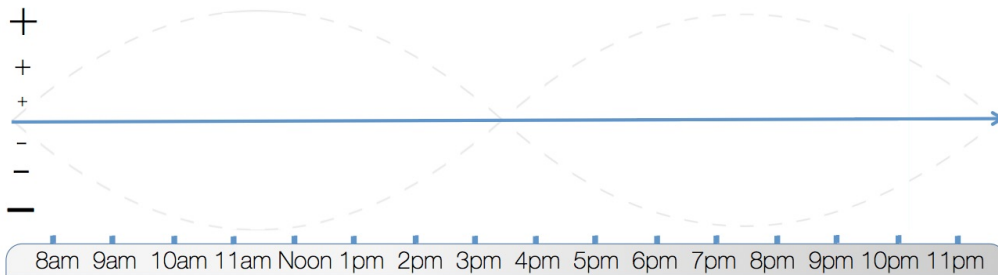




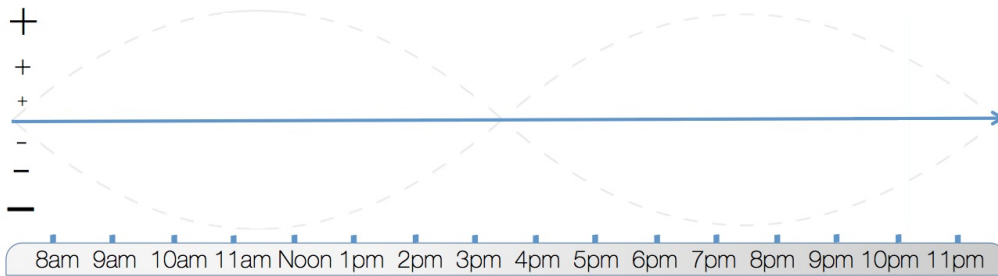
Creating Your Own Luck—Long Form

A. EXTERNAL WORLD

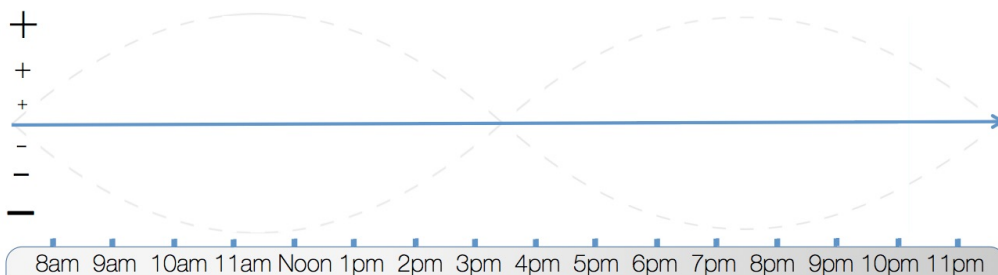


B. INNER WORLD

- **Stressed/Confused Mind**

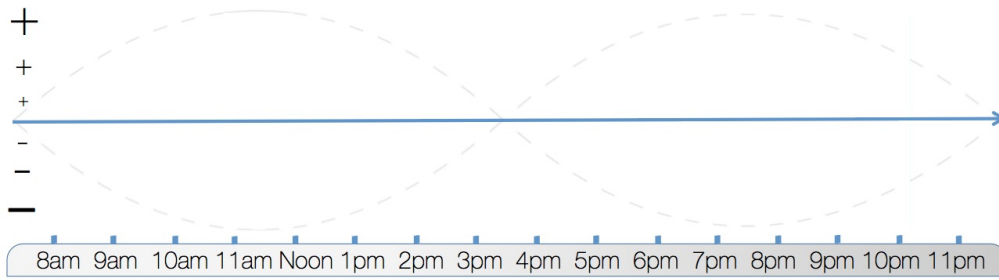


- **Need**

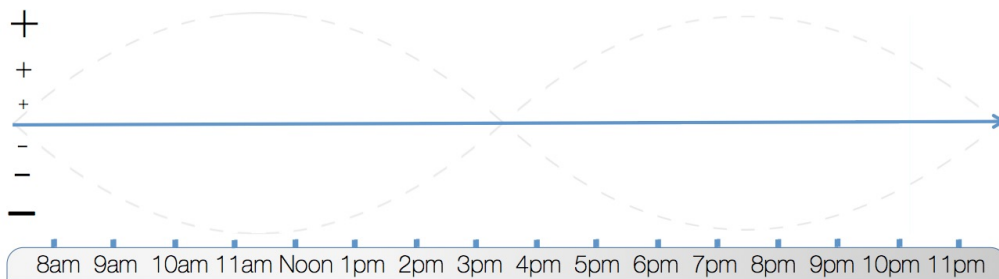




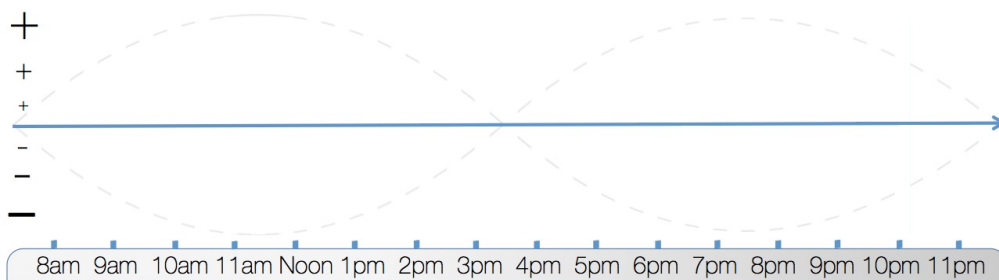
- **Sense of Ease/Time to Spare**



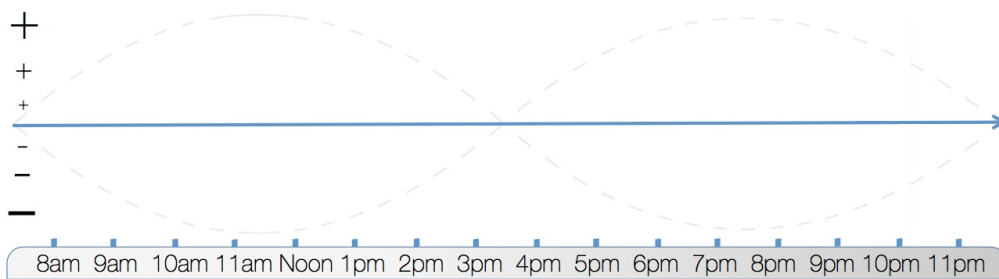
- **Ability to Manage Trolls**



- **See the World As It Is**

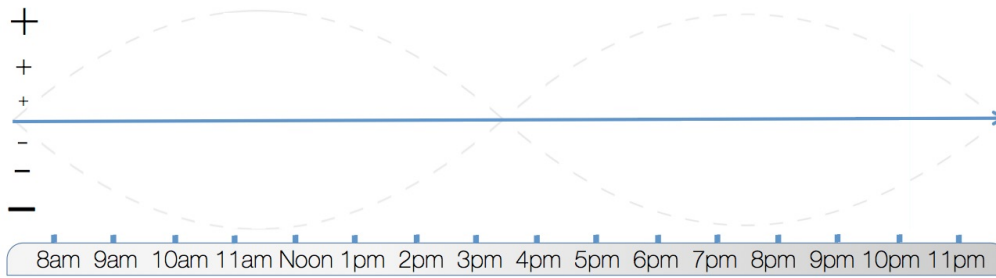


- **Sense of Catastrophe**

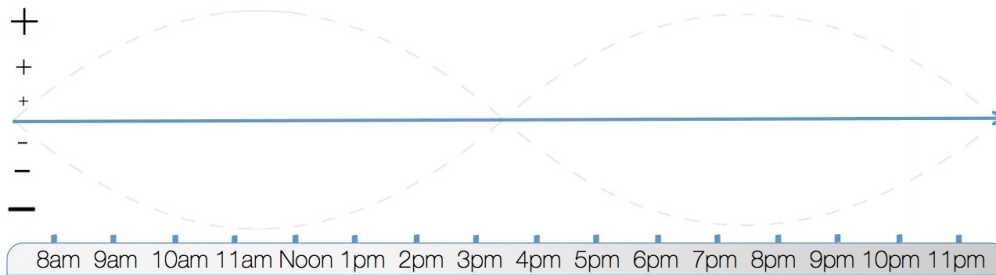




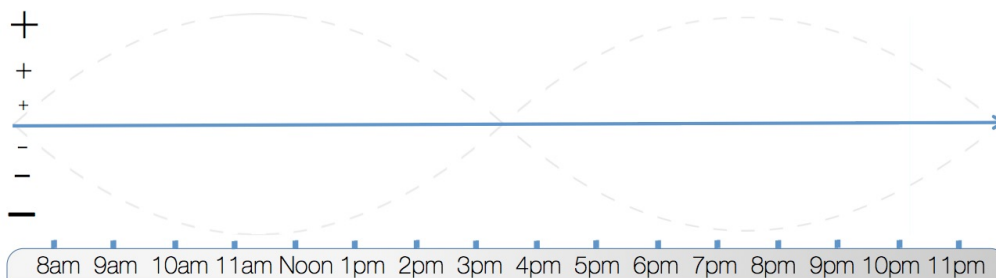
- **Will to Combat Helplessness**



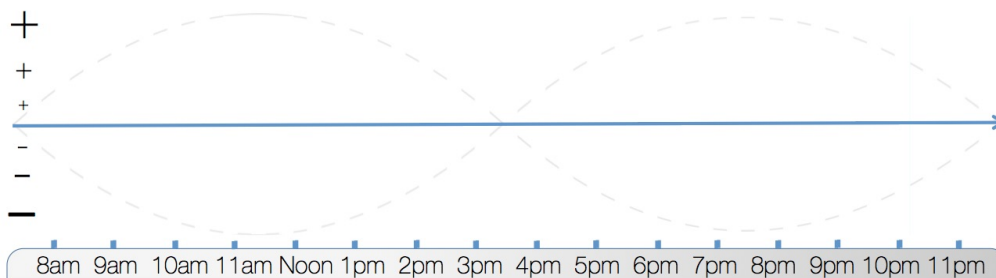
- **Arrogance, Grandiosity, Vanity**



- **Gravitas, Sense of Connection, Steadiness, Resilience**

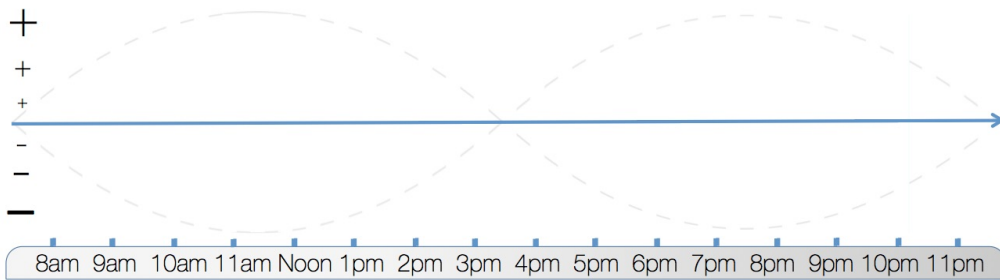


- **Life Force/Vitality**





- **Paying Forward—Inner/External Worlds Meet**



- **Discoveries, Wonder, and Magic**

Legend:

- **External**—refers to events, occurrences, encounters, changes of conditions in the external world.
- **Emotions**—simply track your emotional state, especially if your emotions are turbulent, worried, stressed out, or quiet and placid like a lake.
