



The global leader in personal and organizational transformation

Consciousness, Health, Resiliency, and Well-Being

Consciousness

Consciousness is a concept that encompasses literally everything we know and everything we don't know. It's our total world and BEYOND. It is sometimes referred to as the **source** of potential, possibilities, and expressions. From a human perspective, accessing consciousness for learning and expressing is limited only by the channel allowed by an individual. A metaphor for consciousness might be an infinite ocean of possibilities. Within this ocean of possibilities, I suggest that there is a possibility that literally defines the **nature** of every individual. That possibility is what we call an individual's **passion**. Notice, I suggested that it defines the person, not the person defines it. In fact, a better description might be that the two are One. I will discuss examples of one's passion and its relationship to mental health in the following section—**Health**—but for now I'd like to fully develop the relationship between consciousness and the human psyche.

We might define the **human psyche** as simply the total content of the human mind—both conscious and unconscious. To the extent we truly understand ourselves and how our minds function in decision-making is equal to the extent we experience minimal or significant inner conflict—which in turn is deposited in our bodies. In simple terms, self-awareness is the willingness or resistance we exhibit to personal growth through personal transformation.

Mental health begins with a state of mind which understands oneself and others beyond superficiality. Beyond superficiality implies, having an experiential awareness of the levels of **conscious awareness**, **unconscious awareness**, and **unconscious unawareness**. They are sequentially described as the extent of "unquestioned understanding," "questionable understanding," and "no understanding of that which is unknown." Acquiring the skills of internal and external understanding is captured by exploring mindfulness and emotional intelligence. The result is an individual who practices personal growth, nurtures compatible relationships, supports the success of others, and manages his or her overall psychological and emotional well-being.

I think that there is general agreement among most mental health practitioners and individuals who practice in-depth personal growth that, at most, only 10% to 20% of what “we do” is accurately **sourced** from true conscious awareness. This statement is better expressed by Nobel Laureate Eric R. Kandel from a Scientific American INNOVATORS MEMORY interview:

Questioner: *“Why is the unconscious so fascinating to us?”*

Eric Kandel’s Reply: *“Because 80 to 90 percent of what we do is unconscious.”*

From the standpoint of the human mind, I refer to all three levels as the **bodymind consciousness**—where body and mind are **inextricably one**. In other words, every part of the human body which functions in an intelligent manner inherently contains mind or more precisely consciousness! An elementary example of this statement is how a bruise, or a minor cut intelligently heals itself without the *necessity* of aids or ointments. The bodymind consciousness is the unique vehicle we have for driving us through the learning experiences of highways, dirt roads, and backtrails of life—often without our conscious awareness.

There is probably another component of human consciousness that serves in a humanistic capacity which can be described as one’s **spiritual consciousness**. Its main purpose **appears** to be acquiring an understanding of the two unconscious levels discussed above as well as a **connection** to everything we don’t know and yet have the potential to experience and learn. This process is often associated with the acquisition of wisdom.

I define wisdom as an in-depth understanding, empathy, and compassion for the human experience. I am obviously defining a concept at the bodymind level which is sourced from a domain where words do not exist. Since wisdom is a **way of being**. The continual acquisition of wisdom is the process of learning from every day “new” experiences we have with other humans we associate with, as **they** also continually learn and grow. For example, the irreversible changing attitudes of the global workforce in terms of demanding new norms for work and working—number of workdays; environments for work; flexibility in work processes, and compensation and benefits. The emergence of such attitudes is most intelligently addressed by executives and managers with quantum-thinking skills.

Quantum-Thinking is the cognitive ability to experience new—and sometimes dramatic—occurrences at a transcendent level with respect to an event. The statement of such an event is best described by Einstein’s quote stated below.

“The world that we have made as a result of the level of thinking we have done thus far, creates problems that we cannot solve at the level we created them.”

