

From our upcoming new book, *How to **BE** the Way We Want to **BE***

Chapter One

Introducing... Our Self

It seems that the ancient wisdom of “know thyself” is fading away. Lost in a fog of busy, busy, busy, non-stop electronic incoming, pop-up fads, wow factors, the everyday avalanche of new discoveries, next-gen technologies, and endless diversionary opportunities. It’s as if we’ve entombed ourselves in reactive, transactional immediacy.

And sure, transactional activity makes the world go ‘round. But the sheer volume and constancy has us asking...

How about love and meaning? How about some next-gen advancements in self-worth, inner peace, the ability to live joyfully in the present, inspiration, thankfulness, forgiveness, humility, happiness and other non-transactional “positive inner things”? And while we’re at it, why so much anxiety, frustration, fear, dependency, anger, and other “negative inner things”?

Well, call us idealists. But in prioritizing the ancient wisdom of inner exploration over today’s habitual reactivity, expediency, the fleeting excitement of the next new thing, inconsequential grazing, and epidemic levels of approval seeking (the sure sign of societal and individual weakness), we think we’re recognizing the formation of a massive unmet need. So while transactional life increasingly dominates, we’ve been on a lengthy, determined, purposeful, persistent yet patient, steadfast yet highly creative, prayerful, and did I say persistent, deep dive into the inner world of “know thyself”.

And we’ve emerged with two mega-breakthrough discoveries that are about to forever change our understanding of self. And in doing so, to open the doors to love, meaning, inner peace and whole life happiness wider than ever before.

Very briefly for this initial mini-introduction. Breakthrough one is about how we unique humans experience this here and now life. It describes in comprehensive detail how we experience life all the time on two simultaneous levels. One is the familiar, transactional, outward “DO level”. Made of the thoughts, words, actions, interactions our cognitive mind and physical body DO. The other is the almost unknown, unmapped, and yet far more influential inner “BE level”. What we BE is continually expressing in the form of our inner states of being, both positive and negative.

Breakthrough two is about our total human nature. It describes the specific roles of mind, body, and spirit in determining and expressing what we BE and what we DO, along with everything else that’s continually originating and expressing at the BE and DO levels of our life experience.

Once understood in full, these two breakthroughs and their immensely significant implications radically expand our understanding of who we are and how we experience life. Enabling you, me, and anyone to “know thyself” - to know and understand thy true, full, mind, body, spirit self like never before.

And why is it a big deal to “know thyself”? Let’s start with this short answer. We’ll build out from there.

Once we know and understand our true mind, body, spirit self in full, we’re then positioned to BE thy true self. And it’s in BEING our true self that everything we want most and benefit from most in this here and now life comes our way.

Yes, we find our way to everything we want most and benefit from most when we BE our true self. And to advance to BEING our true self, except for rare instances, we first have to step through the cognitive process of getting to know and understand the totality of who we are and how we're experiencing this here and now life.

So to get started with that cognitive knowing and understanding process, let's take a look at a simple "door-opening analogy" that, hopefully will provide a helpful initial picture of where we're headed.

First Knowing and then BEING

It's by knowing and understanding thy true full self that we find ourselves able to open the door to what we all want and benefit from most. But let's be clear, no matter how fully we know and understand our self, that doesn't take us through the door. It just opens the door. And the door to what we all want and benefit from most has to be opened before we can walk through it. Continuing the analogous approach, here's how knowing one's self opens the door.

When we come to know our mind, body, spirit self in full, the "vantage point" from which we "see" our self changes radically. It's like changing our vantage point from standing in a valley to standing on a mountaintop. The reality hasn't changed. But our view of reality becomes much more expansive. And from that more expansive "vantage point of self" what becomes crystal clear, obvious really, is that within our complete mind, body, spirit self we have everything we need, the full capacity, to find our way to what we want most and benefit from most.

Let's say that again for emphasis. Once we apply our cognitive mind to know and understand our true self in full, our vantage point of self changes to such a degree that it becomes obvious that we all come pre-designed with the full capacity to find our way to what we want most and benefit from most in this here and now life. We don't have to add anything. We just have to understand, develop, and then apply what we already have. We'll see that it's an indisputable fact that we all have this "best mind, body, spirit self" residing within us. And what we're saying is that once we fully understand how we experience life (breakthrough 1) and who we are (breakthrough 2), that best or highest self is revealed to us with utmost clarity.

And once we "see" or recognize the vast capacity within our complete mind, body, spirit self and how we're experiencing life at the BE level and DO level, now the door is open. Now we're positioned to walk through the door. And we walk through the door by BEING our true, full, mind, body, spirit self. So, first, know thyself. Then BE thyself. And what will soon become so crystal clear as to be intuitively obvious, self-evident, common-sense is, *it's in BEING our true, full, mind, body, spirit self that everything we want most and benefit from most comes our way.*

And what this book offers, for the first time ever as far as we know, is a completely navigable, "how-to path" that walks us through the multiple "steps" within both 1) know thy true self, and 2) BE thy true self, that, if traveled, assures that what we all want most and benefit from most comes our way.

And it has to be greatly emphasized that while that stepwise how-to path hasn't been previously described, it's not complicated. Because we're simply describing, putting articulation to, what we're all experiencing.

For instance, when we experience "inner negativity" such as anxiety, frustration, fear, anger or worse. Or when we experience "inner positivity" such as thankfulness, acceptance, inner peace, or love. We can now describe exactly how those positive or negative "inner expressions" originate within us. And then, very significantly, we can also describe how those inner expressions directly influence our outward expressions, our thoughts, words, actions and interactions with the world round us. That entire "origination and expression process" is the same for everyone. And it's the same for everyone all the time. And as we'll see, once we understand that process (how this mind, body, spirit machine-that-is-us operates) we're then enabled to willfully, purposefully "choose" inner and outward positivity and

therefore massively decrease inner and outward negativity. Again, we're already experiencing that origination and expression process. We're just describing it so we can truly know thyself.

