



**Inspiration and Leadership vs Boredom and Death**  
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### Introduction

As I begin to write this I am hoping the readers are in for as wild as ride as I am in writing. Part of the problem we face in our lives is we are not bold enough nor show enough leadership.

We all need more courage to make a bigger statement with our own lives and to influence others to come along for the trip.

I will make a few bold assertions. I don't do it strictly for sensationalism, but they are what I believe to be true from my own experiences

Everyone has to seek their own level of DISCOMFORT to grow.

I will refer you to David Hawkin's 14 levels of consciousness from his work Power vs Force. They can be found on my site at <http://inspirationisfreedom.com/levels-of-consciousness/> They are

one man's version of the various levels we exist at from almost suicidal to enlightenment. I hold that the top level is Inspiration.

Depending on your level, it will determine how much risk you have to take to make a big jump to the top.

You will hopefully read before or after this, my 17 page ebook "Life Begins at Inspiration", so I don't want to be too repetitive.

## **Chapter One      Quick Short Definitions**

### **Inspiration**

I think this is the highest level of human existence if you are not going to be a monk. This is life without the daily "uuummmm" and chanting. It is the highest joy you can experience in being yourself.

This is not a joy from accomplishment or winning something or getting married. This is experiencing who you are and feeling joy in the opportunity to express that which wants to come out of you in the best form you can muster. You might be a writer or a chef or a teacher or a football player, or an attorney. But whatever it is you do, it doesn't totally define you. It is your outlet to express how appreciative you are to be part of the chain of life, one of a million living species, happy to be on earth and joy at being able to express and share with others the total potential of your being.

### **Leadership**

It begins with ruling yourself. Personal leadership begins with courage and discipline. If you appreciate who you are and your entitlement to be the best you can be, (without being in the army), and also have commitment and discipline, you can train your mind for further accomplishment.

People are drawn to those with confidence and direction. Ruling yourself first, will create confidence and direction. Soon you will find that others want to join you because they have faith you will buoy them up.

## Boredom

You might say there are two kind of states on earth; inspiration and boredom. Boredom has lots of definitions, but for our purposes we are going to say it is realizing you are living below your capabilities and not striving to take advantage of opportunities.

You're stuck.

Sometimes those opportunities are hidden because you lack other perspectives that give you faith and confidence. Boredom results from using up all our energy in worthless pursuits and thoughts.

## Death

This is the loss of spirit. Sometimes living is more painful that real death. I am not talking about depression or the results of chemical imbalances, because those are tough to cure by reading. I am talking about Being fully capable but having no adventure, no self esteem, no connection, no courage, and no mentors.

We can turn our lives on a dime with a revelation, an epiphany, an aha! but each of these have one pre requirement. You have to be moving. An inert or stationary object exerts no force.

Plowing through resistance requires movement, effort, and hope.(more later)

## Chapter Two      Why We Need Courage

There are several types of courage:

There is physical courage where one risks injury or death.

There is emotional courage where on risks rejection

There is business courage where one risks loss

There is artistic courage where one risks judgment

There is athletic courage where one risks humiliation

There is even the courage to say no

And I am sure there are more.

What is courage? For our purposes, it is pushing your personal limits. It is leaving the area of predictability for the realm of uncertainty. Sometimes it feels like flying on the trapeze without a net.

I have always had a reasonable tolerance for physical danger. I wanted to eliminate fear in my life and I figured I would tackle the thing that scared me the most; jumping out of an airplane.

I figured the feat would eliminate fear in my life. In those days you jumped out on your own and your chute was not open when you left the plane. I was never so scared in my whole life

I learned you will never eliminate fear, you can just learn to manage it.

### How Our Brains Deal with Fear

Let's digress from courage for a moment and look at how we manage fear or build up courage, which might be one in the same.

Almost all species have the famous lizard brain. It sits on the brain stem at the bottom of our skull and man has been ruled by the lizard brain for a million years.

