THE PATH TO PEACE

A Guide to Living with Ease in a Rapidly Changing World

Tom Cronin
Tom Cronin is the founder of The Stillness Project, whose mission it is to inspire 1 billion people to sit in stillness daily and re-discover their inner calm, creativity, and magnificence.

After a very successful 26-year career in finance as a broker for the world’s largest broking house ICAP PLC, Tom decided it was time to pursue his mission of helping individuals and companies reach optimal potential by removing stress from their lives through meditation.

Tom embraced meditation a few years into his career as a bond and swap broker on the trading room floors of finance. Seeking tools for stress management he found meditation a highly effective vehicle. His experience from meditation was so profound that he was compelled to complete his teacher training in India, Bali and Australia and help others find the same inner peace that he did.
Now Tom devotes his time fulfilling his mission. He does this by teaching meditation, blogging, hosting retreats in Bali & Hawaii, as a global keynote speaker and developing online transformational platforms. In 2014 he founded The Stillness Project, which is a global meditation program.

He has been featured in Conde Nast Traveller, Sydney Morning Herald, Daily Telegraph, Ninemsn, Qantas Traveller, Jetstar Mag, Health and Wellbeing, Women’s Fitness Magazine, Travel Insider, Morning Show Channel 9 and many more.

Tom is also an Executive Producer and Producer of a film in development which has Drew Heriot (Director of the Secret) as writer and director. This film will be a feature film, which will spread the message far and wide of the power of daily meditation.

To find out more about Tom and also how to learn to meditate, go to www.stillnessproject.com
Thoughts and insights flow through my head and I capture them into written words as clearly and structurally as well as I can. However there are people that have assisted me in refining what are flowing intuitions into easily readable words. For this I’d like to offer my gratitude to Laurel Bartlett, Josh Stega, and Jared Pohl for their gentle editing of this book.

I’d like to especially offer my love, blessing and gratitude to Jen, Taj and Lauren, my dear family, for their constant support, patience and never ending love. You are a source for my inspiration.

Finally, I offer endless gratitude to all the Masters, guides, teachers and students, for their role in assisting me along this ongoing quest of life. The lessons come each day in many shapes and forms and although I am a teacher, I am always a student.

To all the seekers of the Truth, together may we see through the Illusion and bathe in the glory of our eternal Light and Love.
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One thing that you can count on in life is change. Every moment of every day, you will be faced with changes and then the choice of how to deal with those changes. For some people, dealing with change is a natural, effortless process. The rest of us aren’t so lucky; we may find dealing with change a daunting and stressful experience.

Change was something that I didn’t deal with very easily. In my life I was very resistant to adapting, and I would stubbornly hold on to a lifestyle that was well and truly not serving my higher interests. You will discover in this book how that resistance to change invited huge amounts of turmoil and pain to my world.
However, I later learnt that with a little knowledge, and some simple techniques that involve stilling the mind, navigating change can be as effortless as water flowing down a hill. This guide is meant to provide insight on how to move through life with more ease and live with stress-free adaptability. You will discover why discomfort is a guide to change and how suffering can be avoided. You will explore the three forces of evolution at play in your life at any given time and how recognizing these forces allows you mastery over the realm of change.

You are here on Earth to discover yourself—who you really are. For some this is known as Self-Realization. What is Self-Realization? To realize the Self in its entirety, not just the thin layer of who you believe you are, but the deepest inner core of your being.

Engraved into the wall at the Temple of Apollo in Delphi were the words "Know thyself." You are here to pierce all those layers of conditioning and ideology to discover who you really are—your simple and subtle essence.
Who Are You?

Is your identity defined by the body? The mind? A job? Political beliefs? Religion? How much money you have in the bank?

Perhaps who you are can be defined, part by some of these concepts. But, beyond that, lies something else. There is a “You” defined not with these recognizable forms, but with bliss, love, and light. You are here to discover this new “You,” and The Path to Peace is the road map for this journey.

Finding that effortless pathway through all the changes you face isn’t easy. You often stumble and fall in the process. Everyday you are faced with many decisions and often have no idea whether to go left or right. Possibly rarely do you live your truth. More often than not, your decisions may reflect what will be popular and accepted by everyone else. As the years pass by, your life could drift a long way off orbit, into a lack luster struggle. Many people plod along in a life that is devoid of vibrancy, vitality, health, wealth and life purpose.
In this book you will discover how pain is a gift that is there to guide you into a new phase of change. It is important to understand why pain appears in your life and how to avoid allowing it to transform into suffering—this is the key to living a life of peace, happiness, and abundance.

The Path to Peace will help you realize how to live an amazing life. You were born to experience the magnificence of you. Your life here on Earth is a celebration! What remarkable serendipity that you were born into this world. It’s time now to reclaim what belongs to you—a life of bliss, love, and light.
The Constance of Change

To improve is to change; to be perfect is to change often.

-Winston Churchill

Each day we are faced with change. The weather, our energy levels, traffic, our job situation, even our emotions will change. Change happens in every moment of every day and it’s happening at a faster pace now than ever before. In my grandparent’s day, in the early-to-mid 1900s, they lived in the same house their entire lives, they had the same jobs their entire lives, they had the same partners, the same religion, the same way of thinking, and access to very little new knowledge. Every now and then, there would be a huge technological advancement, for example, the invention of radio or television. These events were responsible for huge shifts in culture. This brought very rare glimpses of change. But in today’s world, change happens at a rapid pace. We are processing new information all day, every day. Have you
noticed how many smartphone updates you’ve received since you began reading this book?

In today's world, we face more than technological change. We face a rapid change in the flow of information. Knowledge is spreading across the globe at pace that is lightning fast. In 2012, Jason Russell posted a video of his Kony Campaign about a Ugandan Warlord on YouTube and it was viewed by over 71,000,000 people in just two days! We are able to share a thought on Twitter and it may be read by people in India, Venezuela, Europe, the USA, and South Africa within minutes. Each day people from 15 to 100 years of age are posting inspirational and motivational content on social media like Facebook and Instagram that travels across all corners of the globe within seconds. Never before in the history of humankind have we seen knowledge spread as fast and far as it does today. With this availability of knowledge comes the ability for us to absorb and adapt with it. Each week there is a new diet we should follow. Is it raw, vegan, gluten-free, paleo, low-carb, or low-protein this week? Then there are the different meditation techniques, from breath, to chakra clearing, to mantra-based. We are bombarded daily through social media and mainstream
media about what to do, who we are, and where we are meant to be going. This tidal wave of information can not only be confusing, but also leave us overwhelmed.