- **Need**—refers to the delusion that you will die if something does not happen. We truly “need” very little—air, water, food, etc. The rest may be desired or pleasant, but we will not die without them. Above the line indicates “needy”; below less so.
- **Sense of ease and time to spare** correlates closely with Laughing Heart, even during stress. Here is one example of the interesting dynamics of these categories.
- **An ability to manage the parts of our psyche** that seek to undermine us—ie. “trolls”-- correlates directly with Laughing Heart. The more powerful Laughing Heart, the more the trolls scurry away.
- **See the World As It Is**—The greater Laughing Heart, the more clearly we see the world as it is and also the Big Picture. Laughing Heart transforms our powers of perception.



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- **Sense of Catastrophe**—This element recedes rapidly as Laughing Heart expands as our resilience is becoming very powerful.
 - **Arrogance, Grandiosity, Vanity**—all subside as we see the world more clearly without distortion of ego.
 - **Gravitas, Sense of Connection, Steadiness**, Resilience are all attributes of increasing strength and life force.
 - **Life Force and Vitality**—This spirit infuses Laughing Heart and helps to recalibrate all other elements.
 - **Paying Forward**—Please see Move #8.
 - **Discovery, Wonder, Magic**—As Laughing Heart expands we have a greater sense of wonder and an appreciation of what Albert Einstein called “the mystery.” We simply let our eyes be dazzled.

Notes:

- As you move into a Laughing Heart state, please observe what happens to every move you are tracking. Not every move immediately tracks in tandem. That is one of the elements that makes this exercise interesting. See what you can discover.
- Note whether your sense of “field independence” is increasing. Life has many ups and downs and colors. This is the “normal” state. It is really all about developing your skill in “surfing.” Here you are drawing your own great “wave” form(s) of your life.
- Above the line indicates “positive” move toward Laughing Heart; below the opposite. Laughing Heart correlates closely with movement away from excessive stress or negative emotions toward exuberant vitality, health, joy, and flow.
- Note the interplay of the three lines. See how one line potentiates another. Do you note greater “leverage” from any of these moves? Can you discover a critical threshold where positive “feedback” (Create Your Own Luck Effect) starts to come your way in the external world?
- Keep a record. Please tell us about your discoveries.



- The data will become more reliable, the more easily you can enter a Laughing Heart state. We call this the “principle of increasing fidelity.”

Source: Julian Gresser, *Piloting Through Chaos—The Explorers Mind* (2013)