

Quality #6: Self-Esteem

Improve Self-Esteem: Action

- Download PDF of Unedited Transcription of Audio
- Listen to the audio – Practice 4: Action (13) minutes
- Download PDF of Practicum
- Listen to Scroll IV

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Action

We plan our life in days, weeks, months and years. We live our lives in moments – pivotal moments. It is in these pivotal moments that we face decisions. The choices we make in these pivotal moments will determine success or failure; success is nothing more than a series of wisely executed pivotal moments.

Our decisions are often negatively impacted by our thoughts. When conscious in a pivotal moment, we can hear our thoughts and determine if they are supporting or sabotaging our decisions. If we are driven by passion, a willingness to suffer for something we love, and we hear a sabotaging thought process, we can willingly exercise our agency and make the next right decision.

In Scroll III, I will persist until I succeed, Og gives us a gem to assist us in better understanding the concept of pivotal moments when he writes, *“The prizes of life are at the end of each journey, not near the beginning; and it is not given to me to know how many steps are necessary in order to reach my goal...always will I take another step. If that is of no avail I will take another, and yet another. In truth, one step at a time is not too difficult.”*

Og is speaking of pivotal moments – the steps we take on our journey to success and the attention we will want to pay in these moments. These are steps we take not knowing how many more successfully executed pivotal moments will be required to reach our goal. These are conscious steps wisely executed and “in truth, one step at a time is not too difficult.”

When we break creation down to its smallest and most important common denominator, we finally arrive at a pivotal moment, that moment in time when we reach out and touch the Now in the timeline of our life. It is in pivotal moments that create the millimeters. This is where creation takes place. Ultimately this is where success is created.

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In Scroll IV, I am nature's greatest miracle, Og emphasizes this point when he writes, *"I will concentrate my energy on the challenge of the moment (the pivotal moment) and my actions will help me forget all else."*

Living in the Now means that we are aware and focus our energy on the millimeters of creation. However, where do many spend their time? Yes, escaping into the future to a time "when" they will be rich, "when" success will be theirs. If we engage in fantasy we waste valuable and critical pivotal moments while attempting to prematurely experience what it will be like then – something we have not earned and will most likely never have or experience. Our expectations remain unmet and our potential untapped, two fertile fields in which self-blame and shame can thrive.

We can experience a prize at the end of each pivotal moment. When conscious and passion-driven, we can step back, take control of our thought processes, exercise our agency, be self-directed and choose to make wise decisions. In doing so we consciously shift the outcome. "Yes, I did that!" In that moment we receive one of the greatest prizes in life, the joy that comes from a sense of accomplishment and that is empowering. It is also healing.

Og writes, *"Only action determines my value in the marketplace and to increase my value I must increase my actions."* Most think Og was only talking about the value others place on us. He was also talking about the value we place on ourselves.

We have committed to a daily exercise program. Today is cardio, thirty minutes on the treadmill. We have been putting it off and avoiding it all day. "Anything, give me anything to do except that!" Then in a conscious pivotal moment we reflect on our vision of a healthy body. We see it clearly in our mind and the very idea ignited our passion. We face the moment and finally hear the thought processes that have been sabotaging our decision to exercise – "I have so much to do!" "I am too tired!" "I'll do that later! Really I will!"

We consciously take control and chose differently. We put on our running shoes and mount the treadmill. There is a new sense of purpose. We are acting on our own moral

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authority. No one is forcing us. We are doing the next right thing for the right reason. Alive, in control and connected to our soul, we chose to push even harder than in past sessions. We feel empowered. When the thirty minutes is up we are energized and hopeful.

In Scroll VI, I will be master of my emotions, Og writes, *“Weak is he who allows his thoughts to control his actions. Strong is he who forces his actions to control his thoughts.”* When our thoughts run the show we can be left feeling weak and even worthless.

Over time, having wisely executed a series of these pivotal moments regarding exercise, we reach our goal whatever it may be – a certain weight, a certain distance, a specific state of health. We experience success. It did not just happen, it was intentionally created in the pivotal moments of living.

In Scroll III, I will persist until I succeed; Og poetically explains what happens when we wisely complete a series of pivotal moments. He writes, *“Henceforth, I will consider each day's effort as but one blow of my blade against a mighty oak. The first blow may cause not a tremor in the wood, nor the second, nor the third. Each blow, of itself, may be trifling, and seem of no consequence. Yet from childish swipes the oak will eventually tumble. So it will be with my efforts of today. I will be liken to the raindrop which washes away the mountain; the ant who devours a tiger; the star which brightens the earth; the slave who builds a pyramid. I will build my castle one brick at a time for I know that small attempts, repeated, will complete any undertaking. I will persist until I succeed.”*

Pivotal moments are the childish swipes, the raindrops, the ant, the star, the brick.

There are many positive forces at play in creation, but in the end we make the choices in those pivotal moments. No one else can make those choices for us. Og states it so clearly in Scroll IX, I will act now, *“My dreams are worthless, my plans are dust, my goals are impossible. All are of no value unless they are followed by action...I will command and I will obey my own command.”* Action is the result of a wise decision made in a pivotal moment. We have not only touched the Now in the timeline of life, we have just met our true selves. I am. I am the one who chose wisely.

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In Scroll IV, I am nature's greatest miracle, Og writes, *"I am not on this earth by chance. I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy."*

As we do so by wisely executing pivotal moments, we embrace our uniqueness, own our life experiences and find the true meaning of equanimity – peace of mind. We are no longer controlled by our thoughts. We are in control of our thoughts and our actions clearly reflect our wise choices. Self-esteem grows and heals with each wisely executed pivotal moment.

Pivotal moments are constantly unfolding before us. The challenge is to be aware in the moment, hear the thought processes at play, override sabotaging thoughts, consciously choose to do the next right thing and take action.

Do this on a consistent basis and you can actually change a neuropathway in the brain and create a new habit of thinking. The very possibility that we can step back, take control of our thoughts and consciously change them is empowering.

There are two specific activities that will support you in the successful execution of pivotal moments.

One, read the scrolls as prescribed by Og in Scroll I. Read a Scroll three times a day for thirty days. Be prepared for thought processes that will resist and rebel. The decision to read is a pivotal moment in and of itself. Come to the experience to be fed. Come to increase your awareness with a desire to be prepared for whatever comes your way.

The Scrolls were written in the language of the intrinsic – metaphor and poetry – and provide the reader with unlimited interpretations and unlimited applications. If you are open, the Scrolls will come to you. In addition, they more than adequately fulfill one of two critical components identified by neuroscientists as a requirement to change a neuropathway – density focus. Reading a Scroll, as previously described, heightens and sustains awareness.

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Two, consciously use your mind five constructive ways as outlined in Quality #2: Goals and Expectations. If we are constantly asking our partner, "What can I create?" "How can I create it?" and "How will this serve others?" The power that governs abundance will manifest ideas, impressions and solutions to challenges that will ignite our passion and drive our focus, discipline, effort and action.

Do these two practices and you will experience a heightened and sustainable level of awareness that will serve to identify and link pivotal moments and passion, a willingness to suffer for something we love. Even with these two principles in play, some pivotal moments will try our resolve. The good news? Make wise decisions in these moments and watch your self-esteem come alive.