



## 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-B, Finding and Living Your Legacy*

In the first section of this lesson, we laid the groundwork for the rest of our program by looking at some key terms that I will be using quite frequently for the next year. Now I want to get to the real heart of the first lesson – Determining your legacy.

Most of us have some sense of the meaning of the term “legacy.” The common use or context of this word is backward looking. Take this question: “What kind of legacy do you want to leave behind?” In this case, a legacy is something like the achievements we’re known for when we’re gone. But this backward looking sense of a legacy is just a small part of what I’m after in this lesson. We’re not planning for your funeral here! When I say it’s important to determine your legacy, I mean most of all that it’s important for you to understand your *purpose*.

Knowing that you have a purpose and that you are living your purpose every day is a wonderful thing. It makes me spring out of bed every day, energized and excited! How many people do you know that look forward to their day, every day, in that way? Moreover, being focused on living your legacy makes you resistant to all sorts of negative memes. In other words, as I’ll explain later, living your legacy keeps the weeds out of the garden that is your mind.

Unfortunately, most people in this world, while they may be working a job and that job may even be of their own choosing, are not genuinely living their legacy. Why? Because their chosen job simply isn’t in alignment with their purpose or their mission. You’ll recognize these people immediately – they’re the people that hit the snooze button on their alarm clocks eight or nine times before they manage to drag themselves out of their beds in the morning. They go to work and wish that they were doing something else with



their lives. They look forward to almost everything else *besides* their work. They lack enthusiasm. This is important. Enthusiasm comes from the Greek “en theos” which means “God in Us.” People who don’t live their legacy don’t live with enthusiasm. They don’t live the God that is in them.

Once you begin to live your legacy and live according to your grand purpose you will see that living your legacy is a gift. It is a gift to yourself, to your family, to humanity and even to the Kosmos. Those first two might seem plausible, but a gift to humanity? A gift to the Kosmos? That sounds awfully far fetched, but it isn’t! We all started out together as One, before the Big Bang and whatever it is that you believe is behind all of creation has given us the ability to explore, to experience and to create. That’s why we are humans rather than rocks or clouds.

We tend to think of creation as finished. The big bang is over and now the Universe has come to be. But creation is really an ongoing process. And it is through our own ability to create that we are part of the unfolding of the Kosmos. By living your legacy you create and therefore *co-create* with the rest of the Universe. You become a creative force for the Universe. You are genuinely important to the *grand scheme of the Kosmic unfolding*. It is in this way that living your legacy is a gift to humanity and the Kosmos as a whole.

**It is the goal of this program to help you achieve your potential as a creative force in the universe!**

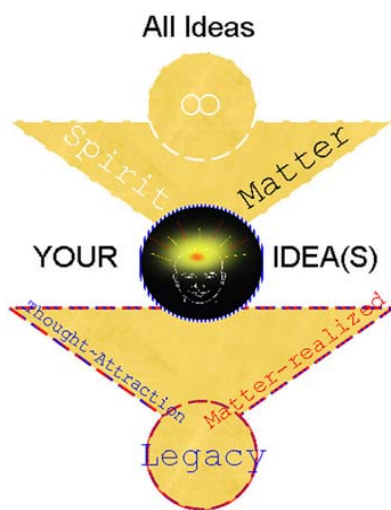
One way of conceiving of yourself relative to achieving your legacy is to see that your mind is the soil of creation, and your thoughts fertilize the soil of the mind. Your legacy will grow out of this fertilized soil. If you set your mind on finding and living your legacy to the fullest, like a skilled gardener, you will produce a legacy worth living from the fertile soil of your mind. This means keeping the soils of your mind rich. In other words, you need to nurture the sorts of thoughts that will make it possible for your legacy to grow, rather than weeds. *Your legacy leaves no room for weeds!*



Most people who aren't living their legacy have a mind full of weeds. These are destructive thoughts, habits and emotions, health problems, financial problems and other stresses that choke out your purpose and prevent you from living it, just as weeds choke out the crops that a farmer wants to grow. The fastest way to get rid of these weeds is to *focus on what you want*. Plant good thoughts and love, nurture and energize them!