I spent 26 years in finance markets as a broker, clearing swap and bond positions for the investment banks and one thing I would often see was “analysis-paralysis.” This was when a trader would over-analyze the data of the markets, i.e., spreadsheets, charts, economic forecasts, government fiscal policy, etc., and then become paralyzed in their trading. Their minds would take in all that information and for every decision they made, there was a possible good or bad outcome. When the mind scans all that information, it can see numerous possible outcomes. This is the power of the mind and it's ability to create imaginative scenarios for the future. In many cases, this is a good thing. More often than not, it protects us from danger.

This morning before I sat down to write this, I stood at the beach with my surfboard under my arm. I spent a long time watching the monster waves crashing into the beach. My mind took in all the information that was before me. There were huge 8-foot waves closing out across the beachfront, broken surfboards washing up on the shore, surfers getting
into fights, and one surfer who came in with a cut across his back from a collision with another surfboard. My mind took in all this data and saw possible scenarios that weren't so appealing to me in the future! So, with all that information my intuition decided that today I wouldn't take my board out into the surf. Having access to a lot of information can be extremely useful to us when making decisions, but it can also incite fear that leads us away from doing things we should or want to do.

Should I have gone surfing? Was it fear? Within me lies an instinct that determines what conditions that I will surf in. If I believe it won’t be comfortable or fun, then I'll stay on the beach. There's a fine-tuned intuition in us that knows what's fun and what's fearful, and it was this intuition that switched on while I stood at the edge of the shore. Yes, the intellect scans the conditions, but there is a subtle voice inside me that guides me effortlessly in these situations. Discovering how to access this subtle voice within us, so that it can guide us seamlessly though each decision making process, is the key to developing our ability to greater adaptability and stress-free decision making.
“Suffering is proportional to our resistance to change, and happiness is proportional to ability to embrace change.”

- Thom Knoles

We are all being swept along in a huge current of Universal Evolution. The entire cosmos and everything in it is under this force that insists there be change, and it’s speeding up! Life doesn't have to be suffering and hardship, it can be a joyful, light and loving experience day after day. Achieving that is a process of recognizing where we are resisting change and learning how to be creative and adaptable. When we achieve that, we will live a life that flows smoothly.
The Forces of Change

Evolution is anything but static. It is eternal change and it rarely follows a straight line. Rather, evolution involves twists and turns, and ups and downs. It requires vigilance, awareness, creativity, and adaptability. One thing is certain though, it’s always there, and in our, temporary existence as human beings within the entire Cosmos, we will be swept along by this universal force. It can be a challenge for most humans to realize we are part of this cosmic process of evolution. What is evolution? It is the advancement of a species. This natural process for mankind is to move from our base animal state, to one of love, kindness, and harmony. The resistance of this process is why we experience friction, suffering, and unhappiness. We need to be reminded that we are under the cosmic authority of evolution and in doing so, we will awaken our adaptive capabilities, living life in the flow.

This process of evolution follows a sequence that moves through three different phases known as creation,
maintenance, and destruction. Since the beginning of the Universe, these three powers of evolution have always been at play at some point in the cycle of life. In Vedic Philosophy, these three are given the names of gods: Brahma (Creation), Vishnu (Maintenance) and Shiva (Destruction). The Vedas are an ancient body of knowledge that was retained in India for thousands of years by sages and seers. Today this ancient philosophy is becoming more recognized across the world as a source of knowledge about the reality of life. Within the Vedas, it is recognized that the process of life has these three forces operating though it and they are referred to as the three Gunas. In Wikipedia it says of them:

“The entire creation and its process of evolution is carried out by these three major gunas.”
Creation Operator

At any given time in our lives, one of these three Gunas is playing a role in our evolution. Evolution is inevitable—it’s happening in our family lives, our professional lives, our relationships, our countries, and our planet—and these three gunas will assist us in the process. When we are aware of the existence of these forces and the role they play in our lives, we will be able to live a life that flows smoothly.

At any given time, we may be in a different phase: creative, maintenance, or destructive, and each stage will feel very different.

Brahma, or the Creative Force, is the force we want to dominate our lives. When we are being creative we are being expansive, we are growing, learning, and breaking new ground. Creative expression is exciting, dynamic, and full of joy. There is a lot of unknown in this creative phase, as new territory is explored. This phase is about growth, as the seed sprouts and a shoot emerges to reach new heights. It’s about adapting to new paradigms and letting go of the past. Imagine a baby chick inside an egg, as it grows inside, the chick will eventually outgrow the limited confines of the shell and push against the boundary wall. It will
continue to grow, meeting some resistance as it continues to expand. Eventually it starts breaking its shell and emerging into the big new realm beyond. This process can seem daunting and uncomfortable. The chick doesn’t know what is beyond the shell until it breaks it open. It’s so warm and safe inside the boundary of the shell and the chick probably wonders if it really wants to leave. But, while it may resist, eventually it will have to push through and leave the shell. Once it’s out of the egg, sure, the outside world is bright, cold, uncomfortable, and challenging. This is what it can be like in Brahma phase sometimes—but once the chicken becomes accustomed to its new surroundings, everything seems fine and comfortable in the new paradigm.

Here are examples of moments when we are in Creative Operator mode:

- Having a new insight about a project
- Writing a book
- Travelling and exploring new places
- Speaking for the first time on stage at a conference
- Exploring a new relationship or a new level of connection in an existing relationship.
• A company releases a new innovative product
• A new era of peace after a war

Although each phase of Brahma brings with it a lightness and joy, it can also be daunting and uncomfortable going through the process as an individual, couple, company or country. However beyond that discomfort there will be an exuberance and joy at breaking out into new ground. Evolution insists, yes insists, that change and growth must occur. We will know when we are in creative phase because life will be effortless, exciting, dynamic, and successful. This is the case for individuals, companies, couples, and countries.

Let’s look at the company, Apple, Inc. Why are they one of the world’s biggest and most successful companies? To me, Apple, for a long time led by the very innovative and creative thinker, Steve Jobs, represents a classic model of a company that is in Brahma mode most of the time. They operate consistently in the creative space. Apple doesn’t get bogged down and attached to old models; they don’t hold on to the past; they regularly enter new creative phases by designing and releasing new product after new product. Yes, I’m sure Apple isn’t perfect, and has problems like all
businesses; however, the company’s dominance in its field comes from its ability to continually produce creative solutions for people's needs. Apple specializes in innovating and adapting with the times quickly, rather than being attached to old ideas.

"I think if you do something and it turns out pretty good, then you should go do something else wonderful, not dwell on it for too long. Just figure out what’s next."

