



LESSON 1: Determining Your Legacy

(Please be sure to print this lesson out on three-hole punch paper so that you can keep it in your PPS Success binder)

1-C, The 10 Components of a Legacy

What is Your Legacy?

In the previous section of this lesson we spent a good amount of time discussing the nature of a legacy and what it means to have a legacy to you as an individual as well as to the Kosmos at large. In this chapter I want to explore the legacy a bit more deeply and then provide you with another exercise to help you to focus in on your own legacy.

Now I hope you are already beginning to have a clearer vision of your own legacy, or if you knew it already, that you have a better idea of what parts of your life have shaped that purpose for you. By now, you have completed your Mandala and taken some time to examine it on your own. You might see patterns emerging as certain symbols reoccur in particular quadrants of the Mandala or you might see that certain symbols don't really appear at all. All of this should draw into sharper focus those events in your life that really moved you, that charged you with energy and enlivened your body, mind and soul.

If the Mandala has pointed you in the general direction of your purpose, we need to set you on a clearer path to this discovery. This is where the *10 Components of a Legacy* come in. *Everyone* who is living their legacy has, subconsciously or consciously, found a way to shape these 10 variables so that they genuinely harmonize with their purpose. Let's take a look at them now.

1. Dream!

The most successful people say that one absolutely necessary step in accomplishing *anything* is first having an idea or a dream. All of the greatest thinkers and inventors that



ever lived on this planet were dreamers. Einstein, Edison, The Wright Brothers, Tesla, Alexander Graham Bell and Henry Ford were all dreamers. They had dreams about what they could achieve with their lives and what they could help others to achieve. Without those dreams, we'd never have known who any of these people were.

So what do you dream of achieving with your life? Think about what you would do if you had *unlimited resources* and *no limitations*. If you had all of the time and money in the world to do what you wanted, what would you choose to do? Your dream is your ideal and thinking about the ideal is important. Just as physicists or chemists analyze scientific models created under ideal conditions to tell them about how the world works, we can use our own ideal or dream to tell us about the life we are living and what we need to do shape this life in a way that harmonizes with our legacy.

2. What Makes You Feel Good?

Learning about what makes us happy and how to live a life that makes us feel good is so critical and yet we are often taught to ignore our own happiness. What's the end result? Unhappy, unhealthy people who simply aren't capable of learning from life's challenges and evolving. When you are *in* your legacy, when you're doing what your soul wants you to do and you're acting out the mission that your higher self has planned for you, you will not feel tired. Of course you will face challenges, but you won't get discouraged easily and you won't give up when you face adversity. It's important to see that living your legacy will imbue you with a resiliency. Because your body, mind and soul are in harmony, you will be sustained through these challenges. If you were listening in the slide show 1-B, you'll remember that I've had my ass kicked lots of times. But because my body, mind and soul were in alignment, nothing could hold me down. I grew from those experiences and now I'm living a life I love.

So when *are* you alive? When do you feel excited to get out of bed in the morning, energized to take on the day? If you are still not clear on your legacy, think about these times when you feel alive and look for patterns. Is there any variable or element in common throughout these events? It may be helpful to think about whether there is a notable *absence* of any variables. Is *freedom from something* making you feel enlivened? Once you have noticed a pattern in these times, *write them down!* This is especially



important if you are unclear about your legacy – you don't want to let what you've learned about yourself slip away!

3. What Gives You a Sense of Purpose?

The image on the below is a picture of me at work in my library surrounded by a number of sculptures. In the upper left hand corner sits the Dalai Lama and a bust of Einstein is perched on the bookshelf directly behind my head. I also have sculptures of Chief Joseph, Mother Theresa and Chief Seattle placed throughout the library.



Now you may notice a common theme in this artwork. These are all sculptures of people who dedicated their lives to *peace*. There's another feature that unifies these amazing works – my Mother Meera created each and every one of them (You can see her work at www.meeracensor.com). For her, the discovery that she had this capacity to create was an amazing gift. Sculpting peace people isn't just a hobby for my Mother, it is an act of creation that gives her life a sense of purpose. It's precisely that sense of purpose that makes her discovery a gift.



