

MILESTONES

Unless you walk out into the unknown, the odds of making a profound difference in your life are pretty low.

Tom Peters



The milestones connect your ideal reality, back to the present moment.

By Nick Freedman

By now, you'll have a clear and objective understanding about your current reality and will also have painted a picture of your intended future reality. Having completed these processes, you now have two points. A key skill to develop on your journey, is being able to navigate your way between these two points.

Traditionally this would mean creating and following a plan. This next process will help you learn how to connect these two points by creating and then using your plan in a mindful way. The practice of planning includes time, scheduling and stages, so we'll now explore these different ideas prior to getting into the exercise. We'll compare the concept of planning through a Newtonian and Quantum lens.

Newtonian physics explains a set of laws, which governs the world of the macro, or large. In the world defined by Newton's laws, reality consists of disconnected and separate parts that are made of inert physical matter. *There is no acknowledgement that the space in between the parts plays a role or function in connecting them.* Change happens when an external force (push / pull) is applied to objects, and because of the three laws of motion, you can predict what the parts will do by how much force you apply to them.

Newton also described *physical matter as being inert and having a machine like quality to it.* The view we get from this science is that the world of matter acts like a rigid fixed clockwork machine and there is no energy, life force,

or spirit, that exists inside matter. *The observer, or I inside, was removed to make the science purely objective.*

To know the future all you need to do is look at past behaviours. So reality can be easily predicted because of its clockwork nature.

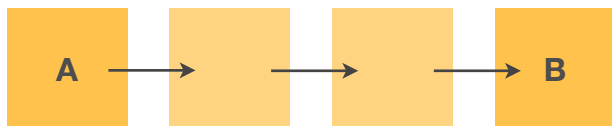
A further concept of Newtonian physics states that to understand the whole, you need to break it down into separate parts and then study each one. When these principles are applied to planning, we can see bodies of knowledge surfacing such as strategic planning and project management. These newtonian philosophies, are based on the belief that you can control all aspects of the process, because the world is machine like. All you need to do is plan, then manage reality, according to the plan.



Newtonian planning

What happens in these classical approaches to planning is the journey from point A to point B is broken down into different phases, and a time frame around how long each phase will take is defined. The different phases are given names to distinguish each part of the journey and placed into a logical order in a linear timing plan or schedule. This is all very neat and these types of plans can bring great peace of mind, as it makes the journey look simple and achievable. The journey then begins with action steps being taken to make progress, however it's not long before issues or hurdles crop up.

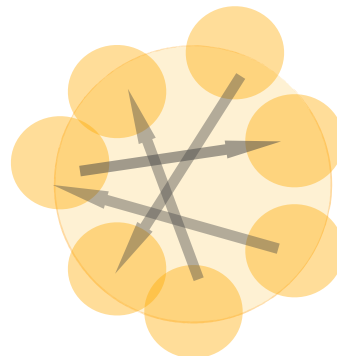
At best these are small and have no impact. At worse they require a whole redesign of the plan to deal with them. This approach to planning rarely lives up to its promises that the journey will be simple. And it's even more rare that reality unfolds, as it was predicted. Clearly something is missing from this formula of how best to get from point A to point B.



The quantum view of change

In order to understand why the reality of the journey is so often different from the plan, let's now look at the new science of quantum physics. Quantum physics explains the world of the microscopic. This science, which came about in the first half of the twentieth century, peered inside the atom to observe what laws existed in the smallest domains of reality. What quantum found contradicted Newtonian physics and as such caused the scientists to step back and reconsider what this world of physical stuff is made from.

Rather than objects being only physical and inert, quantum shows us that all matter is made from a unified field of potential energy. It also illustrates that this energy is moving, alive and in constant communication with itself. The clear predictability, which governs the world of the macro does not exist in the micro. These tiny sub atomic particles, behave in paradoxical ways. In one sense they behave like a particle (physical) and in another sense, they behave like a wave (energy). So reality is more complex than once believed.

