

"The Passion Test" Janet and Chris Attwood

Part Two

Monday Call: August 12, 2013

- Weekly Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST. <http://www.m5mlive.tv> or 24/7 <http://www.m5mlive.com>
- TNL – Simon Cryer - – 7:30 Pm CDT at Mannatech Corporate offices or www.mannatechlive.com
- Branson- You **Do Not** want to miss this event.

The entire Part One of the Book covered what of the Formula: Intention - Attention - No Tension? the INTENTION.

ATTENTION:

1. What You Think You Become

"It is the combination of thought and love which forms the irresistible force of the law of attraction." Charles Haanel

a. Law of Attraction, The Secret...all about what you give attention to you draw into your life.

b. Focus on the things you love in your life not the challenges.

Example of relationship with a person who is horrible with money.

Focus on how great he is, tell him when he does the least of little things great how stupendous it is and never criticize for the

"When you realize that every single thing you experience in life has some benefit to offer you, you'll discover that there is no longer anything to fight against or to be defensive about. Not only that, you will discover that people, situations and resources are drawn to you in ways you could never have predicted. This is when life becomes magical."

c. "The way to create whatever you want in life is by giving it to other people." What people really want isn't money, things it is happiness....so by giving happiness to others, you will be happy. To receive love, to be happy and successful in life we must open ourselves."

To receive one must be totally committed.

2. From Passion to Action: Resigning as the General Manager of the Universe

"When we have done all that we can do, remarkable things happen when we surrender." Debbie Ford

a. Make a list of all the possible actions you can take that could allow you to begin aligning with your passions and your Markers.

Then go through a similar process as with the Passion Test to determine #1, etc.

b. Action Keeps attention engaged. It is not action that creates the desired result...it is your intention directed through the process of attention that creates the results.

This is why it is critical to STAY OPEN.

See the Drawing I've attached...understanding contraction and Expansion.

When contraction happens take a break. Part of your brain will continue working on it...when you feel green light (expansion, move forward with gusto.

Resigning from GM of Universe means: letting go of the idea you have to control everything that happens in your world.

d. Six Lessons from the Interview with Debbie Ford

1) We all have dark aspects...we can't wish them away rather learn to integrate them and love even those parts of ourselves.

2) Some things are meant to be. You can only accomplish so much through effort.

3) When we have done all we can do, remarkable things happen when we surrender.

4) Who you are in your inner world is what determines how easily and effortlessly you create in your outer world.

5) Standing in your power is being aligned with the highest parts of yourself and knowing both your humanity and your divinity.

6) You know you are standing in your power when you feel empowered--you don't want for anything.

3. Setting Sail while Sailing is Good

a. Acting from the State of No Tension

This is key to performing action that produces powerful results.

State of No Tension is the inner state of wholeness, of calm. When the mind is calm, the inspiration is natural.

b. When you feel contracted, stop trying. Let go. Contraction is the red light saying stop.

c. So even though totally clear on your passions, you can still hit a wall over and over...so you must know how to avoid going through all this disappointment. The Power of Jyotish.

You can increase the likelihood of success by being alert to the timing of when you choose to take action.

Use this discipline to plan the timing of your projects to have the greatest likelihood of achieving successful results.

11 Lessons from the Interview with Richard Paul Evans

- 1) Unexpected support begins to show up when you are aligned with what you're supposed to be doing.
- 2) Sometimes there is an advantage to doing it yourself, when you are passionate about it.
- 3) When you're passionate, you may not be good at the beginning but with experience you will get there.
- 4) Passion can be contagious.
- 5) Anytime you're following your passions, you will be tested.
- 6) When you're passionate, you will be willing to fight for your passions, to do uncomfortable things, to take chances, to risk everything.
- 7) We do not succeed in spite of or obstacles and challenges but precisely because of them.
- 8) Success comes from making mistakes and learning from them.
- 9) FEAR is the opposite of faith...you can't have both at same time. When you are ready to move, you let go of fear.
- 10) When you're passionate, failure is not an option.
- 11) When you have a sense of destiny, it will lead you where you need to go.

4. It's About Everyone Else

"The key to all life is value. Value is not what you get, it's what you give." Jay Abraham

a. There are only three things that can prevent you from living a passionate life:

- 1) False ideas
- 2) False concepts
- 3) False beliefs

things like "I am worthless", "I can't do it", "I am not good enough"

b. "What you love (the things you care most deeply about) and God's will for your life are one and the same."

We take negative actions to dull the pain from false beliefs...must straighten out the inner beliefs before you can move your life forward.

c. "When you have clearly identified your top five passions, and you understand the nature of contraction and expansion, the pursuit of your destiny or purpose in life becomes effortless."

Every time you are faced with a choice or decision or opportunity, choose in favor of your passions.

d. "Serving humanity is the greatest, truest joy in the world."

When we give something we become eternally happy. As Sam puts it, "Giving Changes Everything."

The success of your business is based on the value you provide to your customers.

d. 10 Lessons from the Interview with Jay Abraham, author of "Getting Everything You Can Out of All You Got"

My favorite quote: ***"It's your job to observe, examine, appreciate, understand, and respect how many different ways everyone else sees the same thing you're going through. Maybe you don't agree 100%, but if you appreciate it, if you respect it, if you examine it, if you observe it objectively and without prejudice, it just makes life so much more dimensional, fascinating, fun, educational and informative."***

1) Material goals alone won't transform your life.

2) Why be half invested in anything?

3) Lack of passion costs you dearly.

