

GET CLARITY

www.nickfreedman.com.au

Do not struggle.
Go with the flow of
things, and you will
find yourself at one
with the mysterious
unity of the universe.

Chuang Tzu



Clarity about your present reality, provides a springboard for change.

By Nick Freedman

Get Clarity is a tool that acts as rich catalyst on your conscious learning journey. It will give you clarity about your life today and help empower you to create a series of intentions of what you will have in your ideal future life.

The journey includes several core processes, one of which is developing an objective clarity about your starting point. Your starting point is the present moment in time, and it serves as a powerful springboard, from which you imagine and create your ideal future reality.

The skill to develop, is to be able to *objectively see and accept what is true about your life today, in a connected and responsible way.* Get Clarity is designed to help you define this objective clarity about your present reality.

Another aspect of the journey, is to understand the principles which govern creativity. One of these principles, which we'll now explore, is polarity. *Polarity*, in simple terms, is the existence of two poles, which in this instance, we'll call positive and negative.

You, as a human being, are given the gift of freewill and choice, in order that you can make choices about your life. You are able to choose what you want to do, where you want to go, how to spend your time and who you want to become.

This innate ability to make free choices is what enables you to determine the results you create, and the direction you take. *Your freewill and choice, only come into being because the two opposite poles of positive and negative exist.*

Without these two poles of positive and negative, your life would be a one-sided coin, and you would have no choice. Right now in your life, it is easy to reflect on the things you call positive or good. These are the things which you like and take pleasure from. When your desire is active and aligned towards creating a new future, you'll spend time creating more of these things. And there are also things, that you would classify as negative or bad. These are the things, you want less of and therefore try to avoid or resist.

Much of life is spent bouncing between these two poles and at times, it can all feel very tiring. On the surface, this all makes sense, and yet underneath this idea of polarity, there exists a deeper, more empowering truth.

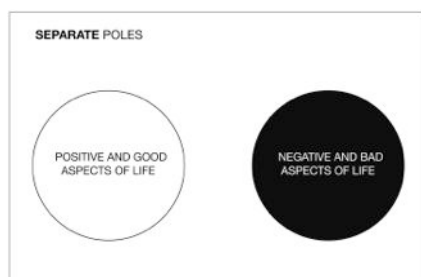


Two separate poles

In order to understand the concept of polarity in more detail, we'll explain it using two scientific schools of thought.

In the 17th Century, Sir Isaac Newton, defined a set of laws, which explain how the physical universe operates. He talked about a physical reality consisting of disconnected & separate parts that behave much like clockwork.

The world when viewed through this Newtonian lens has strongly defined boundaries, which differentiate and mark out where one aspect of reality finishes and another aspect begins. When we observe the idea of polarity through this lens, which separates reality into parts and ignores the whole, good is placed into one circle and bad into another. In this viewpoint good is good and bad is bad. The two are separate and disconnected. This can be seen easily when people describe themselves as either an optimist or a pessimist. A person can be one, but not both at the same time.



An important thing to understand is that Newton, who was called the father of science, has had an enormous impact on how our world exists today. Newton laid a firm foundation, upon which much of today's science, society, medicine, military, government and business thinking and activities have been built. Life today has a strong bias towards these laws, where we identify with life in this disconnected fashion.

If we take this one step further we can see that many schools of thought arising from this standpoint, suggest you can have more of the good, by getting rid of the bad. So, when inquiring into how you create your ideal life, if you simply get rid of the negative stuff, you will then have more of the positive. This is where the popular notion of positive thinking arises from. Any philosophy arising from this idea that removing the negative pole, will fix the problem has



limited potential as it is missing a critical piece in the equation about reality. The concept of energy flow.

Inseparable energy

In order to explain this idea we'll now look at polarity through a newer science called quantum physics, which suggests a different story about reality. Quantum physics studies the laws that govern the world of energy, inside the atom. It has discovered a new set of laws which totally contrast Newtonian physics.

This new science tells us that reality is made of an *interconnected field of potential energy, where fixed and rigid boundaries do not exist*. In a quantum explanation of life, everything exists as an inseparable and intrinsic aspect of the one unified field. The smallest particles of reality, from which all physical matter is made from, also exist as a wave-like flow of energy.

