done before, have worked for us in the past, and we think are *safe*. We often allow fear to destroy our creativity,

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individuality, enthusiasm, and ability to update. When we overspecialize in these behaviors, **fear** becomes the belief that we cannot creatively solve a problem, so we need to fight what is causing the problem, or run away from it.

Fear is the human manifestation of the destructive force. Just like all things in the destructive force, fear is also the very thing that shows us where our problem and contradiction are so we can choose to focus on solving, updating, and evolving in the areas we need most. Fear is what wakes us up to what we truly care about. The more fear we feel, the more important is the thing that we feel is being threatened. What we often truly want is on the other side of fear. With our human brains, we can learn to solve what we are afraid of with love. **Love** is creatively solving the problem that is causing us to be afraid. We can agree to create new behaviors instead of only being able to run or fight. We can update and choose new agreements that feel right and make sense to help us create the result we truly want in our specific situation. Love is the human manifestation of the creative force.

Fear and love are the two bases of all our emotions. Every other emotion is shades of these two. When we feel uncomfortable, nervous, embarrassed, jealous, dislike, hate, and discomfort, these are rooted in fear. When we want to yell out in anger or frustration, or hide in our discomfort or guilt, the good news is that we are not an overspecializing dinosaur who has to react by running or fighting. We are a human being that can choose to solve any problem in a creative way. We can stop and breathe, like we discussed in chapter 12, and see the situation for what it is.

We are feeling an emotion that is an expression of fear. We do not have to react; we can think and act. We can ask ourselves, "What exactly am I feeling, and why am I feeling

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this? Am I really in danger? Do I need to fight here? Do I need to run away? What am I afraid of? Who is causing the danger? What or who am I threatened by?"

When we ask questions to analyze our situation, our energy and focus are moved from the reptilian part of our brain to the human part, and we emotionally and physically calm down. Once we can calmly see the situation, we can create ways to solve the problem, asking ourselves, "What's their goal? What's my goal? What's the impact I really want to make? How can I create a way to solve the problem that has a creative impact for all of us in the way we all want?"



For example, say we made the agreement "I don't love my job, and I would like to leave. But I *have* to keep it because it's a good opportunity and the only way I can make money." We may be filled with fear every time we really think of leaving the job, so we choose to avoid this thought and shut it down if anyone brings it up. But every once in a while, the thought

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comes back. We can choose to be motivated by love, not fear, by stopping and breathing and seeing the situation for what it is.

We can have a discussion with ourselves. "Why do I feel afraid? Is it because I fear I cannot keep up my current lifestyle if I don't have this job? What will happen if I keep giving all my time and energy to this job that I don't love? Is my current lifestyle really one that I am afraid of losing? What is more important to me? To do what I love with my time and energy, or make money not doing what I love? Is there a way I can update to make money doing things that I *do* love? Maybe it seems unrealistic now, but are there any ways I can start walking toward this goal? Maybe I can try to update my agreement to choose to lower my income a bit, and do this job or find another job part time so I can have the time to learn, teach, and create what I really love, slowly building it up until I can support the lifestyle I want, *and* do what I love with my time and energy. But what about my current company? Is there a way I can help my current job update to make it what I love? Will my boss be upset if I tell him how I really feel? Maybe a little, but doesn't he deserve someone who can love their job? Yes he does, and I deserve to love what I do with my time and energy every day too, so I will take steps in that direction."

This is just one example, and maybe there will be situations when we need to fight or run. But most of the time, this is not the case. We no longer live in a reptilian world of constant danger where fighting or fleeing keep us alive. Much of the time, we are triggered by things that we can solve in creative ways. In most situations, we can stop, breathe, and choose how to create a solution that is creative for all impacted.

There are two lions in a fight—one destructive fear, one

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creative love. Which one wins? The one we feed. We feed them with what we agree to say and do with our time and energy, thoughts and actions. When we are often alone, or with people who have a history of overspecializing in similar ways to us, it is easy for us to help the destructive fear lion win. It is easy to give in to deeper fear-motivated behaviors and fall back into our old, non-updatable agreement routines that worked before in our life to get us what we need, even if they are in some ways destructive. Even if we are doing our best to update and play our game of life, it is easy to lie to ourselves when we are solo, easy to see things from perspectives of fear. By ourselves, there is only so much we can learn, teach, and create, only so much game of life that we can play. But by learning truly to love another and helping them play their game of life in their own way, we can continue to overcome all fear, update all areas of our life, and maximize our creativity in the way we want and need.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to solve fear with love, creatively solving the problem that is causing me to be afraid.

## **QUESTIONS WE CAN ASK OURSELVES**

- What agreements am I trying to update that are causing me to feel afraid and run back to my old, *safe* agreements?

Example: I have made an agreement that I won't ever find real love. Every time I try, I get hurt, so I just run back to being alone most of the time and hooking up with people occasionally.

- How can I create ways to solve the problem causing this fear, and satisfy the needs of all impacted?

Example: I can agree that what I truly want is real love, and that I learn most from my mistakes and failures, so the next time I try to love again, I will be better than last time and get closer to what I really want.



## CHAPTER 15

### Love Another

**T**here are people around us that attract us, who we naturally connect with mentally, spiritually, emotionally, romantically, and/or physically. People who when we think of them, when we are around them, often cause us to be filled with joy. We enjoy talking to them and want to see more of them, whether as a friend, a teammate, or a romantic partner. We are drawn to them like a magnet.

We are naturally attracted to them because they can help us continue to update, evolve, and create more, and we can do the same for them. This is because every transaction of our life, every pain and pleasure, fear and love, and destructive and creative impact has left its mark on and in us. These collective impressions form a puzzle piece of who we are that we are trying to match as we search the environment for suitable friends and a mate that we can form a family and community with, those who can accompany us on our journey of updating, evolving, and creating.

Consciously, we look for others who have all the creative



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traits that we like and admire. We feel we are attracted to people who satisfy our criteria of what is enough: they are beautiful enough, rich enough, nice enough, caring enough, whatever it is that we need. Being with them just makes sense and feels right. They not only give us the areas that we are comfortable with, but also the areas of life that we may have not gotten growing up in our overspecialized situations, giving us what our caretakers and situation in life may have failed to provide. We admire the qualities they have that are missing in ourselves. Qualities that got lost as we overspecialized to be accepted by society and fit in. These qualities are easily done by the people who we are attracted to, just by being who they are.

Subconsciously though, we are attracted to them because they have the potential to challenge us in the very way we need to be challenged. Just by being who they are, they recreate a situation with some of our deepest problems, needs, and non-updatable agreements that challenge us to focus on and update them. They often challenge us to take off our personality masks and be real. This is why after a period of time of being with these people who we initially felt so attracted to, we may begin to dislike their challenging of our agreements. We may begin to dislike them as their qualities that we at first admired start to bother us. We may begin to ask "Why can they do behaviors and make agreements that we have agreed we can't?" They may behave in some ways that we have been punished for our whole lives and are getting away with it, and we don't like it. It may make us feel uncomfortable that they don't have to abide by the same rules that we do. Or we feel that they do not live up to certain standards that we have set, and somehow they are getting what we want, and we feel they shouldn't be able to.

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In this way, over time some of the very things that we loved about them and they us, we may begin to resent in each other. In some of the areas we agreed we *cannot*, for some reason they *can*. And in some of the areas that we have agreed we *can*, they for some reason *cannot*. Old hurts from both of our overspecializations are brought out from the depths within us, and we begin to believe that those we were at one time so attracted to cannot or will not love us as we hoped.

Our attraction may begin to be infiltrated with fear. We may become afraid that we cannot survive without the joy and safety that was within our grasp during the initial attraction that brought us together as friends. This often leads us to become angry at them for making us afraid and uncomfortable, and they may become angry and hurt with us as well. Since they may no longer be willing to give us what we need, we may decide to change tactics, subconsciously deciding we will *make* them give us what we need, doing whatever we can to maneuver them into caring. We may fight or run away with different expressions of fear, anger, tears, withdrawal, shame, intimidation, or criticism. We may decide to do whatever works to get them to love us in the way we need, in the way they did before. This battle can go on for years, until we end our relationship, or settle into an uneasy truce, desperate to feel alive and whole again. In this way, those we could have truly loved the most sometimes become our most boring relationships, or at worst, our greatest enemies. How many of our friends, family members, or romantic relationships do we just not truly enjoy our time with anymore? How many have sadly and angrily come to an end?

The same way we learned to agree to solve fear with love within ourself, we can update and make a new agreement to

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"solve our fear with love with another." We can look closely and see that even though we thought we were only attracted to someone who has all of the creative qualities we admire, these are also often the same traits that challenge our non-updatable agreements, so we can learn how to update them. We subconsciously chose these people *so* they can challenge us and help us update and evolve. We can focus on our relationship and see all the areas where they also have some of the same destructive traits, the same overspecialization that hurt us in the first place in our growing up, so we can now focus on our deepest problems and solve them, helping us both update and evolve together. By choosing to focus on and love them, we choose to evolve once again.

We can solve our fears with love with them in the same way we have learned to love ourselves: by creating ways to solve our problems and satisfy all our needs in creative ways for both of us. We can ask ourselves "Why do I feel so resentful? What non-updatable agreements are lying underneath these emotions? What are they challenging in me to update? What non-updatable agreements am I challenging in them to update? How can we learn to love each other in a way that solves our problems and maximizes creativity for both of us?"

Say, for example, that we are afraid of abandonment and have made the agreement that "anytime I feel I may be abandoned, I need to be the first to run away so I don't get hurt." We can learn to face our fear and our urge to give up, then we can update our agreement to "I choose to stick it out with them no matter what." Anytime they attempt to run away, I can take a deep breath and stay with them, always choosing to honor my agreement and relationship with them no matter what. If we are afraid of being bullied and have made

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an agreement that "anytime I feel challenged, I will just get louder and meaner until the opponent gives up," we can learn to face our fear by updating our agreement to "I will solve disagreements by talking them out calmly." Anytime they argue with us, we can do our best to solve disagreements together, calmly with communication and mutual understanding. This is obviously difficult, but making the agreement "to solve all of our fears with love" is the first step. Then we can honor it with practice and learning from our mistakes.

In this way, when we say "**I love you**," what we are really saying is "I will create ways to help you solve your problems that are causing you to feel afraid, and help you satisfy your needs in creative ways. I will help you create the life you truly want to live. I will do my best to love you in all the ways *you* need. I will help you to live more, not less. I will do my best to maximize your creativity."

We change, update, and stretch ourselves to give those we love what they need, and the beautiful thing is, what they need is often what we need to confront in ourselves to heal, update, and evolve. What they need from us to be a good friend or partner is often what we need to update in ourselves. Those we are attracted to are like our personal, non-updatable agreement detectors, and we are the same for them. We sense the destruction in each other so that we can help each other focus on and solve the problems and contradictions within us. This is why learning to creatively love another is one of the most difficult things for us to do, but it is also the most worthwhile. Because as we do our best to create with them what they truly want and need in our own creative ways, trusting the process and taking creative leaps, we often evolve and grow in the very way we need and want in our own game of life.

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Like all else in playing our games of life, we do our best to balance and understand when it makes sense and feels right to change and update, and when we need to stand strong and firm. Sometimes what we and those we love need is for us to be loyal to our agreements, a rock of creativity that their wave of destruction can crash on until they realize they cannot get what they want anymore in destructive ways, so they need to try something new, something creative. Sometimes we need to realize we are being too stubborn and update. Each situation is different, and we do our best to love each other by helping one another find and create our deepest creativities, what it is that fills us with enthusiasm and life. We love each other by helping one another create all we want and need in creative ways.

Helping another person grow and update in their own creative way is one of the most creative things we can learn to do. And this process is also often stopped by the same thing that stops us from playing our games of life—fear. In our first attempts to love another and help them become more creative, we often trigger their fear and cause them to enter into fight or flight mode. When this happens, we can once again do our best to solve with love the problem causing the fear, learning from our mistakes how to be creative enough not to trigger their fear again, and help them not to be triggered in the first place.

Often in the moment that feedback is given on how to update, it is difficult for us to accept the advice of whatever it is we want each other to learn. When this happens, it can be frustrating, as we just want the other to understand. But no matter how bad we want to force another person to listen to us, it is never creative to force an update on another. Every agreement needs to be chosen of our own free will for it to be

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truly meaningful for us and truly accepted in our mind. Even if we *do* begin to behave in the ways others want or need, if we do so without fully choosing it on our own, we are only pretending so they can be *happy*, not maximize our or their creativity.



So we can instead speak to them the greatest truth that we know in the best way we think they can understand, planting a seed of what makes sense and feels right to us, and giving it

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time and space to grow into what it will. If it comes from a place of real love, there is probably something we all can and will learn from the feedback, and we and they will update when the time is right. All we can do in the moment is our best to increase each other's creative options in every moment, doing what makes sense, feels right, and works practically in the real world. None of us wants to be destructive in our heart and soul; we just don't always know how to get what we want creatively. The best way to help each other is to show each other with our honest example and feedback of how, being the change we want to see.