The interplay of these concepts is illustrated by the **Model of Personal Consciousness** shown below as Figure 1:

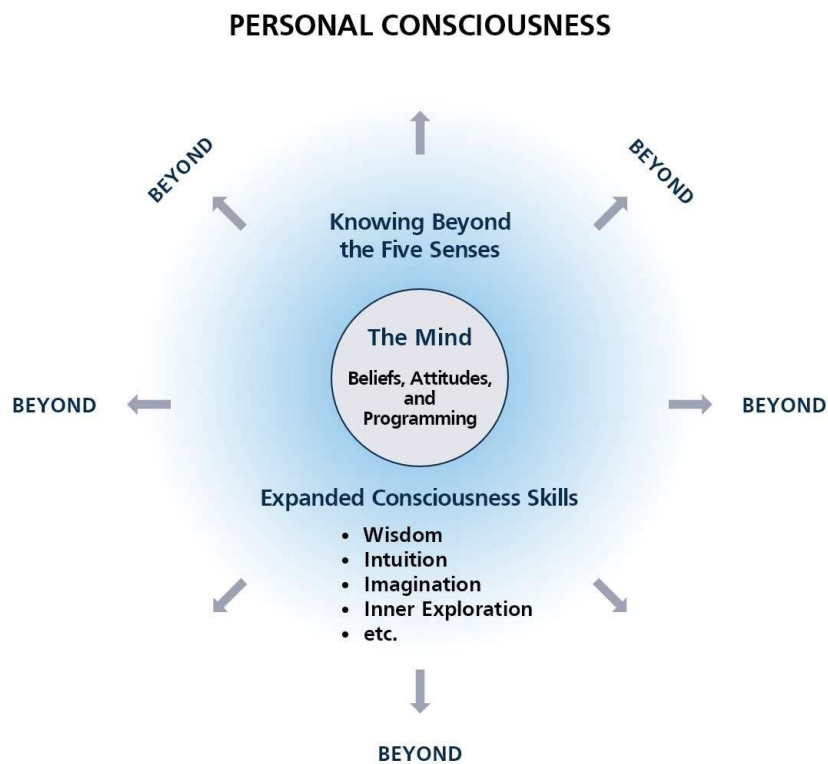


Figure 1. The Model of Personal Consciousness

The Mind is finite at any instant in time, although it continues to learn because of moment-to-moment experiences of the five physical senses and beyond. However, what is not finite is one’s Personal Consciousness, beyond the Mind, as it continually acquires greater wisdom and expanded consciousness skills. It fades into the infinite realm of Consciousness as shown above in Figure 1 as BEYOND and the expanded consciousness skills acquired below as Figure 2.

Deeper Inner Exploration

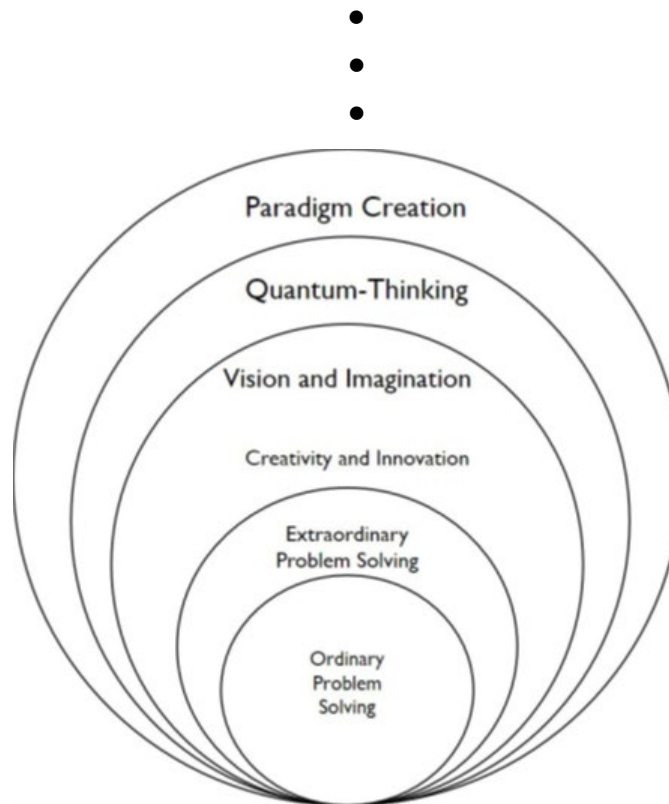


Figure 2. Expanded States of Consciousness

Expanded **Consciousness Skills** are activated by external human experiences that present new learning opportunities. These experiences include difficulties in relationships, everyday challenges in resolving differences with others, and occasionally the necessity for an “inductive leap” in creativity, innovation, and imagination related to workplace business challenges. The spontaneous realization of a solution to a problem from literally “nowhere” through consciousness inner exploration. Many of these events have in common our individual and collective ability to constructively resolve differences. This statement is the essence of Diversity and why mastery of this competency is the most fundamental skill necessary for human compatibility and our overall well-being and continued existence.