In order to live one's legacy, it is *vital* to have a strong grip on your purpose. Without purpose our lives have no meaning and no guide or direction. While there is a strong overlap between these first three components, they aren't strictly identical. You can have a dream or an idea without understanding your purpose. You can also be doing something that makes you feel good while not living your purpose. It's important then to think about what triggers that sense of purpose in you, apart from what makes you feel good about yourself, or what your dreams may be.

To understand what it is that gives you purpose or meaning, try to recall those times or events in your life that evoked in you a sense of fulfillment. What events in your life felt as though all of your skills and energies fit together and harmonized to achieve some goal that meant something to you? What was it about those events that brought about this unification of mind, spirit and body? Again look for patterns or for common elements in those instances and take note of them.

4. Geography

This sounds like a simple component to your legacy. However, don't underestimate the importance of your physical surroundings: the temperature, humidity, the changing of the seasons and other natural rhythms and even the amount of sunlight during the day. Some people like to live in highly populated areas others enjoy the quiet of a small town. These are all features that can profoundly affect you spiritually, mentally and physically and this is why it's important to consider.

Let me give you an example. James, the Dean of the PPS Program, grew up in Northern New England where he experienced dramatic seasonal changes – cold, snowy winters, hot, humid summers, a bright, colorful fall and a mild spring. In 2004 he moved to San Diego. The temperatures there vary very little, there is never snow, a thimbleful of rain during the year, and it is almost always sunny but for a very short season with a few clouds dubbed the “May Grays” by locals. It may sound idyllic to many of you, but James began to experience a slightly disturbing and uncomfortable sense of timelessness. When the usual, forceful environmental cues as to the passage of time were removed, every day started to seem like the previous. James has since moved to Seattle, where the seasonal changes are more radical than those in San Diego and he's more comfortable



there now. He feels a rhythm that was absent in San Diego. The moral of the story is to think carefully about where in the world you want to live.

For some of you, it may be very difficult to get to your geographical ideal immediately. You can, however, build intermediate moves into your goal structure that lead up to ideal. Ask yourself, what are the environment quantities present in your geographical ideal that resonate with you? Once you know this you can begin to look for alternatives to live in that may not meet your ideal, but are a good deal closer to your ideal than where you are now while at the same time being attainable given your resources and commitments. Just remember, there's no place on this planet that you can't live if you really want to. It's simply a matter of planning.

5. What Are You Passionate About?

People often ask me how I manage to run a successful practice, maintain my health, write my books and articles, produce videos and lectures, construct and teach my courses in addition to all of my other projects. The answer is that I am passionate about what I do. To be passionate about something means to have limitless enthusiasm for that thing. Anyone who works with me will tell you that my enthusiasm for my work on has no bounds and this fuels me throughout the day. This passion drives me, fuels my creativity and sustains me. Living your legacy means that you have discovered what your passions are and have constructed your life according to those passions.

As with components one, two and three above, think about those events or activities in your life that inspired this sort of limitless enthusiasm. What were those events? What fascinates you? It may also be valuable to think about those events that provoked or produced the opposite effect. Were there ever any events in your life for which you had absolutely NO enthusiasm or in fact dreaded.

6. People

As I said in the last section of this lesson, creating a legacy is not a one-person job. Those people around you not only participate in the creation of your legacy, but they may also be *part* of your legacy. For this reason, you need to think very carefully about the kind of people you want to surround yourself with. Take care not to identify legacy here



with *just* your job. Your legacy is *your life*. This means that when you think about who will be in that life you need to think about who you want your partner, wife, husband, girlfriend or boyfriend to be. What qualities should they possess? Who will your co-workers be? Who will your clients be? Who will your mentors be? These are all people who figure into your legacy.