In this way, to truly love another we can see that it helps to be brave and open our hearts to those we love and let them love and help us too. When we are open to those we love, we will often find that many of the things we are going through or went through, they are going through or went through as well. We will see how similar the two of us are in our overspecialization, and in our goals of playing our games of life, and all the ways we can create and play our games together.

All that being said, it can often be difficult, uncomfortable, and nerve-racking to even think about opening our world to another because for many of us, we are taking off personality masks that we have worn to protect ourselves our whole lives. It can be even more difficult when we try to open up to our old friends and family about who we are and how we are updating. We may be afraid that they remember us as we were, and we do not want to disappoint them, or we may be afraid of them holding us to what we were and not supporting us in our updates. It may just be that we have never been this real with another before, and we may be afraid of rejection, of being misunderstood. We may remember the times that we

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were punished previously for attempting to be real. We may be afraid to show we care about others, or afraid to show we care to update certain areas of our life that we previously agreed were non-updatable. We may be afraid to show we care about others, or afraid to show we care to update certain areas of our life that we previously agreed were non-updatable, afraid others will think we are weird. We may be afraid that if those we love know we care about some of these things and really see us for who we are inside, they might control us and take away our freedom and what we love.

But if we can be brave enough to continue to play our games of life through all our fears and hardships, and show those we choose to love our fears and updates and persist in updating, they may be inspired by us and see that they can update as well. And eventually, we may be able to begin to update and create with them. We can only do our best to be patient with them and understand their fear and help them solve it in their own way. Being vulnerable and real is true bravery, and it is the most attractive and inspiring thing on earth.

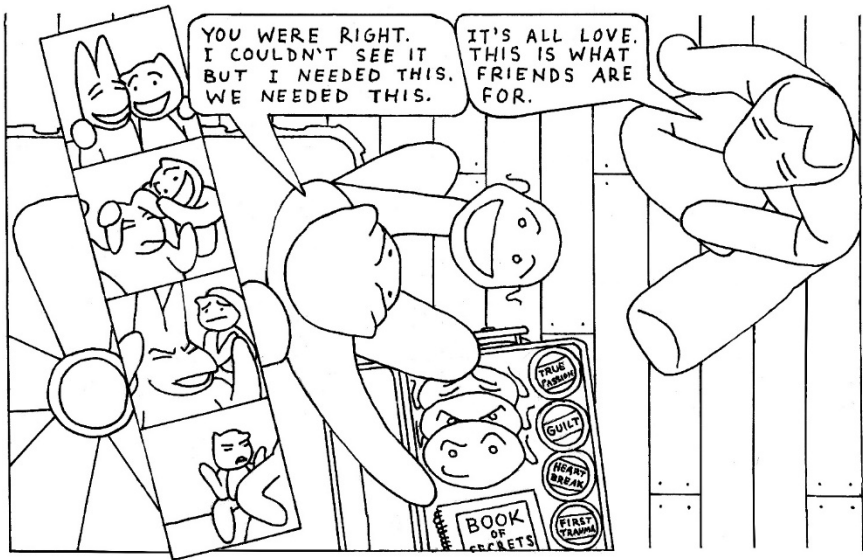
This does not mean we need to always open our hearts and put ourselves in danger of being hurt. We are each smart enough to know how much trust another deserves, constantly opening the doors of love and taking off our personality masks a little more when it feels right and makes sense to. We can choose those we want to be responsible for, and can be safe and practical when we do, taking baby steps when need be. We can also take two steps forward and one step back when need be. And we can take chances and jump out of airplanes, believing we can fly when need be. We all learn to love by being loved, and someone needs to take the first brave step. With practice at loving others, that someone can more



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and more often be us.

We are all on different levels, playing different games of life. When we do our best to walk in another's shoes, we truly can learn and understand who they are, how they got there, and who they want to be.



We can see what is stopping them from living the life they want to live, and help them to understand how to see their agreements. We can show them how to update their agreements to be in line with what they truly want to do. We can help them to see where they may be overspecializing and playing games of pleasure, and how they can choose to play games of life in their own way. They, like us, most likely choose to play games of pleasure because they do not know a creative way to get what they want and need. We can help them to create creative ways to get all they want and need, and share with them how we are doing our best to play the game of life and create ways that we can together.

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To help us get through the times when we are feeling tired, weak, and just want to quit, we can make agreements with another the same way as we have done with ourselves. Agreements that will guide our relationship the same way we use our agreements to guide our own life. We can possibly make agreements to "do our best to be completely honest with each other," because we want someone we can share everything with, so we can create together based on the best truth that we know. This way we can see where we are both being destructive and help each other see where we can be more creative. We can possibly make agreements to "learn from each other and be willing to be wrong," because we know they will see things about us that we didn't see in ourselves. We can help each other to see the areas that we have difficulty updating, and learn from each other's creative talents and skills. As we mentioned in the example earlier in this chapter, we can make an agreement to "love, respect, and maximize each other's creativity *no matter what*" so we can persist in our relationship when we make mistakes and when we hurt each other—because we will, and often. To grow together with someone, we need to learn to forgive each other over and over again, each time creatively transforming a little more to become better people together. By making creative agreements together and holding each other responsible to do what we say and say what we do, we help each other to feel safe and not fight or run away. Instead, we can commit to creating solutions, updating together, and never abandoning each other, no matter how tired or weak we feel. All we have to do is honor our agreements, and they will help pull us through the hard times.

By creating an atmosphere of freedom, safety, commitment,

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courage, and loyalty, our love and creativity will often flourish. Our attraction and longing for one another serves as nature's glue to bond us compatible people together, leading us to want to do what needs to be done to heal ourselves, update, and evolve. And honoring our agreements to ourselves and each other will pull us through conflict and hard times. When we choose to love another and are responsible for this love no matter what, we receive the greatest gift life can give us: another who understands us, and us them. Another with whom we can create the life and world we want to live. True friendship, true family, true love, the base of an evolving community.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to do my best to love another and help them play the game of life in their own way.

## **QUESTIONS WE CAN ASK OURSELVES**

- Who in my life am I attracted to?

Example: I am attracted to my brother, and a girl from my work.

- How can we create the lives we each want to live together?

Example: I can ask them what are their problems and needs, dreams and desires and share mine with them, and we can make a plan as to how to create together. We can maybe start with meeting once a week to talk about what we can do practically to create them, going step by step.

- What agreements can we make with each other so we are maximizing each other's creativity?

Example: We can agree to do our best to help each other create the life we each want to live, and be honest with each other, every step of the way.



## CHAPTER 16

### An Evolving Community

**T**he level of depth, honesty, realness, intimacy, and trust that happens between us and those we choose to help maximize their creativity is like no other relationship that we have ever experienced. We become bonded to each other as we help each other create the life we each want to live, connecting in mind, body, heart, soul, agreements, goals, and dreams. Whatever we come together to create, whether it's a family, a friend group, a team, or a business, we become a small evolving organization of people. An **evolving organization or community** is two or more people coming together to create more together than when apart by agreeing to maximize each other's creativity and other creative, updatable agreements. Each individual member of an evolving organization is directly in contact with and represents the whole and can always at any point influence the group to update to what feels right, makes sense, and works better, even if that means choosing to leave the organization.

## AN EVOLVING COMMUNITY

Whether we commit to loving those already in our life or those we meet and choose to love, as we continue to learn from, teach, and create with more people, our community will grow. Some of those we choose to love will learn to love each other, and some of the people that we bring around won't always click so easily with others. Those they bring around us, we might not connect with as well. And some of those we *do* connect with, we will have disagreements and conflicts with. There will be different opinions on goals, perspectives, and ways of doing things.

To solve the problem of conflict and decision making, most organizations tend to become a hierarchy, with some people's words or choices having more weight and power than others (see chapter 6). Organizations are often eventually taken over by the least creative, most overspecializing, fear-filled people. This is because what overspecializing, fearful people value most is having power over others so they can control them and ensure that others do as they wish and cannot hurt them, making rules that others have to follow or else be punished. At the same time, those who are the most creative people don't want power and merely wish to be free in their creativity, so they have a tendency to become loners and seek freedom, trusting other people less and less. This, in turn, leads many creative people to overspecialize in being free and creating alone.

So, as we saw in chapter 6, this overspecializing way of organizing leads to bureaucracy and the eventual destruction of the creativity of any organization and the individuals that come together to make it. This is the current state of most organizations of people in our world today. No matter how creative they start out, most eventually overspecialize, becoming stuck in some of their ways and are unable to

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change, adapt, and update. So how can we, in our relationships, families, communities, and organizations, not destruct into overspecializing people and organizations? How can we maintain the free-flowing honesty and creativity that we discussed in part 2 as we learn, teach, and create with more people? How can we come together with others and still have each individual be completely free and playing our games of life each in our own way? How can we still be able to update all areas of our individual life while being together with others in a group?

We can do what we always do when we update: learn from what is working currently and let go of what doesn't. Many organizations have family, work, and team meetings or practices. A **meeting or practice** is a time dedicated to focusing on communicating, training, and exercising the areas we want to improve on to achieve the goals we have, individually and as a group. In overspecializing organizations, meetings and practices often result in us discussing and creating the goals of those *in charge* or the *organization in general*, leaving our personal goals as whispers of ideas buried in our subconscious.

We can learn from this and agree to have meetings or practices with those we love about how we each want to play our game of life in our own way, together and apart. We can have sessions where we share the blueprints of our souls with one another, and come together to plan and train how to create and update any area of our life that is in the direction of what we each want and need, always with the goal of maximizing each other's creativity in all we say and do. Any areas that we can come together to help each other create and achieve our goals, we can make new agreements together. If we want to create a family or community, or are already in a

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family and community and want to help it update, then we can organize family meetings with the people we are already family or creating a family with. If we enjoy getting together with certain friends, we can meet with the friends that we often meet with. If we want to create a team or business, we can meet with the people we want to create with.

We can meet once a week, once a month, or whenever we feel we need it. Who, what, where, when, and how depend on who we choose to commit to love, create, and spend our time with and what it is we want to create together with them. When we meet, we can do whatever helps us to focus on playing our games of life in our own way and updating and creating all we truly want and need. We can choose any problems, questions, fears, goals, wants, needs, or dreams that we have individually or as a group and help each other create practical solutions and ways together. We can make agreements with each other about how we want to interact with each other to enable us to solve and create what we want together. We can go over our personal and group agreements that we have made to ourselves and each other, discussing how to update them from non-updatable to updatable, from destructive for some to creative for all.

As we have stated already, a good base is to agree with each person to do our best to be honest and maximize each other's creativity, helping each other create the life we each want to live, no matter what. Even just two brains agreeing to be honest and maximizing each other's creativity can usually solve a problem more creatively than one, just as two bodies agreeing to do a job can often do more work than one. More creative brains usually equals more ideas, more perspectives, more feedback, more questions, more updates, more critical thinking, more solutions, and more *creativity*.



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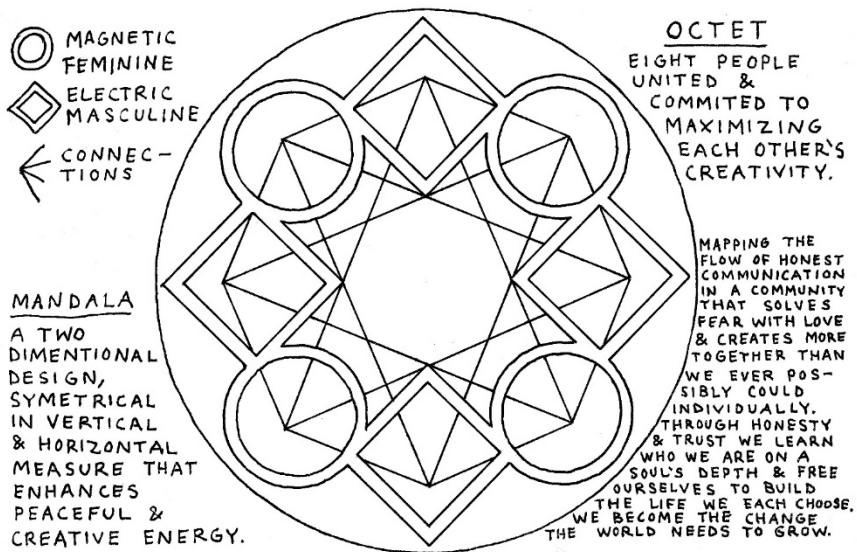
Like all things creative, taking the time to learn about and bond with one another comes at short-term risk, with long-term gain. It takes time to build a deep connection with those we want to work with or be responsible for, and to solve any conflicts or differences in opinion. Any agreements that are not working to maximize the creativity of each of us, we often need to take the time to update so they do. When we notice any problems our group is going through, we often need to focus on and solve them, and this can lead to disagreements that may take hours of our time and energy to heal. It may take a lot of effort to learn how not to hurt each other's feelings and how to compensate, forgive, and learn from mistakes when we do hurt one another. It may take a lot of time and creativity to find ways to help each of us to update, not in the ways we want others to, but in the creative ways that *they* want to, and learn how to work with their creativity in combination with ours to create our goals.

