

Where Am 'I' Right Now?

Physically - Emotionally - Mentally - Spiritually



Adrian Hanks

Conscious Life Development Foundation

PREVIEW

Where Am 'I'

Right Now?

Physically – Emotionally – Mentally – Spiritually

First Edition

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Adrian Hanks

Brisbane, Australia



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His intent is to offer information only, to help you in your quest for spiritual and emotional well-being. In the event you use any of the information in this book for yourself, which is your divine right, the author and the publisher assume no responsibility for your actions.

For the Michael Age

We must eradicate from the soul all fear and terror
of what comes towards us out of the future.

We must acquire serenity in all feelings
and sensations about the future.

We must look forward with absolute equanimity
to everything that may come,

and we must think only that whatever comes,
is given to us by a world direction full of wisdom.

It is part of what we must learn in this age, namely,
to live out of pure trust without any security in existence,
trusting in ever present help of the spiritual world.

Truly, nothing else will do if our courage is not to fail us.

Let us discipline our will and let us seek
the awakening from within ourselves
every morning and every evening.

Rudolf Steiner, 1917



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Acknowledgements

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Welcome and Introduction

Firstly, I want to wish you a very warm welcome and thank you sincerely for picking up this book. I am very excited for you, as I know that the contents of this book will positively change the way in which you live your life if you choose to read and work with the content being offered. I do not want to presume, judge or guess where you are *Right Now* in your life, physically, emotionally, mentally or spiritually, and regardless of where that place is, I trust that you will receive and gain something insightful, new and very positive.

There are many thousands of books available on personal and spiritual development and it is not always easy to know which ones to buy or read. Many of these books manage to direct and tell us 'what' to do in terms of being in the present moment or standing in our power, and even though we might receive a great deal of advice on reading about 'what' to do, many of these books often miss one of the most important ingredients – and that is – 'how' to do it – outlining and guiding us on 'how' we can develop, grow and be much more conscious and empowered in our lives.

This book is very much about 'how' we can all stand more consciously and fully in our power; standing in what I refer to throughout this book as, 'our 'I' presence', and no matter where you are *Right Now* in your life you will have a very real opportunity to build some new skills, knowledge, insights, wisdom, and understanding by engaging with what is offered to you in this book.

The essence and the driving force of my work is about supporting and encouraging, and when required, positively challenging people

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to explore, discover and engage with life in a more focused and conscious way – from one's centre – from one's 'I' presence. When working consciously from the position of our 'I' presence, I strongly believe that we can achieve just about anything that we wish to achieve in life – physically, emotionally, mentally and spiritually.

So get yourself comfortable and let us begin our journey with a little preparation ...

PREVIEW



Preparation

Before you delve into the book, I am going to ask you to do several things.

1. Download the free *Right Now* journal or go and find or buy something to use as a journal. Something with blank pages is good to use. You might like to have a highlighter to mark anything in this book which you feel is worth highlighting. I love to highlight and many of my books are full of colourful markings.
2. To download your free WAIRN? journal go to the website: www.ConsciousLifeDevelopment.com
3. When you have a question, a deep thought, an intuitive feeling, or a moment of pure enlightenment that stems from reading this book, write it down in your journal.
4. Commit to trying to understand everything you read in this book, even if it means reading it two or even three times or doing a little research. This is where highlighting helps.
5. Complete all of the exercises and tasks in each chapter!
6. Have fun!



Chapter One

Starting the Where Am 'I' *Right Now?* Journey

Now that you are all prepared and organised with your new journal, it is time to move on and get you practically involved with the book.

Throughout this book you will be offered various exercises and tasks to work through. When you see the round Ying/Yang exercise image (see below), it is an indication for you to stop, take action and do the exercise or task.



Each exercise will give you an opportunity to gather some new, powerful and effective personal tools to help you to further develop your skills for physical, emotional, mental and spiritual growth. Make it a personal challenge to complete each of the exercises before moving on to the next page or chapter. It is advisable to read through and understand each exercise before actually doing them, this way you will keep a better flow with the whole process.