Here's a brief list of questions you may want to begin by considering:

- a) How intelligent do you want the people in your life to be?
- b) How talkative do you want the people in your life to be?
- c) How beautiful do you want the people in your life to be?
- d) How earth-conscious do you want the people in your life to be?
- e) How compassionate do you want the people in your life to be?
- f) How active do you want the people in your life to be?
- g) How passionate do you want the people in your life to be?
- h) How artistic do you want the people in your life to be?
- i) How athletic do you want the people in your life to be?

This may not nearly scratch the surface of the sorts of characteristics that you think are important to those people in your legacy. Moreover, some of these qualities may not make a difference to you and some may matter more than others. It depends upon your legacy. Feel free to list any quality that *you* think is important for those people who will be part of your legacy.

7. Values

It is impossible to live your legacy unless you are living in harmony with your values. Leading a life that isn't in harmony with those values can be extremely damaging mentally, physically and spiritually. When I say, "living in harmony with" I mean something more than simple awareness of your values. It just isn't enough to simply know what it is that you care about. These values must be embodied in the daily actions of your life. This is because the things we value are qualities and characteristics that we hold in esteem, that are praiseworthy and that we cherish. To act in a way that contradicts those values or doesn't support them can be painful. We notice that hurt when



others transgress against our values as well. How often have you voted for someone who claimed to have certain values and yet failed to do anything to see those values realized in our lives once they reached office? How disappointing is that?

When planning to live your legacy, then, you must understand what you value and map out how those values will come to be realized in your being. Take a look at the diagram below. The people in it have *radically* different values. What do they *say* they value? Do their actions match up with what they claim? Sometimes it is helpful to get a fix on your own values by looking at what other people care about. What do the two George Bush's think about the environment? What does the Dalai Lama think? What are their respective values with regards to the sanctity of life? What are their beliefs in regards to the importance of money and material goods? Where do you own values stand in regards to these issues?





Remember that if you aren't contributing to a world that creates and supports your own values, you are contributing to a world that creates and supports someone else's values. Take a look at the diagram one more time with that reminder in the forefront of your consciousness. If you don't act to create a world that harmonizes with what you care about, the alternative value sets may not be to your liking.

8. Working Conditions

We've discussed the environment as an important part of your legacy. So far I've mentioned two components of your environment: your physical location and the people in your life. Of course there is more to your environment than that. Your work environment includes all of those things besides people and location. For example:

- a) Do you want a controlled environment (as in an office space) or an uncontrolled environment (as in being outdoors)?
- b) Do you want a natural environment or a human made environment?
- c) Do you want to be on a time card system or on a contract?
- d) Do you want to own your own business?
- e) Do you want a fast paced, intense work environment or a more relaxed rhythm to your work?
- f) How will your office or workspace be structured?
- g) What will the *auditory* environment be? Do you work best in silence? Do you like particular kinds of music? Do you like the sounds of other people working?

In short, what do you need to be in place in your work environment so that you align your mind, body and soul?

9. Responsibilities

While one's level of responsibility is an important part of the workplace, we have responsibilities in all aspects of our life: responsibility to ourselves, our families, our friends and the community at large, as well as to co-workers, clients and customers. Finding our legacy means understanding what kind of responsibilities we want to have with regard to those who are part of our legacy, and again, this includes you.



Here are a few questions to guide you in thinking about the level of responsibility with which you are most comfortable.

- a) In your workplace, what kind of people do you want to have working for you? How many people do you want to have working for you?
- b) What sorts of actions do you want to be carrying out in regards to your work? What would be your role in the work place? What sorts of roles should those working under you be filling?
- c) What would be the results of your role in your workplace? What would be the results of those working under you? Put another way, who would be affected by your work? How would they be affected by your work? What responsibilities are extended to you because of those who are affected?
- d) What would be the effects of your work on the environment? What would be the effects of your work on the biosphere? How would those effects alter your responsibilities?
- e) How would your work relate to the government and does that relationship alter your responsibilities?
- f) What levels of stress do you want to shoulder at your workplace?