But like any home built on a strong base, the organizational foundation built from these meetings and practices maximizes our creativity like no other, and our evolving organizations have the potential to be more generally intelligent and complex than any bureaucracy could ever be. It also satisfies a deep need in us to have friends and family who truly understand us and help us to live the lives we want to live, and us them. Like we said at the beginning of this chapter, we will never have a friend like those we creatively transform with.

Creativity seems to be maximized in a group of around eight people and seems to start to fall off around twelve. This is because in a group too small, the differences of opinions and feedback are limited, making it easier to deceive ourselves about our fears and non-updatable agreements that we may

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share together. In a group too big though, some people's voices and opinions may not be heard. So as soon as we sense that a group we are in gets too big to maximize creativity, communication, and efficiency, we can talk with the others in our evolving organization and try to break off into smaller groups. To do anything that requires more people, we can choose together at least one person from each group to represent the rest and talk honestly with other groups. With things that require even more people, those people chosen can choose at least one person from each greater group to represent the rest and talk honestly with other groups, and the process goes on and on.



It may help to have common readings to help everyone be on the same wavelength of what it means to "maximize each other's creativity." An option is to read this book together as a guide or reference, or find other readings that seem relevant to help us update and create together. A book I strongly

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recommend, which was the inspiration for this one, is *Creative Transformation* by John David Garcia. Others are *Flourish!* by Bob Podolsky and *The Four Agreements* by Don Miguel Ruiz. Just like anything with our games of life, there is no limit to our evolving communities, only to update when something makes more sense or feels more right. Any ideas, books, videos, movies, articles, or activities that help us to practically maximize each other's creativity and create all we want and need in the real world, we can share with our community.

The sharing of objectively testable ideas can only increase the creativity of all who share them, so we can do our best to share all our ideas with those we love, doing our best never to fear any idea, our own or another's, no matter how strange. When we are creative in our love and honor our agreements to each other, we will help each other correct our errors. Only our fear of sharing ideas and thoughts can hurt us and make us less creative. And only by learning to creatively love each other can we overcome all fear.

We may need to serve as the nucleus of our evolving community at first to introduce this new way of organizing, but there's no need for us to be stuck there. We can do our best to update from a hierarchy to agreeing as a group. We can agree to "have no one in charge and no permanent leader." This way no one in the organization has power to inhibit anyone else's creativity. A bunch of brains openly communicating, with the goal to question, test, experiment, solve, and update more and more works better in the long run than one brain ruling all brains. We can agree to "make any decisions that impact our group together, creating ways to help everyone impacted by the decision understand and agree to it before a decision is made," rather than one person choosing for the group or settling for a vote. As we said in

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chapter 13, every form of tyranny is destructive, even the majority against the minority.

This of course will take time for everyone to get used to being honest, loving, and creative with more than one other person, taking a lot of practice and trial and error as we create ways that work for us in our specific situation. But just like all creative choices, it is best for us in the long run. We can update all that has been written to fit our specific situations so that it practically works to create more together with others than when apart. Any mistakes we make, we can learn from, and as our community evolves, we can evolve with it. Eventually, with enough practice, we may not need to plan as many meetings or practices as we develop natural ways to communicate, solve our problems, and create all we want and need in real time. Or maybe meetings and practices will always help us to focus on maximizing the creativity of each of us. Time will tell in each of our specific situations.



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In this way, together with those we love, we can become sufficiently creative to create all we want and need, whether it's freedom, money, safety, or love, in ways that we love. Some of us have made non-updatable agreements that we "must keep friendship and my professional life separate." Or we may agree we "must first make money, *then* I can do my dream." Or that we "must either choose to create my dream, *or* choose love." We can now update to agreeing to "create ways to do what we love with those we love, to create all we need and want with interdependence on our evolving community." Anything we cannot do alone, we now have others to help us create. And we can start with creating creative value that we can give, sell, or trade for others' creative value.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to commit to loving and maximizing the creativity of each member of my evolving community.

## **QUESTIONS WE CAN ASK OURSELVES**

- Who do I want to invite to create and update with?

Example: I will invite my mom, dad, and brother to meet and focus on helping each other play our games of life. I will make another group with some of my coworkers who I have felt a connection with.

- What agreements do I want to make together with them?

Example: I want us to agree to maximize each other's creativity and be responsible for ourselves and each other, no matter what.

- What do I want to create together with them?

Example: I want us to create ways for us to create the life we want to live together, setting small goals each time we meet, like creating ways of making money in ways that we can actually enjoy.



## CHAPTER 17

### Creating Creative Value

**O**ne of the most common needs of most people in our world today is often money. **Money** is what we use to exchange our time, energy, creativity, and things. Many of us have agreed to spend much of our time, talents, and energy working for, or in cooperation with, overspecializing bureaucratic organizations that make money selling things or services of somewhat destructive value so we can make money. **Destructive value** is any goods or services that can be accumulated and exchanged and in any way hurt anyone or anything. Like most things destructive, they are usually not meant to hurt anyone, but rather to satisfy a healthy, creative need, and are just the easiest way to get what we want. Fast food restaurants are an example of destructive value, from the way the organization is run to the way the animals that become the meat are treated, and the way the food is prepared. This is an obvious example that is easy for most of us to point fingers at, but all of the not so obvious overspecializing organizations that many of us participate in are eventually destructive to us

## CREATING CREATIVE VALUE

and others as well, as we described in Chapter 6.

We can update this by agreeing to make money by creating creative value with those in our evolving communities. **Creative value** is any goods or services that can be accumulated and exchanged and in any way be used to enhance anyone's creativity. **Creative goods** are any creative items, materials, and consumable substances that we find or create with our creativity such as computers, furniture, jewelry, bags, or apples. A **creative service** is any creative system that we create with our creativity that supplies a need such as transport, communications, therapy sessions, babysitting, surgery, house cleaning, haircuts, legal advice, or utilities such as electricity and water. The only limits to what we can create as creative value is our creativity and what we can think of that actually works. We can maybe grow and sell healthy organic foods. We can maybe build an athletic training business that helps individuals reach their fitness goals. Or a maintenance service that provides the maintenance of cleanliness and sanitation throughout a home or business. Or a graphic design business that offers a service to design and create materials like web pages, logos, books, magazine covers, advertisements, and signs. Like all things, when we discover that what we are creating is destructive to some, we can update to a way that is once again creative for all.

We can make an agreement with our evolving community to put some of our time and energy into helping each of us invent creative ways to produce creative value with our deepest creativity, similar to how we learned to guide our own game of life in chapter 10. As we solve the real problems of our world with our deepest unique joy abilities, we will naturally slowly produce creative value that we can sell in exchange for money, or in exchange with others 'resources



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and creative value that others invent. Our deepest creativities are our best way to build our creative value and make money, as by their very nature they are *what our world needs the most*. This means there is a demand for what we are creating solutions to with the goods or services that we are generating, and we can learn through trial and error how to provide them for others. The value we create is in its nature maximizing creativity for all because it solves the problems that our world needs to solve the most.

What this means practically for each of us is different. Maybe this means we need to stay at our current jobs with our more or less overspecializing organizations, slowly creating a product or a service free of cost in our free time after work, while we practice creating our creativity, until the demand for what we supply is high enough to charge. Or we can start creating creative value by doing the most creative work we can think of, here and now, today. Maybe that's helping another in our evolving community create their deepest creativities into an evolving business. If that does not enable us to support ourselves at what we agree is an acceptable standard of living, then we can do the next most creative thing we can think of, or the next most creative until we can maintain a standard of living that makes sense and feels right to us. Often the skills we learned to create our personality masks can help us in creating and marketing our value in a practical way that others can understand. The key is not to get stuck in our masks but to be able to wear them and take them off when need be, being more and more real with those who are trustworthy. In the end, we can choose to do whatever works best for us in our specific situations. This is our game of life.

However we decide, it seems to be most creative to "give

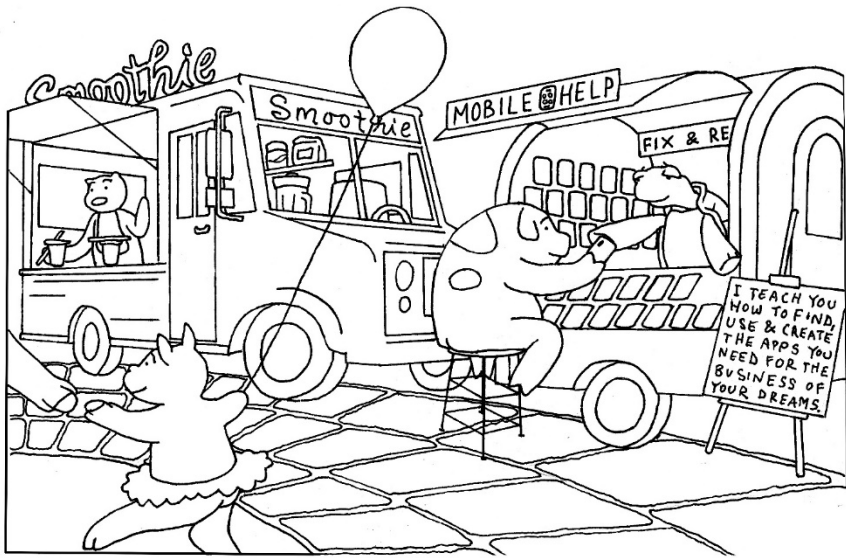
## CREATING CREATIVE VALUE

priority to focusing on creating creative value while being aware of what makes money in the market," but not "only doing whatever it takes to make as much money as we can, regardless if it's creative or not." The more we seek to make money without caring if it is creative or not, the less quality value we create. Eventually, the less money we will make, because the goods or service we are creating will eventually be discovered for their lack of quality. But the more we seek to create creative value, the better-quality goods or service we create and the more money we will eventually have. This is difficult in our world today as so many overspecializing companies battle one another with ever cheaper, lower quality goods and services for the market. But this leaves a niche for quality creative goods and services that people can trust. By simply doing what we say, and saying what we do, we are a step beyond most organizations and companies. Whatever our educational or economic background, if we do our best to maximize our and others 'creativity and keep taking steps in that direction, we will eventually have valuable skills and unique joy abilities that can be sold on the open market to make money in creative ways (see chapter 10 for unique joy ability definition.)

In most places around the world, the organizations in charge of creating and managing the money we use are also often overspecializing, inflating the money we use. **Inflation** means as time goes by, we need more and more money to buy the same amount of things or services. This is why it is also important to invest the money we make into our or others 'creating of value, or into assets. An **asset** is anything that, over time, will increase in creative value. This way we can guide our money that we already have to also make us more money

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and support creating more value.



When we need more people to create the goods or service that we want to create, we can invite people from our evolving communities to create with us, and we can create with them when they need us. For example, those of us with high levels of creativity in psychosocial skills can offer our skills to our technically creative teammates with weak psychosocial skills. Our help can be in the organization and administration of our businesses and/or the marketing of our products and services. And vice versa, those of us with high levels of creativity in technical skills can help those with weak technical ability in the creation and distribution of the product or service.

We can invest time and energy in helping all those we do business with update our agreements to be creative in each our own way, as we spoke of in the last chapter with our team meetings. Our enjoyment of creating together with those we love and can truly communicate with will show in the quality

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of our agreements and creations, increasing the value we create all the more. The more creative our evolving community is, the more we will attract creative people, because we will provide them with the best opportunities to be creative and independent within an economic evolving organization of their choosing.

Therefore, we can take the best creative skills that we have that have any commercial value and slowly create a business around them. Or we can join another member of our or others' evolving communities and create a business with them, each person getting a percentage of the business's income that reflects the creative value they provide. When we eventually create more value than we and our family need, we can update from the usual overspecialized way of "hiring workers to increase our profit and creating a hierarchy" to "training others in our evolving communities in how to create this value with us." This means doing our best not to find and create employees, but instead finding and creating partners. An **employee** is a person who is hired to work for another in return for payment. A **partner** is engaged together with us in the creation and implementation of the goods and service and splitting of the profit. When we work with others, we all need enough freedom to make our own decisions to maximize our creativity.

In order to keep the process evolving, we can keep helping those in our evolving community create new evolving businesses and setting them free from us. We can maybe take the most essential service or product for which our business is a consumer and can help others in our evolving communities to create that value as a new business. Anything we help them create, we can give them an ever-decreasing rate of paying us back for the investment, training, and

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startup until they can fully branch off and grow their own version of the business in their own way. Eventually the main successful business of our evolving community may become the creator of a new, creative, economic, evolving organization, one which may be slightly different as it innovates, improves, and changes from our ways. In this way, we will have a rapidly evolving economic network of small, evolving companies, all dedicated to and guided by common creative agreements, but ever more diverse in our ways of expressing them. We provide an ever-expanding variety of goods and services for our network, and we become ever more creative and successful.