The question for many of us is, “how do we use the consciousness model for acquiring greater wisdom through expanded personal mastery?” The most direct response to this question is to “make mental fitness a committed part of your life

as you presently do for physical fitness”—using the following regimen as a beginning:

1. Acquire a mentor or a coach and establish your “rules of engagement,”—flexible, fixed, or an arrangement along a spectrum between the two.
2. Begin to pay attention to feelings and emotions in your body without any interpretation. Just awareness and notice that they are there. Especially those that you take for granted with a minor drug-related solution for pain.
3. After a significant emotional encounter, notice where you experience a **significant** feeling, emotion, or pain. (Remember, at this point, we are still simply fact-finding.)
4. After a week or so of this personal mental experimentation, notice, by experience, the connection between the mind’s interpretation of an event and the body’s reaction to it. Sometimes, at the same place for a series of different events. Perhaps, the experience and your body’s reaction have always been there for some time! (What is your interpretation of the last statement with respect to your health?)
5. The first conclusion we might draw is that your body and mind are connected. The second conclusion we might draw is that a common provocation or belief, at an unconscious level, reacts to a sequence of different events.
6. Consider the implications of this discovery of how your body and mind interplay may have been affecting your health and well-being—for some time.
7. You may even conclude that you can learn how to control how you react or respond (choice-making) to the events you experience.

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Health

A holistic definition of health is the compatible **oneness** of body, mind, and spirit which supports the activities that are driven by our innermost or spiritual values. In layman's (like me) understanding, the absence of disease, illness, etc. which impairs optimum bodily functioning. Spirituality is present when we experience peak performance, whether the **activity** involves sports, writing, acting, dancing, singing, surgery, speaking, supporting, teamwork, or leading. The **values** driving these activities may include family, service, religion, helping others, creativity, empowerment, spirituality, art, inner exploration, and numerous other **sources** of human expression. The first point is that there is a distinction between a **value** and its **expression** by an individual or a group. An inherent value, which is associated with a variety of expressions, reflects the numerous ways a specific passion can be expressed as a human activity.

A passion is the source which naturally propels us to express compatibly driven activities. For example, **"helping others,"** might be expressed as "teaching," "curing," "healing," "exploring," "seeking," "facilitating humanism," "caretaking," "coaching," "painting," "dancing," "preserving," and "promoting world peace." In other words, there are numerous ways one's passion might be **expressed** over a lifetime as a function of one's age, knowledge, skills, and interests, based upon one's mastery of an activity—for example, a musician to a conductor to a composer and other associated activities over time.

It would appear, from experience, that one's passion in life is inherent although the extent of its expression depends on circumstances, resources, and opportunities available. Therefore, the quality of health an individual experiences is commonly associated with **"doing what he or she loves."** For example, tangible indicators of a successful transformational orator or facilitator are how well she or he performs in terms of communicating, informing, influencing, and facilitating others to explore and incorporate ideas and processes corresponding to working together in greater harmony.

If an individual is a creative change agent, the expressions of writing, painting, or experimenting commonly produce "tensions" with respect to what already exists and is accepted. This phenomenon is sometimes

referred to as the “creative tension” (or possibly confrontation) which leads to an “inductive leap” and a completely different way of approaching a challenge or a problem. For example, Einstein showed that classical mechanics was inadequate to define a framework and the dynamics of characterizing subatomic phenomena, which, in turn, led to his General and Special Theories of Relativity. The era of human revolutions was sparked by the desire for self-governance, control, and the opportunity to forge one’s own reality. The creation of concepts such as human rights, and even human equality, as an inherent part of one’s natural being provides a redefinition of oneself, inclusive of spirituality and his or her holistic health.

The point is that these are all expressions sourced from one’s creative passion that gives rise to one’s health, happiness, and well-being—inseparably. Most of the *expressions* of one’s passion require a highly functional body relatively free of chronic illness—especially in the areas of sporting or any form of physical exertion. Popular literature is filled with care of the body by novice, professionals, and experts, so it is unnecessary to replicate that subject here. What does appear to be believed among the public and some physicians is that body and mind are separate and serious doubt about any significant impact of mental fitness on the health and well-being of one’s body.