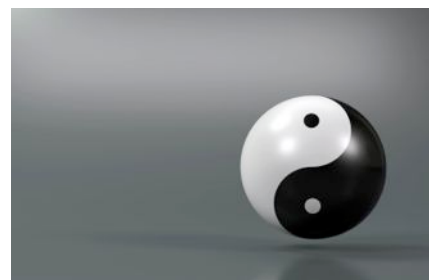
Quantum replaces the idea of life being made of separate good and bad things with an explanation that the very nature of *life itself is a dynamic field, which includes both creative and destructive forces, constantly flowing in tandem*. On a quantum level, the boundaries between good and bad simply dissolve. To understand this idea, consider for a moment the picture of the ocean wave above. If you remove the peak, is it possible for the trough to exist? No. Quantum physics would interpret this wave, by describing the peak and trough as two fluid and

"When everyone knows beauty as beautiful, there is already ugliness. When everyone knows goodness as goodness, there is already evil. To be and not to be arise mutually."

Lao Tzu

interconnected parts of the same movement or flow of energy. They are not separate and disconnected at all, and rather are inseparable. Sure the mind can focus on one part and say that is the peak, and that is the trough, but one cannot exist without the other.

This underused aspect of wisdom has been known for centuries in Eastern thought, and is beautifully explained in the Taoist Yin and Yang symbol below.



You'll see that inside the black, contains the seed of white, and inside the white contains the seed of black. This ancient symbol points to the same thing that quantum physics is telling us. Positive and negative exist mutually and cannot be separated, in order to get rid of one. *Attempting to improve your life, by trying to destroy anything which you perceive to be bad, is like trying to get rid of the peak of the ocean wave. It is simply impossible and will have you forever chasing your tail.*

So a new way of being and observing reality becomes necessary, in order to become skilful in using the present moment in time to create your future.



1. Accept and integrate all sides of yourself
2. Observe the present without judgment
3. Stay connected to your feeling body
4. Accept responsibility for everything you create



Cultivating these four inner qualities, will increase your vital energy & creative power.

Acceptance

The first quality to develop is acceptance. A lot of messages arising from the newtonian idea of disconnection, contribute to the societal belief that says, if you are not perfect then you haven't made it yet. When held to be true, this belief is highly destructive and leads to all manner of problems. You are a human being, who exists in this realm where both good and bad aspects make up the whole. It's not possible for it to be otherwise. So, the way to look at yourself and your life is to accept and embrace it all, rather than try to deny, suppress or reject the parts that you don't want to look at or own.

When you accept an aspect of yourself which was previously hidden from view in a blind spot, it no longer has power over you, which frees up your creative energy. If you've ever tried to hold onto a big secret, you'll know how much energy it takes. What you're doing is keeping a lid on something, which wants to emerge. When you let it go, you set free the energy that was previously being used to hold it down. With direction, this energy is useful. So when you view the present moment, accept all aspects of yourself, which includes those parts which you had once pretended weren't you. *Then go one step further and fully accept the world out there as it is, rather than wishing it was different.* By doing the inner work to cultivate this quality of acceptance, you will connect with a deep reservoir of power, that enables you to cause change gracefully, in order to make real your ideal life.

Objectivity

Next is the quality of objectivity. Let's look at what this word means, by understanding it's opposite, *subjectivity*. Subjectivity describes the way most of life is processed, by placing reality into two boxes labelled *good stuff* and *bad stuff*. These mental classifications or judgments are then considered to be the truth. This can be seen when someone says 'what happened last week was really bad' or 'the thing she just said to me was really good.' *The truth is that outside of your subjective human mind, good and bad do not exist. Things simply are.* Nothing in the world out there is either good or bad, it is only the thought you overlay onto it, that makes it so. People, places and events exist in the world, independently of your good and bad labels. This can be a challenging idea to grasp at first.

So when you view reality through a filter of judgment and opinion, you cloud your understanding of reality. In order to develop the quality of being objective, let go of your labels. Stop seeing your world as either good or bad, and instead observe reality in a neutral fashion. An example would be to say 'that girl seems to me to be angry', as opposed 'she's a bad person and shouldn't talk that way to me'. By removing the judgment you cease to make yourself and others wrong. When you do this, you stop needing reality to fit into the box your mind calls good stuff. As this quality deepens within you, it again frees up vital energy, to help you create your future.