And what makes everything we're describing even less complicated is that we already sense or know at some level everything this book describes. But unfortunately, that knowing is at a deeper, more intuitive, non-cognitive level that, in almost all cases, our life experience has unwittingly made inaccessible. And to compound that, most of us go through life continuing to ignore or even suppress that "knowing" for explainable reasons that we'll discuss. So given that, our job at HereandNowHappiness.com isn't so much about pushing new information into people. It's much more about drawing out what we already know or sense by giving articulation and cognitive clarity to what we "know" but have trouble locating and piecing together.

So our advancement at HereandNowHappiness.com is, we've found a way to articulate what we're all experiencing. And we've shaped that articulation into a practical useful model. A common sense, understandable, and applicable construct of how we're experiencing our inner and outward life that enables us to 1) know our true full self and then 2) *BE* the self we all want to *BE* "on purpose". And when we *BE* the way we want to *BE* it's inevitable that we find our way to the rewarding, fulfilling, meaningful life we all want.

So here's the plan.

This introductory chapter is a much-condensed version of nearly the whole book. So given that scope, chapter one is by far the longest chapter.

And the reason we want to begin by providing a condensed version of the book is... Then, as we begin chapter two and provide more specific details, we'll be "starting with the end in mind". We'll be pre-equipped with a high level mind's eye view of much of the content and where we're headed. That mind's eye view will enable us to place each specific new idea and insight, as they're introduced, into the larger context of a sensible cohesive framework, a comprehensive model. That context will give meaning to those individual ideas and insights as we go. In effect we'll be placing the individual parts, the whole, and the objective all in front of us all the time. Which greatly enhances learning, understanding, and applicability.

So let's get started with a common-sense, common-language look at what we all want and benefit from most in this here and now life. First, we'll consider our inner life experience (*BE* Level) and then our outward life experience (*DO* Level). And keep in mind, a much more thorough explanation is forthcoming.

What We All Want (Inner Life Experience)

Surely we all want more love, meaning, inner peace, inspiration, joy, thankfulness, forgiveness, inherent self-worth, humility, happiness and other "positive inner *BE* things" to define our life. For this chapter's introductory purposes, we'll simply call that group of positive things our "inner goodness". And clearly, those positive inner things are highly beneficial as they support our overall well-being including collaborative, supportive, and loving relationships.

And just as surely, we all want less anxiety, frustration, fear, apathy towards others, anger, grief, guilt, self-worth doubts and struggles, arrogance, hatred, shame, unhappiness and other "negative inner *BE* things" to define our life. And of course, those negative inner things subtract from our overall well-being and lead to all kinds of relationship struggles, most importantly with our self.

So just speaking of our inner life experience, in concept it's pretty simple. We all want to maximize our potential for "inner goodness (positivity)" and minimize our potential for "inner negativity".

And let's be sure to know that these "inner things", both positive (+) and negative (-), are not transactional things we create or know or have or DO. These are "things we BE". For ease of initial explanation, we'll somewhat inaccurately aggregate them into a single term. We'll call them "states of being". We can BE positive inner states of being. And we can BE negative inner states of being.

Much more coming on states of being but for now, two quick things.

1. At any moment we BE one state of being or another. Just like we're always DOING something, we're always BEING something.

2. And let's recognize that some positive states are more positive than others. Love is more powerfully positive and positively influencing than thankfulness. And some negative states are more negative than others. Hatred and shame are more intensely negative and negatively influencing than anxiety or frustration. The point being that there are degrees of positive and negative.

So summarizing what we want from our inner life experience. Whether we're giving it cognitive consideration or not, you, me, and all of us want to achieve our potential for inner goodness. *We all want to BE those positive states of being.* And when we BE those positive states of being, clearly we benefit in the form of overall well-being including positive relationships.

And when we BE those negative states of being that we don't want to BE, our overall well-being is negatively affected including our relationships. Yet as a group, despite what we want, we humans more often BE negative than BE positive.

So we have to ask... What's standing in the way of the no-cost, always available inner goodness we all want? Why can't we more often BE the positive, beneficial way we all want to BE? Well, we can. And that's exactly where we're headed.

What We All Want (Outward Life Experience)

Switching to our outward life experience. Surely we all want to develop our incredible creative and intellectual capabilities along with our beautiful physical self. As humans, we all come predesigned with this package of cognitive (mind) and physical (body) capabilities to imagine, create, learn, know, conceptualize, reason, recall, make decisions, communicate, act, etc. And within that universal group of capabilities we each have what might be called "person-specific" talents, attributes, and interests. Additionally, we all want to direct our capabilities towards things that matter. Ideally, towards something meaningful.

So for our introductory purposes, let's refer to that array of cognitive and physical capabilities and our desire to apply them positively as our "outward greatness". Clearly, we all want to maximize our potential for "outward greatness" and obviously we benefit individually and collectively when we do.

At the same time, no one wants their vast creative and intellectual capabilities to go undeveloped and untapped. And no one wants to weaken and diminish their physical self. Nor does anyone want to apply their abilities towards purposes that are negative, diminishing, and subtractive of others or self. But the unfortunate fact is, billions of us allow our abilities to go drastically undeveloped and underutilized. And as far as how we apply our mind's capabilities, there's no question that many of us, quite often, direct these gifts towards negative objectives that range from tiny indiscretions that aim to weaken and control others and/or self, to terrible destructive acts towards others and/or self. And speaking of our physical body, it's pretty obvious that billions of us allow our beautiful physical self to become much less than it can be and that we want it to be.

So in brief summary of what we want from our outward life experience.... It's pretty simple, we all want to develop our creative and intellectual capabilities and our physical well-being and vitality. And despite the negativity we often DO, what we all really want is to apply our abilities towards positive, ideally

meaningful efforts. And of course, when we develop our cognitive and physical capabilities and apply them positively, we and everyone around us benefits.