The fact of the matter is, just as the gardener produces or creates a crop, ***you create your own life!***

If you look at the human cranium, you will see that it is shaped like a dome, or like an inverted radar dish. In fact, this is precisely what your cranium is: a receiver! In that same vein, your brain is the tuner, letting you find the channel that you want. In other words your brain can tune to particular thoughts. This is a crucial fact. You see, thought is the equivalent of attraction. This is what I'm trying to show in the diagram below. Whenever you're attracting with thought, you are materializing. You are making some thing come into reality. *Are you bringing into creation the life that you want with your thoughts?* If you find yourself thinking, "I wish I were doing something else," or "I can't wait to do something else," then you need to change what your brain is tuning into. You need to change your thoughts so that they will attract the right sorts of materials to realize the life you want to lead.



This control over what your brain tunes into is so unimaginably important. If you don't take control and tune into the right sorts of thoughts, you'll find that your mind is filled in all sorts of way that you really *don't want!* Large corporations understand the human brain in this same way, and they work diligently to take over your capacity to tune to certain thoughts. Big businesses and their marketing divisions know that 98% of people are essentially empty receptacles, waiting to have their heads filled with product slogans. They want to put ideas



into your head that get you to shell your money out, most of the time without any regard for how this will affect your health and wellbeing.

**The best way to fight this influence is to live your own legacy! Take control and tune into the right thoughts to create that legacy!**

So the key is to actively create and to own those creations. It's just a matter of learning how to create and how to own those creations. We typically learn to create from our parents first. Then we show our family how to create. By finding our legacy we share our joy and creations with our family, friends and co-workers and this energizes and supports our ability to share our creations on a much more grand scale. We can bring our creations to the rest of humanity.

**Living a legacy is not a one-person job!**

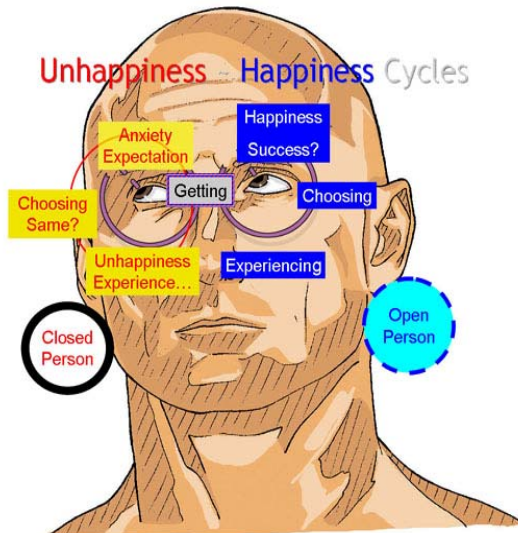
As I said above, in most cases we learn to create from our parents, so we have some help with our legacy right from the get-go. No one creates their legacy entirely on their own. In fact, there are *always* people assisting us in our upward evolution. You should think of yourself as scaling a ladder with many other people. No matter where you are on the ladder, there is always someone above and below you. In this context, there is always someone *more* evolved than you, and someone *less* evolved than you. This means that there is always someone to help you climb further up the ladder of spiritual evolution and, at the same time, there is always someone that you, in turn, can help up this ladder. Just as living in harmony with your legacy produces and attracts the right sorts of thoughts, living in harmony with your legacy will attract the right sorts of persons to help you along the way.

**When the student is ready, the master will appear.**

Living your legacy is a gateway to personal evolution. When you identify and live your legacy, your soul, mind and body are energetically aligned. This will dramatically increase your power to grow and help others. Every time I teach, I am living my legacy and my soul, mind and body are in harmony.



## Closed or Open?



If you look at the diagram to the left, you will see I have described something called the Unhappiness~Happiness Cycles. Which cycle you find yourself in, depends upon the kind of person you have created or allowed to be created. The *Closed* person, just like any other person, gets what they think about with their dominant thoughts. A closed person always creates anxiety and expectation with their dominant thoughts and as long as one keeps choosing the same and holding the same dominant thoughts, then they will remain the closed person. The

closed person has a hard time changing. This may be because they are afraid to change or they have been programmed. They may be the host to meme complexes that defend themselves and prevent their host from altering its behavior. In the end, the crux of being a closed person is that one is *stuck* in a constant loop of dominant, harmful, stagnating ideas.

Open people, on the other hand, are in control. They are part of an open cycle. An open person is receptive to new experiences and ideas. They can contemplate, manipulate and make choices based upon these experiences. They are, simply put, free and this is the road to happiness. Any open person can weather rough spots in their lives without collapsing in defeat. They learn and grow from these experiences and continue their evolution.