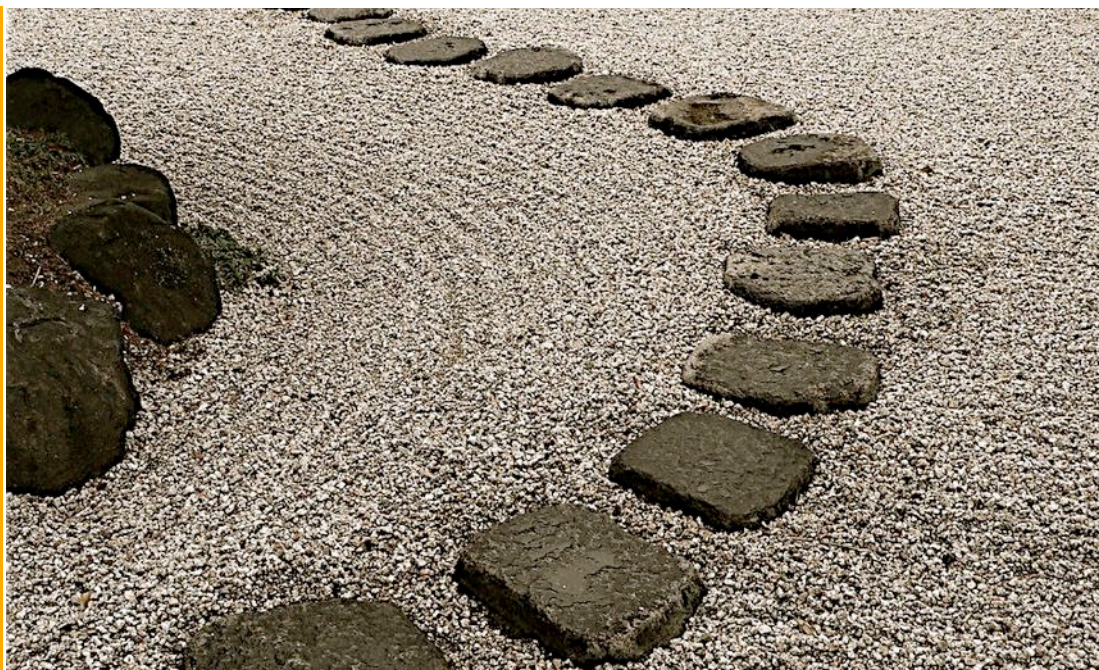


Rather than change happening through series of predictable cause and effect type movements, it is happening all the time in a fluid manner. *On a quantum level reality is changing constantly.* In this field of potential energy, the Newtonian laws about change, space and time take on a completely new dimension. In Newtons physical world, change happens in a step by step fashion, when one part of reality bumps into another. *In the quantum realm, all of reality is interconnected through space, across vast distances. This means that one part of reality can cause another part to change instantly, without all the usual constraints of needing to travel through time and space to get there.*

This concept is called *quantum entanglement* or *non-locality* and is extremely challenging to grasp at first. With this knowledge that change is constant, and time and space are more fluid than we think, we start to see why detailed planning too far in advance is a fruitless exercise. With this new quantum knowledge, we'll now explore a wiser approach to planning.

There is nothing in a caterpillar that tells you it's going to be a butterfly.

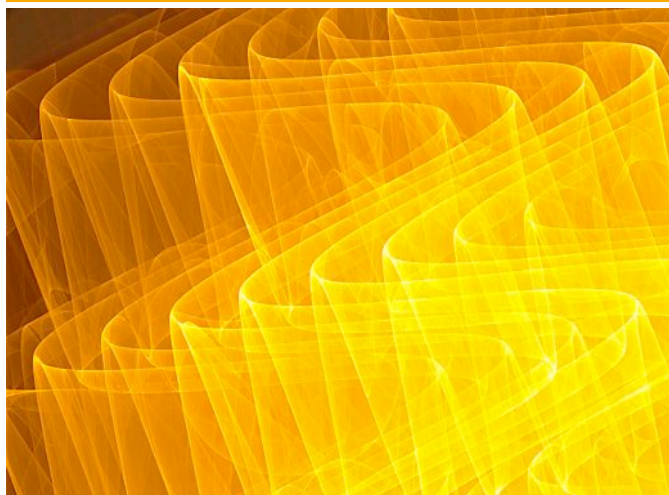
Buckminster Fuller





**“The journey of a thousand miles,
must begin with a single step.”**

Lao Tzu

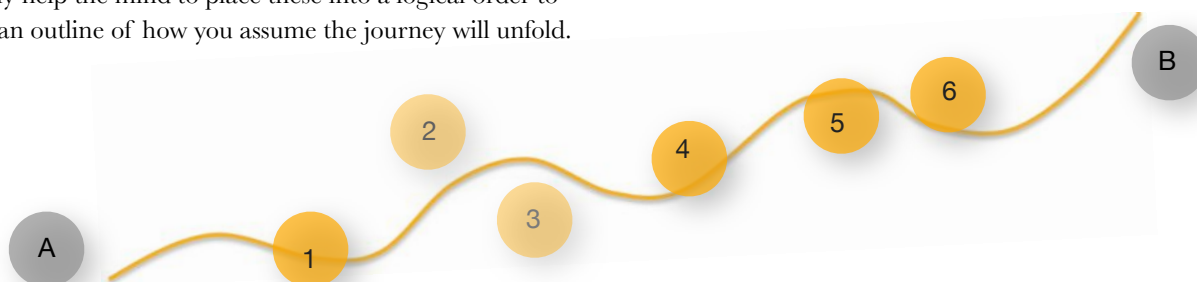


The idea to not plan is too far the other way so this process will help you find a balance.