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As you may have realized from the name of the book, the main focus is about you asking yourself the question – **Where Am 'I' Right Now?**

This first exercise will help you to connect and begin your journey. Follow the exercise carefully and remember to use your *Right Now* journal as much as you can. I know from my own experience of journal work that by doing so you will be able to follow and gauge your journey and your results, which can be a very useful resource later on.



These next four questions could be the only questions you ever ask yourself on your journey of personal and professional development and that would be enough to keep you busy, alert and challenged every day for the rest of your life!

So, to begin with, answer (by writing in your journal) the following questions. There are no wrong answers. The answers you find within are the right ones for you. Just be as honest and authentic as you can and you will get much more out of it. You are not in competition with anyone, this is just about you.

Q 1: Where Am 'I' Right Now in my life – physically?

Q 2: Where Am 'I' Right Now in my life – emotionally?

Q 3: Where Am 'I' Right Now in my life – mentally?

Q 4: Where Am 'I' Right Now in my life – spiritually?

To give you some help and support with this first exercise I have outlined a few thoughts and ideas of what you might wish to address in each section.

Physically

By addressing the question of how you are physically, you might want to look at your physical fitness and exercise, your diet, your skin, your weight, your physical activities, your posture, your working conditions, your sleep patterns and even your physical sex life.

Emotionally

By exploring your emotional life you might like to look at your communication skills and how you are affected emotionally when communicating or interacting with people. You might also like to look at your feelings and emotions around your fears, doubts and sense of self-love. How do you feel about these things emotionally? Also, how are you emotionally when you are dealing with everyday situations like driving, working, studying, playing sport, socializing, being in relationship and being alone?

Mentally

How are you when using your mental faculties, like you are now reading this book and taking in new information? How sharp is your mind and how sharp is your thinking? How often do you have clear and precise thoughts without any confusion dimming your thoughts? How often do you exercise your mind with study or other mind processes?

Spiritually

Spirituality is an area in our lives where we can easily let things fade away or disappear completely if we are not following specific

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routines or exercises, such as meditation, prayer, ritual, study or inner reflection. Where are you in your own spiritual journey *Right Now*? What daily or weekly practice do you follow or tune into? How comfortable are you around spiritual topics and activities?

Take some time to ponder and explore these questions and then write each answer out in your journal. Each answer will give you a deeper sense of where you are *Right Now* and give you a great foundation from which to work from.

Try and bring these four questions into your daily life for a while. See if you can challenge yourself to ask them every day, on the hour, every hour, for at least one week. Yes – on the hour, every hour for one week. Of course this is for when you are awake during the day and not during your sleep time at night!

To fully engage in this exercise it is a good idea to actually set an alarm, either on your clock, watch or mobile phone to help you to do this more successfully. If doing this exercise every hour is too much for you, try doing it four times a day, although you will find that by doing it hourly each day it will increase your faculties of self-awareness much more rapidly.

This exercise or technique I call the 'Where Am 'I' *Right Now* exercise' or the 'Where's (*add your name*) exercise'. It is a bit like the *Where's Wally* books, where we have to try and find Wally in amongst all the people!

By following this exercise you will find that you have the opportunity to check in with yourself to observe how you are doing physically, emotionally, mentally and spiritually and learn how to heighten your awareness and become more centred, focused and engaged in your daily life.

If you have a modality or a technique that you like to use, such as NLP or Gestalt, you can also use that to help you to lock this experience in. Please always feel free to use whatever tools you have at your disposal as an addition to what is on offer here in this book. The more tools you have in your personal development tool bag, the easier it will be to find the right tool when needed. The reality is, we generally like to use a combination of modalities, skills and experiences in our lives and I would like to encourage you to do that whilst reading this book. Creating our own unique and individual tool box is fun; filling it with tools which suit us best and with tools that we are most likely to use is the way to go.

If you can get into the habit of asking yourself the question – *Where Am 'I' Right Now?* on the hour, every hour or at least four times a day, every day and answer as authentically as you can in the four ways outlined: physically, emotionally, mentally and spiritually, it will totally change the way in which you live your life. This method is, paradoxically, simple yet very profound and even after just one week you will notice some big differences and will find that life is not quite the same as it ever was before.

Warning!

Doing this exercise will positively and dramatically change the way in which you live your life – Forever!