### **Virtual Ideas and Realized Ideas**

Let me try to illustrate the difference between someone who lives their legacy and someone who doesn't in another way. It's easy to distinguish a person who isn't living their legacy if you can see the *virtual* and *realized* ideas that drive their behavior. Realized ideas are the person's beliefs in action and in reality. They represent and capture the actual state of affairs in the person's life. So, for example, someone not living their legacy may hold the realized idea or belief that they are always short on money. This belief captures the reality of their finances. Virtual ideas are caused by realized ideas, and they capture or represent how the person *wants* or *desires* their life to be. Virtual ideas don't tell us about what reality is like, only what someone wishes it to be. So the person who has the realized idea that they are always short on cash might have the virtual idea that everything would be ok if they could just win the lottery. For someone not living their legacy, the sad fact is, the realized beliefs tend to stay realized, and the virtual facts tend to stay virtual.

### **FINDING YOUR LEGACY: THE MANDALA**

The key to finding your legacy is to know yourself, to explore who you are. You can't discover your purpose with a lot of self-exploration. To do that, we're going to begin constructing our first PPS Mandala. Mandalas have their origins in the Buddhist tradition and were a form of artwork designed to support the mind, one of the three bodies of enlightenment. Traditional Mandalas all have a very clear, intricate geometrical structure. We won't have you make a Mandala the same way that a Tibetan monk might, but the point of your Mandala will be much the same as that of the traditional Buddhist art. It is a tool to support your self-enlightenment and will therefore help you to find your legacy.

To begin creating your Mandala you will need a fairly large piece of artist's paper. 14" x 17" should work well. It's important that you use large paper since you will need to fit a number of concentric circles with enough space to draw between them.



As shown in the slide show, you will need to divide the paper into four quadrants, labeling the quadrants North, South, East and West, while leaving a margin on one side or the other. Once you've section the paper off in this way, you should draw a small circle, with a radius off approximately 1 inch, where the four lines meet in the center. You then start drawing increasingly larger concentric circles, leaving enough space between the circles so that you have some room to draw. Each circle will represent a seven-year block of your life, so the number of circles that you draw will be determined by your age. If you are 28, you will draw four circles, one for each of your four, seven-year periods.

The next step is to choose symbols to use in your Mandala. You should have seven symbols, one for each Chakra. The symbol should also be drawn in the color of that Chakra. Below is a list of each of the seven Chakras, their color and a short description of what they mean or correspond to.

**Red** – This Chakra corresponds to the sense of safety, security, and structure in one's life. It correlates with tribal or family associations – in other words, wanting to belong.

**Orange** – This Chakra corresponds to rhythm and sexuality.

**Yellow** – This Chakra corresponds to personal power and self will. It is associated with the way that you've used your energy.

**Green** – This Chakra corresponds to your ability to give and receive love.

**Blue** – This Chakra corresponds to communication.

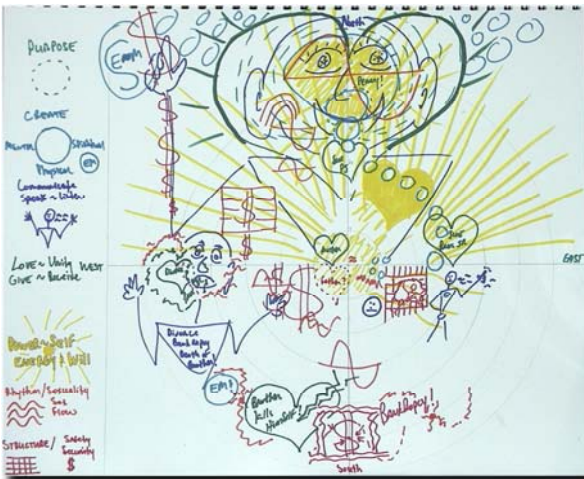
**Indigo** – This Chakra corresponds to the power of creation as well as thought.

**Violet** – This Chakra corresponds to your purpose. Note that your purpose can change over time.



Once you've settled on a symbol for your seven Chakras, draw each of them in the space you left on the margin of your paper. Now, you can start to create your Mandala. You are going to use the symbols you just created to capture important experiences in your life. Where you draw those symbols depends upon *when* they happened, whether they were *happy* or *painful*, and whether they were self-created/inflicted or they were brought about through someone else's actions. So here's how to locate where on your Mandala to draw your symbols:

- 1) Each circle represents a seven-year block in your life. So if the event occurred within the first seven years of your life, the symbol will be drawn inside the first circle. If the event happened when you were 42, it would be drawn in the sixth circle.
- 2) Happy/Positive events are drawn in the Northern half of the Mandala.
- 3) Painful/Negative events are drawn in the Southern half of the Mandala.
- 4) Events that were self-created or caused are drawn in the Western half of the Mandala.
- 5) Events that were caused or created by someone other than you are drawn in the Eastern half of the Mandala.