Each business we create or help a friend create comes with a risk that we may not recover our investment, or that some of our partners choose destructive ways of doing things. These risks produce the tendency in many people to be overconservative. Instead of investing our creativity in creating creative value and helping others do the same, many of us focus on creating ways that we ourselves can make the most money that we can without caring about how our actions affect others outside of those we care about. However, this is an illusion. The greatest security for all people lies in being trustworthy, learning to trust others and helping them become trustworthy, and creating more and more ways to create all we want and need together. This begins with creating creative value that is creative for all impacted. Creativity is always our greatest security as well as our greatest opportunity.

Therefore, as single humans choosing to evolve and create creative value, we create evolving communities, organizations, and businesses that eventually begin evolving networks of communities. We can do this all by creating a single evolving

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business that creates creative value and then spins off new evolving businesses as our creativity and wealth increase. Each new business makes our evolving community more creative and wealthier. As each of our evolving businesses expands by creating ever more independent businesses to support our activities, we become part of an increasingly large and more complex evolving network which constantly enriches our original group, but which we neither control, nor can control. Our evolving network can be self-controlled by the independent creative, updatable agreements of all our members and by mutual self-interest, eventually becoming part of ever larger, more complex evolving networks.

In our process of creating an evolving community and network, it is important that all members are able to communicate quickly and concisely with all other members about their perceptions, feelings, and intuitions about what is going on within our network. This can be facilitated by team meetings and keeping individual organizations to around eight people as we discussed in the last chapter, and breaking off into new evolving organizations that can work intimately with ours. When our evolving community or network members can no longer communicate and trust each other, our entire network can decide to split into two daughter networks.

In our adventure of creating value with those we love, each of our situations is different, and we will probably need to cooperate with overspecializing organizations for a while along the way. For most of us, creating creative value is one of the most difficult things for us to learn, but also one of the most meaningful things in life as it is also our deepest gift to give to the world and one of the ways to truly set us free. As long as we keep taking steps toward creating and cooperating with our evolving community, we will succeed. Anyone can

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do it; we just need to solve fear with love and update to what is more creative according to our specific situation, every step of the way.

As we put more and more of our time and energy into learning, teaching, and creating ways to maximize our own creativity and that of those we love, our ability to create creative value and update will grow all the more. We can help our kids start doing this at a young age by creating **creative learning environments** with our evolving community.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to do my best to create creative value with my evolving community.

## **QUESTIONS WE CAN ASK OURSELVES**

- How can I create creative value with my community?

Example: I can focus on solving my world's greatest problem of overspecialization, creating a product and giving a service of teaching how to update *free of cost* while I learn, practice, teach, and create my creativity until the demand for what I supply is high enough to charge, while working less and less with overspecializing organizations.





## CHAPTER 18

### Creative Learning Environments

**A**nother of the most common needs of most people in our world today is creative education. **Creative Education** is a process of teaching, learning, and training how to create creative value and prepare us to succeed at playing the game of life each in our own way. Many of us have agreed for our children to be educated in schools. **Schools** are educational organizations designed to provide learning environments for the teaching of students under the direction of teachers.

But in many schools around the world today, no matter how great the teachers are, our kids often learn to overspecialize in only a few areas of life, learning to memorize and regurgitate information about these areas in order to pass a test. This overspecializing process slowly destroys our creativity, as we saw in part 1. We learn to seek rewards and positive feedback, and avoid punishment and mistakes (see chapter 11). For many of us, we learn that if we can get good grades, we can get into better schools that will allow us to get better jobs and

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make more money. For others, we end up not caring about school at all and just want friends who like and accept us, doing what we can to fit in. Either way, we learn to be afraid of making mistakes and appearing less than *smart* or *cool*. Many of us eventually fall into the destructive trap of narrow overspecialization and grow devoid of any true original thinking. We often try to appear *smart* or *cool*, while repeating conventional wisdom and knowledge over and over again. Maximizing creativity is often neither a means nor a goal in our minds while we are students in our current learning environments.

Because of this, many students around the world despise school, even though they love creative play and work of their choosing, without the need for extrinsic rewards. Whether it's in the form of building model airplanes, playing sports, creating art, reading books, training animals, planting gardens, playing complex video games, learning about things on the internet, or programming computers, we all have an innate desire to maximize creativity (see Chapter 9). We love to do these things because we have enthusiasm to learn, teach, and create in the areas of life that we need and love so we can find and create ways to evolve in these areas. But in order for us to feel passion to learn something, we need to be able to choose it of our own free will because it makes sense and feels right for us to put our time and energy into.

Together with those in our evolving community, we can provide this kind of creative learning environment for the children in our community. A **creative learning environment** is where we can learn to create and update any areas of life that we can think of, agreeing to teach each other's children what they are interested in. We can do this by taking turns with those in our evolving community, teaching them

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different subjects at different times; after all, "it takes a village to raise a child," in our case an evolving community. Maybe for a period of time, one of us takes them Mondays to learn math and soccer. Our business partner can take them Tuesdays to learn reading and creative writing, and another friend can take them Wednesdays to learn science and carpentry. Over time, we can present our children with as many opportunities and different ideas as we can, increasing their creative options.

Children often learn and imitate behaviors by watching and listening to adults, so often by us simply doing a behavior and inviting them to learn and play with us in these areas, they will want to learn how as well. Creative learning often feels like play. We can see what the children in our evolving community naturally express interest and enthusiasm in, and teach them all we can to help them get good at and create all that they love to create. We can also pay attention to what they fear, dislike, and avoid, finding out what is causing their fear together, and help them solve the problem creatively so they can learn and play in these areas as well.

In this kind of creative learning environment, learning, teaching, and creating are seen as among the most joyful of human experiences. Our children can learn how to play the game of life in their own way for the joy it brings, and what makes sense, feels right, and works for them. When our studies are disassociated from external reward and punishment, and all students are respected for whatever choices they make, students can optimize their learning and the game of life for themselves.

Like all things in the game of life, the only limit to our evolving learning centers is our creativity. We can learn from what is creative in the curriculums and environments of the

## CREATIVE LEARNING ENVIRONMENTS

education bureaucracy and let go of the destructive. A **creative curriculum** is an interactive system of teaching and learning with specific goals, contents, strategies, measurement, and resources to maximize the students' creativity.

Creativity can be measured by our intelligence multiplied by our agreements, with our intelligence being how well we can imagine something and make it happen, and our agreements being how well our agreements guide our lives to have creative impacts in our world in the way we truly want.

## CREATIVITY = INTELLIGENCE X AGREEMENTS

So the objectives of our creative curriculums can be to maximize creativity by focusing on both increasing our children's intelligence and ability to choose creative agreements. We can do this by making the totality of human knowledge readily and easily available to our children in the best way we can to increase their creative options of how they want to play their games of life. And we can teach our children how to choose and honor the agreements they make, showing them which agreements work for us and why we have chosen them. We can guide them as they grow up, always allowing them to question and update their agreements to what makes more sense, feels more right, works better, and is more creative for all. When they use destructive ways to get what they want, we can teach them how to update to creative ways.

We can teach them how and why to agree to classes where they can specialize, practice, and play both in the areas they love and also in what is difficult for them to learn. We can help

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show them how to generalize and update to new classes when they have learned them well enough. By teaching them how to make and honor agreements based on what makes sense and feels right of their own free will, we help them from a young age learn how to set up and play their game of life in the best way they can. They are not just the characters on the screen going through the motions of life; they are the players controlling and choosing how to answer their deepest questions and create their greatest enthusiasms. They will have passion to learn and practice because they have chosen for themselves what they want to learn.

The younger they are, the more we may have to guide them to what we agree to be creative, in order to maximize their safety. And the older they become, the more freedom we can give them until they are ready to be completely free and can choose to play their game of life in their own way.

When we have taught all we know in a particular subject, we can find and help our children set up classes with those in our evolving community who know more about these subjects. This way our children can learn from different people and each other, all who really love them and are committed to maximizing their creativity, and support them to do what they truly want to do in creative ways. They can grow up in a truly creative environment, being immersed in love and creativity from the time they are born.

We can, together with those in our evolving community and the students, modify any courses we teach according to their own personal inclinations and needs and our abilities.

## CREATIVE LEARNING ENVIRONMENTS

### EXAMPLES OF PARTS OF A CURRICULUM FOR A FEW DIFFERENT AGE GROUPS IN OUR EVOLVING COMMUNITY COULD BE

**Mondays, younger kids at Jacky's house: physical world study (math and science) ~ Ages: 3 to 4**

#### **Age 3**

For the kids in our community who are around the ages of 3, they can learn how cause and effect works and put it into practice with the creation and use of a small lever. They can also learn how to count with a tally system and Arabic numbers 1 to 10.

#### **Age 3 ¼**

Then they can learn how clubs and poles work, and how to make them by modifying trees and branches. They can also learn counting and use of Arabic numbers from 10 to 100.

#### **Age 3 ½**

They can learn about different stones and their properties, and different uses for them as they are.

#### **Age 3 ¾**

They can learn to shape the stone into building simple stone tools. They can also begin learning how to use numbers for time keeping, using a stop watch or counting for timed relay races.

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### **Tuesdays at Kenton's apartment: psychosocial personal study (psychology and communications) ~ Ages: 9 to 10**

#### **Age 9**

The kids can learn "how to learn" by balancing repetition and innovation, destruction, and creation so they can learn anything they want to themselves.

#### **Age 9 ¼**

They can learn how to solve their fears with love and solve problems and create ways to satisfy their needs practically. They can also choose a few sports that they want to focus on playing as a group.

#### **Age 9 ½**

They can learn how to have open communication meetings and how to maximize their and others 'creativity when working together toward a common goal. They can create a sports team and compete with other local youth teams.

#### **Age 9 ¾**

They can learn how to create creative value through using their deepest creativity.

### **Saturdays with Michael: biological world study (science and physical education) ~ Ages 13 to 14**

#### **Age 13 to 14**

The kids in our community around the age of 13 can learn about basic human anatomy and all organs, tissues and bones, the gross structure of the brain. They can learn how to train certain areas of their bodies to do different things.

## CREATIVE LEARNING ENVIRONMENTS

### **Age 13 $\frac{1}{4}$**

They can look into and use anatomical drawings of da Vinci and Vesalius plus *Gray's Anatomy*. They can also focus on a few areas of their bodies and movements to train and mark the progress over the months.

### **Age 13 $\frac{1}{2}$**

They can relate human bodies to other mammals, and show similarity of all organs for all mammals and note how different a human brain is and why.

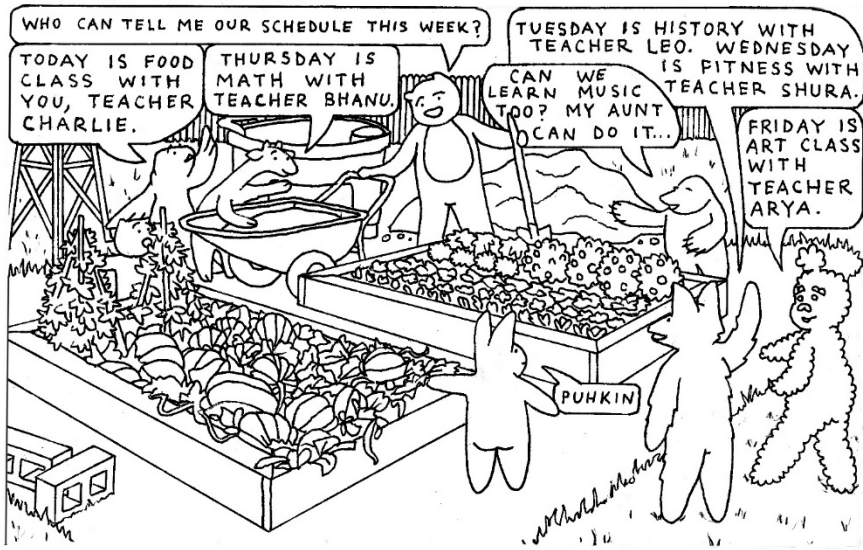
### **Age 13 $\frac{3}{4}$**

They can learn about microscopic studies, micro-techniques, and make their own slides.

The above suggestions are just a few examples. In creating our curriculums and learning environments, we can do our best with what we have, changing them completely based on our situations, abilities, and those of our children. In each learning session, we can share the concept or idea that we will focus on that day and why. This can come from the help of books that we find to be creative if we want, but we can also take into account the particular needs of each student and not only be dictated by a syllabus. We can elicit ideas and suggestions from our kids, leading them to talk to each other about what they know or think about the topic and why it is important to learn. Then we can practice the idea by playing different games that guide them to focus and repeat the learned behavior within semi-controlled activities or games. With enough practice and us helping them less and less, they can eventually produce the idea or behavior on their own, and use what they learned freely.



