



# Living Constructively

Table Mountain, South Africa



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# Introduction

None of us have been prepared to understand the human situation that is happening at this time. The constant bad news concerning war, corruption, Covid, suicides, murders, and weather conditions are a result of an undeveloped, unguided and unruly humanity. We destroy more than we construct, whether that be the animal species, trees, the ocean, the air, the children, the globe itself, and even ourselves. Therefore, for our own well-being, we need to construct our own world within the greater world. By doing so, we morph out a positive, constructive energy, that not only involves ourselves, but can affect the entire world energetically. By taking responsibility and accountability for our own unique space, we become the change that is ever so needed at this present time.

In order to be fully used, our energy must be properly channeled and stored. We need to focus primarily on cultivating ourselves and refining our own character. If we follow this wisdom, we will ultimately be blessed with better fortune, thus keeping hope alive for many others.

Though we are living an uncivilized society, we still have a chance to guide our own personal ship through these troubled waters. By doing so, we remove ourselves from the present chaos and potential defeat.

There is a grace and awe-inspiring beauty that lies beyond this present mess. However, we must hold our belief and faith in this declaration for it to be realized.

# Exercise 1

## Helplessness to Empowerment

Most people do not improve because they are not aware of the perfection within themselves. We tend to focus mostly on what is wrong with us, instead of what is right. We all make mistakes; we all need to learn and we all have a wisdom and divinity that is waiting to be expressed. The more we focus on what we have and can do, the greater power we give to the good in our own life, and the world at large.

For those of us who are willing to enter the deeper life, we will soon realize that we are all strong and enriched in one way or another. The larger the field one contemplates and delves into, the greater the harvest. The seeds we sow will be expressed through being just, true, honest, virtuous, kind, sympathetic, sweet-tempered, cheerful, fearless, faithful, persevering, and industrious.

1: **Follow only what is right, if uncertain – question and study.**

*Our soul and spirit can only feel safe by doing what is right.*

Do you do this? If not, how can you begin to learn?

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2: **Pride results in decrease, humility results in increase.**

*The greatest asset a leader can have is humbleness, as it creates trust.*

Do you handle your pride? If not, how can you develop humility?

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3: **Maintain inner virtue, including thoughts.**

*Everything is what we think it is or will be – so be watchful.*

Do you do this? If not, how can you work on this?

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4: **Persevere in giving and balancing the scales of injustice.**

*Time to get off the me and focus on the we.*

Do you do this? If not, how can you start to focus on this?

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## Exercise 2

# Guilt to Guiltlessness

Guilt within creates an opportunity for mistakes and misfortune, thereby becoming one with the crippled world. As long as we are in a human existence, errors and flaws are inevitable. But do not fall prey to the dark side by giving them more power than they deserve. Just take it back and make it right, even if it is only in your head or heart. In truth, our enlightenment and mastery come from acknowledging our faults and mistakes. Through the process of self-examination, self-correction and self-determination, we automatically create a new world within the larger world. This we can surely call success!

### 1: Discipline

*Never harbor anger and resentment – sail into the sunset with forgiveness and acceptance and take yourself with.*

Make a list of everyone or everything you have resentment towards and have not forgiven, including yourself.

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### 2: Dedication.

*When doing good – do not expect anything in return.*

Can you do this? If so, how?

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### 3: **Discernment.**

*Do not ignore signs, coincidences or circumstances.*

Can you do this? If so, how?

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### 4: **Devotion.**

*Focus on what is deep and abandon what is shallow*

Can you do this? If so, how?

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### 5: **Direction.**

*See honesty and trustworthiness as the main goal in your life.*

Can you do this? If so, how?

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6: **Development.**

*Never tire of pursuing personal actualization.*

Can you do this? If so, how?

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7: **Diligence.**

*Be an educator by setting the right example.*

Can you do this? If so, how?

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8: **Determination.**

*Develop a strong and useful heart with benevolence and humanitarianism.*

Can you do this? If so, how?

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## Exercise 3

# Suffering to Non-Suffering

When a horrific event happens and we get hurt or scared, we must not run from the problem. Look it square in the eye, like taking on the eye of a hurricane. Study it, examine our reactions, then work to find the source and the solution. As long as we work the challenge to its fullest lifespan, we can then let it go and regain a peace of mind again. We do not stay in the victimhood, and we walk away unscathed and with no open scars. Most times, we come out stronger and wiser.

### 1: **Attachments.**

The Buddhists say attachment is the cause of all suffering. It definitely, at the most minor level causes disappointment, at a medium level, personal devastation and at a global level, it actually is the cause of war. We can have, hope, dreams and goals. However, when we are not attached to them, they have space to breathe, will find the right timing and even experience the perfect ending, which ultimately leads to a new beginning.

Where do you have attachments and how can you release this?

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## 2: **Acceptance.**

Bad things happen to good people all the time in this world. Untimely deaths, people acting crazy, friends and family turning on us, car accidents, health issues, money problems, global challenges and the beat goes on and on. So, we can surmise that though we cannot control what is outside of ourselves; we can control what is inside of ourselves. In order to survive pleasantly, we must accept life on life's terms, and know that the only sure way to living a secure, happy life, is to strive to work relentlessly towards securing our own peace of mind and piece of space.

What do you not accept and how can you release this?

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### 3: **Avoidance.**

Mixing destinies is something we must train ourselves to become conscious of. Ignorance, co-dependency, drugs, alcohol, insecurities and low self-esteem are door openers for this mixed destiny dilemma that is occurring. The more we focus on mindfully attending our own self-respect, self-empowerment, self-love, self-awareness and self-protection, the better chance we have of eliminating this problem. Mixing destinies is one of the major factors to creating failure, defeat and health problems.