From personal experience, I have learned that my body and mind are inextricably coupled. This is, of course, not a revelation to many, if not most, of us. Presumably, we all have unique ways and places we somatize pain, migraines, back pain, stiff neck, or restricted internal functions and organs. These experiences typically show up as minor to progressively severe conditions requiring psychological, surgical, and/or medical attention. The obvious implication is that well-known, unresolved mental patterns of conflict result in physical malfunctions. The greatest stigmas associated with the mindbody connection are due a lack of awareness, education, perception, and fear associated with being labelled as mentally ill. (Radias Health and Lifespan Outpatient Psychiatry) The connection and discussion of resulting mental and physical conditions have been expertly catalogued in an extremely popular book written by Louise Hay (Deceased August 2017),

“You Can Heal Your Life.” It is among nine other publications written by her which are specifically written for lay people.

Throughout these conversations, I have suggested that mental health is inextricably connected to a dedication to personal self-understanding. Self-understanding is a process (not an event or a finish line) of seeking an **experiential understanding** of how major cognitive and behavioral patterns affect our physical health. The physical impact is commonly associated with unresolved occurrences associated with a major theme in our lives, such as Control, Power, Domination, Wealth, and most of all, Change. Some of us thrive on change because it necessitates creativity and innovation as major forms of adaptation. Others view change as threatening, commonly of the unpredictable and unknown. Although change is an external phenomenon of human existence, it is most compatibly addressed by a reconfiguration of our internal programming to accept the new reality, before reacting or responding in a personally appropriate manner. Change is inescapable. The relationship between the two is that external change, such as technology integration via AI applications or diversity, requires adaptation in our mental programming. Oftentimes, this adaptation is referred to as personal transformation, particularly where resistance to change is present. Therefore, the most proactive way of maintaining a healthy body is **learning** to accept inevitable external changes which are emotionally challenging to us. Particularly, those which appear to provoke or exacerbate existing physical conditions. Once the connection is **realized**, we have the freedom of choice-making, which did not previously exist as an alternative.

It appears that the major strategies for many of the physical and psychological symptoms or conditions described above are exercise, meditative activities, and appropriate drugs to alleviate pain and or undesirable physical and/or mental conditions. The focus of this discussion is on the recognition that unresolved programmed reactions that many of us experience may be the source of much of the mental distress and anxiety we commonly experience. More importantly, when exercise and diet are combined with a regimen of personal growth, often with a therapist specializing in this area, we have a magic combination for maximizing the health and performance of the human body—within its inherent and natural

limitations. For example, I do not have the passion to be an NFL lineman at 5'9" and 160 lbs!

The major question resulting from this brief conversation is “how do we begin to *integrate* mental health interventions involving personal growth, as discussed, into our life?” In response, the following suggestions might be helpful:

1. First and foremost, consult with a licensed therapist and discuss these suggestions with your family, as is appropriate for you.
2. If (1.) presents difficulties for some reason, acquire a trusted friend you can confide in and talk with regularly—preferably, someone who successfully uses personal growth in his or her life.
3. Start by purchasing and reading magazine articles on newsstands, at markets, and in drugstores about Emotional Intelligence and Mindfulness—as well as other materials provided by your support network. They provide valuable information and insights about these subjects.
4. Make a connection between these articles and your personal experiences to simply learn more about the connection between body and mind.
5. Begin to have conversations about important events that shaped your life and led to life-long decisions involving—successes, challenges, and undesirable outcomes and patterns. I personally believe that knowledge and wisdom from within are the most powerful sources for designing your life.
6. Do a mind-map using your five (5) innermost values as spokes and discuss each spoke with a trusted friend, therapist, or spouse. Create a single statement which characterizes each spoke. This exercise can be a powerful learning experience for self-understanding.

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Resiliency

At some level, many of us are experiencing mentally challenging situations as an aftermath of COVID-19 and/or workplace and personal situations in its aftermath. On a previous video post on LinkedIn during the Pandemic, I suggested that “something psychological” had been exposed within most of us that would not be conveniently re-bottled. That something appears to be associated with the present conversation regarding “mental health.” More like a “**psychological realization.**” Our varying *abilities and willingness* to constructively address these individual situations is a measure of our resiliency.