While these questions are all centered around the work place, you can ask similar questions about the responsibilities you want to have with regard to loved ones, for example. How would the commitments you are making to your legacy affect your spouse? How would the commitments you are making to your legacy alter the relationship you have with your children? How do you *want* your legacy to affect those relationships?

Here again, it might help you to get focused on your own desired responsibilities by thinking about contrasting examples. Take a commanding officer in an airborne division and compare that officer's responsibilities with those of an artist like my Mother. How would they answer the questions that I've listed above? I think you'll find they would reply in vastly different ways. Would you find yourself more interested in the kind of



responsibility carried by the commanding officer or the artist? How would you differ from both of them?

10. Income

This is a difficult issue for a lot of people. Many of you won't want to think about your required income and haven't even considered it in any depth before going into an interview. I've interviewed over a hundred people in my career and I can only think of two or three cases where the prospective employee even asked how much the job offered! These people lacked the personal strength to even ask about how the job paid. In the end, this is a matter of valuing *yourself*. It is crucial to understand your needs and your skills well enough to know how much income you require to live the life you want. Just as importantly, you have to care enough about yourself to see that you get it.

With that in mind, ask yourself the following questions:

- a) What does your income need to be to fulfill your needs?
- b) How secure do you need to be? How much do you need to have in the bank? In your investments? In your wallet?
- c) How do you want to get paid? Do you want to work on commission? Do you want to be paid by the hour? Do you want to be salaried? How regularly do you need to get paid to feel secure?

No matter how you slice it, no matter how frugal you want to live, you cannot live your legacy without getting clear on your required income. As I said, understanding the level of income you need and being honest about that with yourself and your employer is a matter of valuing yourself. You *cannot* live your legacy if you don't value yourself.

One Final Suggestion

Before continuing on to the next section of the text, I recommend that you go back through the 10 components that we discussed above. As you do, take some time to think about each of those parts as they relate to *your life*. What is it that *you* dream of doing? What sort of environment really excites and enlivens *you*? Once you've done this, you'll be ready to move onto the next section of the manual



Creating a Legacy Mind Map

Now that you've thought a bit about the 10 components to your legacy, you should be seeing a clearer view of just how you want to shape your life. But sometimes simply meditating on a topic just plain isn't enough to bring a thought completely into the light of reason. In this section, we're going to engage in an exercise together that will help you to organize your thoughts about the components of a legacy as they relate to your life. To do this we're going to create a mind map. Mind maps, for those of you not familiar with these tools, have a similar function as an outline. They serve as a way to aid in the structuring of ideas. However, there is a real important difference between the two. While outlines generally achieve their function in a strictly written, logical form, the construction of a mind map involves *both* sides of the brain, relying on a more creative process to visualize logical and conceptual ties between ideas. At its most basic level, a mind map is a picture of concepts and how they relate to one another.



Because building a mind map is a creative process, there are very few rules as to how to make your own map. In fact, this lack of structure is a *benefit* of the mind map. You have the freedom to draw the relations in a way that makes them clear to *you*. For this reason, I'm not going to give a whole lot of instructions here, though I will describe the basic framework of the exercise.

The goal of this activity is to create a mind map in which you flesh out the nature of the 10 components to your legacy and how they relate to each other. To begin with, choose symbols for the 10 concepts that you are going to relate.

- 1) What is your dream?
- 2) What makes you feel good?
- 3) What gives you a sense of purpose?
- 4) Geography - where in the world do you want to be?
- 5) What are you passionate about?
- 6) What kind of people do you want to be around?
- 7) What values will your legacy serve?
- 8) What conditions do you want to work under?
- 9) What kind of responsibilities do you want to be part of your legacy?
- 10) What kind of Income do you need? How much? How secure? Paid in what way?