What We All Want and Benefit From Most

So combining inner and outward. We know that every human being on Earth wants to maximize their potential for inner goodness (what we *BE*) and outward greatness (what we *DO*). We want to *BE* those positive inner states of being. And outwardly we want to develop and apply our vast cognitive capabilities and physical self to *DO* positive things for others and self. We might say that by achieving our potential for inner goodness and outward greatness we're finding our way to what's best within us. What people often call "our best version of our self". Or let's say, our "highest self". And clearly, when we *BE* our highest self and *DO* the positive things our highest self is motivated to *DO*, we all benefit greatly.

So given our discussion to this point, let's take a moment to imagine how incredibly wonderful our world would be if huge numbers of us were to make this "highest self" our #1 life objective. Let alone if a significant percentage of us were to even come close to achieving that objective. Massive volumes of painful, inner negativity (what we *BE*) would never occur. Massive volumes of destructive, outward negativity (what we *DO*) would never occur. All replaced by a proportional volume of inner goodness (*BE* positive) and outward greatness (*DO* positive). The world would look very different. *And to make that world a reality, all we have to achieve is to BE and DO exactly what we all want to BE and DO. And as will become increasingly clear, what we're all fully capable of BEING and DOING.*

The Impediment

So let's *BE* it. Right? I mean you'd think everyone would be on a purposeful path to *BE* their highest self. But of course, we're not. So, what's stopping us? What's in the way of this life-enhancing, humankind-wide, no-cost, upward transition or self-evolution to what we all want in this here and now life and from which we would all benefit so greatly?

Let's answer that question by taking a quick look at a simple "progress equation". It identifies the three necessary ingredients for making purposeful progress - for transitioning from wherever we are (our current state) to something preferable (a more ideal state). And then we'll apply that to our objective of highest self.

Want-to (motivation) + Capability-to (capacity) + How-to (directions) = Progress (step change to better)

Per that equation. As I hope we're making clear, we all come pre-wired with the "want-to" (the desire to *BE* and *DO* positive - to *BE* our highest self). And as we get to fully know thyself we're all going to realize more clearly than ever that we also come predesigned with the "capability-to" (the capacity to *BE* and *DO* positive - to *BE* our highest self). So we can check those two boxes.

But what's always been missing is a practical, universally achievable "how-to".

And what we're saying is that because of our two mega-breakthroughs, the epic good news is, we have absolutely cracked the code on a universal "how-to path" for achieving our potential for inner goodness and outward greatness - what we all want and benefit from most. Yeah, we're saying that all three ingredients (the want-to, capability-to, how-to) are now available like never before. And because of that, *we're much closer to that extremely beneficial, humankind-wide self-evolution to much more often BE positive and DO positive than almost anyone realizes.*

So with that extremely positive, yet totally realistic vision in mind, let's take a brief introductory look at our two breakthroughs. This initial description will add considerably to that "end-in-mind view". And will also begin to move us along the how-to path to know thyself, in order to *BE* thyself, and to find our way to the inner goodness and outward greatness we all want.

Breakthrough One

Breakthrough one is a description and explanation of how we unique humans experience this here and now life.

The DO Level

As mentioned previously, we all experience life on two simultaneous levels all the time. One is the familiar transactional level of “what we DO”. We DO thoughts, words, actions, and interactions (T, W, A, I). We’ll sometimes refer to those as our “outward behaviors” or “transactional behaviors”. All of those cognitive mind and physical body capabilities we mentioned to imagine, create, learn, know, analyze, conceptualize, reason, communicate, take physical actions, and more express in the form of T, W, A, I. Our T, W, A, I comprise what we simply call the DO level of our life experience.

And let’s also mention that we can DO any of the T, W, A, I we DO in ways that are positive or negative. Importantly, it’s not *what* we DO that’s necessarily positive or negative. It’s *how we do what we DO* that’s positive or negative. It’s the positivity or negativity embedded within what we DO. Oversimplified for now, positive outward behaviors aim to strengthen, nurture, and liberate or free others and self. As the old saying goes, to provide roots and wings. Let’s note that roots come first (strong), then wings (free). Negative outward behaviors aim to weaken, diminish, and control others and self. They disrupt roots and therefore prevent wings. And super-importantly, embedded in every T, W, A, I we DO is some degree of positive / strengthening or negative / weakening. That degree of (+) or (-) can be tiny or it can be highly influential. But whatever the degree of (+) or (-), there is no neutral.

We’ll provide clarifying examples of positive and negative embedded behaviors and more explanation later. And as we gain familiarity with our subject, we’ll plainly see that the delineation between positive / strengthening / liberating outward behaviors and negative / weakening / controlling outward behaviors is not vague or ambiguous. It’s distinct and clearly definable. As are the reasons for our positive or negative behaviors. And all of that will align perfectly with our intuitive common-sense.

NOTE: Speaking of intuition. The way we develop what we call our intuition is by openly seeking truth with no “outcome prejudice or neediness”. Preconceptions prevent intuition. And preconceptions are the product of “inner neediness”. When we’re needy we need reality to “be a certain preconceived way”. So we distort reality (self-delusion) to fit and therefore justify our preconceptions. We might say that our mind is working from a “closed” position. When our mind is “open and free”, intuition occurs naturally. Intuition allows us to “see, connect, consider, weigh” numerous factors, variables, and moving parts simultaneously and relate all of that to the particular subject at hand. *An open, free mind is the product of zero neediness.* We humans have great capacity for powerful intuitive thinking but we regularly defeat that potential. As we’ll see, our degree and frequency of *BEING* inner positive is proportional to the elimination of neediness and therefore promotes development of our powerful intuitive capacity.

Before we finish this quick look at the DO level, let’s introduce two terms that we were going to introduce later but decided otherwise. Power and force. For now we’ll just say that positive / strengthening / nurturing / freeing outward behaviors are the outward expression of our *inner power*. And our inner power is defined by those positive states of being (our inner goodness). And negative / weakening / constraining / controlling outward behaviors are the outward expression of *inner force*. And inner force is defined by those negative states of being (inner negativity). There’s some degree of power (positive) or force (negative) in everything we *BE* and *DO*. And that alignment between inner (BE level) and outward (DO level) power and force will continue to gain significance as we go. Much more coming on that.