4) Find one thing in those you interact with in your life that is really cool, really interesting, really impressive, really remarkable and use these things to start appreciating and understanding those closest to you.

5) The Key of all life is value. Value is not what you get, it's what you give. Figure out what other people want...

6) In order to be successful, you have to first want to make others successful.

7) The real fast track to getting everything, anything you want is putting others ahead of what you want.

8) To find your passions and create balance, stretch...ask a lot of questions and examine a lot of realities.

9) The right question is not "Am I worthy of the goal?" but rather "Is the goal worthy of me?"

10) The biggest reason most people don't achieve enrichment on both financial and emotional levels is their self-focus.

5. Traveling at the Speed of Trust

Never feel too old or too ill to follow your passions!

a. "The speed you travel on the road of life is determined by the beliefs and concepts you hold."

So, what are your limiting beliefs?

b. When you are passionate about something, you always will be able to create it. You are powerful beyond your imagination.

c. Your Life is First Created in your own Mind

As long as you believe you can't, you won't. Keep looking for evidence until you can feel it deep inside.

d. "Since the beginning of time, people have been trying to change the world so they can be happy. This hasn't ever worked, because it approaches the problem backward." It is like a piece of fuzz on the projector lens...we all see what is projected and think it is a flaw on the screen.

e. Take your shouldn'ts and wouldn'ts and change your languaging. Change your mind about what you choose to experience in your life. "As you trust that things will work out well grows, the speed with which you manifest your dreams will increase dramatically."

e. 13 Lessons from the Interview with Stephen M.R. Covey

1) Trust is the highest form of human motivation.

2) Distrust imposes a tax.

3) Trust always affects two measures: speed and cost.

4) As we seek to live our passions and fulfill our destiny, we are not isolated...relationships are key.

5) The process of building trust begins with yourself..you must learn to trust yourself.

6) There are two dimensions to building trust: character and competence.

7) When we extend trust, we open the door for others to prove themselves trustworthy.

8) Modeling trust by example comes first.

9) Building trust takes place over time.

10) When people feel trusted, it brings the best out in them.

11) It's important to seek to build trust with others.

12) Two ways to create more trust in a relationship:

(a) create more transparency

(b) take issues head on
13) Trust should be an explicit objective of every relationship and organization.

HOMEWORK:

- (a) Pick one person to be more transparent with
- (b) Select an issue you ordinarily would not discuss head-on
And choose to bring it up with someone you are close to.
- (c) Make a commitment with a person and keep it; then make another

6. There are no Mistakes in the Universe; The Bliss is Always There

"When people are deeply happy they bring a sense of purpose with them wherever they go, whatever circumstances they are in. So if they're changing the oil in the car, they bring a sense of joyful purpose even to that." Marci Shimoff (wrote "Happy for No Reason" NY Times Bestselling author multiple times)

- a. When given a choice, always choose in favor of your passions.
- b. The key to happiness is to discover it in every moment...achieving a goal brings happiness only temporarily. "You have control over action alone, never over its fruits." Happiness is always available but when you hang onto beliefs that deny it, so you are.
- c. Happiness arises spontaneously when you love the process.

Answer "My life is ideal when...."

d. 13 Lessons from the Interview with Marci Shimoff

- 1) We all come from the same source, and that source is pure joy, pure love, and pure happiness.
- 2) When you are living life aligned with your passions, you are living life aligned with your soul.
- 3) There is a state called "happy for no reason."
- 4) Happiness leaves clues.
- 5) Truly happy people feel a sense of trust that the universe and life are unfolding exactly as they should.
- 6) Truly happy people look for the gift in anything that happens.
- 7) When people are deeply happy they bring a sense of purpose with them wherever they go.
- 8) There is a magic formula for knowing what your passions are...what really makes your soul sing.
- 9) The most important thing is to listen to your heart.
- 10) When you let love guide your life, it can only be a life of pure happiness pure truth and pure joy.

7. United at our Core

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." Woodrow Wilson

a. You can take the Passion Test as many times as you find it useful...at the very least once every 6 months. Each time you will discover more about you.

It also can help you get back on track if you are in need of refocusing. You don't have to know the how, just need to get clear!

Keep your focus on what you choose to create in your life and allow the universe to bring you the how.

b. "We all are expressions of a fundamental consciousness coming to know our own true nature. The closer you come to that true nature, the more joy you experience."

First you will discover how unique you are.

This process is not all peaches and cream.

c. 13 Lessons from the Interview with Dr John Hagelin

1) The core nature of life is to progress and evolve toward fulfillment.

2) When we are progressing and evolving we experience joy...

3) Activities through which we grow produce joy...

4) When we are passionate about something, that activity brings growth and expansion.

5) If you're not passionate about an activity, the activity brings you no growth or expansion.

6) Passion is born of success and the progress that comes with success.

7) Pursuit of passion is basic to life...no pursuit of passion, no happiness.

8) You have control over what might become a passion for you... limited by your core pre-dispositions and genetic makeup.

9) The greatest human freedom is the freedom over what you give your attention to.

10) Your deepest sense of responsibility can cause you to build whole new passions.

11) The material universe is built on the nonmaterial quantum mechanical world of abstract intelligence that underlies it.

12) There is no limit to human potential and no limit to what we can effortlessly achieve.

13) By aligning our desires with the natural evolutionary flow of universe intelligence, any impulse of thought can meet with tremendous success.

Aligning individual intelligence with nature's intelligence is what is called enlightenment.

Nature's Guidance System

Contraction



Joy & Fulfillment



Misery & Suffering



Expansion