So, for example, a painful, self-inflicted event that had to do with your sense of security or with your family when you were six would be drawn using your **Red** symbol in the Southeast quadrant in the first circle of your Mandala. Or, if you had a positive experience when you were 35 that helped you to give or receive love, then you would draw your **Green** symbol in the Northwest quadrant of the fifth circle.





Here are some quick tips to help you get the most out of your Mandala:

- ❖ If you're a more logical, left-brained thinker, *drink some tea!* This will help unlock your creative, right-brained abilities.
- ❖ If you're a more creative, right-brained thinker, *drink some coffee.* This will help to linearize and focus your thoughts.

Don't worry if you haven't had a lot of experience drawing or you aren't an artist. The Mandala is supposed to help you visualize your life, to see patterns and trends, to understand where you've come from and to discover what has caused the patterns you see in your life. The real measure of its beauty comes from its meaning and how it furthers the path to your legacy, not in whether it is crafted by an expert artist.

Once you've finished creating your Mandala, take some time to appreciate it and examine it. Here are some questions to help you extract as much as you can from your Mandala. Take some time to write down these questions and their answers.

- 1) What are the relevant painful lessons? What did you learn from them?
- 2) What were the relevant pleasurable lessons? What did you learn from them?
- 3) What are some of the painful events that pulled you off track from your purpose (even if it was only your purpose *at the time*)?
- 4) What are some of the pleasurable events that pulled you off track from your purpose (even if it was only your purpose *at the time*)?

As I said, the Mandala is supposed to support your thought, to enlighten you about yourself. Now that you've reflected on your life through the vehicle of the Mandala, let's use what you've learned to answer some further questions about your life.

- 1) When in your life did you experience the greatest sense of levity, purpose, flow and energy? What were you doing at that point in your life?
- 2) At the times when you were feeling this sense of purpose, levity and energy, was there a common activity that you were doing?



- 3) At the times when you were feeling this sense of purpose, levity and energy, was there anyone with you or were you alone?
- 4) At the times when you were feeling this sense of purpose, levity and energy, what was your environment like? Were you active outdoors? Were you in a library or a gym?
- 5) At the times when you were feeling this sense of purpose, levity and energy, how much pressure were you under? Did you have specific, hard and fast deadlines? Were you able to complete your projects on your own time frame?
- 6) At the times when you were feeling this sense of purpose, levity and energy, when did you sleep best and have the best dreams?

All of these questions will help you to center in on just what it is that your soul, your life resonates to. In short, these times when you felt this levity and purpose are the times when you are living in harmony with your legacy.

### **In Sum**

Let's sum up a bit. For the past few pages, we've been trying to get a fix on what it means to live your legacy. Here's where we are:

- ❖ To live a legacy means to have a purpose and to live your life in harmony with that purpose.
- ❖ To live your life in harmony with that purpose requires that you have control over your thoughts. You must be free.
- ❖ To live your legacy means you must be an Open person, capable of understanding, evaluating and learning from your experiences so that you may continue to evolve. This is the nature of freedom.
- ❖ Living your legacy means co-creating with the Universe. By living your legacy you continue the creative unfolding of the Kosmos. You are a force of the Kosmos.



- ❖ While we cannot allow someone else - a corporation, religion or any other organization or person - to take charge of creating our thoughts and cultivating our cognitive life for us, this doesn't mean that we should or can work towards our legacy on our own. We create with the help of others and in turn, we help others create.
- ❖ To find your legacy, it is necessary to know yourself intimately. The Mandala, an ancient Buddhist form of art designed to help support enlightenment, is one way to learn about who we are.

Take some time to think about what in particular you've gained from this lesson and write that down. When you've completed the creation of your Mandala, please produce a digital version of it. You can take a digital picture of it or scan it into your computer. You should then email it to James at [dean@paulchek.com](mailto:dean@paulchek.com). If you are willing, you can post them in the "Sharing Dreams" portion of the web site. If you are NOT willing to have your Mandala posted, please indicate so when you send it to James.

When you're done, we'll be waiting for you in Lesson 1-C. See you there!