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In this learning environment, allowing students to learn how to create what they truly want is the greatest reward. Tests can be used as an option to see how well our students are understanding the information. The only punishment is to not be able to learn how to create what we each truly want. All students can be counseled on the consequences of their actions but encouraged to follow their instincts by doing what feels right, makes sense for them, and work in maximizing creativity. In this way, they can learn without fear of making a wrong choice, and learn to update when they do. We can teach them from a young age to see making a mistake as one of the best opportunities to learn. We can give them feedback on their progress and that of other students whenever it maximizes their creativity to do so, in a public or on a private basis depending on the wants and needs of the students. Any particular student's progress can be known only to the student unless he or she wants others to know.

Every child is different and deserves to be encouraged to

## CREATIVE LEARNING ENVIRONMENTS

have their natural inclinations and creative talents flourish. By creating a creative learning environment, we give our children an opportunity to flourish. It is like raising a plant in a place that has great sun, access to water, great soil, not too much competition, but just enough other plants to be protected and grow strong. To fund the learning of our kids, we can, with others in our evolving community, consider committing a given percentage of our time, energy, and/or money to the creation of our own learning center. We can teach out of our homes, offices, parks, playgrounds—anywhere we can. Or we can come together to rent or buy a place to become our community's learning center.

Since we are collectively creating our learning environment with those in our evolving community, it provides the kind of education which is not available elsewhere and which fits our children in exactly the ways they need most, taught by people who know and love them enough to truly maximize their creativity. We maximize our and our kids' creativity to the best we can. In our world today, dependence on overspecializing education systems is often worse for our children than no formal education at all. Often when we attend or send our children to educational bureaucracies, we are supporting overspecialization and contributing to the destruction of the creativity of others and ourselves. We can always do our best to educate ourselves and those we love. We can do the same with our **health**.

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to do my best to create a learning environment for the children of our evolving community.

## **QUESTIONS WE CAN ASK OURSELVES**

- How can I create a learning center for our children?

Example: I can keep helping those in my world learn to update and maximize their creativity, and when we have kids, we can set up a schedule so our kids are learning all they want and need from all those in our community.



## CHAPTER 19

### Creative Health

**A**nother of the most common needs of many people in our world today is creative health. **Creative health** is a state of physical, mental, emotional, and psychosocial well-being. Many of us have agreed to spend a lot of our time, energy, and money at overspecializing bureaucratic health organizations in order to help us get healthy. But in many cases, if we give it the opportunity, our body can creatively heal itself.

Being unhealthy frequently boils down to one thing—**inflammation**. **Inflammation** is part of our immune system's natural response to heal an injury or fight an infection in which the area hurt becomes reddened, swollen, hot, and often painful. When our body activates our immune system, it sends out inflammatory cells. These attack bacteria or heal damaged tissue. Inflammation is often good in the short term, but it's supposed to stop once the injury or infection is healed. We become over-inflamed though when we are unable to update some of our destructive agreements, leading us to be

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constantly injured or infected by buildups of processed food, toxins, acids, stress, alcohol, drugs, lack of sleep, lack of sun, lack of movement, lack of communication, and lack of solutions.

With our evolving community, we can come together to create healthier ways of living. Being healthy lies mostly in simply doing what our body needs us to do to heal the injury or infection and relieve this inflammation so its own natural healing processes can continue. We can do this by eating less heavy and processed foods. The more fresh, natural, more colorful foods that we eat like fruits, vegetables, nuts, and seeds, the faster we heal, and the better we function. If we don't have land to grow our own foods, we can create small hydroponic systems to grow food in our home. We can agree to drink less alcohol and take fewer drugs. We can agree to allow ourselves to sleep as much as we need, waking up naturally as often as we can. We can agree to work toward being physically active most days of the week. This does not mean we need to get a gym membership. We can simply walk, run, or ride our bike when we go places. Walking, running, swimming, yoga, and climbing are some of the most natural exercises that can keep our body active and healthy. We can also organize sports games with those in our community. We can agree to share our physical problems and difficulties with our evolving community, and create and commit to solutions together. We help hold each other accountable to our creative agreements and our healthy updated ways of living.

Essentially, when we solve the problem causing the injury and infection and minimize and reduce inflammation in our bodies and lives, our health improves vastly. Obviously this doesn't completely update us from our dependence on services that current overspecializing health organizations

## CREATIVE HEALTH

provide, such as some surgeries and medicines, but they are big steps in the direction of creativity for those in our evolving communities. And as we learn, teach, and create more about more areas in our life with more people, we will have loving relationships with those whose deepest creativities are in the fields of physical healing.



The last few chapters have been some creative examples of how we can practically create creative ways of living with our evolving community in economics, education, and health. Like all things creative, the options of how we each play our games of life are infinite. The only limits are the limits of our creativity. If we want something that doesn't exist, we can create it in a creative way. If we want to do something that we cannot do alone, we can invite people to do it with us and come together with others, bonded by our agreements and our love for each other and form evolving communities. If we want to create something that we need more people than are

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in our evolving communities, we can come together and choose representatives for the specific task to meet with representatives of other evolving communities, and they can meet to create ways to create the goal together. This is a creative alternative to hierarchy and bureaucracy.

It is obviously difficult to do as in many of our situations, evolving communities, let alone individuals who are able and willing to choose to evolve and truly create the life they want to live creatively, are few and far between. But as we continue to learn how to update and extend our love to others inside and outside of those in our evolving communities, we help more and more people know they *can* update every area of their game of life in their own way, and we can learn how to together. They can form evolving communities and organizations with us or on their own to help create all they want and need. And by doing so, we do our part in creating **an evolving society.**

## **SUGGESTED UPDATABLE AGREEMENTS THAT WE CAN MAKE**

I agree to do my best to maximize creative health with my evolving community.

## **QUESTIONS WE CAN ASK OURSELVES**

- How can I create better health in my community?

Example: I can walk or ride a bike when I go most places instead of driving, and I can eat more natural foods.





## CHAPTER 20

### Evolving Societies

**M**ost of us agree that all life deserves love and the opportunity to choose to evolve. But we are often more patient and empathetic with those we feel we know personally, understand, or who are creative and destructive in ways that we have agreed are within the limits of what's *okay* to say and do. We can often easily form friendships, family, and community with these people. But we tend to be impatient and intolerant with those that we feel we don't know personally, don't fully understand, or who are creative and destructive in ways that are beyond the limits of what we have agreed are okay or possible. They tend to make us uncomfortable in the way they speak or act. In the reptile part of our brain, we may feel they are a threat to our survival. To deal with our discomfort, many of us agree those who make us feel uncomfortable *can't* or *won't* change. That there are no solutions that can help them, and they will always be that way, so there's no point in *wasting our time* on them. And

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they often see us in the same way.

But in reality, often the only thing that people who make us feel uncomfortable are a threat to are our agreements of what the world is, how it is made up, and how people should behave in it. If we can look past our discomfort and see who they really are, we may see that they are not so different to us. They, just like us, have grown up and been raised by people and organizations that are overspecializing in certain areas of their lives, and have learned to overspecialize in them as well. They, like us, probably learned to choose to be somewhat destructive because it is what they have found works best for them to get what they want and need. Often the more *evil, bad, annoying, and hopeless* someone seems, the deeper the overspecialization and destruction they have experienced, and the more fear and resistance they have to being responsible, updating, and creating in their own creative way. They may have been hurt so badly and are afraid of being hurt again that they have hardened their masks and non-updatable agreements to protect themselves. To solve this, the more love and creativity are needed to help them update to a creative path.

We can unleash this love and creativity by analyzing ourselves in reaction to those who bother us. Could the reason we feel uncomfortable with them really be because they challenge our agreements? We can think about the people we dislike and ask, "What are they saying or doing to cause us to feel dislike for them? In what way does what they say or do go against what we have agreed is good?" If all of what we agree on can be updated to what makes more sense and feels more right, why do we feel threatened by them? Could it be they are touching on another fear that we need to solve? How can we solve it in ourselves and in them so we can update

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together? What is a creative way that we and they can create what they want and need?

Coming into contact with people who make us uncomfortable pushes us to stretch the limits of our creativity and test the foundations of our agreements even further. And we often do the same for them. With just being who we learned to be, we dare one another to see and update some of our deepest layers of fear, trauma, and non-updatable agreements. And if we can learn to stretch ourselves a little more, extending our love to those deepest areas of our discomfort and fear and are willing to update even there, we will have nothing to hide from. We develop the creative power, confidence, and will to extend our love and creativity to those outside of our evolving community, and even to those who we *don't like*. (See chapter 15.) We can make the uncomfortable comfortable and become creative enough to help them update in their own way and allow them to do the same with us. We can maximize our creativity and theirs, and by doing so, have more evolving individuals and communities to learn, teach, and create with. This is what it means to love our enemy.

How can we do this? We can learn to **love our enemy** by continuing to do what we are already doing, focusing on playing our game of life on our own and with our evolving community, and simply staying open to learning, teaching, and creating with others as well. We all learn most not by what others say but by what others do. By staying open to people outside of those in our evolving community, they can see our example and have the opportunity to learn from it so they can play their game of life in their own way. We can do our best to give them whatever time, energy, and creativity we have left to help them update, and by doing so, we

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maximize our creativity by learning new ways to do so with different types of people. What they need the most is what we need to learn to be able to help them create the most. The more we try to maximize the creativity of others, the more creative we become.

When we have the time and energy and find ourselves in position to, we can see and listen to why those who make us feel uncomfortable do what they do, and invite them to know the story of our community and why we choose to do what we do. Most people will connect with us if we are coming from a place of real love, true listening, learning, and wanting to help us all increase our creativity. Real truly does recognize real. Even if others don't know us too well, they can feel our sincerity. And we can only come from a genuine place of real love if we do our best to truly listen with an open and clear mind, and do our best to understand them, walking in their shoes and trying to understand why they choose to do what they do.

As we watch and listen, we can focus on the similarities of our stories, while being aware of any contradictions or differences. We can do our best to remember that if they say something that goes against what makes sense and feels right to us, it is most often not a threat to us. Only our agreements that are based on contradictions and not able to update will feel threatened. Agreements based on what makes sense and feels right we can update by learning from them in any area that makes more sense and feels more right. Any areas that we can learn from them, we can update. And anywhere we find they are being destructive, we can help them create what they want and need in a creative way as well by helping them update their agreements to be in line with creating their deepest creativity. We can do this by starting with their

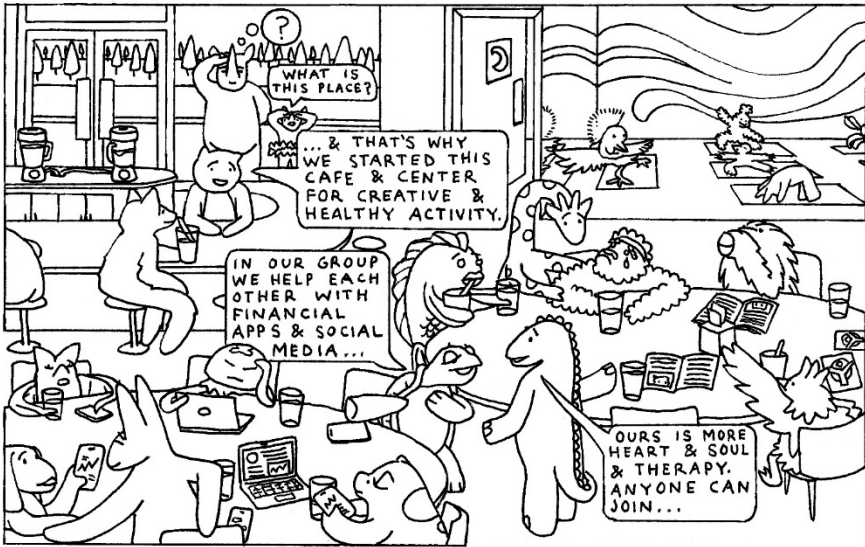
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agreements with us and what we say and do with our time together, making our time together creative.

If what they say or do is an actual threat to us and those we love, then we can protect ourselves and our evolving community. Just as we do in learning to love anyone, we can do our best to balance our being open with the protection of ourselves and community, slowly opening up more as they become more trustworthy. We will most likely not be creative enough to help everyone we meet update. But we should never underestimate the power of planting a creative seed. Sometimes moments, days, or years down the line, an update from a seed we planted finally sprouts and takes root.

We can do our best to balance protecting ourselves and those we love with doing our best not to force anyone to do anything. For someone to have the chance to be creative, each person, family, community, organization, or society needs and deserves to be free to choose to create or destruct of their own accord. Forcing our will on another kills creativity. We can instead simply do our best to speak and act in a way that maximizes the creativity for all based on the specific situations. By our example, agreeing to stay open to and be with the other and help them solve their problems creatively, we create a creative, evolutionary environment that calls to the deepest creativities that live in ourselves and others, creativities that may be sleeping or locked up in non-updatable agreements. We can only do our best to increase the creative options of others by how we live, with all we say and do, our words and example. This is what it means to "be the change you want to see in this world."