- Steve Jobs

Being creative is about moving forward and not holding regrets or grudges. Many people continually look back on the pain of their past; they hold on to old models and this defies the laws of evolution. When we maintain this model, we are inviting Shiva, the Destructive Operator, into our lives. Shiva plays a powerful role in the evolutionary process. Think of Shiva as a nudging force that dislodges anything that might be stuck and keeps it moving continuously forward. Sometimes it’s a gentle nudge, but if there’s resistance, then Shiva may use a little more force. We’ll discuss more about Shiva in coming chapters, but it’s important to know that Shiva works with Brahma to be sure that we continue moving forward and evolving.
If we are continually being adaptive, creative, and opening up to change, then our lives will operate predominantly in the Brahma phase and be incredibly fun, joyful, and turbulent-free.

Each of us can live a creative life. We all have an infinite supply of creative intelligence within us. When we are suffering, we are stuck, and unable to be creative about the process. But every situation has a creative solution and each of us has the capacity to creatively adapt or relate to a situation within us. When we do this, life is effortless, exciting, and dynamic. In later chapters, we will learn to be “Brahma dominant” or how to unlock that creative potential so that we can make decisions that produce successful and abundant results.
Maintenance Operator

As we have discovered, there are other forces that function through our lives as well. Each new burst of creativity is exciting and unpredictable, but eventually that new creative phase moves into a period of stability and consistency. This is Vishnu, the time for maintaining the new paradigm.

When Apple creates a new phone, there is always an initial excitement surrounding its release. People queue up in the streets to be the first to buy the new edition. They marvel at the new features and the shiny new look. It’s reviewed in the media and there is a lot of hype about this new model. However, that phone won't always be new. After a period of time it’s ‘newness' will fade and it will become the ‘norm'. After a year or so, what was once groundbreaking and exciting becomes outdated and clunky as other companies produce their new versions of their phones. So then Apple will release their new iPhone which is an advancement of the previous phone, and the process starts all over again with more overnight queues in front of the Apple store!

What we are seeing is incremental stages of improvement from one version to the next. The iPhone 1 didn't leap to the
iPhone 5. It had to go through a series of improvements from 1 to 5. This is how evolution works. In each stage, there is a new period of creation, then a period of maintaining the new paradigm.

Vishnu is an important phase in the evolutionary process and one that everything and everyone goes through. Stabilizing the new status quo allows the creative phase to normalize and become the new platform before the next creative stage.

In the early stages of a relationship, there is the excitement of exploring something new. Each day we embrace this new phase with open eyes and arms. We create a new paradigm with someone and within this creative phase is a dynamic energy of joy and passion. But, what happens after a few weeks and months? The dramatic emotions fade and our experience with our companions becomes more predictable and stable; the excitement dissolves into the Vishnu phase as the relationship is established. In Vishnu, we have a base to build upon in the relationship and menial details like managing bank accounts, shopping, cleaning, determining wardrobe space and the day-to-day logistics of living together, start to get sorted. This stage is vital to the
success of any long-term relationship. This is where Vishnu is present to stabilize the relationship and build the foundation for the next stage. From here, there are two paths to follow, once the foundation has established. Under the principles of Universal Evolution, we know that nothing can stay the same; so the relationship will change—it must evolve. If we resist this growth period, Shiva will nudge us; some friction, boredom, or pain will present itself. This is a cue to check in with our partners to determine where each of us are.

Is each person within the relationship opening up to new awareness, new ideas, and more creativity? Or is the relationship remaining static, holding onto the same paradigm, and repeating the same patterns over and over again? When boredom sets in, lethargy and bickering will follow and the vital magnetic energy that once was, starts to disappear. We know that resistance to change will invite Shiva, the destructive operator. Being open to change will allow our relationships and ourselves to reach new levels of intimacy and connectivity with Brahma.
This maintenance phase can evolve into the creative phase, avoiding Shiva, the destructive phase, by embracing some of these steps:

- Increased and deeper levels of communication: leads the relationship into new territory avoiding stagnation
- Travelling together: exploring new places is creative and exciting and avoids stagnation
- Trying healthier eating habits: evolving your food habits breaks old conditioned habits which is part of Vishnu phase
- Have a date night every now and then; go to exciting new venues to keep things fresh and interesting
- Enroll in educational courses together
- Explore new levels of intimacy
- Attending yoga classes together
- Learning to meditate together

As important as Vishnu phase is, it’s also important not to get stuck there. Maintaining any paradigm for too long goes against the natural process of evolution. Just like Apple, continually embracing creativity and letting go of old habits or ideas will keep our relationships in the success zone.
Getting stuck in the maintenance phase is going to happen. Everyone slips into a comfort zone and finds that life becomes easy when Vishnu is dominant. There is security in the routine of going to work, coming home, watching TV, going to bed, and then getting up to do it all again. Once upon a time, that job was new and full of challenge, the house was new, the relationship was new, and everything was exciting. But now, there are no more secrets or surprises to discover and everything feels very safe. This is an easy, comfortable way to live so it should come as no surprise that most people are doing exactly this. The unknown of Brahma can be quite confrontational for people, so they will do a lot to prevent it from happening. Maintaining the paradigm = SAFE ZONE!

“Let’s invent tomorrow instead of worrying about what happened yesterday.”

- Steve Jobs
Destruction Operator

But, there is a catch….when we try playing it safe, when we try to stay in that safe, comfortable zone—look out! Shiva is coming! Who? Yes Shiva, who insists on evolution. Here is no escaping Shiva’s drive for creativity and evolution.

There is an engineering term called a bifurcation point, which is the point where something will either breakdown or evolve to a higher level. This tipping point is a result of something being maintained for too long and reaching a point of necessary change under the laws of physics. That change can take place in one of two ways: breakdown or adaptation to a more advanced level.

In other words, either Brahma or Shiva will return to move us out of Vishnu. This can be observed in our personal lives, relationships, jobs, or just in life as it happens around us.

For a long time in my life, I maintained a lifestyle that was very unhealthy and certainly not in tune with Natural Law. I was doing very crazy things that led to a rapid deterioration in my life (Shiva!). Every week I would be out till the early hours of the morning drinking and partying in nightclubs with my clients, the traders from the investment banks.
Come the weekend instead of resting and recovering from the hectic week, I would head to the rave parties with my friends. This involved being in huge warehouse parties all night long and then heading to recovery parties all day on Sunday. I was sleep deprived, my nervous system was frayed and frazzled, I was operating in a state of extreme stress every day.

