

## Narrative - Full Intro to Our New Presentation 2024 (Green indicates a slide in the presentation)

Hi, I'm Russ Lawrence, Founder, Author, Composer and Musician at [HereandNowHappiness.com](http://HereandNowHappiness.com) where our mission is to help you, me and anyone *BE* the way we want to *BE*.

And to introduce our new 90 minute presentation *How to BE the Way We Want to BE*, first, let's see if in just 6 minutes or so we can describe the direct connection between the enjoyable, rewarding, fulfilling, meaningful life we all want. And *BEING* the way we want to *BE*. So it's not having what we want to have or doing what we want to do or even knowing what we want to know. *We get having, knowing and doing.*

But what we don't get is *the perfect alignment between the rewarding, fulfilling, meaningful life we all want and BEING the inner, positive states of being, we may not understand, but we all, universally want to BE.*

And then with just that 6 minutes of insight we'll not only begin to understand the *BE* level of our life experience, *we'll also find ourselves enabled to unlock and demystify all eight of those historically elusive subjects. So brief BE level explanations about each are coming right up.*

So after decades of effort we've arrived at two mega-breakthrough discoveries. *Breakthrough one is about how we unique humans experience this here and now life.*

And we experience life all the time on two levels. One is the familiar transactional level of what we *DO*. And super-simplified, *the DO level expresses in the form of our thoughts, words, actions, and interactions. It's simply what we DO.*

The other level is the almost unknown, unmapped, yet far more influential inner level of what we *BE*. *And what we BE expresses in the form of inner states of being.*

And here's the big deal. *We all have the potential to BE those positive, strengthening, nurturing, life-enhancing states of being. And we have the potential to BE those those negative, weakening, needy, subtractive states of being.*

And naturally, we all, universally want to *BE* those positive states of being. And yet, despite what we want, we humans more often *BE* those negative states of being.

So we have to ask. Why? *Why can't we more often BE the life-enhancing, positive states of being we all want to BE?*

Well, obviously, because we've never understood the entire inner *BE* level of our life experience. Let alone been able to explain how to *BE* the way we want to *BE*. Until now.

And then breakthrough two is about our human nature. *How mind, body, and spirit work and work together to determine and express what we BE and what we DO.*

And it's this simple. Cognitive mind and physical body operate exclusively at the *DO* level. *Mind and body DO our thoughts, words, actions, interactions.*

And it's the human spirit, our spiritual or highest nature that operates at the inner *BE* level. *It's continually determining what we BE, our state of being, positive or negative.* Surely we all want to understand how our highest nature works to determine what we *BE*.

*So with that super-simplified picture of our BE / DO life experience and the roles of mind, body, spirit....* Get this brief description of about how we unique humans operate.

When we're able to apply our spiritual or highest nature to *BE* those inner, positive states of being. *Mind and Body will always DO positive thoughts, words, actions, interactions.* Just one example. When we *BE* the highly positive states of inner peace or love, mind and body will *DO* positive, strengthening, supportive, liberating, life-enhancing behaviors towards others and our self.

On the other hand, *when we BE those negative states of being. Mind and Body will always DO negative thoughts, words, actions, interactions.* For instance, when we *BE* the intensely negative states of hatred or shame, mind and body will *DO* weakening, needy, controlling, subtractive behaviors towards others and our self. *Self-destructive behaviors are just one of countless specific examples.*

Our *BE* level *DO* level life really is this simple.

When we *BE* inner negative, we *DO* negative. *And our whole life experience is more unrewarding, empty, problematic, and worse.*

When we *BE* inner positive, we will *DO* positive. *And our life whole experience is more enjoyable, rewarding, fulfilling and meaningful.*

So let's think about that. What we *BE* is driving the positive or negative trajectory of our entire life *And yet, we have almost no understanding of what we BE.*

And not surprisingly, every day we humans do multi-billions of negative behaviors from tiny to terrible, to others, and to our self. That we don't even want to do. Because... We have almost no understanding of the inner BE level that's driving those negative behaviors. Well, **that unknowing about what we BE is about to end.**

And with the help of this first-ever, comprehensive map or construct of our entire BE level DO level life experience, our presentation describes exactly how anyone can stop BEING negative and DOING negative. And simply **BE the positive way we all want to BE. That ensures the rewarding, fulfilling, meaningful life we all want.**

So with that, let's go ahead and take a brief "BE level look" at those **eight enigmatic subjects. Starting with our favorite subject, self-worth.**

1. **Self Worth** - And the reason its our favorite subject is, our worth according to our self is the single most influential factor in determining whether our entire here and now life experience is more positive or negative. So sure, we all want to like, love, and appreciate our self. **We want true, enduring, inherent, positive self worth.** And yet self-worth doubts and struggles are so common, they're probably universal. Well, once we understand how our self-worth is determined by our spiritual self at the BE level, the path away from self-worth struggles, and to the enduring, *inherent*, positive self worth we all want becomes crystal clear. And it's accurate to say that when our self-worth is positive we *BE* positive, we DO positive, and life is sure to be good.