Connection

It is entirely possible to travel through your life from a disconnected space, where you are going through the motions with no real connection to what you think and feel about both yourself and the world around you. As you just read about, a quantum view of reality arises when you start to *see and acknowledge the interconnectivity of everything in your life.*

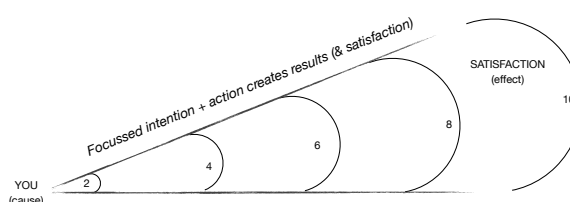
In order to anchor yourself into the present moment, it's important to *stay connected to what's happening inside you.* You can do this, firstly by slowing down your speech, and really listening to what you are saying. Words are simply noises which help you assign meaning to objects and experiences, allowing for communication to occur. There is always a *deeper level of truth that exists beneath your words,* which you can connect to. This deeper truth, which is the *language of feeling,* is always there, however it can be masked from immediate view when your awareness is up in your head, analysing reality.

By experiencing the truth of your feelings, your connection and presence deepens, and you start building a relationship with your own energy field. In order to develop this connection, become present to how your body feels. Notice all your feeling sensations, and rather than denying or suppressing them, allow them to flow. *Taking time out, to simply sit and be, will deepen your connection to yourself and your life.* There are some simple meditation practices which you will learn on the manifestor program to help you practice this. When you are connected to what's happening inside your feeling body, your connection to your life and external circumstances increases in equal measure. As you deepen connection to your own energy field, your consciousness overlaps with the quantum field. And being present in this interconnected space, makes creating new realities easy.

Responsibility

The fourth quality to develop is *responsibility.* This is defined as an inner state of being accountable for something. And that something here is your life. All aspects of it. As you deepen your knowledge about how quantum physics works, you'll see that you create everything in your life. You create your image of yourself, your life, your work, your personal relationships, your success and your levels of satisfaction.

When seeing a problem, it can be easy to assign responsibility to someone or something else, which is out there. With this orientation to problems, a large amount of power is given away and behaviours like blame or victimisation easily arise. Being responsible begins with simple statements like 'I did that' or 'I caused that outcome that I didn't want, to happen.' It is only when you take responsibility for the part you play in causing reality to happen, that you are able to change it into a different result or outcome. Without ownership, the power exists outside of you, with some other person or event.



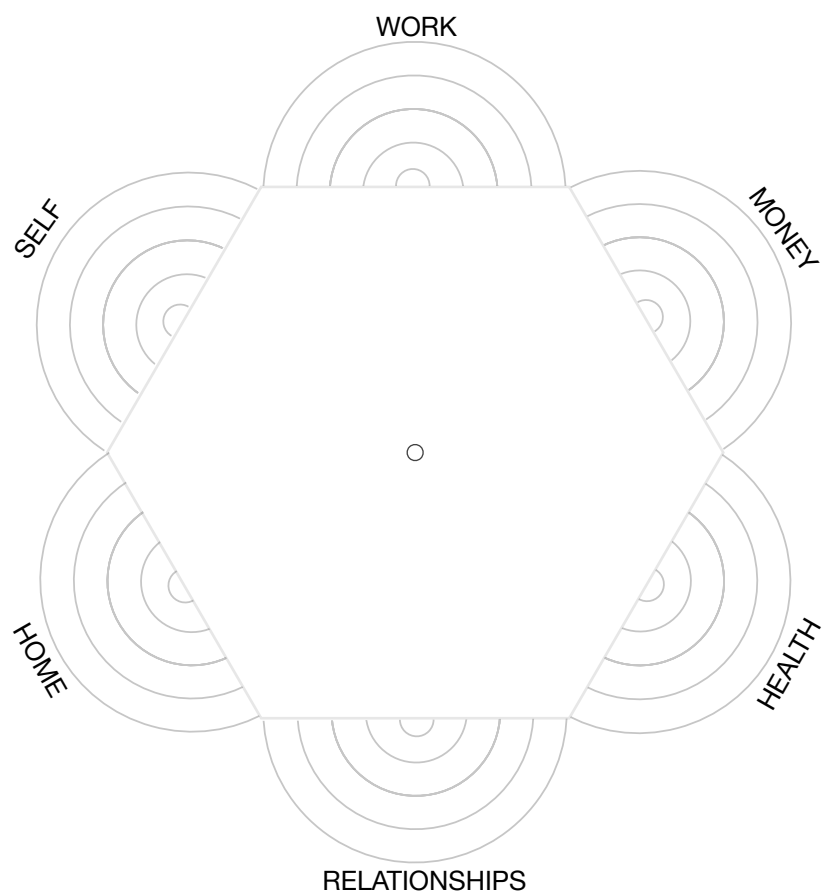
In the LEP process, you'll be discussing all the areas of your life, then rating your current level of satisfaction. *As you'll see in the diagram above, you are the cause of all areas of your life. The effect are the results which you create. So the more energy you apply to create the results you want, through both your intentions and actions, the greater the level of satisfaction you will experience.* When you work to increase the responsibility you take in life, the freedom to create whatever future result you want, then comes easily.