Under the principles of evolution, this behavior had to change or else Shiva would have come in to enforce the change in some way. I ignored any signs urging me to change and I continued doing the same thing over and over again. Shiva was giving me nudges along the way, guiding me to change and do something different; however, I ignored this message time and time again. This only fired up Shiva more and the force of change came at me louder and louder. The insomnia, anxiety, and nervousness became more prevalent. I was getting sick a lot and feeling quite unhappy. It should be clear where pain plays a role here—any discomfort, be it headaches, illness, colds and flus, anxiety, depression, or insomnia—whatever it is, it’s our cue from Shiva that the model has to change.
Still I ignored these signs and Shiva came back, giving me bigger and bigger reminders. Then it happened—I reached a bifurcation point. At this stage, I was suicidal; I was in crisis. I had a choice to make: I could breakdown or evolve to a higher level. To breakdown would have been to resist the change, continue doing the same thing over and over, eventually quitting life, because I was so deeply depressed. To evolve would require big changes and choices that would move me towards happiness, health, and harmony. In the end, I made the massive changes and evolved to a higher level. I wanted to stay and live life. I adapted and became creative about the problem, looking for a solution. I started meditating, I stopped drinking and partying, I went to bed early, I ate well and started doing yoga. Everything changed in my life. I experienced happiness, health, and flourishing relationships. I had passed through from Vishnu (maintaining an old paradigm), to Shiva (destructive operator trying to remove the blocks), and then to Brahma (embracing a new evolved paradigm).

But, not everyone will return into the Brahma phase. Take Kodak for instance. They were the world’s leader in photographic film. In 1976 Kodak had 89 percent of
photographic film sales in the US. However, times were changing and they were very slow to adapt to the Digital Age. They became attached to their success and weren’t creative in changing with the times. In effect, they were in Vishnu phase, maintaining an old model without embracing change.

Their market profits dwindled throughout the 90s and 2000s and finally in January 2012, having reached a bifurcation point, Kodak filed for Chapter 11 bankruptcy. It was their inability to be creative and adapt to change that invited Shiva, the force of destruction, into their path. When they reached the bifurcation point, they weren’t able to evolve to a higher level; instead, the company broke down and ceased to be.

This also occurs in relationships. Relationships are an expression of two individuals uniting. If the two individuals aren’t being creative and adaptive then they will invite Shiva into the path. They will reach a bifurcation where they will adapt and evolve as a couple or the relationships will break down. There will be friction, fighting, lack of attraction, and even sometimes animosity. It can be hard to remember that these two people were once hopelessly in love, holding
hands, staring into each other’s eyes at the altar saying ‘I DO’! As time passes in the maintenance phase and there is no evolution in the relationship, it will dissolve, the couple will separate, and go in search of someone else with whom they will start the sequence over again.

Change must occur, growth must occur. If the maintenance period draws on for too long, without a creative phase, then the force of evolution will shift things into a destructive phase to remove any blocks to the creative process. This may sound very dramatic and negative; however, in Vedic Philosophy, Shiva, the Destructive Operator, is a highly revered force. Across India, there are countless statues and images of the God Shiva. This destructive force is the key component in the evolution process. Removing the obstacles that are preventing a river from flowing is a good thing, right? The pain comes from the attachment to obstacles and believing that we need them.

The role of Shiva is to come through and, in some form or another, remove those obstacles that block the process of evolution. Because Shiva is a destructive force for bringing about change, more often than not it will bring with it some form of pain or turmoil. When we are resisting change, the
process required to get us to let go can be quite firm and forceful. However, if we are holding onto a relationship that is not evolving, progressing, or being creative, Shiva will try remove that block. This will manifest in a lot of chaos and friction in the relationship. That joy, happiness, and love that was present in the Brahma phase will fade, in its place will come bickering, lack of intimacy, irritation in each other’s company and questioning of the reasons why the relationship continues. If two people can recognize the presence of Shiva, sit down gently and kindly to discuss the need for growth and change, individually and as a couple, they may be able to send Shiva away and invite Brahma into their path. Relationships don’t need to break down. They can continue to evolve, year after year. It requires commitment to constant change, open dialogue, compassion, empathy, nurturing, love, and forgiveness from both partners. When couples inspire each other to continue to become fuller versions of themselves, they are Brahma dominant and this keeps Shiva away.

Not everyone will be ready or open to change. If one partner in the relationship isn’t ready for that shift, Shiva may try to remove the obstacle for the other partner. They may leave
their partner behind so they can move on to living a more dynamic life with someone else or perhaps on their own.

Many of us are gripped with turmoil at this point in a relationship. We may endure a lot of heartache and suffering because we are holding onto something that is simply meant to dissolve. Once we let go and allow the next creative phase to arrive, we can see how dynamic and joyful it will be again. A good friend of mine, Farhana Dhalla, went through a turbulent period in her life when her marriage broke down and she divorced her husband and father of her children. It was a time of great suffering and heartache for Farhana. However after spending a lot of time in an unhappy state, she realized that there was another way to get through this. She could suffer in misery or get creative and find something of value in it that will take her life to a new level.

At that point she decided she would write a book called Thank You For Leaving Me, in which she would share her insights she had through her recent journey. She says that once she let go of the need to suffer, she was able to see the incredible gift that the separation brought her. She was able to look back upon the experience with gratitude and
embraced the new creative phase of her life in which she flourished!

Farhana realized that her separation helped remove a block that was limiting her ability to grow, be creative, and reach fuller potential. Some relationships will inspire growth and creativity; however, some may be directly responsible for inhibiting these things. Once the relationship is ended and the block is removed, as in Farhana’s case, life leaps forward, to a whole new level. Farhana was able to express her creativity through writing a book and used the experience as a positive growth phase, rather than a time of suffering.

There is a saying, “Rishi’s only need a hint.” A Rishi is a wise seer, someone that can see all. A Rishi instinctively understands early on what is needed to adapt and change without the turmoil and destructive force of Shiva. Avoiding Shiva’s destructive force in our lives is key to an effortless path. When we are open and aware enough to sense the change that is needed, then we’ll live a peaceful, effortless life. To reach the necessary state of awareness and openness requires a clear, unattached mind, which can be achieved through meditation.
Meditation clears the mind of the deeply conditioned programming that keeps you in that recurring state of the known. Buddha once said, “You are what you think”. 85% of our thoughts are recycled thoughts of the day before and the day before. This is why it is so easy for us to continually get caught in living through the same experiences over and over again. When you meditate the mind breaks free of those conditioned shackles and it dips into a field of unlimited creative potential. Through a regular twice a day 20 minute meditation practice like Faster Deeper Bliss, your will find that you will become a lot more adaptable in life and able to have Brahma more present in your experience.
CHAPTER 3

What is Pain and Why Must We Suffer?

"Insanity: doing the same thing over and over again and expecting different results."

- Albert Einstein

By now you are probably concerned about when or how this destructive force might appear in your life. You may be thinking that Shiva is something to fear or be concerned about. If your life is filled with friction and chaos, then you are already caught in a destructive phase and it’s time for you to adapt, get creative and move into a new paradigm.