Who do suspect you have mixed destinies with in the past or are doing so currently? If so, how can you change this.

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#### 4: Awareness

At any time, we can become the body a problem adheres or clings to. We need to stay alert and aligned with our own secure rhythms. Chaos is always looking for a human; challenges are always looking for a home, trouble is always looking for a mind to confuse, and evil is always looking for its next victim. That is just the way it is here on earth. The more we see and know, the more we can protect our own playing field.

Are you aware of the unseen forces that can disrupt your life? If so, how can you change this?

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## Exercise 4

# Poor Chi to Good Chi

Our Chi comes from the Universe and is an inexhaustible potential. When we are one with our chi, we become detached from external forces. A high spiritual achievement reaches us, and therefore nothing can deviate us from our soul strength.

Our chi is the vital life force of our human body and existence. To be connected to our chi, we must learn to listen and trust our feelings and intuitions. To protect our chi, we must experience inner strength, empowerment and peace. This happens through having a sense of our purpose and power.

Tension or severe emotions will hinder our chi. We must not dwell on our mistakes of the past, as it creates obstacles and swerves us away from our accurate and responsible responses. We can avoid tragedy if we plan and behave in accordance with the universal laws of thinking. No matter what happens outside of ourselves that is relative to a decline, we become protected and do not become part of it.

The highest virtue we have is to be inwardly centered and balanced. Being centered is when anger, hurt, devastation, grief, despair, disappointment and sorrow are felt, but not exaggerated.

If we are to protect ourselves from this flailing world, and avoid tragedy, we must commit to a fundamental path, holding a truthful, internal reality that cannot be compromised.

There will always be conflicting forces, trying to find their way into our existence and consciousness. We can avoid these forces knowing ourselves, what we want, what we do not want, how we want to live, how we do not want to live, who we want to be with and who we do not want to be with. By knowing who we want to be and who we do not want to be, we become defined and definite.

# How to Protect Your Chi

1: **Be sincere at all time.**

Are you able to do this, if not, why?

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2: **Strip away the superfluous and unimportant.**

Are you able to do this, if not, why?

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3: **Rise up positive energy, perseverance and progressiveness.**

Are you able to do this, if not, why?

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4: **Avoid anything that could cause remorse.**

Are you able to do this, if not, why?

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5: **Get enough rest and sleep.**

Are you able to do this, if not, why?

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6: **Eat properly.**

Are you able to do this, if not why?

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7: **Stay away from inferior elements.**

Are you able to do this, if not why?

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8: **While staying grounded, stay in touch with the cosmic energy.**

Are you able to do this, if not why?

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9: **Do not squander your luck or good fortune.**

Are you able to do this, if not why?

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10: **Cast away all random interferences and unorganized trivia.**

Are you able to do this, if not why?

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11: **Accept responsibility as an initiator for good.**

Are you able to do this, if not why?

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12: **Stay aware that everything matters.**

Are you able to do this, if not why?

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13: **Do not miss when a golden opportunity arises.**

Are you able to do this, if not why?

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14: **When prepared, take action as an angel or blessing.**

Are you able to do this, if not why?

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15: **Seek the ultimate truth of events, circumstances and relationships.**

Are you able to do this, if not why?

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16: **Stay focused on the valuable effect you are having on the world.**

Are you able to do this, if not why?

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17: **Look for cooperation, not competition.**

Are you able to do this, if not why?

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18: **Know when the forces of darkness are too strong to take on.**

Are you able to do this, if not why?

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19: **Be the primary mover for the light in all you do.**

Are you able to do this, if not why?

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20: **Respect that your chi keeps you physically stronger, mentally focused, emotionally intelligent, spiritually energized and revitalized.**

Are you able to do this, if not why?

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# Exercise 5

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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# Summary

Sadly, the divine map for humanity and this world is not being developed as planned. Therefore, we desperately need our expanded consciousness to keep us connected to all forces that are blueprinted for the good.

Abundance, happiness, nourishment and protection are waiting for us. They will be realized through our goodwill, divine inspiration, productivity and receptivity to a higher plan of thought and a more powerful awareness of ourselves. Our soul evolution can then be recast into a greater state of creation.

*Become an effective, wise sage  
Using your power to wage  
A magnificent divine stage  
For quelling human rage.  
Always listen and engage  
Committed to turning the page  
To end the sad global plague  
Of souls living in an impoverished cage.  
Amen*

# Living Constructively Quotes

For those who are not angry are worth little; for those who lose their temper are worthless.

We must not fool ourselves – there is no such thing as a life without problems.

To be defeated or to be victorious is founded in our decision making.

When problems arise, take care to preserve the feelings coming from the heart.

The most important discipline is decisive impeccability.

We are protected when we know that our integrity is not up for grabs.

If we use goodness to look for fame – it is not goodness.

Gratitude is the attitude that keeps us at high altitude.

Truth is never an option – it is a stability.

Nothing can work without commitment and certainty.

It is much easier to keep our honor than to try and reclaim it.

If we cannot help a hundred people, then let's just help one.

Only through our humbleness can our honor be reached.

At all times – our ego must be silenced.

Never anchor life to any kind of attachment.



Yearning to learn keeps us optimistic even when we are exposed to criticism.

When we stand tall – we strengthen the backbone of others.

Remorse is crucial to our well-being and self-respect.

There is no one who has not felt lonely at one time or another.

For compassion to exist, we must use our hearts, not our heads.

Miracles must be believed to be seen.

Money without good intention is worthless.

Forgiveness is the most freeing gift we can give to ourselves.

Grace is the best remedy when in the midst of ill-mannered people.

To be meek and humble is to be grand and noble.