

## **Peak Performance and Flow**

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### **Part 3**

## **Constant Contribution Creates Happiness**

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### **Introduction**

In the Kabbala, the Creator can only bestow. It cannot receive. Before the Universe began there was nothing to receive so he created a Universe and life. Life is a vessel that can only receive. It is the purpose of vessels.

When man has received and has great gratitude, he finds that he also wants to give and bestow on others. Man has difficulty with 100% altruism. There is usually an agenda of recognition in some form.

Nonetheless the move toward 100% altruism is man's way to approach unity with the Creator. The more we give, the better we feel.

I found that the years I spent working for my own aggrandizement and personal satisfactions had many rewards and many frustrations. I provided a great living for myself and my family. I enjoyed many of the pleasures of the materialistic life.

I also found that there is no end in the amount of material gratifications that are available and that we think we need once we get started on that as a path to happiness.

I found that eating healthy and fitness were habits to stay alive so that I could continue producing and ensure that the stress and luxurious life wouldn't bring obesity and disease.

It took a long time to get the Spiritual connection of taking care of my body because I was connected to nature. I had felt my connection early in life while camping in the Sierras and have always had a very active outdoor life. I knew I felt Spiritual in nature but didn't understand my connection.

When I moved to the beach in May of 2010 I created a direct connection so that I could get the feeling everyday. My healthy eating evolved into a raw diet. I renewed my exercise program to push new limits. I found the discipline gave me control over my mind. Discipline leads to confidence and courage.

Eating healthy and fitness creates a Spiritual connection to nature by respecting and optimizing a body's capabilities. It lets us know that what exists around us is really all we need for happiness and fulfillment.

The Spiritual connection led me to see the greater design. I felt the gratitude of being alive and part of a grand plan. When I saw how simple it was to find gratitude, I wanted my purpose to include improving my own connection and helping others find their own voice.

I felt the reward of researching and writing on topics that could benefit those who were perhaps tied to the pursuits that had led me down the path of materialism as the answer to happiness. Our multitude of responsibilities and search for relief often keeps us from finding the simplest answers.

Cherishing who we are here and gratitude that we are here is part of moving to 100% altruism. Giving something everyday to family, friends, and community makes us feel connected and worthwhile. As vessels not yet united with the Creator, we can have an agenda that is self serving and generous at the same time.

There are lots of discussions we hear about charity, "paying it forward", treat others as we would want to be treated. They are all pieces of going from beings who are intended to learn how to receive abundance and then become enlightened to give it back.

Sometimes it takes a while to piece together the little tidbits of advice people hand out during our lives. I have always heard that charity brings back rewards. It is part of the karma circle.

The movie “Pay it Forward” seemed to have a great moral lesson. It follows under the category of altruistic acts of kindness will make the world a better place. Start the chain of giving and who knows where it will end up.

“Treat others as you would like them to treat you”. That has to be the oldest one on the books. In fact it is in the oldest book. It is the combination of make the world a better place and the karma circle.

I got a Spiritual epiphany when contemplating the Chaos Theory of negative and positive feedback loops. Chaos Theory asks the question “if a butterfly flaps its wings in Argentina, can it create a tornado in Texas?”

The constant negative and positive feed back loops in nature are responsible for constant changing climate and geological events. The sun generates heat energy and the systems on earth react. Depending on the temperatures on land, in the water, and in the atmosphere, we get changes in wind, currents, pressure, and moisture, to name a few. There is a continuous revolving interaction of all the systems.

Life on earth reacts to those changes. We have to wear a hat in the heat and carry an umbrella in the rain. Animals and plants react to the same systems. The systems nourish life just as they often destroy it. It is also be Creative Destruction. A tree is hit by lightening and becomes termite food. The termites become bird food.

The rhythm of the change is actually an order in itself. It is a metaphor for a rhythmic dance.

