



Learning How To Transition



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Life

The thing about life is it can really be a beautiful thing. I mean, all of the things you desire to have, in a free or captive society, can be achieved. Much of life resides in your mind. When you place certain beliefs in your mind, then the status of your soul follows it. In Buddhist culture, there is a belief that all suffering comes from wants and desires; the pursuit of happiness. So, what this means is, if we stop “wanting” things we would ultimately be at peace and thus happiness will emerge. If this holds true, then why are there so many unhappy persons living among us? Simple. The study of economics interpret economics as, “the management of unlimited desires, the coordination of resources and the production of raw materials.” Basically, the human being has unlimited wants but the ability for others, business, government or society to satisfy these wants, is limited. So when we look at the source of our unhappiness, it’s easy to see. It comes from within.



Take the situation of two individuals being in prison. You may interview one inmate who is horribly dissatisfied with his or her conditions. They can name a list of unpleasant conditions that they are faced with; from lack of control, to captivity and even to being homesick. Then speak to another inmate and they are making the best of their confinement. They will mention free room and board, three squared meals and no taxes to pay. Why is this? Though I am not Buddhist, I believe their belief of happiness being derived from within has strong merit.

We witness individuals coming from disparaged conditions only to rise to levels of success that we could have never predicted. Barack Obama



conquered many plights before securing his position as the 44th President of the United States. He was poor, fatherless and multi-racial in a time when the mixing of races was still un-welcomed. Let's take millionaire entertainer and businessman Sean "Jay-Z" Carter. His father left his home when he was a small child to grow up in the poor conditions of Marcy Projects in Brooklyn. He didn't finish high school but went on to sell over 50,000,000 albums, launch his own clothing line and record label and be loved by fans around the world. Then let's look at the late Michael Jackson. He grew up in modest Gary, Indiana with 8 siblings. He grew up under poor conditions yet went on to become the greatest entertainer of all time selling out stadiums and selling over 750,000,000 albums worldwide. Like so many others, why are these stories so inspiring? It is because we live a subjective life that is filled with stereotypes and judgments. We rarely utilize our visionary capacity and rely more on our visual capacity. We tend to place people in categories. We use labels to get us to become comfortable with others. We look at what people are and not what they can become. We take our own opinions and use them as our truth. However, if we would only understand that there is a difference between truth and fact and that truth is subjective reasoning.



Place two individuals in a room. One may feel hot and the other may feel cold. If you give each one of them a lie detector test, both parties will pass. Why? It is because the one who feels hot is telling his truth and the one that feels cold is telling her truth. So as they answer this question during a lie detector test, their nerves will not change nor will they seem elusive. They both will in fact be telling the truth. The fact will be that the room is, let's say 70 degrees. That is the fact. This example explains the difference between a fact and the truth.



When we go through life claiming truths and feeding our psyche, we must be very careful how we do so. The Slavery Era proved much of our arrogant ignorance within humans. We convinced ourselves that there were more differences between races than there were similarities. Meanwhile, the only things different about races are skin color and hair texture. All other vital organs and anatomy remains similar. So then why did we convince ourselves that differences were greater? It is because of our internal voice of “truth”.

Understanding life and how to live a life that we were sent to live comes with a level of open-mindedness, exposure and reduced pride and ego. Once gain, our lives can be anything we would like it to be. Once we value it, we vision it and we soon are able to visualize it. If you are coming from conditions that are not expected to be of a person who is successful, let me tell you of four ways you can transition to becoming whoever what to be.

We make the shameful mistake of looking down on others as inferior to us based on their accomplishments. I am here to tell you that you are no more important than the bum on the street, the uneducated person living in housing projects. In God’s eyes, we are equally loved. True we may seem more important to them in man’s eyes but that’s where many of our problems originate, through man’s eyes. We must understand that we are all equally loved, period!

Denying of Self

This simply means being willing to release and rewrite everything you know of yourself up until this point. In this case, you will have to humble yourself and let go of any pride you may be holding on to. The key to denying of self is letting yourself know that you are now prepared to become a better person despite becoming aware of any habits or traits that are harmful or toxic. Understand that who are today is based on everything you have learned in the past. If you are unhappy with your life then you must embrace the feeling of discomfort. You have to be willing to question and challenge everything. I mean EVERYTHING that you have come to know. This includes traditions, customs, norms, expectations, standards... Everything! The more uncomfortable we are, the more our faith increases! Strong faith yields strong belief. When you believe, you can expect to move mountains.