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With the development of technology that has been created from areas of our lives that we commonly agree can be updated (see Chapter 2), our world is moving toward a globally interconnected system. This gives us an amazing opportunity to help humanity also update the areas that are often agreed to be non-updatable. We can be examples of how to update from overspecializing agreements that lead to overspecializing individuals and organizations, to individuals and organizations that are choosing to update and evolve together in all areas of our lives. Evolution is a story of individuals coming together to be more together than apart, updating toward more general intelligence and complexity. Molecules are made up of atoms coming together and updating to become more together than apart. Cells are made up of molecules coming together, updating to become more together than apart. Our bodies are made up of cells coming together, updating to become more together than apart. As we first learn how to creatively love ourselves, another, our

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evolving community, and those outside of our evolving community, we become more together than apart.

We change the world by first updating ourselves and then helping all those we impact become maximally creative as individuals and independent groups outside of overspecialized organizations. One life that chooses to update is the base of an evolving community. An evolving community that chooses to update is the base of an evolving society. An evolving society that chooses to update is the base of a better world. A better world than has ever been seen lives in the souls of all of us who are willing to be brave enough to create it. And it all starts with us choosing to evolve.

## **SUGGESTED UPDATABLE AGREEMENTS WE CAN MAKE**

I agree to stay open and love those who are outside my community and those who make me uncomfortable, doing my best to maximize their creativity.

## **QUESTIONS WE CAN ASK OURSELVES**

- How can I do my best to maximize the creativity of those that make me uncomfortable?

Example: I can agree that every person I see has learned to overspecialize in some ways just like me, and they deserve the opportunity to update in their own way. I can do my best to help them with what time and energy I have and what makes sense and feels right to give them.



# Closing Letter

*Dear Friend,*

The way that makes the most sense and feels right to me in terms of how to prevent the full overspecialization and eventual extinction of humans is to deny overspecializing individuals and organizations access to the creative talent—us—that gives them all their power, and put our time and energy into helping them update and/or creating alternative creative ways of life available that are so attractive that people will choose them in spite of all the apparent risks and hardships. This book is a creative alternative, a general blueprint of how to become and help create interdependent free individuals, communities, and organizations that can choose to create and evolve together and/or apart. Through allowing our minds to communicate honestly, fully, and without barriers within ourselves and with others, those of us who are willing to do our best to update all areas of our lives and creatively solve our fears with love can, through this process, know our own soul and the soul of each member of our evolving community and create more together than apart. The free-flowing interaction of our minds and hearts helps us produce new creative ideas that work better to do all we want and need.

Overspecializing organizations and communities of bureaucracy come together based on more and more fear laws that cannot easily update, if at all. With this creative alternative, we are creating evolving organizations and communities that come together based on creative love agreements that solve what is causing the fear, agreements

that each individual can always choose to question, test, and update as makes sense and feels right to them. This is the psychosocial equivalent of a beneficial mutation that leads us to biologically evolve, a new way of living and organizing that works better. This update will help us evolve from our current systems of our world in a continued effort to create new systems that serve humanity better and maximize our lives, love, and creativity all the more.

We can neither teach what we do not know, nor lead where we do not go. It is our honor to welcome you to join us in creating our evolving community and network that we have named **This Is Your Life**. We would love to hear all you agree with, and what you don't, and update together to create new ideas that help us come together better as brothers and sisters in creativity—as family, as a community, as business partners, as friends, as teachers of our children, as a team in creating a new world. If neither This Is Your Life nor any other existing evolving community meets your ethical requirements, you can always choose to begin one yourself. We can each choose to be a nucleus for creating a creative, free, interdependent evolving community that is able to update all areas of our life whenever need be. If we want something and it does not exist, we can create it. If we decide to wait for someone to create for us what we want, we will probably wait forever. But when we, with our mind's eye, see what does not yet fully exist and we act according to what we see, practically making it happen in reality, we will most likely be seen as a little crazy by some, out of center by others, a misfit or rebel by some of those we care about. But if we stay true to what we see, putting our time and energy, heart and mind and body into creating it, committing to it even when the going gets rough, then we change the world because we ourselves have changed. We usher in a new reality by our

own evolved being. In this way, the chosen one is the one who chooses.

It is never too early, or too late, to be who we want to be. Whether we are ten years old or eighty, we can always update our agreements so that we can put our time, energy, money, and life into solving our life's problems with our unique creative gifts. Our potential remains potential unless fostered, honed, and exercised. Most of our abilities and creativities have not been given the opportunity to be cultivated and refined because we have not been able to update certain agreements. Now can be the time.

I hope you take your time choosing to evolve in your own way, always following your bravest intuition, what makes sense and feels right to *you* and doing your best to create it in the real world, updating whenever need be. I hope you choose to slowly update all areas of your life, taking two steps forward, one step back when need be, remembering this is a never-ending adventure. I hope you choose to create all you want with those you love and create an evolving community. I hope you choose to gradually but surely break away from overspecializing organizations and work for yourself and with your evolving community to create all the value you truly wish to create and/or help the overspecializing organizations update to evolving ones. I hope you choose to help your kids and all those you love learn to play their game of life in their own beautiful, healthy ways.

Whether you decide to join us in our This Is Your Life evolving community or you create your own, as long as you continue to update whenever something makes more sense, feels more right and works better in the real world, you will most likely eventually be in at least one evolving organization in which everyone in your group has similar creative, updatable agreements that guide you all to do your best to

maximize each other's creativity, educating yourselves and those you love, and working toward being self-employed, interdependent with those you love. In any of our evolving communities, a creative choice seems to be to have an ongoing program of helping those in our evolving community and others to create their own evolving organizations and communities. Like all things creative, this is both a selfish and selfless act. Each person that we help to be able to update their agreements and commit to maximizing creativity is being loved by us in the way they need most, and they also have potential to become partners in our creations. Through our creative transformation process, these people become ethically prepared and readily available to become partners in our evolving businesses and learning centers. Therefore, from a purely economic point of view, it is a worthwhile investment to help others update and should be seen as a personal expense for our evolving communities that can in the long run save considerable expense and time in helping our evolving network grow optimally. Each of our evolving communities can consider setting aside a percentage of our time and energy to recruit and teach how to update our agreements and create evolving communities to members of the general population and help them join or create one of their own.

Our goal is to promote the maximum creative growth of all evolving individuals, communities, and networks, not only those with which we are directly affiliated. We wish to help all people become more creative by becoming mentally, emotionally, physically, economically, educationally, and financially interdependent within our or their own evolving community. It is in our own enlightened self-interest to do so. We can therefore help any evolving community or network which appears to share our goals in maximizing creativity,

but may differ with us on how, to work with persons from our own evolving community and network.

My friend in truth, love, and creativity, let us also not overspecialize in our creativity by becoming a creative robot. May we take our time and balance our life with following what the cosmic force provides, enjoying every moment on our path of creating and following the life we truly want to live. If we have the courage to follow and create the fire of enthusiasm in our hearts and souls, the whole universe will conspire to help us along our paths. And one day, after all the time, energy, practice, and updating, what we always wanted will be there in front of us, and who we wanted to become will be looking at us in the mirror. And then we can update again when it makes sense and feels right to, which it eventually will.

I hope you have the courage to become the hero of *your* game of life, the hero that you needed in your life as a child, and the hero you, those you love, and your world needs today. It may help to do some of the processes described in this book again and again, going deeper and updating more and more each time. I recommend reading *Creative Transformation* by John David Garcia, one of the main inspirations for this book, for more details on how to choose to evolve. His book is offered for free online at <http://see.org/garcia/e-ct-dex.htm>.

If you're interested in learning, teaching, or creating with our *This Is Your Life* evolving community, you can find us through the contact information below.

The life and world we each desire in our soul can be created. It is real; it is possible; it is ours, and it takes time, consistency, and practice. And eventually, after years of trying again and learning from our mistakes, it will be here. If a critical mass of humans, a tipping point of around 10 out of

99 can do our best to choose to evolve in all areas of our life, humanity will update, and we will have created a better world than has ever been seen. The questions and problems that live deepest in our mind, body, heart, soul, and world challenge us in the very way we and our world needs and wants. If the problem is in us, it's part of our world. It's in how we answer these questions and solve these problems that makes us who we are.

Our world needs you, and the creative force is with you. Be brave, my friend, and follow and create the deepest fires of enthusiasm and love in your heart.

*Your brother in love and creativity,*

*Kenton Lion Heart 叶风光*

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# **PART 3:**



## **SUMMARY**





# Possible Non-Updatable Agreements That We Made

I agree there are certain things in my life and world that cannot be questioned or updated.

I agree it is good sometimes to overspecialize in certain areas.

I agree I am not good enough and I will only hurt myself or others if I do something new or different in certain areas of life, so I'd better not even try.

I agree to sometimes behave in ways that will show myself and others that I am overspecialized in the right way.

I agree to sometimes fake my feelings to perform the behaviors expected of me, masking my true thoughts and emotions.

I agree that some of what I have done is not my fault; it's the world that has screwed me over, and there is nothing I can do about it.

I agree I can't solve some of my problems now, but someday I will be able to, so it's no use thinking about them now.

I agree not to think about anything bad or negative in certain areas of life and just focus on being happy.

I agree that it's unfulfilled desires in certain areas of my life

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that make me unhappy, so in order to be happy, I need to avoid these certain areas of my life.

I agree to sometimes come together with others in overspecializing bureaucratic ways in certain areas of my life to get what I want and need.

# **Suggested Updatable Agreements That We Can Make**

I agree to practice and focus on the behaviors and agreements I need and want, but not settle and overspecialize in them.

I agree when I discover myself doing a destructive behavior or overspecializing in a certain area of life, I can update to a new, creative way.

I agree to play the game of life in my own way and maximize creativity of all impacted in all I do, doing my best to be destructive for none.

I agree to use my deepest creativity to solve my and my world's problems, and satisfy all my wants and needs in my own creative way.

I agree to update all my agreements so they guide me to maximize creativity for myself and others in the way I choose to play my game of life.

I agree to focus on updating my non-updatable agreements.

I agree to stop, breathe, and see the problem for what it is so I can compensate for my destructive impacts with equally creative ones and let the guilt go.

I agree I am good enough and deserve all I can think, feel, and

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imagine, and I am willing to create it all in creative ways.

I agree to be honest with those who are trustworthy and do my best to help others become trustworthy by first being trustworthy.

I agree to give my best in all I say and do.

I agree that I am responsible for all I say and do.

I agree to be open to being wrong.

I agree to be courageous.

I agree to be hospitable.

I agree to be free.

I agree to be loyal.

I agree to be just.

I agree to solve fear with love, creatively solving the problem that is causing me to be afraid.

I agree to do my best to love another and help them play the game of life in their own way.

I agree to commit to loving and maximizing the creativity of each member of my evolving community.

I agree to do my best to create creative value with my evolving

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community.

I agree to do my best to create a learning environment for the children of our evolving community.

I agree to do my best to maximize health with my evolving community.

I agree to stay open and love those who are outside my community and those who make me uncomfortable, doing my best to maximize their creativity.



# Keywords

**Agreements:** The who, what, where, when, how, and why that we agree to put our time, energy, and life force into. Anything we think, say, or do, we can agree to, or not agree to. The level of our agreement-making ability is how well our agreements that guide our lives lead us to have creative impacts in the real world in the way we truly want.

**Assets:** Anything that, over time, will increase in creative value.

**Bad person:** Someone who consistently breaks the agreements we made about what is good.

**Beauty:** The conscious perception of creativity being communicated to our subconscious. The greater the creativity communicated to the subconscious, the more beautiful the art.

**Bureaucracy:** An overspecializing organization of people that lowers communication, honest information exchange, corrective feedback, and meaning between its members.

**Choosing to evolve:** Focusing on updating all our agreements that guide our lives so they lead us to create, innovate, and update to creating ways to satisfy all our needs and desires in the most creative ways, that have the most creative impacts for ourselves and others.

**Cognitive dissonance:** Believing in two contradictory things

at the same time in order not to be stuck on a problem so life can go on.

**Commandments, Precepts, or Sharia:** What we agree we can be penalized for breaking by an agreement with a God or Gods that guide how we live in this life and in our world depending on where we grew up.

**Community:** A group of people living in the same place and having common agreements.

**Compensate:** To provide something creative as a balance for something destructive.

**Cosmic force:** A collective term for the joint operations of all natural laws. It is everywhere, has no beginning or end, infinite and all that is. Some people and religions personalize it and call it God, or Gods and Goddesses.

**Courage:** The ability to speak or act creatively, even when afraid.

**Create impacts creative for all impacted:** To say and do things that maximize the ability to create for all so they too can be creative enough to satisfy their and others' needs; if it's destructive for one, it's destructive for all, as we are all part of the same cosmic force.

**Creative agreements:** Agreements that guide us to maximize creativity in all we say and do.

**Creative curriculum:** An interactive system of teaching and learning with specific goals, contents, strategies, measurement,



and resources to maximize the students' creativity.

**Creative education:** A process of teaching, learning, and training how to create creative value and preparing us to succeed at playing the game of life each in our own way.

**Creative force (To create):** The deliberate organization of energy, matter, life, and mind that causes something to come into existence, organize, update, innovate, live more, and come together greater than when apart, leading to greater general intelligence and complexity.

