

*Coming*

*Alive*

*&*

*Staying*

*Alive*

*24/7*

*“Life is rhythmic – it is through rhythm that we recognize the fact of aliveness. We acknowledge ourselves and celebrate life with the gift of spontaneous rhythm.*

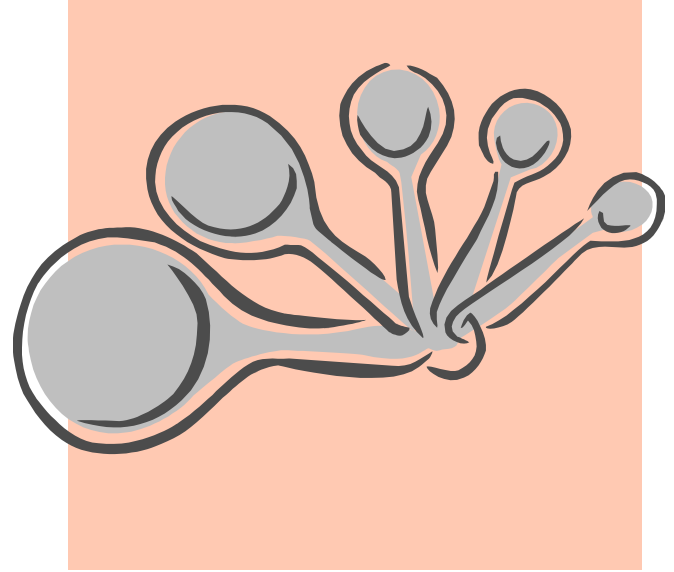
*In delight we jump into the air,  
or in careful silence we crouch low and with eyes  
and mouths open wide and bodies breathing,  
we utter, ‘oh, ahh, come look, see’  
those timeless chants of wonder.”*

*The Creative Imperative - Charles Johnston, M.D.*



# *Aliveness*

- **Measures How Much You Are Living Your Purpose**
- **When Risk Living Purpose, Feel Most Alive & Feel Are Truly 'Someone'**





## *Aliveness*

- **To Allow Aliveness Requires Courage To Risk Transitions Of Change**
- **Includes ALL Of Who You Are & Relationship To Each Aspect Of Who You Are**

# Aliveness

*"You can distinguish but not in any way divide,  
identity and change.*

*The story of existence is a journey. If we are not  
journeying, we in essence have ceased to exist.*

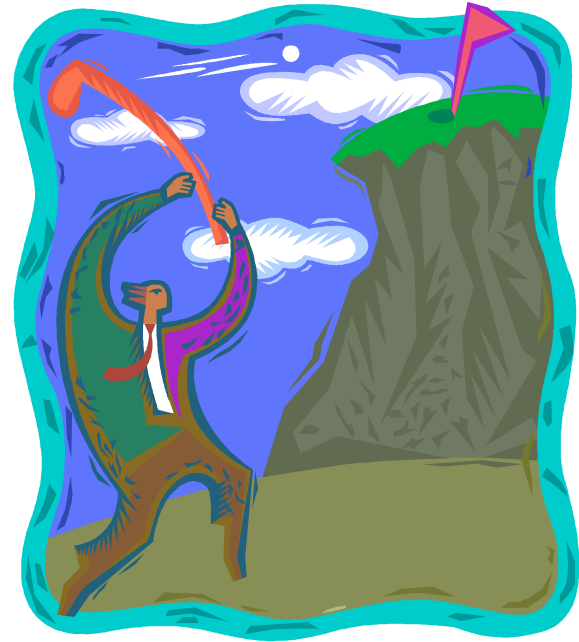
*The journey is all there is. The only question is  
the degree to which we are risking it."*

*The Creative Imperative - Charles Johnston, M.D.*



# *The Journey's EARLY Stages*

- **Identify & Define Goals**
- **Visualize & Specify**
- **Success = Achievement Of Those Goals**



## *The Journey's LATER Stages*



- **Ask For Leap Of Faith**
- **Concrete Goals Released To Greater Complexity & Uncertainty**

## *The Journey's LATER Stages*

- **Larger Share Of Personal Responsibility Required**
  - **Demand Far Greater Amounts Of Aliveness Than You Feel Capable Of Having Or Allowing**





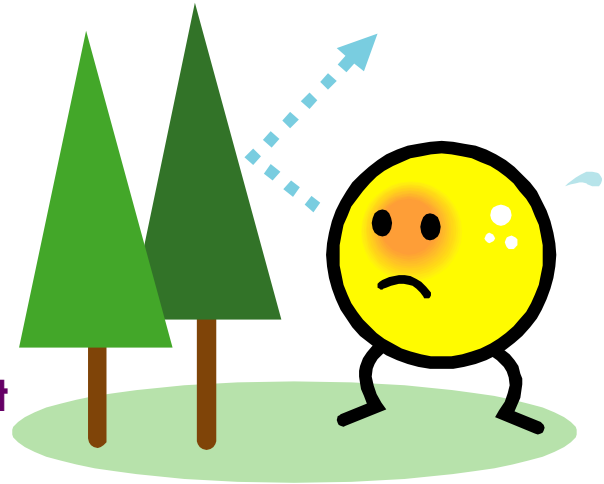
# *Challenge Your Limits*



- **How Much Reality Can You Embrace Before It's Too Much?**
- **How Would You Rate Your Capacity For This Kind Of Aliveness?**

# *Challenge Your Limits*

- **When Situation Wants More Aliveness Than Feel You Can Manage, Do You:**
  - **Become Confused**
  - **Become Rigid**
  - **Back Out Of Situation**
  - **Improvise Your Way To Another Point**



# *Challenge Your Limits*

- **When Situation Wants More Aliveness Than Feel You Can Manage, Do You:**
  - **Become Intellectual Or Analytical**
  - **Scatter Your Attention**
  - **Space Out**
  - **Become Emotional**



# *Your Two Goals*



## To Help Yourself & Others

- Find & Connect With What Makes You Feel Truly Alive
- Risk Living From Profound Depths Of Your Passion

**Your Destiny Wants To Happen  
& Struggling To Emerge**

*See you in the next Video*



*Much love,*

*Ragini*