We are all capable of living fluid and peaceful lives by respecting the power of this force and being aware of how to adapt and be creative at any given time. Shiva isn't some terrible monster here to destroy lives, it is a fundamental component of evolution, and evolution is here to serve our Higher Purpose. When we get stuck in our programming,
unable to change, Shiva arrives to guide us along our evolutionary path to amazing new realms.

Last week I had a splinter stuck in my foot. Immediately, the pain drew my attention to the object stuck in my foot. This caused me to stop what I was doing and do something else. I found a needle and some tweezers and prized out the tiny glass splinter. Once that was done, the pain went away. The pain played a significant role by alerting me to the fact that something needed to change. I was actually grateful there was a minor experience of pain, because without it, I wouldn’t have know that I had a foreign item in my foot and it could have become infected.

This is the role pain plays in our lives—it brings our awareness to something that needs to be recognized and changed. If we resist the pain and refuse to adapt, then it will increase and intensify. Pain is one of nature's most potent motivational tools for change.

What’s important to remember here is that when I felt the pain in my foot, I didn’t point my finger and spend hours, days or months trying to work out why there was glass on the floor and who put it there. All the while ignoring the pain in my foot. The pain is your cue to look inward. Self-refer.
Many times people spend years finger pointing trying to find someone to blame and all the time they are immersed in suffering. Suffering is our cue to self-reflect and go within. This is your journey that you are here to make. What is it that you can do to reduce the pain? What message are you being offered in the experience to adapt?

Evolution is the single overriding force in the entire Universe; it engulfs everything and everyone in the entire cosmos. From the moment of the Big Bang, 14 billion years ago, when relativity was born, the constant change of evolution has been an ever-present power. Because each of us are as much a part of the Universe as everything else, we are subjected to the constant change of evolution. When we are young, evolution is a natural, effortless process. As our brains develop, we learn to talk and walk, learning and growing at a phenomenal rate. As we age, growth and learning begin to slow down—our brains have developed and become attached to certain ways of living. We are molded by our surroundings day after day and as time goes on, this programming by our environment becomes etched into who we are. We are programmed to be Christian, Islamic, Buddhist, Jewish; we are programmed to be
Democrats, Republicans, Communists, and Capitalists. We are programmed to be slothful or active, to be rude or polite, to be calm or angry—our environments, our genetics, culture, religion, school, family and much more all play a role in our programming.

“As we age and plasticity declines, it becomes increasingly difficult for us to change in response to the world, even if we want to. We find familiar types of stimulation pleasurable; we seek out like-minded individuals to associate with, and research shows we tend to ignore or forget, or attempt to discredit, information that does not match our beliefs, or perception of the world, because it is very distressing and difficult to think and perceive in unfamiliar ways.”

-Norman Doidge,

*The Brain That Changed Itself*

Our conditioning defines how we see and respond to the world. If someone is brought up in a very gentle, kind and caring family, they might respond differently when someone cuts in front of them in traffic than if they were brought up in a harsh, cruel environment with lots of stress. As this programming deepens, we become less adaptable and
more set in our ways. We resist the new information that may flow into our lives, which requires change. Change is often inspired by pain, discomfort, or friction. The force of nature demands that we continue to evolve and change. As we do, we move towards more harmony, love, and peace. However, by now we have become very attached to the way we live our lives, the way we think, and the way we behave. We can be stubborn about changing our ways and when we are resistant to the forces of evolution, then pain will appear.

How, when, and why we must evolve is determined by that overriding cosmic power know as the Laws of Nature, or Evolution. When we abide by the laws of nature, life is smooth, effortless, and joyful. When we resist them, the karma police (thank you Radiohead) will arrive to enforce the law with the use of pain. It’s ok, the karma police are only sent for our own benefit. Nature has our best interests at heart. Why? Because Nature and us are one. Although we often see ourselves separate from Nature, ultimately, it’s all connected. Quantum physics is starting to recognize this with Unified Field Theory and String Theory suggesting that there is no separation between all things.
The principles of nature imply that everything must evolve, and as we are part of nature, then we also must evolve. Pain is our reminder of this fact and ultimately it helps guide us along our evolutionary journey.

To explain, I’ll use one example from my life. Many years ago, I immersed myself in the rave culture of Sydney. Back in the early 1990s, raves were huge warehouse parties or outdoor parties in remote areas. They would usually last from around 11 p.m. until sunrise. I would experience ecstatic highs each weekend, and then suffer huge come-downs not long after. As time went on, the highs got shorter and milder and the downers would get longer and darker. I wasn’t sleeping, I wasn’t eating right, I was pouring toxins into my system, and over stimulating my nervous system, all of which had a compounding effect and my life deteriorated. I was experiencing more pain after every weekend and symptoms were showing up like red lights on my dashboard, alerting me to trouble. This just wasn’t right for my body, it wasn’t aligned with natural law, but I continued to ignore the warning signs and kept doing the same thing over and over.
Along the way, I was constantly receiving taps on my shoulder from nature, alerting me that things needed to change. The fascinating thing with resistance to change is that the more we do it, the more powerful the message we receive will be. Eventually the symptoms will increase to the point where the pain transforms into suffering. At this point, nature is screaming at us to do something different. The thing with Nature is that it doesn’t give up. It won’t ignore us and let us 'slip through' unnoticed. It won’t get bored with our stories and walk away to deal with someone else's life. It will continue to nudge us until we wake up and change. If we continue to ignore it, then the pain will shift into immense suffering and eventually, we will reach the bifurcation point.

Each week I continued to ignore the cues I received after those big party nights. I kept going back, doing the same thing over again. I began to suffer from insomnia, recurring colds and flu, fatigue and weakness. Then, I noticed I was feeling anxious a lot. As I continued to resist, my symptoms intensified. The anxiety turned into panic attacks, and then to depression. Still, I resisted. Eventually, I began suffering from agoraphobia and ultimately experienced a complete
meltdown. There I was, curled up on my bathroom floor, struggling to breath, I choked for air into my lungs, my vision was blurring, I had cold sweats, fear, dread, pins and needles all over. Tears weld up in my eyes, I had no idea what was happening to me. I was weak, I couldn’t stand up,. I felt nauseous, was I going to faint? I thought I was dying.

Bifurcation Point!

At that point, I had to change. The model of life I was following was no longer working and if I wanted to continue on, there had to be change. I was apathetic, depressed, and anxious, but I still had a small glimmer of hope; not much, but just enough, to want to go on. I knew the partying, the lack of sleep, the drugs, and poor diet all had to go. It was a drastic situation that required drastic change. Finally, I was ready to succumb to the cues that I was receiving. I had resisted for so long, and the message from nature to do something different had become so loud that my only choice was change or die.

