



A Wholly Positive Attitude Flow of Points of View 3

One of the ways to go about this for you is to just go to work, and instead of thinking that being in a good mood has something to do with the flow of your points of view, just go to work and allow the flow of points of view within you to be whatever they are. Like you wake up in the morning and you think, "Oh, wow, I don't want to go to work. I'm in a bad mood. Why do I have to work anyway? Why is life like this?" or whatever you think. And then that starts to get a little scary and you think, "Well, it's going to be really hard to walk in there and face all these people when I feel this way." So you shore yourself up right away and say, "Oh, I'm going to have a positive outlook today, and I'm going to be nice to people even though I don't like anybody today."

So, you see, then you really erode any chance of having permanent well-being, and even though we think that we're going to get some kind of permanent well-being out of that. But you look like you've been working for a while, so you've probably tried to have a positive attitude at work for quite a while now; however, you still wake up in the morning in a bad mood at least some of the time and don't want to go to work. And so, it's important to just try the short moments at work.

Say you wake up in the morning, you're in a bad mood, you don't want to go to work and you don't try to have a positive attitude. That's

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not the goal. The goal is short moments while allowing the flow of points of view to be whatever it is. That's where your positive attitude really is. The wholly positive attitude is in the short moments. There, you're going to guarantee yourself of having a positive attitude everyday, so to speak, whether you have a positive attitude or not.

A wholly positive attitude is when you can have all kinds of thoughts and emotions and sensations going through you like, "I don't want to go to work. Or getting to work—I hate this job, my boss has no idea what they're doing. I know a lot more than they do. If I could change this company, everything would be great," or you know whatever your points of view are, and you're just coasting along in the flow. This is what freedom is, folks. It's not about having certain points of view.

And so I would suggest that just one day, even if you can only remember once, to rely on short moments. But I have a feeling from being here with you that this will be easy for you to integrate into your day. What you could say about it is that it gives you a balanced view in business. It gives you clarity, and clarity is really the core technology of leadership and business—to have clarity and a balanced view no matter what's going on with you, whether the economy is collapsing or thriving, whether you're meeting your sales goals or not. But what you find is that by relying on awareness, by relying on awareness, by relying on awareness it allows you optimal accomplishment in business, no matter what your business is.

Short moments of awareness isn't something that's exclusive of ordinary activity, so whether you have sales goals or not, whether you feel pressured by them or not, it doesn't have anything to do with being aware. You're aware whether you're overwhelmed by your sales goals or not, whether you meet them or not. But by grounding yourself in awareness, you'll have the kind of stability required to really succeed. You'll be able to see things that weren't obvious to you before, so it becomes an adventure. What seemed on-again off-again or like a roller coaster ride evens out.