Let's bring all this complex science down into simple terms and make it relevant to your journey. You have two points: your current reality (A) and your intended future reality (B). At the start of the journey there is space between these two points, which reduces the closer you get to your ideal future.

There are truths in both domains of science, so the wisdom comes from balancing the two. To look at the whole journey as one thing, is simply too much for the mind to hold, so it makes sense to break it down into smaller parts. It can also initially help the mind to place these into a logical order to paint an outline of how you assume the journey will unfold.

Adopting this approach, instead of blindly following the plan, will often present you with opportunities to jump from phase one straight to phase four, missing out phases two and three altogether. *These synchronistic moments will often happen, when you're in tune and flowing with the change process.* When you're trying to force change to happen, are disconnected from the present moment, or are only focussing your attention on the plan itself, they can easily be missed.



Here's where the quantum thinking comes in. Rather than trying to make reality adhere to the plan, your work is to get deeply connected to the present moment and *work with what is emerging before you*. You can do this by taking your planned action whilst also holding the question in mind, *‘what is emerging right now that will bring me closer to my intended reality?’*

So we can see that the plan which you'll create on pages 5-10, is to be used in the background and that *mindful connection to the present moment is to be kept in the foreground*. Developing the skill to be in present and also aligned towards your intended future reality takes effort. As with all things, it becomes easier with practice and you will learn how to do this using the intentional action and creative visualisation tools.

Work backwards from your intended reality and define all the milestones to complete.

The idea of milestones which are used in modern planning techniques dates back to the Roman times. As they grew their empire and built more roads to connect their colonies, they would place stone pillars at each mile along the road. These stones would advise travellers on the road how far in miles they were from the capital city of Rome.

Milestones in this process, are used to signify the end of a major phase of work which needs to be completed on your journey. When you reach a milestone on your journey, it is often cause for celebration as they signify the end of a sizeable body of action tasks.

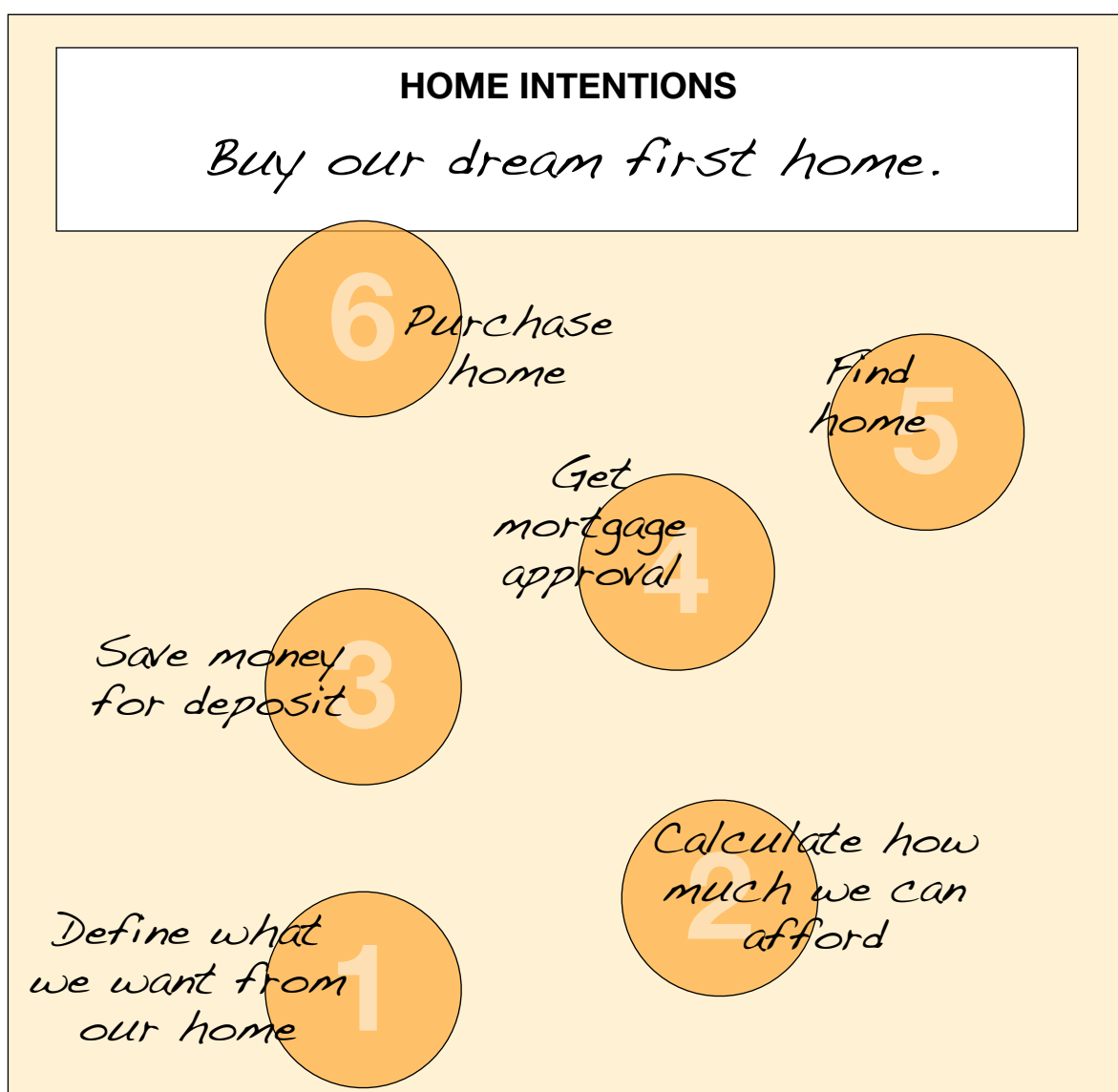
In order to define all the milestones on your journey, you need to work with each life area separately. Firstly, get reconnected with the intentions on your vision builder by copying them into the boxes on the next few pages (for the life areas you are focussing on). There are no self intentions as these are included in the 'emerging self' exercise. You'll notice circles with numbers on them.