Humans can find this same feed back loop system in their global society. There are positive and negative feed back loops. They can get very complex. Iran, who threatens to bomb Israel, gives aid to Lebanon. The U.S. who bombs Iraq gives aid to Mynamar. As nations live in war, the concept of peace takes on new meaning.

The act of revolting against tyrannical regimes creates chaos that is seeking a new order. As it happens in nature it happens in life.

Charity often comes from those who cause suffering and sometimes evil emanates from those who give employment. The makers of bombs and napalm give life to workers whose products cause death. Nations who deprive their own citizens of rights, sometimes help the people of other nations. The mid east is certainly a current example.

The farmers who raise corn to feed the masses may use pesticides that poison the water and deteriorate the sustainability of the earth. The coal that is burned to create heat energy for cooking, light and warmth, creates destruction to other living organisms.

Man strives to increase productivity and bring people out of starvation, but in the process also destroys habitation on his planet.

Nature and social orders create positive and negative feed back loops that contribute to new order. As individuals we have control over our own process. If every individual were to create positive feedback into the global network, the world would be a different place.

## **Chapter One      What Are Our Choices?**

We know man has Free Will.

There are some who have thought life is predetermined and we wind up doing what is our fate. Astrology says our fate is in the stars.

The field of psychiatry has influenced our Court System to the extent that criminals are often considered the result of mental, societal, psychological abnormalities that make them unable to discern right from wrong. We might not kill them for their deficiencies so we at least incarcerate them.

But science has shown that the natural order is ruled by chaos. Chaos is an unpredictable evolution of events based on each breath of influence. Chaos is the beauty of life. Everyone gets to play. There is no way that the results can always be predicted. We know a tsunami creates damage, but we don't know all the factors that led to the creation of the earthquake or under water event that created the tsunami.

We can help an elderly lady across the street, but we don't know the potential consequences of this act. Maybe because we help her she gets hit by a car that leaves the road and lands on the spot we left her. Maybe because we help her a bus leaves the road and lands where we were standing before we helped her.

Is this fate, free will, or chaos?

Helping people is an act of generosity or "paying it forward" that can have affects that stretch across the globe. If every person engaged in an act of kindness at the same time, it might change the consciousness of the world

There are theories of Universal consciousness that say a small mass can reach a critical mass where the behavior of the whole mass changes.

Most of us would admit that on a daily basis, we know right from wrong. From birth we receive plenty of guidance on choosing the right behavior from choosing inappropriate behavior. Emotional Intelligence is a gauge of whether we have discernment.

Yet we remain very egocentric as we look to improve our lot in the struggle for survival. We often develop the idea that we have to take from others to get more for ourselves. We generally grow up believing in scarcity.

One of the reasons we believe in scarcity is that we want what others have or we want their success or we want their position. We aim at goals because they will bring approval from others and without their approval we feel lacking.

If we live for approval and others' acknowledgment of our presence, worthiness, or accomplishments, we are not living by natural laws. We are living in ego and think we are paying back the debt we owe. We are thinking others hold the gavel of approval for whether we have become worthwhile.

We get separated from our essence and forget we have already been deemed whole, worthwhile, and perfect just by the fact we are here. Nothing you can find in nature is not perfect. Modern science has shown Darwinist theories lack explanation for how some living things could never survive if not created just as they are.

What has evolved is the changing Universe after 15 billion years. It changes daily through creative destruction. The smallest particles are in chaos and our body's cells replace themselves continuously. You are not who you were last year and yet you may not notice

We forget that our purpose like all life on earth is to self actualize and become the best we can be. Every living thing contributes to the whole. Plankton feed the salmon who feeds the tuna, swordfish, and the bear.

Man has a brain and a consciousness not known in any other species. Only a short time ago in geologic history, man developed language. Man can understand and express concepts. But man is not alone in providing care for his species and communities.

The matriarch elephant is the keeper of wisdom and secrets of how to avoid past catastrophes and avoid peril. Nurturing is endemic with most mammals.