It is the fight or flight syndrome and it doesn't have the capacity for alternatives. It makes a decision based on instinct or past experiences and makes a quick recommendation.

About 100,000 years ago, man developed two new brains that lay on top of the lizard brain. They evolved in order and did not develop at exactly the same time. First was the limbic brain and then the cortex or frontal cortex.

In a nutshell, they gave man more flexibility to interpret stimulus. They could pass the input from the lizard brain through a committee to decide given the evidence and past experience whether there was real danger.

The long and the short of it is that you can train your brain a little at a time to accept more risk. It can be trained to comfortably assess that you have handled a problem in the past and you should be able to handle it now.

You could develop it to the extent that you are James Bond, but few of us will need that cool under those extreme circumstances. But Navy Seals and Rangers and even pro quarterbacks learn to deal with extreme stress and actually see it in slow motion.

You can do the same.

### **Chapter Three     Physical Training and Courage**

Physical training can encourage boldness.

Going back to earlier examples of marines, Navy Seals, and football players, we know that each of these three pursuits require physical prowess and stamina.

But their leaders and coaches go to training extremes because they want their followers to be super confident they are in better shape than their opponents. There is a confidence built from feeling omnipotent. We can take it down a level and just say even super fit.

I have always used physical exercise as a tool for developing courage. In times when I knew I would be facing more stress, I pumped up my physical training.

The act of creating and tolerating more physical stress showed me I could handle more of a challenge in other areas. The physical stress challenged the “I want to quit” syndrome and made me push through.

I would often, while running, imagine I was racing a major competitor and the crowd at the end was cheering us both on. I wasn't going to let him win.

Physical exercise also creates more discipline. You have to create the time to do it and do it when you have the time. You have to be consistent. You can't let other things sabotage your goals. The mind is a wicked rationalizer and partners with the devil often.

## **Chapter Four**                      **Discipline and Courage**

Discipline is often the act of denying your self something the mind says it really wants. Your mind might say "I would kill for a Snickers bar right now". Mine would anyway. Your mind might say, "It would be so much healthier to have a nice Big Mac and rest than go run and afterwards eat rabbit food."

Your mind might say, "rather than make this report a little better, why don't we head home for a beer and the last half hour of "Bones" or "American Idol". Not all minds want the same thing.

Discipline is controlling the mind's impulses and rationalizations in favor of acts and thoughts that are more goal oriented.

If we can't be disciplined, we have little hope of staying on a path and ever developing self or personal leadership. If we can't stay disciplined, we will not have the confidence and then Courage to venture into uncertain territory.

Why does the army make grunts clean their toothpaste tubes with Q tips or put their rifles together blindfolded? Because when it is important, everyone must have the confidence they can stick to orders or a routine and little devil minds will not interfere with "I don't want to do this, or I don't know how."

Armies are built on discipline and successful lives are as well.

## **Chapter Five**      **Courage and Boredom**

“Better the devil we know than the devil we don’t know.”

If there was ever a statement that could keep us stuck in Boredom, this is it.

A boulder sitting on top of a hill exerts no force. It is almost impossible to make someone not moving, change.

A boulder coming off the hill in an avalanche is a force to be reckoned with. Why, it’s the same boulder, but its in motion.

Either one could be you. The more stuck you are the more comfortable you are being stuck, even if you are bored to tears.

You need to get moving. The best way to get moving is to head for a goal, ANY GOAL. Once you are moving you can have revelations and epiphanies. The first one might be, this is the wrong goal.

That is still great. A boulder moving down a hill is more likely to change direction if it hits a tree or another rock or drops into a ravine. A boulder that is standing still is not likely to change direction. It will only erode and shade lizards from the sun.

Once you are moving you can start realizing what skills you might need, what people you might need, what direction might be best and a million other stimuli.

Once you have movement and things are coming at you, you start to develop confidence that movement is no longer a problem and what you need is refinement and direction control.

You are now harnessing energy instead of trying to create it.

## **Chapter Six**      **Enlightenment**

Knowing you are perfect and just in need of movement and direction is a great beginning.