Education

This goes without saying. When we were born, we only possessed instincts, not conditioning. Education comes in many forms. It is not simply a building, textbooks and classroom. It is a daily walk and we should treat it as such. We learn through societal norms, experiences, institutions, relationships, books, seminars, and the list goes on. The sad thing about education is we are only as good as the person teaching us and if we are not careful; we tend to pick up all of their reasoning and beliefs. Why is this sad? It is sad because the teacher may be a misguided instructor. Let's look at our parents. Many of us may have parents with little exposure that attempts to feed our minds on how to view the world and situations. If our parents have low self-esteem, bad character or low cognition, what we learn can be perpetuated for generations. It is evident in how many youngsters dislike people of other cultures while they have no thorough understanding of that culture. Often times what we believe comes from those teaching us. The best thing for us to do is seek impartial understanding. The best thing for us to do is study and read on our own. College and military offers great diversity education but we can't get it unless we attend.

Introspection

Or in other words, self-assessment. We must be able to look at ourselves and determine whether we are in need of reconstruction. We have to be honest with ourselves before it is too late and knowingly become a crash dummy of life. The moment you no longer fear embarrassment, is the very moment you begin to live life to its fullest. This is when you become brave



and unrelenting because you are not concerned with the point of view of those around you.

Exposure

We must not be afraid to expose ourselves. Sidewalks were developed in the early 20th century after the influx of drivers came on the scene. These sidewalks were the solution to separate the pedestrians from the drivers because of the frequent vehicle/pedestrian accidents. So now when a pedestrian is on a sidewalk they are usually free from the danger of being struck by a vehicle. I am sure you are reading this and would like to be exposed to an opportunity. However, opportunities exist all around us and go by us everyday. The key is to gain exposure to these opportunities. There is no way to do so if we stay on the sidewalk and continue to follow our normal paths. Fat chance waiting for an opportunity to jump the curve and strike you. You cannot know you missed an opportunity unless you knew that opportunity existed. Step in front of that opportunity and hitch a ride. Jaywalk if you have to. Don't stay separated from the opportunities. Read books on where you would like to go in life. Attend seminars that spark your interest. Meet with people and surround yourself with those who are going in your direction or are at your desired destination. Get off of the sidewalk and get into an opportunity that will drive you there!



Money

The group Wu-Tang Clan composed a song called, "C.R.E.A.M.". It stood for Cash Rules Everything Around Me. We have become so intertwined with



the desire for money that we have lost and continue to lose many other intrinsic valuables along the way. Many of these losses are not evident until we are so far separated from them that reconnecting with them can take time and pain.

There are women who compromise their health and bodies for a dollar or comfort. There are men who compromise their dignity and freedom for a dollar. There are children who compromise their reputation and education for a dollar. However, if we only understood that money isn't something that's real, we would be better armed at succeeding in life.

It's true. Money is not real. Money isn't real; it's just a representation of something, the result of something. That something is what's real! That something is called the formula! Many people run through their lives chasing money and eventually get tired because they can't seem to catch it. Why is this? This is because money is not an independent existence. Money is tied to something and instead it is the result of what it is tied to. Money was originally created as an instrument to represent gold. Since lugging around gold was cumbersome, paper money came into play to represent it and how much gold one possessed. This representation still holds true. Credit card companies may push the idea that you can receive an unsecured credit card but it is not really unsecured. It is secured to your name and this is why everyone's credit limits are different. It's because the value of everyone's name is different (credit). When you finance a new car, the money that is awarded to the dealer is secured by the car. Finally, your paycheck; your paycheck is not money that is simply given to you. Your income is the result of your ability. The check you receive is merely the result of your abilities and talents.

So if this is the case, why not focus on our abilities? Some people get so frustrated with the lack of having money that they go out and rob banks. Why shouldn't they? This is the place where money is actually housed, correct? Well the thing is, the activity (the robbery) is what actually brought the money. So the bank robbers still missed an important step. It's the activity that brings the money and if they focus on their activity, they can yield the result of income earned. If we objectively look at the popular saying, "the rich gets richer and the poor gets poorer" we would be able to decipher what this saying means. It signifies that once there is the presence of a strong ability, then there is typically the presence of a strong financial result. For example, Venus Williams focused on her ability to be the greatest tennis player and as her ability began to mature; her checks grew to compensate her abilities. Outside of that, companies



that are not directly associated with the Tennis Association also began to throw money at her ability. These are whom we refer to as endorsers. As you walk through life, take lessons from someone whose abilities are being significantly compensated. Then focus on your own abilities. The money will then attach itself to what you are able to produce. Realize this, money isn't real, it is just a figment of your imagination... and your money is simply what your imagination has created. Once we understand that an increase in our cash flow does not solve our problems, but instead solving our problems is what increases our cash flow, we will be well on our way to living free from the Masters of Money.