So I searched. I searched far and wide to find an alternative to the life I was living. I tried yoga, acupuncture, reiki, kinesiology and naturopaths. It all helped to some degree
but something still wasn’t right. My mind was running wild all day and night. I couldn’t calm it down. I knew I had to do something about this. It was time I researched meditation. There was no internet back then so I had to pull out the big business directory phone book from under the cupboard and I searched through it for meditation centres. I rang them all and went and tried and tested as many as I could. Most of them I found too esoteric and complex for the state I was in. Some I found simply too hard to do…when someone tells me to ‘still my mind’ in the state I was in was like asking me to go and fly across the room by flapping my arms. But I persisted, and eventually found one that I knew was for me. It was supported by lots of science, it was easy for me to practice and I noticed changes within days.

I felt like I had finally found what I’d been looking for all my life. This was it, the gateway to inner peace and happiness. Within weeks my anxiety and depression had passed, I was sleeping better, my energy levels increased and I returned to work with a clear mind, healthy, calm and strong.

(To find out more about this technique of meditation go to www.stillnessproject.com)
Tragically, for some, immense suffering isn't enough. Their resistance to change is so great, that it will ultimately kill them. The story of my friend's father is an example of someone who resisted change for so long it eventually killed him. He had been a smoker all his life. He had experienced the pain of many smoking-related illnesses for many years, from lung cancer to emphysema. His body was riddled with cues for change; however, it was something that he just couldn't do. The addiction was so great that it overrode his ability to make the decisions he needed to, to save his life. Even in his very last days, when he knew that if he kept smoking he would die, he would sneak out of hospital in his gown to smoke more cigarettes. Having ignored all of those cues to change throughout his life, he reached bifurcation point, broke down, and passed away.

The pain isn't always physical; sometimes the pain is emotional too. Relationships or jobs that hold us back, but in which we feel safe, can become emotionally painful if we resist change for too long. Those who experience bad things in their childhood may feel the resulting emotional pain of that incident through their lives. We feel the pain of past injuries and from people who failed to meet our
expectations. We can feel pain associated with guilt and unworthiness. Just like physical pain, this emotional pain is meant to guide us to shift. Sometimes the shift may be physical; a job change, a relationship coming to an end, or a move to a new home. But, sometimes, the shift can be both physical and emotional. When suffering from emotional pain, the change needed may be in how we relate to something or in the way we feel about ourselves.

When we feel pain, there are only ever two options. We can change the circumstance of the source of pain (external) or we can change the way we feel about it (internal).

"If you don't like something, change it. If you can't change it, change your attitude."

- Maya Angelou

When we get a bad haircut, we feel unhappy about it. Pain. We register there is some discomfort and look at our two options: external or internal? The first step is to see if we can change the external. We can get another hair cut to amend the problem. If this is not possible, then we must revert to option two: accepting that the haircut is here to stay and shift our perspective. We may acknowledge the cut
is not as bad as we think it is, or perhaps see the humor in the situation. How we relate to something is always changeable. It may not be easy to change the way we relate to it, but it is still possible.

For many years, I worked in finance as a broker. I didn't really enjoy the job that much but I pushed on because the money was so good. As the years went by, I found my discomfort level regarding my job increased day by day. Eventually, the day came that I felt a sense of dread every time I walked into the lift.

I was very successful in my job and I was paid a lot of money. For this reason I found it very hard to walk away. Each day, I would turn up to work even though I didn't want to be there. I weighed up the options I had with change.

It was a surreal experience because as I stood in that lift, going up to the 27th floor, I had a strange sense of gratitude that it was so darn painful. I knew that the pain was nudging me to do something else. It was a guiding force that urged me to get things in place, so that I would leave. If I hadn’t felt any pain over my job, then I would have simply stayed where I was and would still be there today. I wouldn’t be living my dream life today. It wasn’t easy to change the way
I related to this situation, for a long time I kept showing up to work, in spite of that sense of dread, doing nothing about it. I wasn’t using the discomfort to my advantage. It was working to my disadvantage, because I was showing up with such a poor outlook that I was sub-consciously sabotaging my job. This, of course, escalated the pain I was feeling and things became worse.

I had been meditating for many years by now, and I felt so passionate about the power of meditation. I wanted to share this with the world. It saved my life and I felt deep within me that if we could have more people meditating on the planet we would have a healthier, happier and more compassionate planet. This feeling inside me was a great source of inspiration for me.

Eventually I realized the two options that I had: to change the external or internal. I actually embraced them both. I changed the external by taking steps to transition into another career. I was inspired to teach meditation, but I had to go through a series of steps before I could do that. To teach the meditation that I wanted to teach, I had to graduate from a six month course that involved studying advanced Vedic philosophy, learning long passages of
Sanskrit off by heart, and hours upon hours, days upon days of meditating in silence. I had to go to India and Bali for further study and read many ancient texts like the Bhagavad Gita and Yoga Vasistha.

Then once I graduated, I had to get websites designed and built, flyers created, and find a space to teach from. All of these steps took time—changes in the physical world take time. There is usually a gap between the time a decision is made to change and the time it actually happens. It is during the wait for a physical change that the second option is needed: internal change.

Changing the way we relate to something can be instantaneous. Each day I knew I wasn't enjoying my job, but I also knew it was going to take time until I was set up to leave it securely. To prepare for this change, I had a series of steps that I needed to take and so in the interim, I needed to change the way I related to the situation. If I hadn't, it would have been torture! I looked upon the situation with gratitude, knowing that yes, it’s not what I want to be doing, but it is serving a purpose and that's ok. I knew the discomfort served the purpose of motivating me to make the decision to go and do something else. Each day, I just
tweaked the way I related to my job and instead of wallowing in suffering, I became excited about what I would do once I left. This gave me momentum and enthusiasm, and enabled the last few months there to be less uncomfortable.

What if things in your life were a little more complicated than a hair cut or job? What if the pain came from a relationship issues or a pain associated with some terrible experience from your past? What if the pain is caused by something that you did to someone else? The same options apply here. First, you assess if this is an external change or internal change. If it’s external, ask the following questions:

- Are you able to change the situation in any way?
- Can you alter your past behavior?
- Can you change the way another person has behaved?

There is nothing we can do to change past circumstances. History is set in stone and can never be unwound. So, the external option of changing past circumstance is removed. If we have caused others pain through our actions, then we can learn from this turmoil and change our future actions to prevent it happening again. All our experiences offer us
valuable information that helps us evolve our behavior and refine our decisions.

We all make mistakes. Everyone will hurt someone at some point in their lives. This will flow back to us in the form of turmoil and pain. What holds many of us down is a sense of worthlessness, guilt, and shame. We often hold deep grudges against ourselves, continually reminding ourselves of how unworthy we are because of the mistakes that we’ve made. When we focus our attention on these characteristics, what tends to happen is that they grow and become more obvious. This is called ‘watering the weeds’.