Man can not only share wisdom and elevate spirit. Once we find our own spirit, we can share with others helping them find their voice and their purpose. Finding our own spirit becomes infectious to those in our sphere of influence. The butterfly flapping its wings can stimulate more sharing.

Like Jack Nicholson's line, "you make me want to be a better person." Your purpose is to raise the total consciousness. By creating your own positive feedback loops and adding people to your chain, your flapping wings create more influence. You are not in need of others deciding whether you meet with their approval.

By conducting your life in the proper manner you are above the need for others' approval. If you are creating positive feedback loops, the flow back to you will be supportive.

If your interests are egocentric, the feedback from others will probably reflect your positive and negative outputs. Egocentricity is often an effort to suck the energy out of an otherwise positive consciousness.

## **Chapter 2 Make Life a 5 Legged Stool**

We know how unsteady a three legged stool would be if one leg breaks.

If we have a viewpoint that our life depends on one or two things, we live precariously.

We need our job and one of the reasons is we have probably adjusted our life styles up to spend everything we make. The loss of a job would not allow us to keep what we have.

The book "Rich Man Poor Man" makes the great point that we should spend on luxury what we earn from investments. I learned that too late, but the wisdom of the lesson sticks.

We can build stability one leg at a time and have a life that becomes stable as each leg contributes and holds the structure even if one leg should falter.

Some of the ways we build our stability:

We can invest daily in our health. Our health makes us very vulnerable to sickness and disease. We build walls around this fortress with healthy eating, exercise, relaxation, laughter, reading, and hobbies. We take care of it and it will take care of us.

We can invest daily in our family. Even a broken family still needs support and can return nourishment. The people closest to us are our opportunity to give love and receive love. You can express it and receive it every day without complications. In times of sorrow or setback they have heartfelt sympathy and know what to say.

We can invest in our passion and skills daily. Our passions are who we are. They are the things that vibrate with our soul. Our skills are the manner in which we can express

that passion in a significant contribution. Our greatest accomplishments will come from our most passionate pursuits. Even temporary setbacks do not eliminate passions.

We can invest in our communities. Our friends are valuable extensions of our families and perhaps people we knew in past lives. Our neighborhoods thrive on cooperative mutual support. Our cities and nation need the intelligence of our voice. Our communities support us and give back what we invest.

Allow Spirituality to breathe. Nature creates in Chaos. There was Chaos before order as scientists explain how the energy of the Big Bang resulted in planets and life. We are all part of the big scheme and none less significant than another. Know you were meant to be happy and fulfilled in abundance. Your belief will help you survive life's natural chaos.

When one leg breaks the other legs will hold you up until you can have the leg repaired.

### **Chapter 3      Contribution vs. Acquisition**

Happiness is really a feeling of Spirituality. There are different levels of happiness. There is short term happiness and long term happiness.

We can feel happiness when someone gives us a gift of something we like or wanted. We can feel happy over an achievement such as completing something, winning a competition, acquiring something material, or achieving a goal.

We can achieve longer lived happiness by being with someone we love, pursuing our passions daily, finding our spirituality, and contributing to the greater good.

A function of the item that delivered the happiness, is the time the happiness lasts.

I am happy when I get my cup of coffee in the morning. I am happy when I have my first bowl of nutrition. I am happy when I have completed my morning's work. I am happy when it is time to surf.

Each one of these acts is a short term perk. The happiness is fun, but short lived. I have these perks throughout my day and they give each day enjoyment. I design them into my day on purpose. I also appreciate each one.

They fall within my larger design scheme. Just as important to what I design into my days is what I eliminate. The additions create enjoyment and the eliminated items reduce stress and distraction.

The pleasures I mentioned are simple. I build them as part of my passions. I see them as fulfilling my purpose. They are part of my contribution.

So what are the principals that guide my daily activities?

Our principals and values can simplify long lasting happiness.