Resiliency is a very **powerful experiential concept** because it implies something about our individual **durability** with respect to how we handle our day-to-day living. In essence, it’s a measure of how well we manage the toll life takes on our mental, physical, and spiritual well-being. Therefore, we begin this conversation by defining resiliency within the context of our work and life experiences. **Resiliency is the ability to constructively adapt to difficulties, adversities, and even life-changing experiences; as well as prevent patterns of stressful situations.** Therefore, resiliency is not only about **adaptation** to stressful events and how we respond to them but it is also about learning the cognitive and behavioral skills necessary to **prevent** patterns of reactive responses we have previously experienced. The six fundamental resiliency skills associated with **adapting** to and **preventing** physical and mental stressful situations are:

1. **Perseverance** in succeeding despite adversity.
2. **Confidence** in reconciling challenges we experience.
3. **Emotional Calmness** in response to unforeseen crisis.
4. **Openness** to express, expand, and grow in terms of wisdom.
5. **Personal Responsibility** for creating and owning our life situations.
6. **Realistic Assessment** of the future and our ability to positively adapt.

A natural outcome of mastering these skills is that they complement the popularity of physical resiliency through training and meditative programs as well as exercise regimens to create a strong connection between body,

mind, and spirit. They work in concert to create a formidable shield of physical and psychological protection.

Of the six resiliency skills, **Personal Responsibility** is, by far, the most *powerful* in dictating one's life path, and yet, it is also, by far, the one which is resisted most by many individuals. Specifically, resistance to the acceptance of responsibility approaching 90% and beyond. As an alternative to avoiding responsibility in challenging situations, I would offer the following quote:

***“If you can master personal responsibility,
you can master the human experience.”***

For example, as a working principle of life, if a situation involves me, then I accept responsibility for my role, which means, I automatically accept ownership for how I respond or react to many, if not most, conflicting situations I encounter. For example, as a person of color, I often reflect on how on how I transformed my mind-set about unfairness from a debilitating obstacle on my road to success to one requiring a unique, creative response. Perhaps, those who presently experience unfairness are not as severely impacted by this phenomenon as I previously experienced it. Regardless of the severity, the point I would like to make is my “shift in perspective” set me onto a different course of approaching obstacles, in general. My key realization was to learn “interpersonal creativity” in utilizing people around me, regardless of color, race, ethnicity, generation, or gender in resolving such obstacles. My well-being and general outlook transformed to a view of equity, opportunity, and equality.

If on the other hand, I automatically abdicate responsibility, then the resolution of *my* problem requires someone else to resolve it for me. In reality, there are situations that I do not have the authority, control, or power to resolve alone. Responsibility, in these situations, usually requires my willingness to acquire a coach, mentor, or a trusted support person who can coach me how to be proactive in resolving my role in a difficulty—including new adaptive interpersonal skills to achieve success anyway. Like resolving counterproductive behaviors when I experience unfairness.

In conversations with several generations and inclusion survey results, instead of one major contributing issue an individual is dealing with, there also appears to be several occurring either simultaneously or sequentially. Thus, resiliency is an essential competency which includes several of the six skills shown above. The variety of issues may include:

- *work-life integration and accommodation* I still experience in terms of anxiety, stress, and fear of unknown causes;
- *human equity and equality* when I don't feel like I am really part of the organization or accepted as a person, despite my success;
- *job security* in terms of anxiety I experience wondering if I am next to be let go;
- *technology integration* in terms of new accelerated AI applications and keeping pace with new computer software applications; and
- *interpersonal trust among employees*, particularly in virtual/hybrid work arrangements.

The overall result is mental anxiety, confusion, stress, and in many cases fear about the future.

Despite these issues, most employees are both meeting and exceeding job expectations regardless of their work arrangements. Most also have some degree of inherent and learned resiliency abilities based upon their life experiences and adaptation. To become naturally resilient while continually achieving workplace expectations, the mastery of the six skills above can be applied to any of the issues cited above in the following manner, when any stress-producing situations occurs.

- Instead of becoming mentally defeated, create a space in time between your stress-producing experience and a corresponding self-defeating behavior.

In this timeframe, create **Emotional Calmness** using a breathing-relaxation process for stress reduction.

- In this relaxed state, have a conversation with yourself about **Openness** regarding accepting **Personal Responsibility** for your unique role in the propagation and reinforcement of the situation you are experiencing. (These counterintuitive questions can often provide an alternative approach to responsibility which leads to new insights.)