Imagine someone that walks out of their house to water their garden. They pick up the hose, turn on the tap as looking at all weeds, complaining about them time and time again. They spend so long standing there, so upset that the weeds exist and wishing that they would go away, while providing those same weeds with the fresh water they need to thrive. Meanwhile instead of focusing on the roses they focus on the weeds providing them with energy.

We all have weeds and we all have roses. It’s not a matter pretending that there are no faults; rather it’s about being aware that we are also magnificent. We are all born with
incredible qualities: lovingness, kindness, forgiveness, compassion, and creativity. We each have individual talents, but beyond that, there is something that is within all of us. When we focus our attention on the inner qualities of the heart, life flows smoothly.

If we relate to the past with hate, guilt, shame, or anger we will shape our future to one that is filled with these emotions. However, if we instead, embrace kindness, forgiveness, and love they will be what define our future. This all sounds simple, but of course, it’s not. Internal change requires true commitment. It takes daily meditation and mindfulness with our thought forms. Most of us are conditioned to continue our current way of thinking. Our minds naturally drift in one particular direction; over time, it can be quite challenging to embrace a completely new way of thinking. Shifting our mind’s focus from guilt, shame, or hatred to love, forgiveness, and compassion is a huge change. It is a process that will take time, discipline, and assistance. This assistance can come in the form of meditation, mentoring, reading positive books, and mixing with positive, inspiring people. We must be patient. We
must observe the mind and watch how it will have a tendency to drift towards darker, negative thoughts.

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world”

- Buddha

We must ask ourselves if our minds are telling us negative things or if we are choosing to have thoughts that are more accepting and loving. The nature of our thoughts spreads throughout the body and becomes the nature of our emotions. The emotions we have today will determine the course of our outcomes in the future; if we are walking around in an angry mood this will dictate experiences and people will we attract. To change the future we must change our thoughts, which will in turn, change our emotions.

”When you change the way you look at things, the things you look at change.”

- Wayne Dyer

When we react to the past, we drag that previous experience and those past emotions into the present. Many people suffer for decades as they go over and over the turbulence of their past. This keeps the energy of that
unpleasant experience present in their life for as long as they feed it, just like the person watering the weeds.

We get to choose where we focus our attention. However, many of us are so conditioned in our thinking, that the mind is extremely difficult to break free of previous habits. The assistance of tools like meditation makes this process much easier.

"Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility but through greatness of mind." – Aristotle

Pain does not exist to punish us, or to make us victims; rather its purpose is to guide us to change, be in the flow, and live a life of peace. Pain is a powerful tool of evolution. How would I have known that there was a splinter in my foot if I hadn't felt any pain? How would I have known I needed to change jobs if I hadn't felt pain? How would I have known to forgive myself or others if I hadn’t felt any pain? We can shift our attention and see pain as a gift. What a blessing!
The Quiet Mind in Meditation

“The brain is a far more open system than we ever imagined, and nature has gone very far to help us perceive and take in the world around us. It has given us a brain that survives in a changing world by changing itself.”

— Norman Doidge,

The Brain That Changes Itself

Our brains are remarkable instruments that modern science is beginning to discover have malleability. The brain isn’t a static piece of equipment, but rather it is software that is changeable and upgradeable. We don’t have to get stuck going through the same experiences time and time again. However, for most people embracing change is very difficult. I also found it difficult all those years ago. Recently, I was mentoring someone who was struggling with life. He couldn’t understand why he continually sabotaged his own life with poor decision-making. During our session it was obvious that this person was influenced by deep
programming that resulted in a very low perspective of himself that stemmed all the way back to early childhood. He lacked the nurture of love around him as a child, he was never told he was worthy of great things, and was regularly abused. With this programming, all his decisions in life continued to be a reflection of someone who doesn’t believe in himself, love himself, or think himself worthy of wonderful experiences.

It’s these deep sub-conscious layers of belief that determine the life we create. Most of us don’t realize how much these blueprints we collect through our childhood influence our decisions in life. Author, philosopher and Founder of the Institute for Hermetic Philosophy, John Baines, says:

“The mind can only function correctly when it is free from emotional disturbances, instinctive compulsions, and all that distorts and clouds its thoughts.” The key to living a vibrant, dynamic life is to liberate ourselves from these influences and make decisions from a clear conscious mind. Only ten percent of our thinking is influenced by our conscious mind, while ninety percent of it is influenced by our sub-conscious mind. Through daily meditation, the mind removes all the static of our programmed sub-conscious thoughts. This
white noise distorts our inner intuition and meditation turns the volume of that static down. What then comes through is a way of thinking that is creative, expansive, and free of unworthy thoughts.

Our thoughts are primarily controlled by our subconscious, which is largely formed before the age of six, and unfortunately, we cannot change the subconscious mind by just thinking about it.

Each time we meditate we expand the mind beyond the limitations of those conditioned thoughts. Our consciousness purifies, clearing dogma and cultural conditioning, releasing fear, anger, sadness. You are able to see the world in a different light, from a more positive perspective. For me it was a rapid shift. I went from suffering agoraphobia, an extreme form of anxiety where I was unable to leave the house, to travelling the world presenting keynote talks on stages in front of hundreds of the leaders in the transformational and inspirational space. I hosted retreats in Bali twice a year, leading people on amazing journeys of transformation. I mentored and taught people from all over the world how to meditate.
All of this change came from sitting in meditation twice a day. In each session, my mind would dip into a stillness that is vast and without boundaries. Each time I returned out of the meditation state and returned to the thinking level, my mind was infused with even more of that expansive thinking.

Recently I met a woman at a function; she was introduced to me through a friend who felt we should have a conversation. She was very unhappy with the world and ran through a list of all the things that made her angry. She unleashed a tirade of bitterness about the current state of the world and a whole bunch of people in it. She then proceeded to ask me why she only ever meets angry people. I didn’t give her the answer but I did ask her how much love she feels for herself. The response was firm and abrupt: “Love myself? That is not my responsibility. That is someone else’s responsibility!”

I later discovered after delving a little deeper with her that she was abused as a child and that scar had left a dark imprint. These marks are known in Sanskrit as samskaras and it’s where our English word “scar” comes from. A scar is an embellishment left on the skin from a previous experience. So, a samskara is an impression left in us from
the past that is influencing how we live today. These binding influences can control our entire life unless we know how to liberate ourselves from them.