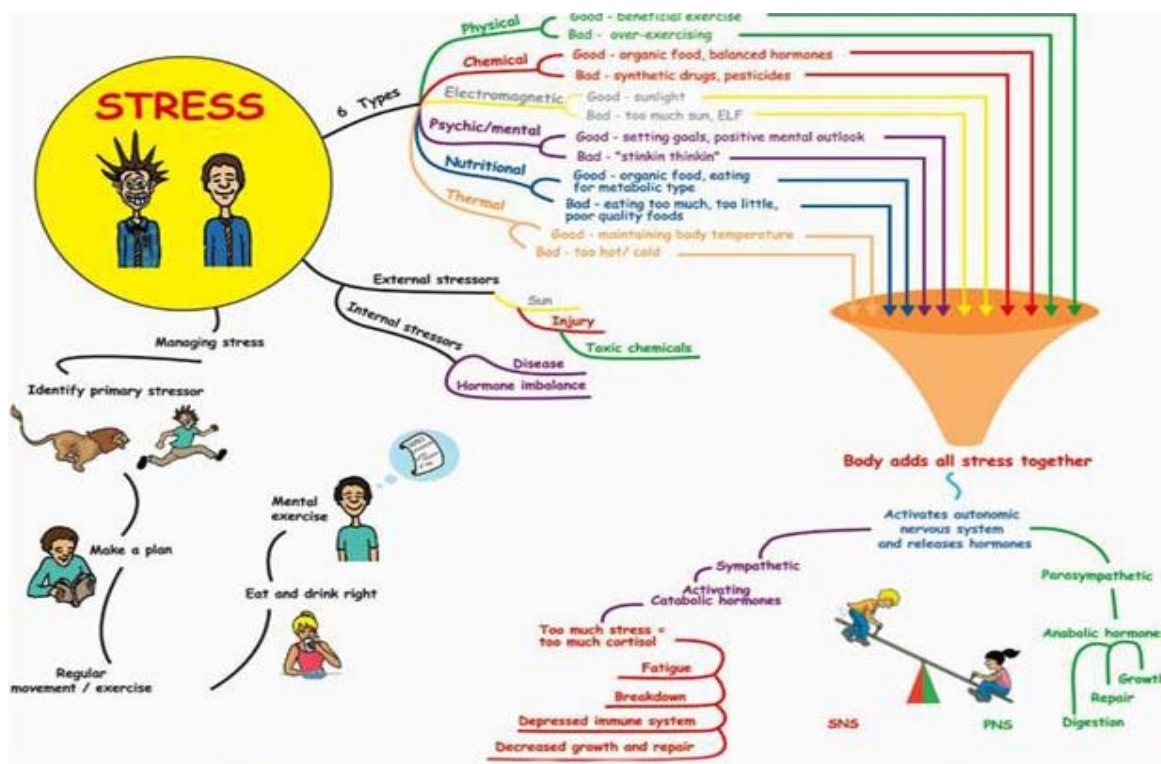
Now, take a piece of paper of similar size to the one you used to create your first Mandala. Along the left margin of that paper, draw each symbol and give a brief explanation of the symbol – what is it, and what does it represent? After this, the rest of the creation is up to you.

There are a number of ways you can draw relationships and add detail to the various components. Is completing one step or reaching one component going to lead to another step or component? If so, you might draw an arrow from one to another. Is an inability to complete one component preventing you from moving to another component? Perhaps you could illustrate that by drawing some connection in red. You can also illustrate different ideas by altering the symbols. A difference in size between one symbol and another may illustrate that the larger symbol is more valuable or higher priority than the



smaller symbol. You can also illustrate relationships by distance. A long arrow or line connecting two symbols may illustrate a good deal of work needs to be done to get from one component to the next. So feel free to use any visual means available to you, different kinds of connectors, colors, distance, etc to create a picture of how you see the relationships between the 10 components of your legacy. You may even want to create sub-symbols to help you to capture important details of a component. For example you might draw a symbol to represent each of the qualities you want the people around you to possess, and then connect them.