We have to make a leap of faith that after 1,000 generations of our descending from our earliest ancestors to our presence today, it is pretty clear that we are meant to be here.

We have evolved perfectly evidenced by the fact we are here.

Secondly, since you are only going to be a blip on the radar would you like to be stuck in the mud or surfing on a wave of fulfillment?

Thirdly, everyone is equally entitled, so why should Peyton Manning get to be what he wants to be and not you? He comes from the same people and same ancestors you do. We all come from a single cell.

Fourthly, the only difference between where you are now and being really satisfied is making your claim. No one is going to walk in the door and say "Here's yours".

Fifthly, we don't have to reach a goal to be happy. Inspiration is the act of becoming.

LET ME REPEAT THAT.

INSPIRATION IS THE ACT OF DOING. IT IS AN EMOTIONAL AHA!! I WANT TO BE THIS AND SO NOW I AM. IT IS THE ACT OF BEING AND DOING.

If you are a rolling stone, it is the act of rolling that is fulfilling.

Peyton Manning was a quarterback when he was four. He didn't win a Super Bowl at 15 years old. He was inspired the whole trip. The trip is where we are enjoying who we are. The prizes or milestones along the way have secondary meaning. Did Peyton stop playing when he hit every QB's number one dream? No. Being a quarterback is the dream.

If I wrote a best seller would I stop writing? No. Best seller has never been my goal. Writing is my goal.

Are you a filing clerk or whatever?

No. You are a perfect human being that has finally arrived after 1,000 generations and now you have a few moments on earth to really enjoy yourself.

WHAT ARE YOU DOING ABOUT IT?

## **Chapter Seven**                      **Inspiration**

So I yelled pretty loud in the last chapter and I can give you a moment's rest.

You aren't going to your death bed saying it was an outrageously happy adventure unless you do something about it now.

It doesn't have to be dangerous. You don't have to quit your job.

Can't you think of one outrageous thing to do today or tomorrow that at the end of the day you could say "that was outrageous!!!"

Maybe its plan something that you have wanted to do that would make a difference but you have always had an excuse.

Tick tock, Tick Tock, Tick Tock!!!

Isn't there something you have always wanted to be?

Isn't there something you have always wanted to start?

Isn't there something that would take some courage that would be the beginning of a real change?

"One small step for man, one giant step for mankind"-Neil Armstrong

"Don't ask what your country can do for you, ask what you could do for your country"- John F Kennedy

"Don't ask why I am here on earth, just get out of my way or eat my dust" – You

Whether you know it or not, you are something amazing. The fact you were born was amazing. The fact you are here is amazing. The opportunity to enjoy your self is amazing. The fact you are going to die, is certain.

Tick Tock, Tick Tock ...

## **Chapter 8      Inspiration and Personal Leadership**

“Everyone wants to win; just not everyone wants to practice”- Vince Lombardi.

No one wants to be bored, just not everyone wants to get moving.

We owe it to our ancestors, the creator, our parents, our loved ones, and ourselves to add some love to the pile.

Being inspired is loving that we are here, loving that we have 5 senses that can make us cry and give us joy, loving that we have plenty of time to explore what is so unique about us.

We love that no one is really standing in our way.

We have the right to develop our own personal leadership. We can develop our own courage and discipline. We can take those in our personal sphere with us. They in turn, can take people with them.

Can you imagine a world of inspired people that believed in their obligation to personal leadership?

We would create better national leaders. We would create better national goals. We would have more peace. We would have more sharing. We would have more happiness.

We would reduce boredom to an exercise of rest.

### Alexander Pope, An Essay on Man (excerpt)

“Then say not man's imperfect. Heaven in fault; Say rather, man's as perfect as he ought; His knowledge measure to his state and place, his time a moment and a point his space. If to be perfect in a certain sphere, What matter soon or late, or here or there? The blest today is as completely so, as who began 1,000 years ago.”

Contributed by my daughter Alexandra Kaplan