The man who is not divorced from the great source, is the natural man.

Chuang Tzu



Objectively explore each area of your life, then rate your present level of satisfaction.



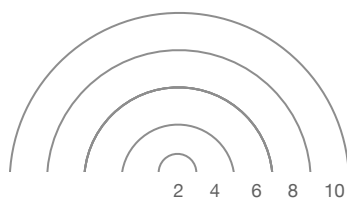
Life energy profile

The Life Energy Profile is a snapshot in time, which provides you with some useful information to help you make progress in your life. *The tiny circle in the middle represents you, the observer and cause of your reality, who has infinite choice about what next steps to take in life.* The satisfaction which you experience in each life area is the *final effect of the work you do* using clearly focussed intentions and aligned actions to bring about specific results.

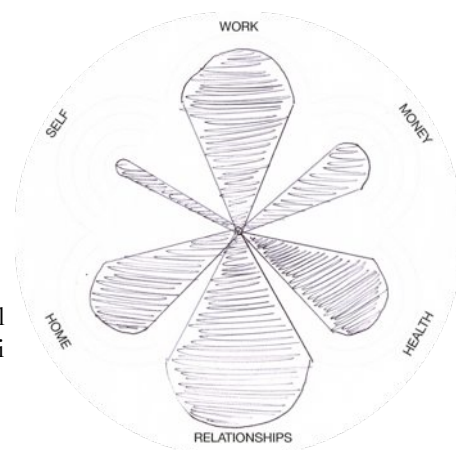
Each side of the hexagon represents one of six areas in your life. These are *Work, Money, Health, Relationships, Home and Self.* These general classifications are used to paint a full picture of your life, so under health, you might think about diet, and under self you might reflect on your purpose, spiritual development or travel. These six areas are simply used as markers to help you break down your whole life into parts. You'll also see that there are five different semi circles attached to every side of the hexagon.

Each semicircle represents a different *level of satisfaction* for that particular life area. The smallest semicircle (rating 2), symbolises low satisfaction and there are four additional circles, of increasing satisfaction up to the rating of 10. So if you were in a job you loved, and worked with great people, doing fun projects, you might say that you were 'highly satisfied' in the work area. In this area, you'd fill in the biggest semicircle.

Once completed, you'll see the *energy that you use to create reality*, is heavily focussed towards certain areas of your life (high ratings) and lightly focussed on others. In some cases where you've scored a low satisfaction you may have made a *conscious choice* to not focus on that life area. In others, it may represent a *limiting belief you have, or some other way that you are blocking progress.*



After contemplating and reflecting on each life area, rate your satisfaction level for each area, and fill in the chosen semicircle. Next draw two lines to join the semicircle to the small dot in the centre, then fill in the space (see sample profile).



Now, begin to imagine what you will have when you're experiencing your ideal life.

Now you've painted a picture of your life, the creative journey enters into a new space. Your new objective clarity and understanding about your current reality, will give you *insights into what you want to change and what new things you intend to create in your future*. The *Intentions* exercise is the start of you imagining what your ideal life will look like.