So that's our introductory look at the transactional, outward, DO level of our human experience. And as previously discussed, at the DO level, we all want to develop and maximize our cognitive mind's and physical body's "DO level potential" for outward greatness.

The BE Level

At the same time, we also experience life at the almost unknown, unmapped, and yet far more influential inner level of "who and what we BE". And while we may have little cognitive awareness and understanding of the BE level, we're experiencing the BE level all the time. And who and what we BE has far greater influence on both our moment-to-moment life and the accumulated quality of our entire life, than what we know or have or DO.

As we touched on previously, we humans are all capable of experiencing "positive inner states of being" such as, love, inner peace, inspiration, meaning, the ability to live joyfully and spontaneously in the present, thankfulness, courage, forgiveness, acceptance and more. And we're all capable of experiencing "negative inner states of being", such as anxiety, fear, frustration, apathy towards others, grief, anger, jealousy, guilt, hatred, shame, and more. We'll provide much more explanation about states of being later. But for now, let's add three more observations to what we previously mentioned.

Observation 1. States of being are made of both emotional content and perceptual content. Per emotional content, states of being express physically - we're able to feel what we BE. It's not complicated. We're experiencing it all the time. For instance, it's pretty easy to feel the difference between anger (negative state) and inner peace (positive state). Or frustration (negative) and acceptance (positive). Just choose a couple states of being from our partial and imperfect lists, both positive and negative, and think about how they feel. Clearly, we physically experience the emotional content of our state of being.

NOTE: It doesn't fit our introductory purposes to drop into a discussion of emotions at this time. For now we'll just say that the commonly accepted concept of emotions is mostly misguided, uninformed, and an impediment to knowing and understanding our true self. The unfortunate effect is that we see our self (our vantage point of self) as much weaker than we are.

And then regarding "perceptual content", our state of being has everything to do with our most deeply embedded beliefs and perceptions about our self, others, and the world around us. And whether we have cognitive awareness of those perceptions or not (most likely not), those deeply held perceptions are in place, we're experiencing them all the time, and they have much to do with our state of being and how we experience life at the BE level and DO level.

Observation 2. States of being are the inner expression of "what we BE" at any given moment. And importantly, each of us experiences life from a "primary state of being". A kind of "state of being home base". Our "state of being comfort level". For instance, anxiety is a relatively benign and very common negative primary state of being. And acceptance is a lower level and commonly experienced positive primary state of being. Unfortunately, love and inner peace are much less common primary states. And thankfully, hatred and shame are also much less common.

Our primary state of being (what we "normally / most often" BE) is hugely determinative of how we respond to circumstances around us. A person whose primary state is highly positive, such as love, will be "unmoved at the BE level" by negative circumstances. They'll remain in the positive state of love regardless of what's happening around them. As a quick example. Because her primary state of being had to be unconditional love, Mother Theresa probably experienced near zero inner negativity regardless of the circumstances around her. Clearly she was strong and free.

Whereas a person whose primary state is anxiety will continually be “emotionally influenced” by outside circumstances. Especially negatively influenced. A person whose primary state is anxiety (many of us) may quickly transition to frustration, fear, perhaps anger, despondency and other increasingly negative states of being depending on the nature of circumstances. As you might imagine, people whose primary state of being is more intensely negative are easily, often quickly, emotionally enflamed by external circumstances and the behavioral results are predictably negative. Much to that and much more coming on states of being.

Observation 3. Before we complete our introduction to the *BE* level, let’s take a look at this immensely significant and difference-making insight about how we unique humans operate. This will help us begin to understand the integration between the *BE* level (inner expression) and the *DO* level (outward expression).

What We *BE* Determines **How We DO** What We DO (initial explanation)

We said earlier that all the T, W, A, I we DO carry some degree of positive (strengthening / power-based) or negative (weakening / force-based). Yes, for sure. And here’s the thing. What is of monumental significance and we want to be sure to know and understand about our true self is, *it’s our state of being, it’s what we BE, that’s directly determining whether the outward behaviors (T, W, A, I) we DO are positive or negative.*

It would be hard to overstate the significance of understanding that. Again, *what we BE (positive or negative) determines whether what we DO is positive (power-based) or negative (force-based). BE positive = DO positive. BE negative = DO negative.*

It’s accurate to say that the *BE* level of our life experience - what we *BE* - is running our moment-to-moment life and greatly influencing the quality of our entire life experience. And yet we have so little understanding of the *BE* level.

For instance, per negative states of being. The fact is that every negative, weakening, force-based thought, word, action, interaction we DO (or anyone has ever done) towards others or our self is just the outward expression of our negative inner state of being (what we *BE*). Just one example for now.

Let’s ask. Why are we highly advanced and evolved humans the only creatures that so commonly DO self-deluding, self-defeating and self-destructive behaviors? Here’s exactly why.

As we’ve discussed, our mind is designed to reason and apply logic to make decisions. And there’s no logical, reasoned, intellectual case that can be made for deluding, defeating and destructing our self. Right? But once we understand the *BE* level and how it integrates with the *DO* level, it’s so obvious. We DO self-deluding, defeating, destructive behaviors because we *BE* inner negative. Our negative state of being yields deeply held “non-cognitive” negative motivations. And those negative motivations force mind and body to DO negative T, W, A, I. In this case, directed at our self. Cognitive mind has nothing to do with the creation of those motivations because those motivations are the product of what we *BE*. And cognitive mind has nothing to do with determining what we *BE*. Mind (along with body) just dutifully carry out the T, W, A, I that comprise the deluding, defeating, and/or destructive behaviors we DO.

