



**At Paradigms we offer forums that lead to fresh insights for a more rich life style. We explore life style essentials and disciplines.**

***We learn and grow together.***

### ***Life Essentials***

**Mind, body, and spirit, form a model for a joyful, productive, and healthy life. Looking for deeper understanding of these three life essentials can move you towards a more fulfilling life. There is no limit to how this understanding can positively impact our life and the lives of others.**

### ***Life Disciplines***

**The life long disciplines of expectations, communication, decision making, and innovation form the habits of a graceful and efficient life style.**

### ***Expectations***

**One of the most profound disciplines that we can master is the power of expectations. The old saying "we get what we tend to expect". Mastering expectations attracts wonderful things into our lives. On the other hand if we are unvigilant we can attract things into our lives that we do not want or may even be harmful to us. The prevailing paradigm by some respected thinkers is even more provocative. "We are the cause of everything that happens to us." Popular films like "The Secret", "What the Bleep", and more classic writings like "Think and Grow Rich" expand on how the power of expectations influences our experience of life, especially the power of the subconscious to become a powerful servant or a source of waste and worry.**

***How are you exploring the disciplines to master your expectations?***

### ***Communication***

**The exchange of thoughts, views, and feelings. Communication has many different dimensions and forms and is quite similar to breathing, letting out thoughts and ideas, taking in thoughts and ideas and many times being**

inspired with fresh insights and ideas from the in and out exchange with others.

Communication sometimes is like water to a fish, it is taken for granted very often, just like our breathing. Imagine if everyone increased their level of communication just a little, life quality could be greatly improved.

Could it be that communication has one main purpose: to create new ideas to make the individual and life better.

***How are you consciously improving your ability to communicate?***

### ***Choice Making***

We make countless choices every day. Some are conscious and some are unconscious. The quality of our life is very much connected with the quality of decisions we make.

A quality decision has three main characteristics- it is accurate or right, it is timely, and it is committed to.

The style of decision making has three dimensions. It can be individually based, or can be based on consultation with others, or can be a collective decision with others.

The challenge of society is to make more efficient collective decisions?

***How are you increasing your freedom, fun, and responsibility through improved decision making?***

### ***Innovation***

Innovation is the result of expectations, communication, choice making, and teamwork by groups and many times societies. It is our natural and inherent creativity emerging into new ideas, concepts, perspectives, products, services, life experiences, overall life quality and growth.

Innovation is growth and our basic choice is to "grow or die".

How are you attending to the two universal purposes of life?

To give creativity And To get an education.

## ***Mind***

**Our mind serves as a source for all life experiences, memories, thoughts, and enables a graceful and effortless life. If we choose to master it!**

**How well do we understand and practice the inner laws of mind power?**

**Thoughts are real forces.**

**The mind is a thought sending and receiving system.**

**Thoughts with emotion attract similar thoughts.**

**The mind can insert new thoughts.**

**The mind can entertain and dismiss thoughts.**

**The mind can insert new thoughts.**

**The inner and outer worlds are connected.**

**How well do you explore and form habits that give you great mind power?**

## ***Body***

**Our body is a collection of living cells (over 50 trillion) that all have intelligence and the same basic functions that our whole body has. You are in charge of a community that is many times larger than the entire world population!**

**Is your community a monarchy, a dictatorship, a republic, or a democracy?**

**What is your popularity rating with your cells?**

**Do you always make decisions in the best interest of your community?**

**Can you access your bodies wisdom?**

## ***Spirit***

**Spirit, energy, motivation, and passion equate to level of health and well-being. What does your well-being "look" like?**

**Are you able to "see" unpleasant feelings for what they are-the product of unpleasant thoughts that you have the power to dismiss.**

**Do you “see” that your higher level feelings- joy, gratitude, contentment, compassion, love- enrich your life and the lives of others?**

**Can you “watch for” opportunities to defer judgment, generate lots of ideas, build on the ideas of others, and encourage novel ideas?**

**Do you deliberately “observe” your own thinking in order to quietly dismiss unproductive thoughts and clear your mind to learn, listen, and create?**

**Do you “recognize” that you are subject to physical discomfort. When you are uncomfortable your immunity to faulty thinking is weakened.**

***As you can see, mind, body, and spirit, form a model for a joyful, productive, and healthy life. Looking for deeper understanding of these three life essentials can move you towards a more fulfilling life. There is no limit to how this understanding can positively impact our life and the lives of others.***