As you proactively claim greater responsibility for **your** role, the stressful situation reduces in intensity along with different constructive strategies.

- You are now prepared to make a **Realistic Assessment** of the consequences of the choices available to you. Take a pat on the back. More specifically, consider what level of performance expectation and new competencies you must acquire. You might view these new competencies as a positive opportunity necessary for greater adaptation to inevitable external change. More specifically, are you **Confident** that you can accomplish the challenge and emerge with greater resiliency using a similar approach in the future?
- You might ask yourself, “Is this a valuable learning lesson—not only for learning new competencies—but also with respect to continually expanding my **performance capability** in response to external change?” A “Yes” answer is a measure of your **Perseverance**.
- This sequential process can be applied to any of the issues above, as well as those unique to you, for reinforcing and mastering the six-part Resiliency Competency in whatever order you determine.

You might remember, it was suggested that resiliency not only involves adaptation, but also prevention of a unique self-limiting pattern relating to each of the six skills. If the source of this pattern can be permanently resolved, then any experience relating to it will simultaneously be permanently resolved. Thus, in the future, any previous experience of this nature will result in Emotional Calmness! And the process of resolution begins.

The process of achieving this level of mastery is *personal transformation*. Personal transformation is the invalidation of self-limiting programming that we **all** possess with respect to achieving our **performance capability**. I make

a distinction between **ability** and **capability**. Ability is what we are presently performing up or down to, in the process of achieving what we are capable of becoming, as an end state. Capability is most effectively achieved as an experiential process and/or a facilitative process with an individual who practices personal growth. However, selected single-user online programs are very effective, but they do require commitment on the part of the user. (An Innovations Single-User Program: **A Framework of Resiliency**)

The point is that a stress-producing issue can be permanently resolved and disabled as a self-limiting element of one's psyche. In this sense, personal transformation serves as a preventative means of achieving greater resiliency.

The ideas below include a more extended list of suggestions for acquiring and mastering your personal resiliency and well-being.

1. Ask for support when the going gets (really) tough: **Humility**.
2. When you feel like giving up, focus on the end-state of success: **Love**.
3. Acknowledge the power within yourself: **Self-Confidence**.
4. Get a mentor who will stretch your imagination: **Openness**.
5. Learn to "DO NOTHING" when you are emotionally upset: **Emotional Calmness**.
6. When you achieve emotional calmness: **Accept Reality**.
7. Learn to listen more and talk less: **Presence**.
8. Substitute the phrase "I am unwilling" rather than "I can't": **Responsibility**. Can't denotes an inability rather than an unwillingness.
9. Keeping track means, "*Birds of a feather flock together*": **Self-Reflection**.
10. Consider giving up _____ (an expectation) to have an authentic relationship with someone different: **Introspection**.

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Well-Being

Well-Being is a multidimensional concept of an individual's life that brings about their health, happiness, and success, and contributes to the well-being of others. In tangible terms, a good friend of mine described well-being as *a feeling that you are not struggling, that you are healthy, loved, respected, challenged, appreciated, valued, and spending time with your most valuable asset, those you care about most*. Since a complete list of these dimensions is so expansive, I have selected those that I believe most of us *might* have in common.

- **Physical Health**
- **Mental and Emotional Health**
- **Purpose and Meaning**
- **Meaningful Relationships**
- **Meaningful Work**
- **Financial Security**
- **Religion**
- **Spirituality**

And even with that commonality of dimensions, the unique meanings and life practices are as different as there are individuals practicing them. Given the diversity of more than eight (8) billion souls on this planet, in terms of appearance, culture, belief systems, religions, and spiritual persuasions, I sometimes refer to the task of achieving human compatibility as the **Great Earth Experiment**. I define human compatibility as the willingness to learn how to resolve differences that have the potential for conflict. In terms of mental health, compatibility encompasses both inner conflict as well as the quality of external relationships.

In a sense, everything begins with oneself or more precisely within oneself. Particularly, if the objective is to relate to others in some meaningful way. The idea of *bringing* happiness and joy to others to have it flourish in a relationship rather than seeking it from others. One of the practices I

commonly use is to think of something that someone enjoys like shopping, asking a thought-provoking question to get a conversation going, invitation to breakfast or lunch, a “small” present, tickets to a play or the symphony, or even a surprise vacation! Their response to my small gesture is an overwhelming feeling of well-being for me.