Specifically, if we *BE* the intensely negative state of shame, it’s a done deal that we will DO self-destructive behaviors. If we *BE* less intense negative states, we’ll still DO some proportional degree of self-deluding, defeating, destructive type behaviors. As will become very clear as we go, there exists a “motivational bridge” between our state of being and our outward behaviors. That bridge “transports” motivations from our state of being to our mind and body that drive how we DO the outward behaviors we DO.

Per positive states. Let's go back to Mother Theresa. Her state of unconditional love ensured that she would only, exclusively DO positive, strengthening, power-based, outward behaviors. She didn't have to "try" to DO positive. For Mother Theresa or any of us, the highly powerful, positive state of love generates deeply held, BE level / non-cognitive, positive motivations to strengthen, nurture and liberate others and our self that ensure that we will only, exclusively DO positive outward behaviors (T, W, A, I) towards others and self.

Again, the simple big picture is... BE positive = DO positive. And our life is sure to be immensely rewarding and wonderful. BE Negative = DO negative. And our life is sure to be more problematic. Hopefully it's becoming obvious that we want to prioritize our efforts to BE the positive way we all want to BE. The specific "how-to BE" will come later as we continue to build on what we're saying now and get to better know thy true, full self.

Summarizing what we've covered about breakthrough one, let's provide our first very basic model or construct in terms of what we want and benefit from most (inner goodness and outward greatness). This is a super-simplified version (perhaps 10%) of what we call the BE Level / DO Level Behavioral Construct. We'll get to the complete version of that construct as we go.

HOW WE EXPERIENCE LIFE (Super-Simplified)		
DO Level (T, W, A, I)	DO Negative (-) Lack development of our full capabilities. Mostly apply behaviors towards weakening and controlling self and others (force). Defines "Outward Weakness"	DO Positive (+) Develop our full capabilities. Mostly apply behaviors to strengthen, nurture, liberate self and others (power). Defines "Outward Greatness"
	BE Level (States of Being)	BE Negative (-) See list of inner negative things (anxiety, fear, anger, self-worth struggles, etc. - force) Defines "Inner Negativity"
		BE Positive (+) See list of positive inner positive things (love, inherent self-worth, inner peace, etc. - power) Defines "Inner Goodness"

What we BE (+) or (-) determines what we DO (+) or (-)

Breakthrough Two

Now that we have a basic picture of our BE / DO life experience, we're able to answer this mega-question. How does our total mind, body, spirit human nature operate within our BE level / DO level life experience? More specifically, what are the roles of mind, body, spirit in determining and then expressing what we BE and what we DO. And most importantly, how do mind, body, spirit work together to cause us to BE positive, which always leads us to DO positive? Or fail to work together and cause us to BE negative, which always leads us to DO negative?

Let's provide some initial introductory answers with a brief look at each of our three big sub-natures.

Basic Role of Body

Within the BE / DO construct, our wonderful physical / biological self (body) operates at the DO level. Our body runs its physical self by way of countless involuntary actions. And it plays its physical role in

our outward expressions - thoughts, words, actions, interactions (T, W, A, I). Within our *BE* / *DO* life experience, body most often takes direction from mind on how to act. And as such, it can *DO* positive behaviors that are power-based, strengthening, liberating and healthful, and energizing for others and self. Or it can *DO* negative behaviors that are force-based, weakening, controlling and therefore diminishing, de-energizing, and even destructive of others and self.

On its own, body doesn't *BE* positive or *BE* negative. And it has nothing to do with determining what we *BE*. Body has no direct influence on whether we *BE* thankful, acceptive, forgiving, joyful, loving, happy, etc. or anxious, fearful, frustrated, angry, ashamed, unhappy, etc. But our physical self does have a super-important "*BE* level-related role".

We said earlier that states of being have emotional content. Per that emotional content, the way this mind, body, spirit machine-that-is-us is designed to operate is like so. Our inner state of being (what we *BE*), positive or negative, expresses physically by way of a "feeling". We often use the term "emotion" for that feeling. And as we know, those feelings have fairly unique and identifiable physical ways of expressing. As we become more knowledgeable and discerning about states of being it's normal that we'll become increasingly aware that anxiety, frustration, fear, anger, grief, guilt, hatred, shame, etc. each feel a certain way. But it's pretty obvious that they don't feel good. And especially over time, the effects of those negative physical responses cause multiple forms of deterioration. They're damaging to our overall well-being in numerous describable ways. And they also cause us to operate less effectively in the moment. Inhibiting and burdening our physical self and therefore diminishing our performance level.

Whereas, positive states of courage, thankfulness, inner peace, inspiration, joy, love, etc. feel good. They lend beneficially to our overall well-being and allow us to operate more freely, spontaneously, and effectively in the moment.

But let's consider our state of being's emotional content from the perspective of our *BE* level / *DO* level life experience, and our objective to *BE* and *DO* positive. What's really going on when our physical self emotes is this. Our physical self is dutifully informing or "signaling" our total mind, body, spirit self about our state of being. When we *BE* a negative state of being our body emotes negatively. Our physical self is informing us of our negative state of being by way of a painful and potentially debilitating physical response. And the more intensely negative our state of being, the more painful and debilitating the body's "signal". It's much the same as the pain signal our body sends us when we place our hand on something hot. The pain is a helpful, informative signal to remove our hand and avoid the negative consequences of further damage. In the case of negative states of being, our physical self is saying... *You're off-track. You need to stop BEING negative and instead, BE positive. Otherwise the pain and damage to self will continue.* Unfortunately, we're mostly not very good at listening to and then interpreting that message. Let alone knowing how to quickly transition from *BEING* negative to positive.

And of course when we *BE* the positive states of courage, acceptance, thankfulness, inner peace, joy, inspiration, love, etc. it feels good and is beneficial to our well-being in multiple ways. Our physical self is now signaling us by saying... *"You're on track. You're BEING the way you're meant to BE. Keep it up or BE more positive and the rewards will continue or expand"*.