Culture

We were all blessed with talents that the world can benefit from whether we decide to use them or not. Notice, I said the world. Even though we know we live in a world shared by billions of individuals, we tend to believe our independent way of living and heritages supersedes all others. This is another sad case of arrogant ignorance. If we believe in an Almighty God, since when were we given the power of superiority to ANY human being on this planet? Going Against the Grain is my lifestyle that I encourage. It is not simply the name of my company. It is an ideology that says, "I dare to be different". It says to me that not all black men are in music videos, playing sports or in prison. Now, don't take that as me hating on any of these examples because I am pretty good on the dance floor with a great ear for good music, I am well-talented in many sports and I have been arrested a time or two. So my attitude of going against the grain comes from not wanting to be lumped in with what people typically expect to see a black man living in America become.

I believe in cultivating our intellectual talents just as we focus on our creative talents. I found that there are many people pursuing the same dreams and that simply cannot be a testament of honesty. We are a diverse people with diverse talents. So why not go against the norm, go against the "popular" and go against the grain? It is more peaceful to be who you are (once it doesn't cause harm to others) even when it is not easy at times. We should love everyone not just those who can do for us. We should respect everyone, not just those older or more powerful than us. We should understand that a "culture" is trained and limited geographically, but human instincts, love and compassion stretch across national borders and over the roughest and widest oceans. A belief we should feverishly practice. We cannot be restricted or limited to where we learned to eat and dress. We cannot only possess and affinity for persons



who sat in the same schools as we do. Our mental and intellectual capacity goes much further. We cannot be permanently affected by personal devastations where we are unable to express the positive attributes we were born with. Embrace humans in ways we deserve and stop treating persons based on what flag they happen to be born under or linguistic accent their tongue projects.



Theory

There are several concepts that I find to be useful for us to make an effective transition. First off, I have a strong belief that we should not conclusively state we can not fly. Here's why:

I BELIEVE WE CAN FLY

The Earth is compromised of three main elements, water, air and sea. So are the human bodies. Would it be safe to assume that humans can only functionally and unaided manipulate just two? The body is 75% water. The largest organ of the body is the skin, which we understand biblically comes of the Earth. The air we consistently intake is one of the most critical needs of the body. It is no coincidence that we have yet understood what it takes to fly.

Scientists and Researchers have built a reputation for changing hypothesis and theories. The way we treat burn victims has changed. Some actions taken in administering CPR has also changed. They also say we only use 10% of our brains. So until we have become able to utilize more than 10% of our brain capabilities we are unable to conclusively state that humans



cannot fly. Scientists have contradicted themselves in advocating for the Big Bang theory. They would have us to believe in it, yet on the other hand state that no non-living organism can create a living organism. If the latter is accurate, which it is, then how can molecules and organisms, not living, inadvertently create life?

As we take note of other species of life living among us, there are acute variations in their functions to achieve similar objectives. The fish of the sea all swim through the water using different styles. Fish swim one way, whales swim another and jellyfish have their very own unique way of travel through water. But the bottom line remains, they are all three swim through the water. I wonder, how long did it take for humans to realize that our function of swimming should not mimic any fish of the sea? It perhaps took quite some time. The way humans swim is totally unique to any sea creature. Finally, we understood.