An important distinction to make here is the difference between a *goal* and an *intention*. In most coaching processes the word goal signifies the end point in the process. It places the end result outside of you, so reinforces the concept of disconnection, spoken about on page 2. With a goal it is possible to not achieve it, then blame an external circumstance. An intention on the other hand, is something you are responsible for creating. Intentions start on the inside with your beliefs. Intentions do manifest as results, just like goals do, but with an intention, an energetic connection exists between you, your actions & the result.

The first thing to do is transfer the satisfaction rating numbers from page 5 into the column marked present reality overleaf. Then consider what satisfaction rating you will have for each area, in your ideal life. Write down a number from 1 (low), to 10 (high) in the column marked Ideal Life. With your ratings now clear, then think about what things you'll have in your ideal life.

Consider each area, what you intend to create, and how things will be different from today. There will be some areas where you already have high satisfaction levels and want nothing more than you already have. This is totally normal.

Most people have 2-3 *primary areas they want to focus on* and the rest take a back seat. And there is often one main area, where you know the biggest scope of change will take place. At this stage, the *full picture of all end results will be unknown, so start with what you do know and trust that the rest will emerge on your journey*.

Developing a creative orientation to life is about *going beyond what you know to be possible today*, rather than settling for what is known, comfortable and safe. As you write your intentions in the fourth column, *allow your imagination to run wild. Hold nothing back as you write*.

Be as specific as you can about your intentions. So rather than say 'more money' think of a figure such as 'I have \$10,000 in the bank for our dream holiday.' Or under work, rather than write 'a new job', you might say 'I have a rewarding new career that fulfils me.'

At this point you are simply capturing ideas, dreams and wishes so don't be tied down to the limits of what your past experiences tell you are possible. No-one ever created their ideal life by playing the safe card. If you set your intentions high enough, you'll feel some fear, or sense of disbelief that they are truly possible. These inner signals are advising that you're on the right track.

"Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed.

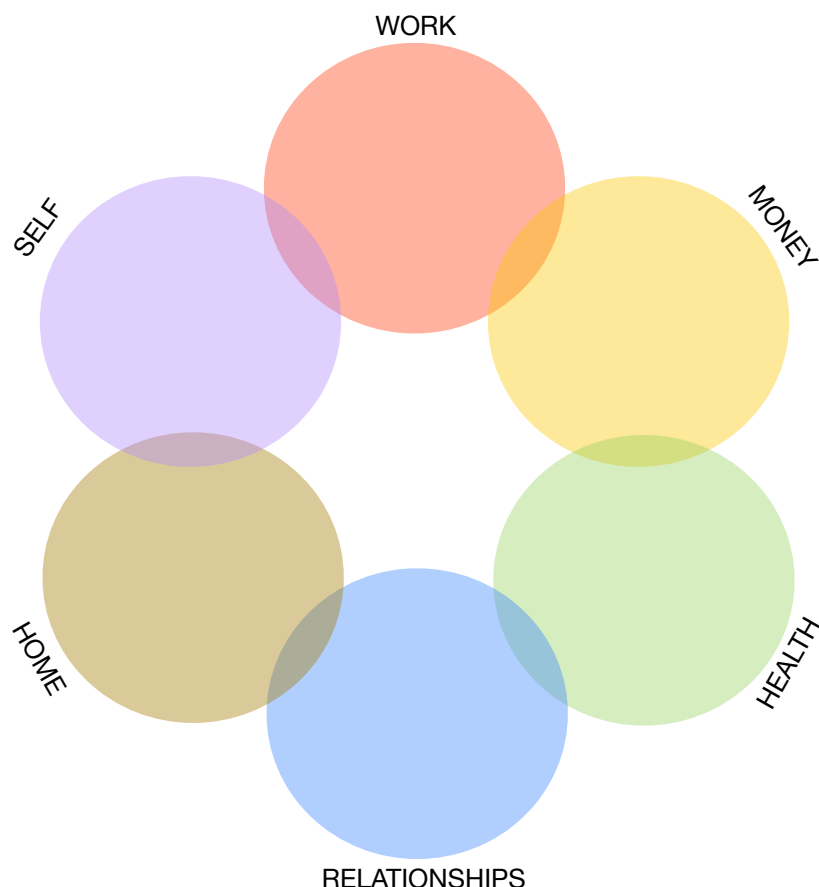
Wayne Dyer



Intentions

Life Area	Satisfaction Rating		What do you intend to HAVE, in your ideal life? (new home, better relationship, great job etc)
	Present Reality	Ideal Life	
Work			
Money			
Health			
Relationships			
Home			
Self			

Finally, observe the interconnectedness between areas to see your life as a whole.