**Creative good:** Any creative items, materials, and consumable substances that we find or create.

**Creative health:** A state of physical, mental, emotional, and psychosocial well-being.

**Creative impacts:** An effect or influence that causes something to organize, update, innovate, live more, and come together greater than when apart.

**Creative learning environment:** Where we can learn to create and update any areas of life that we can think of, agreeing to teach each other's children what they are interested in.

**Creative service:** A creative system that we create with our creativity that supplies a need.

**Creative transformation:** The process of transforming our agreements so they are creating all our and our world's wants and needs in creative ways.

**Creative value:** Any goods or services that can be accumulated and exchanged and in any way be used to enhance anyone's creativity.

**Creative ways:** To satisfy our needs and desires in our own individual way that makes sense, feels right to us, works in practical reality, and is able to be communicated to others, balancing when to specialize, destruct, practice, and let go, and when to generalize, create, and update.

**Creativity:** The ability to create creative impacts in our own creative ways that maximize the ability to create for all impacted, often by generating or recognizing ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

**Culture:** The characteristic features of everyday existence made up from the common agreements of most of the people of where we are.

**Defensive non-updatable agreements:** Agreements that we have made to protect us from receiving negative feedback again that we have received previously in our life.

**Delayed gratification:** The ability to delay an impulse for an immediate reward to create a more creative impact.

**Destruction:** An action toward total disorder and simplicity which causes something to randomize, stay the same, fall apart, hurt, live less, and/or die.

**Destructive value:** Any goods or services that can be

accumulated and exchanged and in any way hurt anyone or anything.

**Double think:** Believing in two contradictory things at the same time to not be stuck on a problem so life can go on.

**Employee:** A person who is hired to work for another in return for payment.

**Ethical code:** A guiding set of agreements that lead us to act in a certain way in interaction with others.

**Ethics:** What we agree is good for us and others to behave in interaction with each other.

**Evolution:** The process that results from the interaction of the creative and the destructive force and leads to growing, improving, mutating, and updating toward greater general complexity, intelligence, truth, love, and awareness.

**Evolving community:** A group of people who agree to maximize each other's creativity and update whenever feels right, makes sense, and works better too.

**Evolving learning center:** An area where we and our children can learn how to create, practice, update, and learn how we can play our game of life and about any areas that we can think of teaching them and they are interested in.

**Evolving organization:** Two or more people coming together to create more together than when apart by agreeing to maximize each other's creativity and other updatable, creative agreements and commit to updating to what feels right,

makes sense, and works better.

**Evolving societies:** A large group of people agreeing to maximize each other's creativity and other updatable, creative agreements and committing to update to what feels right, makes sense, and works better.

**Fear:** An unpleasant emotion we feel when we believe we are in danger that leads us to fight or flight. When we overspecialize in these ways of behaving, it leads to the belief that we cannot creatively solve the problem that is causing the feeling of fear.

**Feels right:** A deep, warm confidence and enthusiasm we can feel in the area of our sternum.

**Freedom:** The state of being able to speak or act without hindrance or restraint.

**Games of life:** What we do with our time and energy when we agree to pursue maximizing creativity. Playing our game of life means we agree we are responsible for everything we say or do and whatever happens to us, as we agree that everything is our agreement, our choice. We agree that even though we cannot control some of the conditions and situations we are born into, we can always control our attitudes and how we respond. We agree to say and do all we agree to, and not say or do what we do not. We agree to update when we find we are being destructive, or we learn a better way. We agree to do our best to choose words and behaviors that maximize creativity for all, lowering for none.

**Games of pleasure:** What we do with our time and energy

when we agree to pursue maximizing happiness and eliminating pain, in the process eliminating happiness and our will to live.

**Generalization:** When an individual or species knows more and more about more and more.

**Give my best:** To give our full focus, effort, and creativity in all we say and do.

**Good person:** Someone who consistently lives up to our agreements of what is good.

**Guilt:** The sad, disappointed, often painful feeling we feel when we agree we have done something wrong.

**Happiness:** A subjective state of mind in which we believe that our desires are being fulfilled.

**Heart and soul:** A metaphor for our human brain, the pre-frontal lobes of our neocortex, also called our intuition.

**Hierarchy:** An organization in which people or groups are ranked one above the other according to status or authority.

**Honesty:** Speaking and doing what makes sense and feels right to the best of our awareness.

**Hospitable:** Being friendly, welcoming, and caring to others.

**I love you:** I commit to doing my best to maximize your creativity and create ways to help you solve problems that are causing you to feel afraid, and help you satisfy your needs in

creative ways. I will help you to live more, not less.

**Impacts creative for all impacted:** To say and do things that maximize the ability to create for all impacted (in other words beneficial for all) so they too can have the opportunity to be creative enough to satisfy their and others' needs.

**Inflammation:** Part of our immune system's natural response to heal an injury or fight an infection in which the area hurt becomes reddened, swollen, hot, and often painful.

**Inflation:** A general increase in prices and fall in the purchasing value of money due to overspecializing financial systems.

**Intelligence:** The ability to imagine something and make it happen in the real world.

**Joy, fulfillment, self-actualization:** Long-term happiness that comes from maximizing creativity and playing games of life.

**Justice:** Speaking and standing up for what maximizes creativity for all.

**Laws:** What we agree we can be penalized for by governments that guide how we behave in society.

**Love:** An intense feeling of deep affection that comes from creatively solving questions, problems, fears, wants, and needs in creative ways that have a creative impact for all.

**Love our enemy:** To maximize the creativity of those who fill

us with fear, anger, or discomfort.

**Loyalty:** Giving or showing firm and constant support or allegiance to a person or community.

**Makes sense:** A thought or action without contradiction that nourishes us and everyone else who is influenced or impacted by our action.

**Martyr:** A person who sacrifices something of great value for the sake of a principle.

**Martyr mentality:** When we agree that in our current situation we cannot live the life we truly want to live because we are sacrificing to save others, which leads us to have no real responsibilities for anything we truly care about now, because we agree we can't do it now, because we are busy sacrificing for others. But someday, when things change, we will be able to.

**Maximize creativity:** To do our best to do what makes sense, feels right, and works best in the real world to help our and each other's ability to create creatively and become as great as possible.

**Meeting or practice:** A time dedicated to focusing on communicating, training, and exercising the areas we want to improve on to achieve the goals we have, individually and as a group.

**Money:** What we use to exchange our time, energy, creativity, and things.

**Non-updatable agreements:** Agreements we agree cannot be changed, questioned, or updated.

**Open to be wrong:** A willingness to make mistakes and update our thoughts, ideas, and ways of life.

**Organization:** A group of two or more individuals coming together based on common agreements.

**Overcompensating:** Taking excessive measures in attempting to correct or make amends for an error, weakness, problem, or damage caused.

**Overgeneralization (overspecializing in generalizing):** When an individual or species does increasingly more of more things, doing a little of everything but committing to nothing, thereby learning, teaching, and creating less and less.

**Overspecialization:** When an individual or species does increasingly more of the same thing, knowing more and more about less and less until it knows everything about nothing, being able to change, adapt, and create less and less.

**Overspecializing organization:** Two or more individuals bonded together by common non-updatable agreements that lead them to do increasingly more of the same thing and know more and more about less and less until the organization knows everything about nothing, leading it to be able to change, adapt, and create less and less.

**Overspecializing society:** A large social group bonded by common non-updatable agreements that do increasingly more of the same thing, knowing more and more about less



and less until it knows everything about nothing, lessening its ability to change, adapt, update, and create.

**Partner:** Two or more people engaged together in the creation and implementation of a good or a service and a splitting of the profits.

**Personality masks:** A disguise made up of a combination of characteristics, qualities, and emotions used to hide and protect our true characteristics, qualities, and emotions in specific situations.

**Responsibility:** The ability to be held accountable for our impact.

**Rules:** What we agree we can be penalized for breaking by an authority that guides how we behave in a certain setting.

**Schools:** Educational organizations designed to provide learning environments for the teaching of students under the direction of teachers.

**Sins:** Anything that go against or break our agreements of what is good and we agree can be punished by God or Gods.

**Society:** A large social group of people sharing the same spatial or social territory and similar agreements.

**Specialization:** When an individual or species does increasingly more of the same thing and allows us to focus in on an area of life, practice it, and learn it well.

**Unique ability:** The individual creativity we have to solve our

and our world's problems and needs in a way that no one else but us can do.

**Updatable agreements:** The agreements that we agree can be questioned, tested, and updated.

**Update:** To bring something up to date by adding new information or making corrections so it makes sense, feels right, and works better here and now.

**Value system:** A set of beliefs and attitudes that we agree, when we behave accordingly, will produce the desired reward or unwanted punishment that guide all we say and do.

**Values:** The agreements we make that we think are good, important, and worthy for us to behave personally.

**Victim:** A person who has been hurt or taken advantage of.

**Victim mentality:** A mental state of accepting that we are a victim as a way not to be responsible for what is causing us to feel guilty.

**What our world needs the most:** The most important wants, needs, problems, and questions of those we love and care about.

**Willing:** To be deliberate, intentional, voluntary, and prepared to do something.

**Worthy and deserving:** To believe we are someone that merits what we think, feel, want, and need.

# **CHOOSE TO EVOLVE**



## **WORKBOOK**



# PART 1: PROBLEM

Our world has many problems. The core problem behind all of humanity's problems seems to be the inability to **update** certain areas of our life, causing us to stop growth and evolution.

*How does this happen?*

We **agree how we are to behave** in an overspecialized world so we can survive and get what we need and want. When we come across contradictions and problems, we agree that some of our **agreements are non-updatable** and we *cannot* solve them, leading us to stop thinking, updating, and evolving in these areas.

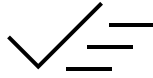
Since we cannot update some areas of our life, we **overspecialize** in certain areas, heading down paths of destruction and eventual extinction. Since we are not naturally overspecialized beings, we often fail to live up to the overspecialized standards, punishing ourselves with **guilt** every time we cannot overspecialize enough. We develop **personality masks** that we wear to protect us when we interact with the world, because we don't want anyone to see the truth about who we are and feel hurt again. We distract ourselves with **games of pleasure**, doing all we can to be happy in this overspecialized society.

Since much of the world is overspecializing, we join in **overspecializing organizations** to get what we want and need, and the overspecialization goes on and on until we can no longer change and adapt with the changing of times,

## **WORKBOOK: PART 1 ~ PROBLEM**

leading us eventually to go extinct.

Now that we can see the problem, we can create ways to solve it. We can begin to see how we are overspecializing by answering these questions.



## CHAPTER 1: AGREEING HOW TO LIVE

What are my deepest agreements about what is *good*?

*Example: I agree it is good to focus on making money.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are my deepest agreements about what is *bad*?

*Example: I agree it's bad to be boring.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## WORKBOOK: PART 1 ~ PROBLEM

4. \_\_\_\_\_

5. \_\_\_\_\_

What opinions about myself do I agree are who I am?

*Example: I agree I am an introvert and shy.*

1. \_\_\_\_\_

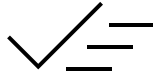
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5. \_\_\_\_\_





## CHAPTER 2: NON-UPDATABLE AGREEMENTS

What agreements have I made about what is *good* that I agreed I can't question, change, or update?

*Example: I agree that the best way to come to decision as a group of people is to do a majority vote.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What agreements have I made about what is *bad* that I can't question, change, or update?

*Example: I agree that people are naturally bad and need laws to keep society safe and organized.*

1. \_\_\_\_\_

## WORKBOOK: PART 1 ~ PROBLEM

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What opinions about myself do I agree I can't update?

*Example: I agree I am not good at math, because no matter what I do, I can't seem to learn it.*

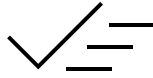
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3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 3: OVERSPECIALIZING

What are certain areas I agree are good to overspecialize in?

*Example: I overspecialize in my job as an accountant, counting money and numbers 40 hours a week, but I make a lot of money.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are certain areas I agree it is bad to overspecialize in?

*Example: I specialize in getting drunk with friends every weekend when I don't have to work.*

1. \_\_\_\_\_

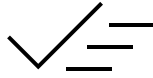
2. \_\_\_\_\_

## WORKBOOK: PART 1 ~ PROBLEM

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 4: GUILT

In what ways do I feel guilty for *who I am*?

*Example: I have a chemical imbalance that I was born with that causes me not to have enough dopamine in my brain. I just wish I could be normal.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

In what ways do I feel guilty for something I thought, said, or did?

*Example: I feel bad for how I treated my mom when I was younger.*

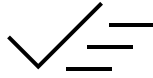
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2. \_\_\_\_\_

## WORKBOOK: PART 1 ~ PROBLEM

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 5: PERSONALITY MASKS

What are my most common *masks* that I wear?

*Example: I wear a mask of smiles anytime I leave my house.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

In what way am I being a *victim* and/or a *martyr*?