Carlos, a good friend of mine, who has participated in many Men's Circles over the years, did the *Where Am 'I' Right Now?* exercise for a few weeks after I introduced it to him in early 2010. He told me that it totally changed his life. He set his mobile phone alarm to go off every day, on the hour, every hour whilst at work and also at home in the evenings.

Here is what Carlos has to say about his experience.

Attending Adrian's Men's Group every week has always been an eye opening experience for me. It is very empowering to observe and learn from good men, and to then give birth to my own unique insights about who I really am, and who I really want to be. In my work life as a Real Estate agent, putting into practice my insights from Men's Group used to be a daunting and very difficult task. I was unhappily and stubbornly dedicating most of my entire existence to my role as a Property Manager. I had no real sense of my own needs, and very little sense of where I was heading in my life, other than to constant burn outs and nervous breakdowns from time to time. This was very sad and frustrating to say the least.

During a particular session of Men's Group, Adrian challenged all of us men to 'check in' on our power and centre ourselves throughout our day. The aim; to remain as aware as possible emotionally, mentally, physically and spiritually and to make the necessary adjustments to what is needed to remain in that centred state. In my experience, the world is a very different place when I am centred and in full alignment. In this state, I catch glimpses of myself moving mountains and succeeding at the highest levels with ease. To stay centred is to stay true to myself and to others, and to truly step into living life from the sacred space of who I really am. This beauty was often squandered by the demands of busy life, and especially by my busy work life. I would often find myself turning into a robot, giving all of my un-centred self to others and producing like a mindless machine. I would lose all sight and awareness of the beauty of alignment and be left feeling empty and lost.

My biggest challenge was remembering to stay centred whilst in the midst of a high powered, high stress job. I would arrive at work, plug into my computer, blink, and it would be lunch time. Blink

again and the time would be edging on 5pm. That's when the fatigue would set in and I'd realise that 97% of my day was full of go – go – go and I hadn't even given a second thought to my needs. Adrian's challenge led me to devise a solution that could integrate into my busy work day.

I programmed my most demanding business tool, my mobile phone, into my 'Alignment Ally'. Using the phone alarm feature, I set an alarm to ring every hour on the hour from 7am to 7pm each and every day with a simple reminder message attached to the bells – "Where are you?"

Initially it took some time to become accustomed to the disruption of an alarm in the middle of my tasks. It was frustrating. As if I didn't have enough to do already and to then be disrupted by an alarm! I came to realise that it was my own mentality holding me back from being a full person; it was a resistant reaction from my lost un-centred self. I was ignoring my needs, giving all of my energy to others and defending that pattern with anger and resentment. In spite of this with help from my better judgement, I began to allow the process. I started with simple baby steps by taking thirty seconds to a minute to ask myself the questions – "Where Am 'I' Right Now – mentally, emotionally, physically and spiritually? What do I need Right Now? Do I need a coffee, a snack, a stretch, a walk, a quick meditation or a few breaths? What do I really need in this moment? The process started to incite some critical thinking towards the hardest of all the issues in my life; ideas about how to take care of myself. It felt good. Initially, just to stop for a few moments to take a few deep breaths was invigorating and energizing. I realised quickly too, that the process was much more powerful when I allowed myself to truly cut off from my tasks at hand, and dedicate as much of myself as possible to the simple process.

The more I allowed the process in, the more I started to respect the alarm reminders. It felt so good to take that small time to catch my breath every hour and to remember that I am actually a person with needs. So too, that deep inside I was actually wanting to set out to do things of value with my life. My dreams, my ambitions, my fire for life, had always been put on the back burner. Adrian's process fostered an opportunity for me to bring the real and positive aspects of myself into alignment and then start turning them into my ultimate goals – a complete paradigm shift. Keeping my dreams as my goals at the forefront of my mind, it started to make all of the previously aimless hard work worth something. The process also started to give me the faith in myself that I needed to believe that my road ahead was actually paved with love and joy. Isn't that what life is all about after all? Now that's my higher-self talking!

New insights gave me new sense of understanding that I was not a victim in my life. I was not a victim of circumstance, but rather that I was, and am, the creator of my own experience. I am responsible, I am powerful, and I am powerful because I am responsible for my life.