Each number represents a milestone to complete. In some life areas you may only have 2 or 3 milestones to complete and other life areas 5 or 6. If you find that you are defining more than 6 milestones for one area, you're being too specific, so think on a larger scale.

The way to complete the exercise is to begin at the end and work backwards in time. So ask, what's the final milestone I'll need to complete in order to make real my intended reality? Then ask what comes before that? And so on, until you get back to the current reality.

An example might be for intended home reality 'Buy our dream first home' and the milestones would be:

- 6 Purchase home
- 5 Find home
- 4 Get mortgage approval
- 3 Save money for deposit
- 2 Calculate how much we can afford
- 1 Define what we want from our home



WORK INTENTIONS

6

5

4

3

2

1

MONEY INTENTIONS

6

5

4

3

2

1

HEALTH INTENTIONS

6

5

4

3

2

1

RELATIONSHIP INTENTIONS

6

5

4

3

2

1

HOME INTENTIONS

6

5

4

3

2

1

HOME INTENTIONS

6

5

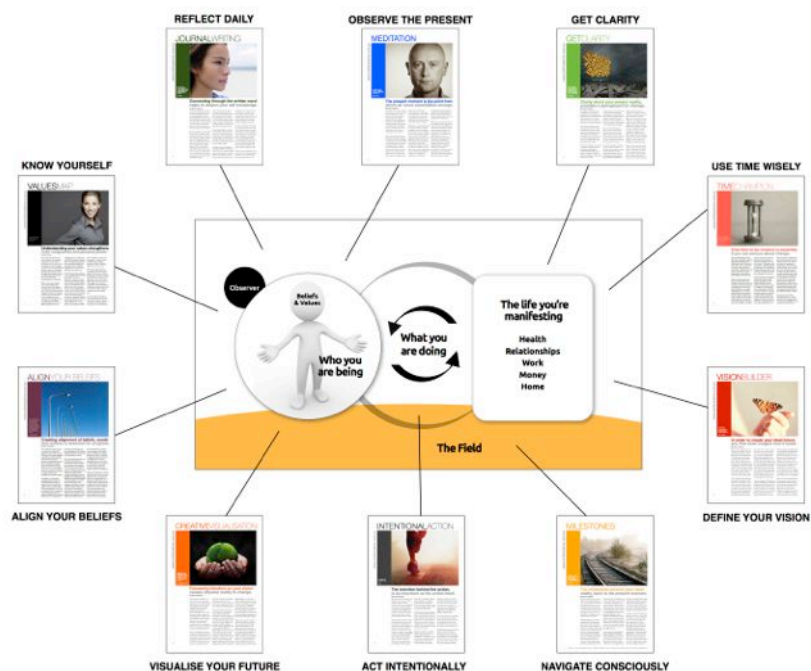
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3

2

1

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