*Example: My mask of "someday I will do my dream when the time is right" stops me from actually doing it here today and makes me a martyr.*

1. \_\_\_\_\_
2. \_\_\_\_\_

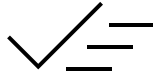
## WORKBOOK: PART 1 ~ PROBLEM

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





## CHAPTER 6: GAMES OF PLEASURE

What games of pleasure do I play most?

*Example: I spend a lot of time on my phone scrolling through other people's moments on social media.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Do I have any addictions?

*I wouldn't say addiction, but I need to drink three cups of coffee a day in order to function normally. It seems that, yes, I am addicted to drinking coffee.*

1. \_\_\_\_\_

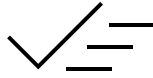
2. \_\_\_\_\_

## WORKBOOK: PART 1 ~ PROBLEM

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 7: OVERSPECIALIZING SOCIETIES

What overspecialized organizations am I part of?

*Example: My family is overspecialized with our religious beliefs. And at work I just sit at a computer all day, writing and inspecting similar documents.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## PART 2: SOLUTION

The core solution is to choose to apply the ability to **update** to all areas of our life and by doing so become a fully evolving human who can co-exist and co-create with evolving organizations and communities in an evolving world.

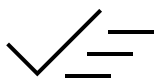
*How can this happen?*

We can learn the cause and effect of **creation and destruction** in the universe and in our lives. We can learn how to begin to update all areas of our life by learning how to play our game of life in our own creative way. We can take responsibility for **this being our life** and choose how we want to play it and live. We can learn how to **update all our specific agreements** from destructive to creative so they are helping us truly create the life we want to live in our own creative way. We can learn how to let guilt go by compensating for destructive impacts we have caused, updating our deep non-updatable agreements that have been locked in our subconscious, and agreeing we are worthy of creating and willing to do so. We can learn how to guide our life with **creative agreements** that help us choose to evolve. We can learn how to **solve fear with love** so we can solve all our problems and create all we want and need in creative ways. We can learn how to **love another** and help us maximize our creativity by helping each other choose to evolve and create more together with them than when apart. We can learn how to create with an **evolving community** all the things that we cannot create alone by helping those we love come together in a way that helps us

## WORKBOOK: PART 2 ~ SOLUTION

create more together than apart. We can learn how to create all we want and need with our evolving community, starting with creating **value, education, and health**. And by being an example of how to choose to evolve for others and being willing to help them to learn how to maximize creativity in their own way, we can learn to love those outside of our evolving community as well, and do our part in creating an **evolving society**. This is how we can create a better world than has ever been seen.

Now that we can see a general solution, we can begin to create ways to create all we want and need in our specific situations and solve all our problems in creative ways by answering these questions.



## CHAPTER 8: DESTRUCTION AND CREATION

In what ways am I being destructive?

*Example: I'm not really destructive, but I spend a lot of my time doing the same things every day, not ever really creating anything.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

In what ways am I being creative?

*Example: I work out a few times a week doing different exercises to keep my body healthy and ready for anything, but I would like to do more.*

1. \_\_\_\_\_

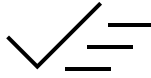
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## WORKBOOK: PART 2 ~ SOLUTION

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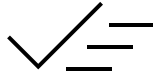
## CHAPTER 9: GAMES OF LIFE

In what ways can I update from playing a game of pleasure to playing the game of life that I truly want to play?

*Example: I can stop looking at porn and start looking for a partner I can really love.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





## CHAPTER 10: THIS IS YOUR LIFE

What are my greatest unique joy abilities?

*Example: I understand and feel for others deeply.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are my or my world's greatest needs and problems?

*Example: My world needs to learn how to update all areas of our life.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## WORKBOOK: PART 2 - SOLUTION

4. \_\_\_\_\_

5. \_\_\_\_\_

How can I use my deepest creativity to create ways to solve my and my world's problems and satisfy all my wants and needs in creative ways?

*Example: I can write a book and create a community focused on learning, teaching, and creating how to update all areas of our life.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are my or my world's greatest needs and problems?

*Example: My world needs to learn how to update all areas of our life.*

1. \_\_\_\_\_

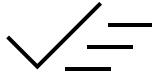
2. \_\_\_\_\_

3. \_\_\_\_\_

## WORKBOOK: PART 2 ~ SOLUTION

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 11: UPDATING OUR AGREEMENTS

What agreements do I want to update?

*Example: I have agreed I will someday start my dream once I make enough money. I let go of this agreement. I now agree to start my dream here and now, doing my best with what I have.*

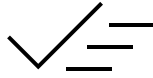
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 12: COMPENSATE

What do I feel guilty for?

*Example: I feel guilty for talking behind my friend's back.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are the destructive impacts that I caused?

*Example: I caused destructive impacts by causing others to think my friend is worse than she is.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WORKBOOK: PART 2 - SOLUTION

4. \_\_\_\_\_

5. \_\_\_\_\_

What are the destructive impacts that I caused?

*Example: I caused destructive impacts by causing others to think my friend is worse than she is.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

How can I compensate for the destructive damage I caused?

*Example: I will compensate by telling the same people that I said those things to that we shouldn't make fun of my friend because she has flaws. We all do, and this is what makes us us. Anywhere she is being destructive, we can help her to update, just like I hope others will do for me.*

1. \_\_\_\_\_

2. \_\_\_\_\_

## WORKBOOK: PART 2 ~ SOLUTION

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What agreement do I need to update so I don't cause destructive damage anymore?

*Example: I agreed "if other people are good at something around me, no one will see that I am good enough and people won't like or accept me." I update from this agreement to a new creative agreement that "I agree I am good enough just as I am, and I can update any area that I want to improve in."*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## WORKBOOK: PART 2 - SOLUTION

What do I deserve?

*Example: I deserve to have real friends who I can love and be loved by, just for being me and them being them.*

1. \_\_\_\_\_

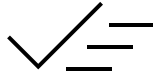
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





## CHAPTER 13: CREATIVE AGREEMENTS

Do I have any other creative agreements that I want to live by that I see as freeing and helping me to create the life I want to live?

*Example: I agree to do my best to clean the house. This means when I see something dirty, I will do my best to clean it.*

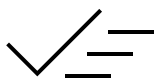
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2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 14: SOLVING FEAR WITH LOVE

What agreements am I trying to update that are causing me to feel afraid and run back to my old *safe* agreements?

*Example: I have made an agreement that I won't ever find real love. Every time I try, I get hurt, so I just run back to being alone most of the time and hooking up with people occasionally.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can I create ways to solve the problem causing this fear and satisfy the needs of all impacted?

*Example: I can agree that what I really want is real love, and that I learn most from my mistakes and failures, so the next time I try to love again, I will be better than last time and get closer to what I really want.*

## WORKBOOK: PART 2 ~ SOLUTION

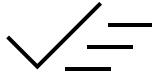
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 15: LOVE ANOTHER

Who in my life am I attracted to?

*Example: I am attracted to my brother, and a girl from my work.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can we each create the lives we want to live together?

*Example: I can ask others what their problems and needs, dreams and desires are and share mine with them, and we can make a plan of how to create our lives together. We can maybe start with meeting once a week to talk about what we can do practically to create them, going step by step.*

1. \_\_\_\_\_

## WORKBOOK: PART 2 ~ SOLUTION

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What agreements can we make with each other so we are maximizing each other's creativity?

*Example: We can agree to do our best to help each other create the life we each want to live, and be honest with each other, every step of the way.*

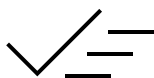
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3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## CHAPTER 16: AN EVOLVING COMMUNITY

Who do I want to invite to create and update with?

*Example: I will invite my mom, dad, and brother to meet and focus on helping each other play our games of life. I will make another group with some of my coworkers who I have felt a connection with.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What agreements do I want to make together with them?

*Example: I want us to agree to maximize each other's creativity and be responsible for ourselves and each other, no matter what.*

1. \_\_\_\_\_

## WORKBOOK: PART 2 ~ SOLUTION

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What do I want to create together with them?

*Example: I want us to create ways for us to create the life we want to live together, setting small goals each time we meet, like creating ways of making money in ways that we can actually enjoy.*

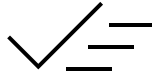
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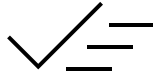
## CHAPTER 17: CREATING CREATIVE VALUE

How can I create creative value with my community?

*Example: I can focus on solving my world's greatest problem of overspecialization, creating a product and giving a service free of cost while I learn, practice, teach, and create my creativity until the demand for what I supply is high enough to charge, while working less and less with overspecializing organizations.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



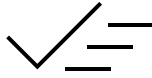


## CHAPTER 18: CREATIVE LEARNING ENVIRONMENTS

How can I create a learning center for our children?

*Example: I can keep helping those in my world learn to update and maximize their creativity, and when we have kids, we can set up a schedule so our kids are learning all they want and need from all those in our community.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

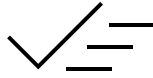


## CHAPTER 19: CREATIVE HEALTH

How can I create better health in my community?

*Example: I can walk or ride a bike when I go most places instead of driving, and I can eat more natural foods.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## CHAPTER 20: EVOLVING SOCIETIES

How can I do my best to maximize the creativity of those that make me uncomfortable?

*Example: "I can agree that every person I see has learned to overspecialize in some ways just like me, and they deserve the opportunity to update in their own way. I can do my best to help them with what time and energy I have and what makes sense and feels right to give them."*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**DO YOU CHOOSE TO STAY THE SAME?  
OR DO YOU CHOOSE TO EVOLVE?**





## CONTACT THE AUTHOR

I sincerely thank you for reading this book, and I hope you enjoyed it. All authors greatly appreciate readers taking a few minutes to leave a review. It really makes a huge difference.

You might also enjoy *Kenton Lion Heart: How To Change From Who You Are To Who You Want To Be*, my simple yet profound story whose insights have the potential to change the life of all who read it.

My memoir, *This Is My Life: The True Story of a Man Choosing to Evolve*, is coming soon, so please look out for it on Amazon.

I'd be delighted if you got in touch with me or followed me on social media too:

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*Kenton Lion Heart* 叶风光





## ABOUT THE AUTHOR

*Kenton L. Van Dunk* was raised in the inner city of Milwaukee, Wisconsin, by Christian minister parents working toward social justice. Standing for civil rights was grounded in him from the time he was born. The first time he felt the fire in his soul come to life was when he was watching *Star Wars* with a friend and Luke was leading the "light side" of the force, providing a new hope. Kenton dreamed of having a cause to fight for, of leading people to justice. The fire would come and go, lasting just a few moments, then reality, guilt, doubt, and distractions would take over.

Kenton was a minority growing up, hearing himself called "white boy" for much of his life. He developed a deep longing to be enough, to fit in. Without being aware of it, he began to work at adapting; it became his reason for being and overpowered his deeper passions. He became a self-proclaimed chameleon, learning to fit in with any race, social class, or culture around him, making him the stereotypical "social butterfly," living for the acceptance and positive feedback of others.

As Kenton studied and spent time with so many different kinds of people, he began to be haunted by one question: "Why is the world the way it is?" It made him wonder why, if humans are naturally loving beings with so much potential for beautiful things, some things are so terrible. At an age when most young adults were running in circles around which career they intended to slave at when they grew up, this daunting question weighed heavily on Kenton's heart. A quote from *Titanic*'s Jack Dawson inspired him: "I mean, I got

everything I need right here with me. I got air in my lungs, a few blank sheets of paper. I mean, I love waking up in the morning not knowing what's gonna happen, or who I'm gonna meet, where I'm gonna wind up... You learn to take life as it comes at you...to make each day count."

Another quote that heavily influenced him came from the revolutionary Che Guevara who said, "Be changed by the world so you can change it."

These words planted a fire in Kenton's heart that sent him flying out the door of his home country, aged only 22, to land in the city of Cuernavaca, Mexico. While he was away from anything he knew, truly alone, and with some incredible teachers along the way and a whole lot of help from the universe, a fire exploded in Kenton's heart, and he began to live his dream. To read his story of how he began to create his dream, check out *This Is My Life, A Story of a Man Choosing to Evolve* which will be published soon.

Since then, he has indeed been changed by the world, immersing himself in Central American and Asian countries, learning to speak Spanish and Mandarin, becoming a motivational speaker, author, life coach, and founder of the evolving community "This Is Your Life." Kenton has dedicated himself to attempting to solve the question "Why is the world the way it is, and how can we solve the problems and update?" He sees that humanity needs only to shift in momentum and learn to update all the areas of life, and we can flourish. "We, as humans, have developed free will—we can choose how we want to live. We can choose destructive choices—those that hurt at least one other person, place, or thing—or creative ones—those that make everything involved better in ways that we each want and agree with. It's time for us to update together," he says.

Kenton's goal is to help people to be who they want to be

by choosing creative choices leading to creative impacts in their own beautiful, creative way.



# ACKNOWLEDGEMENTS

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And thank you, Life, for giving me the world's greatest gift. You.

I believe we can do what others claim cannot be done: Create a better world than has ever been seen. We are already doing it.

Let the games continue...