When it comes to this "emotional notification" that our physical self provides us, the job of our total mind, body, spirit self is two-fold. First, we need to listen to that signal and interpret it for what it is. If it's negative, if we *BE* negative, we need to realize that regardless of our circumstances, we're generating that negativity. And it's up to us to transition our self away from the negative state and to a more positive state. Which is what this book is about - how to *BE* the positive way we want to *BE* regardless of circumstances. As will continue to become increasingly clear, our inner negativity has readily identifiable sources. For now we'll briefly add that when we continually blame external circumstances or others for our negative states of being we're mostly deluding our self. And that self-delusion ensures a problematic life. Getting a bit ahead of ourself here, it could be said that taking responsibility for what we *BE* is the most self-strengthening, nurturing, liberating decision we can ever make. And assigning

NOTE: About “knowing” love. Let’s briefly mention that the only way a child can truly “know” love is to experience *BEING* loved unconditionally. So when children are raised with much unconditional love (power) they’ll be much more likely to love and be loved as adults. But children are often raised with an emphasis on conditional approval (force) and sometimes not even that. So not surprisingly, they struggle to love others and self as adults because they don’t “know” love. Fortunately, because we’re made of mind, body, spirit, we can find our way to *BE* the state of love even if we’ve experienced little of it in our life. That has much to do with the purpose of this book.

responsibility to others and circumstances for what we *BE* is the most self-weakening, diminishing, constraining decision we can ever make.

Lastly for now on the role of body. If we were to ask our physical / biological self (body)... “*What do you want?*”? It would say... “*I want you to stop tearing me down by BEING negative. And causing me to DO negative even to my self. Instead, BE positive so I can have what I want most - good health and vitality.*”.

Basic Role of Mind

Now let’s take an initial look at the role our mind performs within our *BE* / *DO* life experience. And we’ll also briefly describe how we misuse our mind by forcing it out of it’s natural, pre-designed role. Resulting in all kinds of negative behaviors directed at others and self, ranging from tiny to terrible.

Our incredibly advanced and evolved mind operates at the *DO* level. It “carries out” our thoughts, words, actions, interactions (T, W, A, I) in the form of those capabilities we’ve mentioned (imagine, create, conceptualize, analyze, recall, reason, communicate, directs the body to act, etc.). And those T, W, A, I can be positive / power-based / strengthening / freeing or negative / force-based / weakening / controlling. And as previously mentioned, there are wide-ranging degrees of both positive / power-based and negative / force-based behaviors.

As far as our mind’s role in helping us *BE* the positive way we want to *BE*. Two things for now. One, our mind can “listen and interpret” our body’s emotional signal so we can cognitively know when we *BE* negative and then take “evasive action” (transition from *BE* negative to *BE* positive). That “listening and interpreting” starts with self-honesty. And the catch is, when we *BE* negative we mostly lack the inner strength and positive sense of self (self-worth) that, in turn allows for the self-honesty to properly identify the source of our negative state of being (our self). Much more coming on that. But the point is, our mind is our listening and interpreting device.

And two, as we’ve been saying, when it comes to what we currently *BE* and helping us *BE* the way we want to *BE*, cognitive mind is the part of our human nature that’s capable of knowing and understanding. Including getting to know and understand our full self, as we’re doing now. And as we get to know our total self and how we experience life, our mind can easily comprehend the immense whole life benefits of *BEING* positive compared to the more problematic life that comes with *BEING* negative. As we’ve said, our cognitive mind can “open the door” or “bring us to the precipice” of *BEING* positive.

In fact, there’s no more beneficial role our mind can play in this here and now life than to move us to “step one” along the path to BE positive by helping us know thy true, full mind, body, spirit self.

But that’s where the path ends for our cognitive mind. No amount of cognitive “knowing and understanding about” the *BE* level will cause us to “walk through the door” or “make the jump” from *DOING* to *BEING*. *BEING* is purely experiential. And it’s experienced at the inner *BE* level. So our mind can know many things about love. And yes, that knowing is beneficial. But no amount of wisdom, understanding, and knowing about love will cause us to *BE* or experience *BEING* the state of love. It’s the same with all states of being. Our mind has nothing to do with determining or expressing what we *BE*. It just helps us get to the brink.

Lastly on the role of mind, we weren't going to cover the following insight in this intro section but decided to go ahead with a brief version given it's immense significance.

We can't emphasize enough that *whether the T, W, A, I we DO are positive (strengthening, freeing, power-based) or negative (weakening, controlling, force-based) is not determined by our mind. As we said before, whether we use our mind to DO positive or DO negative is determined by our state of being and the deeply held motivations our state of being generates.*

Here's a very brief example of how the *BE* level (states of being) and *DO* level (mind) integrate both positively and negatively. The significance of the implications can hardly be overstated.

When we *BE* positive, it's simple. We allow or better said, we free our mind to *DO* positive. Implying that our mind is "naturally free" and only becomes "not free" when we actively manipulate and control it. For instance, when we *BE* dishonest our mind is "not free". We're manipulating / controlling / forcing our mind to create a false reality for the complex purpose of deluding our self and usually others for reasons we'll discuss later. As opposed to our "naturally operating", free, truth-seeking mind.

A quick look at free mind and controlled mind.

One positive thing our free mind will naturally *DO* is reason. Reason aligns with power. Keeping it brief, we use reason to consider facts, data, information, interpret experiences, connect ideas and in general to draw conclusions and make decisions as best we can. Reason is simple and honest and has us seeking to understand reality and then work within that reality. All good. That's how we solve problems and make improvements.

But when we *BE* negative, it's not simple. We make it complicated. When we *BE* negative, our mind doesn't *DO* positive. So *our mind doesn't DO reason.* Instead of freeing our super-capable mind to reason (power), we force our mind to use its capabilities to distort reality in whatever way necessary to rationalize and then justify the wants of our needy, negative, inner self. We're using our mind's incredible "DO level processing power" to first delude our self. And then, to often manipulate the perceptions and behaviors of others.