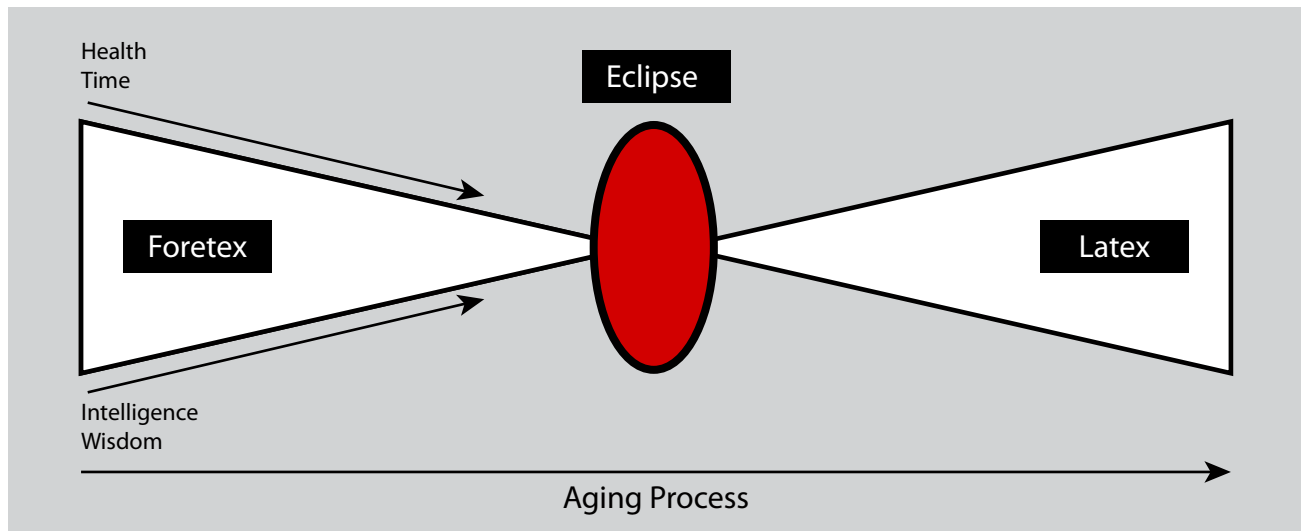
If humans walk, snakes slither, and snails glide but yet we all accomplish the same travel objectives, then why would we assume that humans must copy the flight pattern of a bird? If we only use 10% of our brain capabilities, then drawing any conclusive hypothesis of non-flight capabilities is a dangerous act. This is why doctors and lawyers refer to their careers as a “practice”, because it has not been perfected.

So what does it take for us to fly? This has not yet been revealed but there can definitely be a spiritual attribute needed to accomplish this colossal behavior. What we have come to learn about ourselves must be erased. Science can sometimes act as repressive teaching that influences humans to settle in a psychological plateau for what scientists have discovered. We tend to settle and believe what currently exists is all there is to existence. Meanwhile science is largely based on interpretation.

So, can humans fly? Sure. How? We have yet to figure that out. Maybe thrust that shoots out from our ears, nose or anus (seriously). I know this sounds far fetched but so was the thought of airplanes, telephones, open-heart surgery, or space travel in the 1300's. If we are told that we cannot fly, and we believe that we cannot fly, we settle for not psychologically growing into a thought process that reveals to us how in fact, we can fly. However, what we know as a fact is that we cannot conclusively believe or verbally perpetuate that humans cannot fly!



LINEAL CONVERSION



So what does this diagram mean? Our lives invert, this is why this diagram's representation is similar to the human eye. The line at the bottom represents our years in life "Aging Process". The beginning of the line is our birth and our expiration (death) is all the way to the right. We go from Creation to Expiration. The top left shows a decrease in time and health. The bottom left represents our intelligence. We are born at our least intelligent state and obtain knowledge as we age, thus the line of intelligence increases. As we go through life, we have 3 sights: Foresight, Insight and Hindsight. Having a deep understanding and interpretation of them all is severe to fulfilling our destiny.

Like the sights, the left side of the Eclipse period is the Foretex and the right side is the Latex. The right side represents before the light bulb goes off in your head and the right said is after it does. Now the position of the Eclipse varies for different people. However, the further to the left it is on the diagram the better. My Eclipse took place when I was 26 years-old. This was when I was going through multiple domestic, personal and professional issues that humbled me to the point where I realized that the navigation out of my problems lied in my hands. I had people in my circle who had deceived and disappointed me. I learned at that point that I was not above reproach and tribulations. At first, I complained to God, why me! He never answered. Why? He didn't answer because I knew the answer all along. Why would I think I am free from the elements of life? We see people's devastation on the news everyday, yet for some reason we believe we are above similar tragedies. When I was able to digest that I am a product of my decisions, is when I was able to "Eclipse". Some



people never do, while others do at different ages and stages in their lives. Eclipsing is very, very important in order to step into peace, humility and empathy towards others.

When we convert early, we still have enough time to physically engage in activities that yield us success. These activities include entrepreneurship, travel, multiple streams of income, college, etc. What is converted? Our insight is. When people wait too late to accept who they are and what they have become at this point is when they begin working to change where they are headed. We find that we begin saving money and changing behaviors at a later stage in our lives. Sadly, this is when we are less physically capable to carry out the duties of success. Then we begin to live with regrets. Psychologists refer to lives in two ways: Despair and Integrity. When we live older years in despair, is when we live in regrets. When we live out our days in integrity, this is when we admire. When we Eclipse too late in life, the remnants of our Foretex begin to show up in our Latex. Which will you fulfill?

If you would like to get the full book, “Changing Your Mind: One Degree at a Time” to get insight on building your personal growth to implement into your entrepreneurial journey,
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