

## The Benefits of Life Strategy

The desire to be prosperous, successful and happy is innate to all living beings. There is a great sense of personal satisfaction when we apply our selves and through focusing our minds, accomplish our goals in any arena in life. However, we often lack the focus, the resolve or the requisite awareness to carry out our desires. And even when we recognize this fact and want to make changes, we often lack the tools to effectively do so.

With Life Strategy, we can actually ‘consciously’, by design, create a personalized vehicle for ourselves which will carry and guide us to our destination with minimal damage and maximum precision. Imagine living a life in which we never lose our center? Where despite setbacks and obstacles, we remain eternally trusting and faithful that we will reach our destination. Where ‘control’ and its attendant henchmen – manipulation, deceit and guilt – are but shadows of a freer, more authentic self which is characterized by the qualities of acceptance, truth and forgiveness! By establishing and partaking in a Life Strategy, we can experience our own life as rich and meaningful journey filled with endless growth opportunities that will ultimately bring us wisdom, harmony and eternal peace.

The system of Life Strategy involves moving through a series of distinct stages which progressively takes one to a place of their own knowing. By moving through these stages, you have a framework for embarking on a journey of living life consciously and with awareness to become the best you can be. Here are the 3 stages:

Stage 1: TIME OUT - The most crucial step to take is to stop and take time out of our chaotic lives to assess where we are, where we have been coming from and ultimately, where we are headed! This initial step is the key to becoming ‘conscious’ of why we are doing what we do. For most of us, we will only do this when we are forcibly stopped in our tracks by illness or traumatic loss. At such a time, we are often fragmented and can ill afford the energy it takes to focus on anything except on that which is on our plates before us. However, the value of taking the time, despite all the legitimate excuses, cannot be stressed enough here if we wish to live a life which doesn’t end up in regrets of what we could have done!

Stage 2: LETTING GO - After having inventoried our lives will automatically involve letting go of that which no longer serves us. Although this sounds simple enough, it is one of the most challenging to accomplish. This is because we become familiar with ‘being’ a certain way and find it difficult to trust that by letting go of old, out dated and worn out belief systems, we will still be ourselves. Because we have become so intimately entwined with our beliefs, we have lost sight of the fact that our beliefs are constructs which were designed to support us, not define us.

Stage 3: INTEGRATING -