What are some primeval, primordial basic needs? We need love. We need security. We need belonging. If we had these three, most people would not need anything else to be happy. We often go through a lot of activity to arrive at achieving them and yet maybe because we don't recognize their essence, we spend time pursuing false idols.

I named some simple pleasures that give me happiness each day. They are subsets of larger goals. These goals include pursuing my passions, pursuing my health, connecting with my Spirituality, increasing my core competencies, connecting with my communities, and contributing to the greater good.

When we don't understand the essence of finding happiness, we might include a lot of additional unnecessary activities. In the past my activities were focused differently. I thought I understood early on from my life's "teachers" that my purpose was a good job and high income.

I had to surmise that income created the opportunity for happiness. What does income buy? It buys a nice house, a great car, nice clothes, fun dining, great vacations, and attracts some women which I equated with love.

Everyone of these is a worthwhile goal and I experienced each one to the max. When you have so many pursuits, there is a limit to what any income can purchase. Each category has bigger and better. Why be satisfied with one when there is more?

The question I have now is which acquisitions were satisfying which needs? At which point had I arrived so that I could rest and create more worthwhile pursuits? It never happened in that life. I, like the caterpillar had to molt my values that were leading my behavior.

Once we enter the game of satisfying our basic needs by acquiring, we have set up a difficult thirst to satiate. Our brilliant marketers of fine living make it difficult to feel self satisfied unless we are continuously tasting the newest and the finest. After all, we have to be cool and belong.

Let's say we started with a different set of values. Instead of my life purpose being to make it in the world and enjoy all the good life has to offer, I decide that I am going to ask who I am and why am I here.

Instead of feeling an obligation to make my parents proud and live up to everyone's expectations, I decide to ask what is my role in the larger reality. Modern scientists, researchers, psychologists, neurologists, doctors, and spiritualists see life differently than did their predecessors. The days of classic physics, Darwinists, and traditional scientists have fallen behind the discoveries of modern technology.

That is a mouthful. What does it mean? It means that the atom is not the orderly smallest component of our existence. We have discovered smaller energetic sources that live in chaos. We have discovered that all species and forms of life could not have evolved from one cell. We have discovered that classic physics leaves unanswered solutions to the new reality we know.

The scientific and spiritual conclusions of many modern thinkers is that we are a part of a much bigger reality that began as energy and chaos and exploded into matter and some forms of order. Chaos is still the natural process for creativity that brings some order, but leaves lots of room for unpredictability and non linear results of positive and negative feed back loops.

In other words, we are a part of a large system that is actually more connected than we ever realized. Everything in existence consists of the same basic elements; oxygen, hydrogen, nitrogen, and carbon; in the biblical terms, water, sky, earth, and fire.

Most matter and space have the basic elements of oxygen, hydrogen, nitrogen and then form is created with carbon. These are the basic elements of DNA.

If we realize our history and our connectivity it gives us two ways to look at the realities we live in.

We can see ourselves as one with the Universe that exploded 15 billion years ago and continues to recreate through a process of chaos and reorder. We can see ourselves as part of a society that idolizes wealth, status, and power.

If we accept the Spiritual results of science and modern ideas of consciousness, we realize we are a part and contributor to an unlimited natural order. We might see that everything is here for a purpose and is designed perfectly. We really have nothing to prove.

We are entitled to the abundance that has been provided. There is only scarcity in our minds. There is no lack of love in the Universe. We are a part of every living thing and can self actualize by acknowledging and increasing our connectivity.

Our brain responds positively to pursuing passions, operating in flow, and contributing to the greater good. This is how nature has provided us with the opportunity for sustained happiness. This is how we get a continuous supply of happy brain chemicals.

So the short cut to happiness is realizing the larger reality. The long route is pursuing the smaller reality of satisfying our senses. The road to happiness through contribution is a shorter path than the road through acquisition.

Accepting our gift of life, having gratitude for the abundance of happiness available in the right pursuits, and helping others enjoy their gifts is a path for long lasting happiness.