2. **Unconditional Love** - We all want to love and be loved. And across the globe and across the ages people agree, love is the height of human expression and goodness. So why so little of it? Well, let's start with this. The potential for you, me, and anyone to love is always there. So the question is. How do we bring that potential to life? **Well, we unique humans bring potential to life by way of what we BE.** Our state of being is the conduit, the mechanism, that transitions potential to real life. **We realize potential, positive or negative, by way of our state of being.**

Well, love is a highly positive state of being. And once we understand how states of being originate within us at the *BE* level. We're then enabled to more often *BE* the state of love and bring more love to life.

3. **Meaning** - Everyone wants their life to be meaningful. Yet most people don't even know what meaning is. Let alone how to bring more meaning it to life. We'll just say that our BE level DO level breakthroughs thoroughly explain all of that.

4. **Why So Much Anxiety & Frustration** - Anxiety and frustration are so common I thought they deserve special mention. They're both fairly benign negative states of being. So while they're nowhere near as intensely negative and potentially destructive as say, hatred and shame, they're frequency still drives huge volumes of inner and outward negativity. But once we understand the *BE* level, not only does the source of our anxiety and frustration become clear. But so does the how-to path for massively reducing the frequency of both.

5. **Why Self-Destructive Behaviors?** - Why are we highly advanced humans the only creatures that so commonly DO self-delusional, self-defeating, and self-destructive behaviors? Surely we don't really want to delude, defeat and destruct our self, right? Yet we DO. Well, it's this simple. We DO negative behaviors, including to our self, when we *BE* negative. Yeah, when our state of being is negative, we will inevitably DO some degree and frequency of self-delusional, defeating, destructive behaviors. And the way we put a stop to those negative behaviors, is to *BE* the positive states of being we all want to *BE*.

6. **Living Joyfully in the Present** - We humans are constantly editing, editing, editing. Draining the spontaneity out of life. And defeating our ability to live joyfully in the moment. But the potential for us to restore our natural childlike wonder, joy, creative spark, and enthusiasm is just sitting there waiting for us to bring it to life. And it all starts with our efforts to *BE* the way we want to *BE*.

7. **How our Spiritual Nature Works** - We all come pre-designed with a cognitive self, a physical self and a spiritual or highest nature self - mind, body, spirit. And while we mostly get how cognitive mind and physical body work, we mostly don't get how our highest nature actually works. Even though **it's the key to the mind, body, spirit best self we all want to be.** So real quickly. 1) Our spiritual self is the self that determines our self-worth. Both positive and negative. 2) It also determines our state of being, what we *BE*, positive or negative. 3) It's the source of our greatest inner strength and allows us to access power beyond our self. And 4) it's the part of our human nature that we develop and apply to move away from self-worth doubts, struggles and negative states of being and to inherent self-worth and positive states of being .

**So if we want to bring forth our mind, body, spirit best or highest self,** that resides somewhere in all of us, we first need to understand how our spiritual nature works. And then develop and apply it.

8. **What Happiness Is** - I had to save this one for last. We've been trying understand what happiness is for as long as we've had the self-awareness to think about it. But the problem has always been that we're looking in the only room we know. And happiness isn't in the cognitive, physical room of thoughts, words, actions, interactions and it's not something we create or have or know or do. **Happiness is something we BE.**

And now that we've thrown open the door to the BE level of our life experience, the universal definition of happiness is so simple. It's just **seven words and three of them are in, a, and of.**

So after all these centuries we're all finally going to know exactly what happiness is. But hold on. We don't want to know happy, we want to BE happy. And the big life-enhancing thing we'll our presentation will make perfectly clear is **exactly how-to BE happy**.

So, I hope that tip-of-the-iceberg explanation of our two breakthroughs and those eight subjects gives you a sense of what our entirely unique and life-enhancing presentation is about.

And if you'd like to find out more, check us out at [hereandnowhappiness.com](http://hereandnowhappiness.com) where, after decades of infrastructure building, we're just now coming to the marketplace.

So, thanks for listening and happy trails.

VIDEO NARRATIVE  
Russ Lawrence [HereandNowHappiness.com](http://HereandNowHappiness.com)