This is how "smart" people can be incredibly "not smart". It's not that they lack intellectual capacity. It's that their negative state of being and accompanying inner neediness create negative motivations that cause the person to apply their intellectual capacity, their mind's processing power, to find it's way to a desired, deeply needed outcome. The mind will select certain information, ignore facts, and diminish or inflate information - the opposite of reason - with the aim of reaching a preconception that satisfies the person's inner neediness. And part of that neediness often includes the need to manipulate others.

We'll further describe the connection between our positive and negative states of being and how we apply our cognitive mind for positive and negative purposes and outcomes. For now let's just know that when we *BE* those negative states of being, we will, to varying degrees, use our mind to more often justify preconceptions that meet our inner neediness than to openly seek truth and apply reason. And when our negative state is more intense, such as hatred or shame, that distortion of reality and self-delusion will become more extreme and often precede negative, manipulative, controlling behaviors that can also be extreme. Including destructive and violent acts towards others and self.

Whereas, when we *BE* positive, it's simple. Our motivations will be to seek truth openly and therefore apply reason naturally and therefore deal more effectively with reality.

Lastly, if we asked our mind... *What do you want?* It would say... *I want you to BE positive so you'll apply me as I'm meant to be applied - to reason and openly seek truth, to freely imagine, create, and help you live with joyful spontaneity and achieve meaningful things.*

NOTE: It may be worth mentioning at this point that everything in this book is about observable, describable "here and now life". There's no content about before-life or after-life. That's no reflection on the writer's personal beliefs one way or the other. It's simply outside the purpose of this book. It's our view that what we're providing about here and now life is both highly beneficial and more than enough for us to tackle. And we should mention that everything in the book is completely supportive of, and in no way contrary to, any love-based spiritual belief system we know of.

Basic Role of Spirit

Very significantly, our breakthrough understanding and mapping of how we experience life (*BE* level / *DO* level) has made it possible to describe the here and now life roles of our third big sub-nature. What we refer to as the human spirit - our spiritual or highest nature self.

Sharing a bit of our years of effort here... Once we came to understand the *BE* and *DO* levels of our life experience (breakthrough 1), that understanding begged the question. How is our human nature "operating" at the *BE* level and the *DO* level? Which part of us is doing what? Especially when it came to understanding the uniquely human "spiritual / behavioral physics and mechanics" of self-worth, states of being, our deepest motivations and their connections with the *DO* level of life. And of course the biggest advancements were those associated with the *BE* level and our spiritual or highest nature.

In a nutshell, our spiritual or highest nature is the part of our human nature that operates at the *BE* level. For this introductory chapter we'll provide abbreviated descriptions of four interrelated roles performed by our spiritual / highest nature in this here and now life. A comprehensive description of those inner workings will come later as we discuss the development and application of our highest nature to help us stop *BEING* negative and *BE* the positive way we all want to *BE*.

Highest Nature Role 1. Self-Worth

Our self-worth is our worth according to our self. It's the degree to which we like, love, and appreciate our self or we don't. And our self-worth, our view of self, has more influence on whether we *BE* positive or *BE* negative than any other single factor. And therefore, our self-worth is the most influential single factor in determining the negative or positive trajectory of our entire life. That will become increasingly clear as we continue to provide more specifics about our *BE* level / *DO* level life experience and the roles of mind, body, spirit.

Given the tremendous influence of our self-worth, it's not surprising that, even though we rarely think about it and lack the understanding and terminology to effectively discuss it, everyone wants true, enduring, *inherent*, positive self-worth. And yet, despite what we want, self-worth doubts and struggles are so common they're probably universal.

So we have to ask. Why do we so often struggle with self-worth? Well, for this introductory section and stated as briefly as we know how...

We struggle with self-worth because most of us, most of the time "live backwards". Our perception of what brings us positive self-worth is mostly backwards of what's true. Our common perception is that if we "get it right" at the *DO* level - if *first*, we know this, have that, *DO* this, and get others to see us as successful, wonderful, etc. (approval seeking) - *then* we'll feel good about our self. So we chase these

DO level things in hopes that they will yield the *inherent* positive self-worth we all want. But they don't. Here's why.

Self-worth isn't a DO level thing. It's a *BE* thing. And the "self" that determines our self-worth is our *spiritual / highest nature self*. As will become increasingly clear, our cognitive self (mind) and physical self (body) have only a minor "associated role" in bringing us the enduring, *inherent*, positive self-worth we all want. And that minor role is actually being "managed" by our highest nature. Our highest nature self doesn't apply "DO level things" such as what we have or DO or what anyone thinks of us to determine our self-worth. Our spiritual self determines our self-worth based on "*BE* level things". We'll describe exactly how that works and how what we *BE* "feeds back" to influence our self-worth in later sections. For the moment we'll just say that *BEING* positive is favorable to our highest nature self and therefore builds *inherent* positive self-worth.

So if "living backwards" has us trying to "get it right" at the DO level in order to find our way to positive self-worth at the *BE* level, which doesn't work. Then "living forward" is about "getting it right" *first* at the *BE* level (*BEING* positive states of being), realizing that *then* we'll DO positive and our outward DO level life will be good. *Living forward is the way we unique humans are designed to operate*. Proof of that abounds and becomes increasingly clear the more we understand the whole *BE / DO* construct.

When we live forward, when we prioritize *BEING* positive over anything we DO, the rewards are tremendous. Including both true, enduring, *inherent*, positive self-worth and a rewarding *BE* level and DO level of life. Per our earlier discussion, everything we want most and benefit from most comes our way when we prioritize "living forward". This book could just as well have been called "A How-To For Living Forward". Because that's what it is.

NOTE: By the way, isn't it obvious that when we depend on things or what we do or someone's perception of us in order to feel good about ourself that is living proof that we don't feel good about our self - that we lack *inherent* self-worth? Think how tenuous our self-worth is when it depends on something or someone other than our self. As we'll see, that's our lower nature's false (backwards) version of self-worth. It causes our self-worth to be conditional on things outside our self. Locking in self-worth doubts and struggles that in turn cause anxiety to become a life norm (existential angst).