Checking in every hour on the hour became so successful, that over time I voluntarily shortened the intervals of the alarms to every half an hour.

Having the consistent reminders, I allowed myself to feel good more often and I reminded myself not to submit my whole body and whole life force aimlessly into my work. I was choosing to take control of the energy I had to invest, and also to keep at the forefront of my mind a reminder that I was in control of the choices in my life. I discovered great love and care amongst my family and friends, and I began to work on developing those connections with positive intent and focus.

My dreams and goals grew to a new dimension as I aligned them alongside those of my loved ones. I realised that my loved ones and I were actually working as a team to achieve beautiful things together, and the contribution I was making as a centred man in my own power gave them strength. In turn, their strength gave me strength, and not only strength, but passion. A passion to live life as the full person and spiritual being that I know I really am and I know I really want to be.

For me, now, maintaining a high level of loving connection between my family and my friends has become of paramount importance in my life. I seek to love, connect, grow and contribute and I challenge myself to remain aware almost every moment of every day. Checking in and connecting with myself consistently has raised my level of awareness to new and beautiful heights. Work has now become a gratifying, neutral and non-tumultuous vessel for me to get from A to B financially, but ultimately it's only a finite commitment of my time and energy; a single aspect of the greater more wonderful whole that is my life.

When I still had a need for the alarms, I got to a point where I would look forward to them ringing. I started to want to become aware of myself and my feelings at the various levels of my emotional, mental, physical and spiritual misalignment – simply because it felt good to align them!

Over time, as the practice became habitual, I would remind myself like second nature of the importance of remaining centred. This was the beginning of meaningful positive self-talk, new found self-confidence and a realization of great personal power. “I am not just a mindless drone! I am important! There is so much more to life than this moment!” I would say to myself.

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Nowadays, I have no need for consistent hourly or half hourly alarm reminders in my day to day life. Adrian's process was a powerful lesson in awareness. From a place of awareness, I have developed a strong sense of personal power which has, in turn, led me to make more enlightened and positive choices in my life. Using the Where Am 'I' Right Now? process was a bridge from an old way of thinking and being that was not serving me, to a new lease of life, to where I now see my future as a blank canvas ready to be filled with creation and love. I see my road ahead paved with love and joy, and it's truly remarkable.

Thank you Adrian my dear friend – Carlos

In early 2014, Carlos set up his own Real Estate Company (Up4Rent.com) and is doing very well with it. He continues to practice the Where Am 'I' Right Now? process and challenge himself to move up into higher levels of conscious awareness.

I would like to share a true story with you about David (not his real name) and how we worked together on the four aspects of the physical, emotional, mental and spiritual.

I was seeing David about an issue around him taking time out for himself and trying to build himself back up again after having a few life challenges which really took the wind out of his sails.

As we worked together with a process of him coming to see the different roles or identities that he was playing out in his life, we uncovered one aspect or personality within him which responded and acted strongly in the physical and spiritual realms but was not so very present or strong in the emotional and mental realms of his life. In different situations, another part of him was present and strong emotionally and mentally, but not so strong physically and spiritually.

After uncovering and acknowledging this pattern we worked on integrating him into one whole and complete person so that he could step into any future situations and be more present and empowered and whole. In this process David discovered that from being in a place of choosing to be fully integrated he was more centred, energized and aware and was more able to make clearer and more conscious decisions.

It is not uncommon for me to work with two or more aspects of a person's personality in my work as a coach and counsellor and to think of this as anything but normal is, in my humble opinion – plain crazy. We all have many identities and sides to our being. We wear many masks and play out many different roles and scenarios each and every day of our lives!

As you explore and work on evaluating and evolving your own physical, emotional, mental and spiritual aspects, see if you can determine which aspects in you are predominantly strong or weak. Perhaps you can explore and identify what happens to the different personalities within you when you are in certain situations. To remain fully integrated in these four realms of the physical, emotional, mental and spiritual takes a lot of practice and commitment, which you will discover as you work through this book.

We are much more than just physical beings; essentially we are spiritual-energy beings having an earthly experience. When we can grasp this and bring ourselves into alignment with this understanding, belief or knowledge we can then step into understanding ourselves from a more holistic and spiritual perspective.