If you're struggling to begin, take a look at the mind map on the next page, taken from my *How to Eat, Move and Be Healthy!* You can also visit Google on the web and do a search for "mind map." This will turn up all sorts of pictures and images of maps for you to look at and draw on as inspiration for your own creation. Most importantly, be creative! Be fearless!





That's it! When you're done, take a picture as you did with your Mandala and send it to James at dean@paulchek.com. Be sure to let him know whether you would like this kept private or whether you would like it to be viewable by other practitioners.

Eradicating the Ant Problems

Now that you're really getting a fix on your legacy, it's important to start clearing away some of the roadblocks to achieving that legacy. We need to begin first with what I call *The Ant Problem*. The discovery of your legacy can be a frightening time and achieving it might look daunting, but you can't let your resolve and your desire to achieve and evolve be eaten away by *ants*. What are the ants? Whenever you say:

- I CAN'T do...
- I COULD-ANT do...
- I SHOULD-ANT do...
- I WOULDN-ANT do...

You are suffering from an ant infestation. These ants will slowly and methodically chew away at your momentum and your will to realize your legacy. Don't let them! Whenever you start to think, "I can't do this..." you need to swat that ant! Learn to control your ants when they start to feel as though they are eating away at your legacy. The first PPS homework questionnaire that you received by email should help you to identify these ants because they are usually a consequence of our environment while we are developing. Most ants are disempowering behaviors that we have been hanging onto. So if you find you're suffering from an ant infestation, take a look back at your questionnaire and try to discover the source.

Whacking the Queen Ant or Taking The First Steps to Your Legacy

It just may be that the Queen of the Ant infestation is "I can't reach my legacy from where I am now." It can look as though your goal is so far away as to be unreachable. So let's swat the queen ant right now. If you find that your legacy leads you into a place where you need training or may not be initially able to generate enough income to



support yourself and meet your needs, there are lots of things you can do to set yourself on the path to your ultimate legacy.

- a) Begin working part time in your chosen mission.
- b) Seek an internship for training.
- c) Acquire a position in a company that offers what your mission entails and get paid to learn to live your legacy! This is called *aligning your interest*.
- d) Buy into an existing business that is synergistic with your mission.

Put simply, the way to swat that Queen Ant is to just go for it. As I said earlier, be creative and be fearless! All you need realize is that the universe has provided you with all the resources you need to materialize your legacy. It's just a matter of finding them.

“Our demons are our own limitations which shut us off from the realization of the ubiquity of the spirit.... Each of these demons is conquered in a vision quest”.

-Joseph Campbell

In Sum

My goal in this section has been to help you clarify your legacy and to understand just what you need to think about in order to realize that legacy. Here is where we are now on our journey:

- ❖ We have discovered that there are 10 components to a legacy that need to be considered:
 - Dreams
 - Purpose
 - What Makes You Feel Good
 - Geography
 - Passion
 - People



- Values
 - Working Conditions
 - Responsibilities
 - Income
-
- ❖ We learned that one way to chart out and clarify the relationships between ideas is through the use of a mind map. Mind maps allow us to literally draw out ideas in ways that represent their meaning to us.
 - ❖ We learned to avoid ant infestations. Never let yourself be deterred in the pursuit of your legacy by the beliefs “I can’t,” “I should-ant,” “I could-ant,” and “I would-ant.”
 - ❖ Ant infestations are disempowering behaviors that generally have their origins in our upbringing. Knowing about our past can help us fight off the ant invasions.
 - ❖ The Queen Ant may just be the belief that your legacy is unattainable given your current situation. We can squash this ant in a number of ways, mostly by taking intermediate steps that *are* attainable.

As with the last lesson, it’s important to take some time to let what you’ve read and learned here to seep into your consciousness. After you’ve created your mind map, go back a day or two later and look at it with fresh eyes. I think you’ll be amazed to see just how much you’ve already learned about yourself and your legacy.

In the next lesson, we’ll talk more about how to avoid roadblocks to achieving your legacy. See you in Lesson 1-D!