The more exact details of how and why we struggle with self-worth and how we find our way to the enduring, *inherent*, positive self-worth we all want is coming up.

Highest Nature Role 2. Determining Our State of Being

For this first chapter's introductory purposes, let's get this helpful but oversimplified and partially inaccurate model in mind.

When "who we *BE*" is our spiritual / highest nature self, then "what we *BE*" is the positive states of being. And when who we *BE* is the needy lower nature self, then what we *BE* is the negative states of being.

It's not possible (outside of spiritual / behavioral physics and mechanics) to *BE* our highest nature and at the same time to *BE* any negative state of being. As it's not possible to *BE* our needy lower nature and at the same time to *BE* any positive state of being.

That alignment between who we *BE* and what we *BE* provides a simple, helpful, initial working model. But as will become clear and obvious going forward, it's actually our spiritual or highest nature self that's "running everything" at the *BE* level. Whether we "experience *BEING*" those beneficial positive states of being or whether we experience *BEING* those subtractive negative states of being is directly determined by our highest nature. And that determination, both positive and negative, is always for the purpose of helping us *BE* the positive way we all want to *BE*. We'll soon describe exactly how that works.

And keep in mind, just like we're experiencing the workings of mind and body all the time, we're all experiencing the inner workings of our highest nature all the time. Mind, body, and spirit are always "on". We're just describing those inner workings. And as will become increasingly clear, the more fully we understand the workings of mind, body, spirit within our *BE* / *DO* life experience (the more fully we know our true self) the more we enable our self to purposefully *BE* the positive way we want to *BE* and *DO* the meaningful things we want to *DO*.

Highest Nature Role 3. Our Source of Power

Our spiritual / highest nature is the source of our greatest inner strength. It's the strength, the inner power, we possess at the *BE* level. It also allows us to access power from beyond our self. Much to that and much more coming.

Highest Nature Role 4. Self-evolving to *BE* Positive

The fourth role we want to mention shouldn't be surprising at this point. We've more than touched on it. Our spiritual / highest nature is the part of our human nature that, once fully understood (know thyself), we can then develop and apply (*BE* thyself) to evolve our self away from *BEING* negative and to more often *BE* positive. And yes, we'll describe the process of applying our spiritual nature to access power within and outside our self to help us *BE* the positive way we want to *BE*.

As we've described, mind and body play key roles in helping "position us" to *BE* positive. But it's our spiritual / highest nature that provides us with the unique human capability to transition our self from *BE* negative to *BE* positive. From anxiety to acceptance, fear to courage, anger to inner peace, hatred to love, etc. Surely we want to fully understand how that works - how we work. And we will.

And if we were to ask our spiritual / highest nature self.... *What do you want?* It would say, *I want you to first, apply your cognitive mind to get to know and understand thy true, full self. Because once you do you'll realize, that while mind and body are wonderful parts of your human nature and can DO wonderful things, I am who you BE. I'm your highest nature. I'm here to help you BE the positive way you want to BE and find your way to the inner goodness and outward greatness you want most and benefit from most.*

Summary, Chapter One

In summary, it's our sincere hope that the reader is "getting it" both individually and collectively.

OK, getting what?

Getting it that we're all the same. We all arrive in this world predesigned with the full capacity to evolve our self to *BE* our highest nature. And with that, to much more often *BE* the positive states of being. And in particular, with purposeful effort, to *BE* the highly positive state of love. Which, as we now know, ensures that every thought, word, action and interaction we *DO* will be positive, life-enhancing, strengthening, nurturing, liberating, honest and supportive of others and our self.

And getting it that your's, mine, and everyone's here and now life calling is that self-advancement. Which is clearly and powerfully proven by the fact that every effort we make to *BE* positive brings us everything we want most and benefit from most both individually and collectively. And every effort we make to avoid, suppress, or deny our capacity to *BE* the positive way we want to *BE* brings us what is weakening, painful, and destructive of others and self. And ensures that we don't find our way to what we want and benefit from most.

What more loudly clamoring "signal" could ever be provided to us than that?

As we fully understand who we are (mind, body, spirit) and how we experience life (*BE* level, *DO* level), it becomes increasingly clear that our # 1 job is to evolve our self to *BE* the positive way we all want to *BE*. And as we've begun to describe, that process of evolving our self has everything to do with, first, understanding our spiritual or highest nature. And then developing and applying our highest nature to much more often *BE* those inner positive states of being. Which simultaneously eliminates the inner negativity that propels our outward negative behaviors. And collectively speaking, there's just no question that the existence of a peaceful, healthy, prosperous planet is going to come only as a result of us finding our way to more often *BE* our highest nature.

So let's keep moving forward with our efforts to first, know and understand thy true, full self. And perhaps keep in mind. It's not complicated. We're just trying to *BE* the way we want to *BE* and we're designed to *BE*. And this book is simply a helpful conversation about finding our way there.

Chapter Two Defining Happiness

FYI to the reader - Chapter two starts with the universal definition of happiness (what it is to *BE* happy and *BE* unhappy). From there we'll begin to systematically walk through the complete "*BE* Level / *DO* Level Behavioral Construct".

The Construct (see website) is a sort of map or model. A one page illustration of the totality of how we experience this here and now life and the roles of mind, body, spirit within our *BE* / *DO* life experience. It's a multi-purpose enabler that we'll use as both a path-cutting guide and a confirming reference. A blueprint of our total life experience.

So as we continue forward with numerous specific descriptions and explanations, the Construct will give order, sequence and cohesion to everything we cover. Which gives meaning to everything we cover. And as previously mentioned, all with the objective of first, more fully knowing and understanding our true self. And positioning ourselves to then "walk through the door" or "make the jump" from understanding the way we want to *BE* (mind / higher nature) to *BEING* the way we want to *BE* (spirit / highest nature).

DRAFT

Chapter One (introduction)
How to BE the Way We Want to BE
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