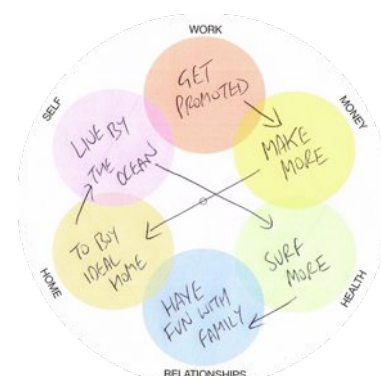
Positive ripple

Look back at your completed LEP profile. The profile as it stands, shows the satisfaction levels you have in your present life. This paints the picture of each part of your life being separate from the other parts. It's a useful tool, as it *enables you to understand each separate area as one single thing*. However, as with any process which breaks the whole story down into parts, it has its limitations, as it does not enable you to see a holistic picture of your life.

The positive ripple process will help you *understand how each part of your life joins and interconnects to make up the whole*, and how positively changing one area, will have a flow on effect to impact the other areas. This will help to deepen your clarity about your intentions.

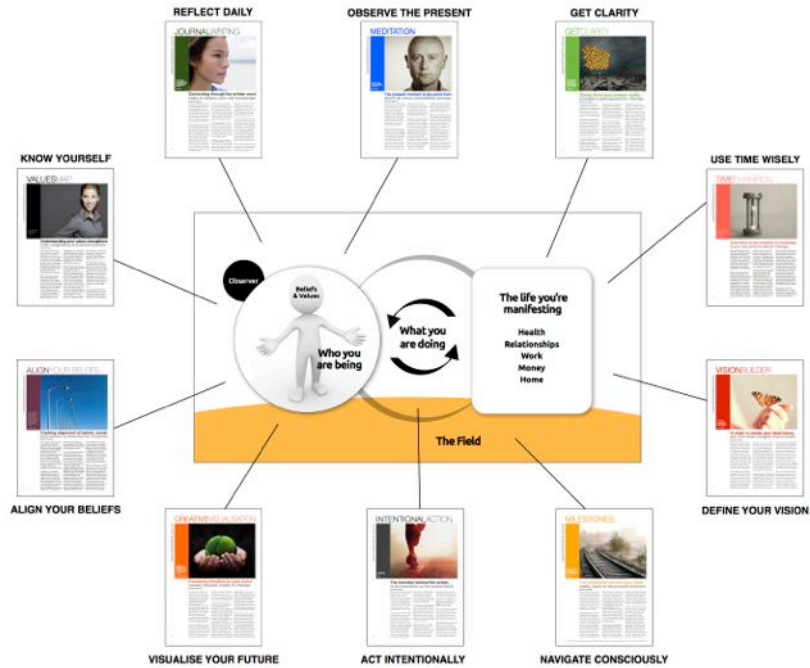
If you look at the sample profile on the right, the person wants to create more money in order that she can buy her ideal home, and live close to the beach. When she lives by the beach she'll then be able to surf more and also have fun days out with her family. So what becomes clear, is that working to get the promotion she wants at work, will have a *positive ripple effect*, throughout many areas of her life.

In order to see the positive ripple effect in your own life, review your intentions on page 6 and ask yourself, *how will causing a new result in one area of my life impact other areas?* Then draw arrows and make simple notes to see how the positive ripple will start to unfold in your own life as you begin to change.



Undertaking a journey of self development is easier when you can talk about it with other people. If you feel drawn to deepen your inquiry, information about the manifestor social learning program, is explained overleaf. You can sign up at anytime you like at www.manifestor.tv

Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



Social Learning Gym

If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit www.manifestor.tv or email clarity@nickfreedman.com.au to find out more.

About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at www.nickfreedman.com.au