There are many ways that people can do this. One that I strongly support is meditation. I’ve been meditating for many years and have taught thousands of people to find inner peace and happiness through stillness of mind. When the mind transcends the layer of thought in meditation, it goes beyond those conscious and sub-conscious layers, expanding into a realm known as Pure Consciousness. In this space the mind is unconditioned by any previous experience. There is no past and no future and when the mind comes back from a meditative state, it retains some of that purity. Through regular meditation, the mind will eventually be a clear expression of that pure awareness and the conditioning of the past will have dissolved.
The Seeds of Love and Light

From that new level of unfiltered and clear awareness, the individual will become present in each moment and able to make decisions that are aligned with a fearless and abundant state. In all my years as a student and teacher, I discovered that regardless of what someone’s past entails, everyone has within them the seeds of love and light. At the very essence of each and every human, beyond the programmed mind where all the stories are kept, there exists a heart center that is the source of inner love.

Very few people make this deep connection and are living life within the limited conditioning of the mind—they are living life influenced only by the stories of their past. If we have childhood experiences that have imprinted the mind with the message that we are worthless and unlovable, then this is how we will perceive ourselves throughout our lives. All our decisions, the jobs we take, the relationships we form, the money we make or don’t make, the houses we live in, the suburbs we live in, will all be a reflection of this belief system.
"We are what we think. All that we are, arises with our thoughts. With our thoughts we make the world."

- Buddha

Trying to think our way out of this pattern is not only very difficult, but for many it’s impossible. The choices we make are determined primarily by our sub-conscious mind and most of development of our sub conscious takes place from birth to age six. This imprint remains hidden beyond our conscious thinking process and is hard to access. It becomes a blueprint by which we live our entire lives without even realizing it.

However, when we meditate and transcend beyond thought, our minds dive into a realm where there is wakefulness without thinking. This transcendent state is called Turiya, in Sanskrit. Wikipedia says of Turiya: "Turiya is not that which is conscious of the inner (subjective) world, nor that which is conscious of the outer (objective) world. It is unperceived, unrelated, incomprehensible, unthinkable, and indescribable. It is the cessation of all phenomena; it is all peace, all bliss and non—dual."
Ok, this may sound rather complex, but in effect, when the mind is silent and yet still awake, there is a vast field of non-thought based awareness. This independent observer within each of us is able to actually observe our thoughts, not as a part of our identity, but something beyond the ego. It’s through meditation that we are able to liberate ourselves from those limiting beliefs and start to redesign our thought forms with completely new perspectives of ourselves.

Meditate each day. Once we clear the space in our minds through meditation, we start to create new thoughts about who we are. The mind is re-shapeable. It has the ability to be remolded and when we change the way we think about ourselves, we change way we live our lives.

We are shaped by our thoughts; we become what we think. When the mind is pure, joy flows endlessly through our life.

Through regular meditation, the mind will become less stuck in the recurring known and we will acquire greater adaptability in life. We have learnt that change is necessary. It is absolutely essential under the laws of evolution. When we live our lives from that static mind that is deeply programmed and attached to a certain way of living, we will attract Shiva, the destructive force. To avoid inviting Shiva
into our lives we need to be adaptable and creative. To be more adaptable and creative, we need to have an open mind, a clean canvas ready to paint a new landscape. Behind our thoughts in the silence, exists the source of intuition. This intuition is our source of wisdom and it’s inherent within all of us. Some people suggest this source is in the pineal gland. This pea-like gland in the brain is what, 17th century French philosopher, René Descartes, believed it to be the "principal seat of the soul.” It is considered the "Third Eye.”

When faced with the need to adapt and change, our inner intuition can be trusted to guide us effortlessly through the decision-making process. This source of wisdom is always with us; however, our conscious minds are usually so loud and dominant in our lives that we operate from that confined space where we cannot hear that inner voice. The Intuitive Knower is a pure source of wisdom within each of us that is untainted by our previous conditioning. It has the ability to move us in the direction of harmony. When there is a sense of Shiva entering our lives, that inner intuitive voice will guide us forward and we will be free to adapt and change.
If we meditate regularly, using specific techniques, like Faster Deeper Bliss, that allow the mind to transcend the thinking process, we will be able to connect to this “Third Eye.” Each time we meditate, our minds will become quieter and the voice of subtle intuition will grow stronger. I recommend two 20-minute meditations a day. The tremendous amount of mental and physical activity that we put ourselves through each day requires daily mental stillness to recover from these demands.

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

-Reinhold Niebuhr
We have been given a gift in this life, the gift of diversity and change. Perfection and the ever-recurring known are unsustainable and un-real. Yet, it’s this constant change and unknown that challenges us and can be the source of so much suffering. When we resist this change, life becomes filled with friction, chaos, tension, sickness, and fear. This can filter through into our lives, jobs, relationships, and everything and everyone around us. However, when we are adaptable and creative, life flows effortlessly.

Under the universal principles, everything must evolve and change. Attempting to hold onto something that is meant to change brings discomfort and pain. These sensations are a blessing as they push us in the direction of change. Without pain we wouldn’t know it was time to evolve.

When the need for change presents itself, we can prevent suffering through adaptation. Examining our world and the way we relate to it can show us the path to growth and evolution. Life is a classroom and there are always lessons to be learnt. These lessons are all around us; however, our
programmed minds are often stuck and unable to see beyond the thin layer of our conditioning. Our childhood, religion, politics, and social structures all mold us into thinking and behaving a particular way. Meditation is a tool that helps liberate the mind from those limitations. Over time, the mind will expand beyond the frontiers of those conditioned thought forms and see the world in a bigger, brighter way. From that new unconditioned awareness, we will make different decisions about the lives that we are worthy of creating—lives that are dynamic, creative, abundant, and rich in happiness and love.

Is your life filled with friction and turmoil? Do you feel you get stuck at times and you are faced with pain and suffering? You have access to a life that will flow smoothly, calmly and effortlessly when you understand these principles of evolution. Still the mind in meditation, enter into the silence behind your thoughts. There is a subtle voice within you that guides you to adapt in each moment. Your life has infinite possibilities. Through meditation you will break the shackles of your limited belief systems and unlock those possibilities. For each thought that you have, there are trillions of other thoughts that you haven’t had.
What thoughts will you choose today? How free is your mind to design a life of amazingness and how adaptable are you to embrace it when its delivered to you?

Check in with yourself, be totally honest, and ask yourself where does your life feel stuck or uncomfortable. Is it with your health, your career, your relationships, your wealth or something else? Take that pause, allow a space to open and let your subtle intuition guide you through the change to allow the flow of your life to continue effortlessly.
I want to personally thank you for making the decision to become a life-long student of transformational change and for reading my eBook.

I am delighted to give you private access to three complimentary bonus videos to assist you on your path. I encourage you to watch these videos and implement what you have learnt.

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