

Episode V Economic Order - Crisis - and The Wheel of Opportunity. Continued from Episode IV

D: Hi friends. Welcome to Episode V of the Infinite Potentials Series. We are continuing with our focus on Economic Order. At the end of Episode IV we were discussing the importance of making an inventory of actual personal resources in order to make progress towards doing more of what you love to do. We had defined complete economic order as being able to do what you love 100% of the time. How do you do such an inventory?

A: There are people who can help with this. There is a book called *Your Money or Your Life* by Domingues and Robin which details how to do it. The helpful, easy to understand website (www.yourmoneyoryourlife.org) offers coaching, and many other forms of assistance. They have a simple and powerful 9 step program for achieving financial integrity, economic order, and independence. But it takes time, focus and work to get results. Once the beginning is made then doors inevitably open.

D: Joe Dominguez said, "The foolish person wants more money and more of the things money can buy. The wise person wants enough money and more of the things money can't buy: health, happiness, love and peace of mind." (pause) The other day you mentioned this concept of setting Wisdom Traps for yourself. What do you mean?

A: An excellent strategy for producing change - evolving yourself is to set up conditions which more or less force you to do the right thing. I call this kind of strategy setting Wisdom or Tender Traps for yourself. In this case we are discussing Economic Wisdom Traps. A simple example is deciding not to do work that hurts others or the environment. Walking away from ways to make money that add to our problems rather than help solve them. This is a way of forcing (trapping) yourself to move in a direction which makes your life better. By using the principles of voluntary simplicity and focusing your economics - channeling them - one can create circumstances that tend to force one toward the Good Life and 100% Economic Order. This kind of mental focus requires and generates energy, courage, wisdom. It's called *La via Negativa* - eliminate the unnecessary and unwholesome and build your life with what is left. It's a way of trapping yourself, actually protecting yourself using wisdom.

D: MindFitness again. So, Voluntary Simplicity is actually being spread by folks that have more money, discretionary time and education - Actualizers according to the VALS survey. By the way, explain the VALS Survey.

A: You know some of the smartest psychologists are not treating patients. They are in science, business or art or a combination of all three. In the sixties or early seventies some psychologists working for major advertising companies wanted to find a way to sell more stuff and predict what people will want to buy in the future. The result was the Value Added Lifestyle Survey and it turned out to be marketing genius. How they created it was to study Abraham Maslow's Hierarchy or Pyramid of needs and developed a parallel concept which rated consumers at 9 levels of actualization. (show Maslow's Pyramid) Maslow's levels or stages of actualization might be thought of as roughly equivalent to levels or stages or orders of consciousness or perhaps the term Life Competence works better. At the lower levels of Maslow's Pyramid you have people who are rather caught in what the 4th wave psychologist Stephen Wolinsky might call "cultural trances".

In psychological terms these people are disassociated, relatively easy to condition. The lower levels of Maslow's Pyramid tend to be over consumers who manage their money poorly and tend to overpay for the necessities as well as stuff they do not need.

D: They pay retail.

with great marriages struggle with problems of sexuality.

D: Men and women really are different. (Pause) Viv la differaunce! But how to begin? Everyone is so different. How can one actually help another?

A: It seems to me that there are principles - like truly caring about the well being of your partner or partners which can transform most of the destructive aspects of sexuality. Economics and sexuality are difficult to deal with and often avoided. But even a little progress can bring great benefits and lead towards a much better quality of life.

D: What about **Meditation and Contemplation**?

A: There are so many definitions for both and we try to go as far as we can. But one way to understand their importance is that meditation and contemplation are in their essence extremely powerful, perhaps the most powerful strategies whereby the ordinary human being maximizes his or her mental, mind/body (including the heart) intelligence as well as often hidden potential and strengths.

D: We are both devoted to the process of meditation and contemplation. How do you teach some one else to meditate?

A: It can't be done! (laughter) I guess we can start by thinking about meditation as a completely natural process like breathing. But like breathing most people under estimate its importance and under utilize its potential. Next we try to assist the learner in gaining the insight that, mostly, one has to teach oneself. I don't think the best teachers teach you how to meditate but rather assist you in gaining the kinds of insights that motivate you to learn for yourself. You become your own teacher and student. The process of being quiet, aware and as healthy as possible unfolds the innate ability for one's own mind to get to know itself better. This process of self discovery brings out ones humanity - being more fully human and able to deal with the realities of life much better.

D: And so the Infinite Potentials emerge! I know our viewers would like a better definition of meditation. I'm sure many think it is a lot of unscientific hocus pocus. They might say that just living your life as intelligently and awarably as you can is all there is.

A: They would be right about that but I suggest meditation has been and is being thoroughly researched by world class scientist. It has been proven to be an incredibly powerful strategy for learning how to live your life more intelligently.

D: But there is more.

A: There is a science and an art to using one's own mind to know oneself better.

D: Won't you try a little definition for meditation?

A: English is limited when it comes to consciousness. But the word meditation derives from measure. To take the measure of. I think "to see things as they actually are" would be a better understanding. We must find a way to dialogue about meditation but it is difficult. It is like discussing consciousness, or truth, or beauty or life and love. Yet I think the sincere effort to try deepens ones understanding. Meditation includes thinking but a high order of thinking. Westerners might call this contemplation. If this high quality, extremely honest kind of thinking (contemplation) goes far enough the mind can transcend thinking - move beyond thinking which further transforms the quality of thinking. There is a Sanskrit word, Mahamudra which may describe one of the highest orders of meditation.

A: He who knows he has enough is rich.

Perseverance is a sign of will power.

He who stays where he is endures.

D: To die but not to perish is to be eternally present."

A: I'll bet it is even more beautiful in the original Mandarin.

D: Thank you for listening. (close up Dagne)