Realistically, we also live in very challenging times with events that are often beyond our control. First and foremost, what comes to mind is the health and safety of those closest to us—our family and strong relationships. Their safety and wellbeing are constantly of concern, particularly children and young adults. This source of stressful uneasiness appears to be an everyday part of the quality of life and well-being many, if not most, of us experience, particularly with the daily reporting of tragic events by the news media.

Probably, one of the greatest constructive responses to these situations is to spend most of our thinking and functioning on those activities we can prevent and control—in the present moment. Getting too caught up in the undesirable or horrible “what ifs” about events with which we have little, or no control can seriously impair our well-being especially during times of great polarization. This is the *low hum* of uncertainty that continually affects the quality of our individual and collective well-being.

As suggested above, another dimension which significantly impacts our personal well-being is the quality of our relationships. These associations involve both our personal and professional connections. I remember a statement by an inspirational speaker who suggested: *The quality of life we experience is best measured by the quality of our relationships.* Therefore, whenever, I experience a state of uncertainty, confusion, or loss of control, I usually begin resolution by making an accounting of the dimensions of my personal well-being listed above culminating with a consideration of my future direction, within the framework of my present *reality*. Mysteriously, spiritually, or both, I find the instant others are clear about my intention to move on, supportive opportunities begin to appear that I could have never predicted.

Most of all, soliciting feedback from my “chicken soup for the soul” (very popular book series during the 1990s) spiritual relationships that nurture, support, and uplift me. I value most my conversations involving “transformational exchanges” that are equivalent to reading most 300-page self-help books. Those “transformational conversations” make an indelible imprint over my lifetime. They influence me in maintaining proper perspective and responsibility for the actions I take in designing my future. Transformational conversations in the workplace are becoming a major source of informal group- and facilitator-led source of employee inspiration.

Finally, the greatest sense of well-being I experience is when I have the privilege and opportunity to contribute to the health, happiness, and well-being of others in some special way. I once belonged to an organization which sponsored a Christmas Project every year. The project involved visiting several nursing homes and senior-care facilities on Christmas day where we were paired in one-on-one visitations. The visitations were particularly focused on those who had no relatives or friends scheduled for Christmas Day. The activities involved taking walks, having conversations, and reading short stories. Those were one of the most humbling and fulfilling experiences in terms of my own personal well-being—and I emphasize the words, humbling and opportunity.

Several years ago, Innovations International designed a thought-provoking set of statements titled “**Noodles of Wisdom**”—Advanced, Medium, and Easy. The idea is, through “intuitive selection” from the list below, to apply a noodle as a guideline for your day-to-day experiences and notice what “intuitive insights” you discover. This process is sometimes called “living in the question.”

You might select a noodle from the list below or create your chosen noodle for this exercise.

1. “That which I dislike in others is a mirror-reflection of me.”
2. “If you knew the *true* source of an ongoing problem you experience, you probably would have solved it by now.” Look somewhere else than under the light.

3. “Humility is the experience of the inherent equality with someone significantly different than you.”
4. “Overwhelm is a common way to feed one’s ego about one’s self-importance.”
5. “If we assume that problems and solutions we experience are created simultaneously, then the solution to any problem is *within* each of us.”
6. “If you resolve the *one thing* that holds you back most, opportunities will flow into your life.”
7. “If we stop being run by time, we could focus on the really important things in life.”
8. “If you open yourself to *intuitive inspiration*, you might discover answers to questions that you didn’t *consciously* ask for.”
9. “We have complete control out of a total absence of control.”
10. “When you look back on your life-path, your life has been a singular path, not a series of choices.”

Questions you might ask yourself (one per day or two) about the application of your selected noodle are the following:

1. How does this **Noodle** apply to my life today?
2. How could this **Noodle** influence the quality of my relationship(s)?
3. How could this **Noodle** help me grow as a person?
4. How could this **Noodle** help me overcome a challenge?
5. How could this **Noodle** show me how to help others?
6. How can this **Noodle** help me with life’s direction or goals?

When you receive your intuitive responses just be open until one hits you with overwhelming impact that it is inescapable! This is the intuitive answer to the question you asked.

Taking into account the overall four conversations and suggestions of this series of articles, how would you evaluate your present personal well-being?

Excellent___ Very Good____ Fair____ Poor_____.

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Email me: Free Organizational use
of the online Resiliency Program

