



Subject line: The #1 tip for a successful (r)evolution.

(Hint: it's about how you relate to adversity)

Hey Fam, It's Brian in your ear again. It's been a week since my last sharing...hope you had a chance to check out the FREE course on Regenerative Livelihoods by Design?

Anyway, did you notice that my hint regarding successful evolution didn't say it's about overcoming adversity. No, it's about your *relationship* with adversity.

We can make all kinds of plans -even viable ones- to overcome adversity...and fail to execute. Why?

Well...what state of Being is this plan emanating from? From what state of Being is this plan being executed.

Is it emanating from a fearful, angry, hopeless, vindictive, desperate place or is it coming from a place of quietude, clarity, composure, courage & justice?

It makes a difference. The former state of mind:

- lowers your IQ (reasoning ability),
- floods your blood stream with chronically high levels of stress-inducing cortisol which compromises physical health
- places blind emotions as the instigator of actions.
- stifles intuition. This chokes off input from metaphysical agencies.
- generates negative karma.

Adversity happens. It is baked into the experience of living. It is the vehicle through which we receive lessons which drive our species' (spiritual) maturation process.

While the direct goal is to overcome or transcend difficulty, the ultimate lesson of any adverse situation is to face it with composure and courage. Clarity of mind and optimal solutions to problems are thereby achieved.

In other words, adversity will continue to make its presence felt in unpleasant ways until we learn to be peaceful in its presence.

I am reminded that as a zealous young activist, I struck an 'over-the-top' stridently militant tone.

Oh yeah. I was all about my faction -the fraction of the people whom I identified with.



I was going to huff and puff and blow our enemies' house down.

And... I was willing to search within my ancestral legacy to find the best way to go about doing it.

The thing is, the ancestral wisdom teachings which I came across did not support wanton destruction of opposing interests.

No. It supported elevation of consciousness as a response to adversity.

To meet adversity at the same level of consciousness which generates it results, ultimately, in a stalemate.

I began to understand that consciousness elevation gave my person access to the metaphysical agencies presiding over the higher order principles such as unity, wisdom, spiritual power and love.

I didn't resist this notion. I acknowledged it on an intellectual level. It made sense.

But I didn't live this truth. My person was operating according to some old programming which was directing me to dominate my dominators.

See, people oppressed politically, socially or otherwise are among the most vulnerable to the contagion of hate.

This is especially true if your spirit has not been completely broken and you still have some fight left in you.

At this stage you are like a wounded lion backed into a corner. Down, but not out...but not fighting optimally owing to woundedness.

And so, we fight the good fight...ineffectively.

Earth crises are intensifying, demanding that we step our game up. What can we do?

Now, more than ever, we must make that shift from 'wounded lion' to 'conquering lion'.

Well, let's talk strategy:

Sun Tzu, author of the art of war, endorses the superiority of positioning yourself as being *pro-something* rather than *anti-the other thing*.

The framing suggested by the latter demonizes your opponent, attracting hate-filled supporters who are bent on destruction.



Movements based on this frame, historically, have no lasting power. They eventually self-destruct under the paradigm of enmity even if they manage to defeat their opponent.

The more positive and sustainable positioning requires, as stated before, consciousness elevation as the *modus operandi*.

We can do this!

If you are not already doing so, consider committing to a daily practice for the purpose of discovering -and perceiving from - that transcendent quiet place within.

Techniques are legion: Meditation, prayer, ritual work, charitable works, etc.

Explore. Find what works for you.

And don't forget to connect the dots: the very practical purpose of all this practice is to be peaceful amid whatever trials and travails you encounter during life.

Dealing with adversity skillfully in this manner allows you access to the deep reserves of wisdom & spiritual power of your being.

Yes. The (r)evolution is won from the quiet and transcendent place within.

Peace & Blessings

Brian

P.S. check out this vid of Baba Mooji expounding on the relation of the quiet, transcendent place to effective activism. It's a perspective-shifter!

<https://www.youtube.com/watch?v=7yk0ANIMmgl&t=76s>