

The 5 elements of personal growth

the basics 3



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The first 3 key elements of personal growth (basic)

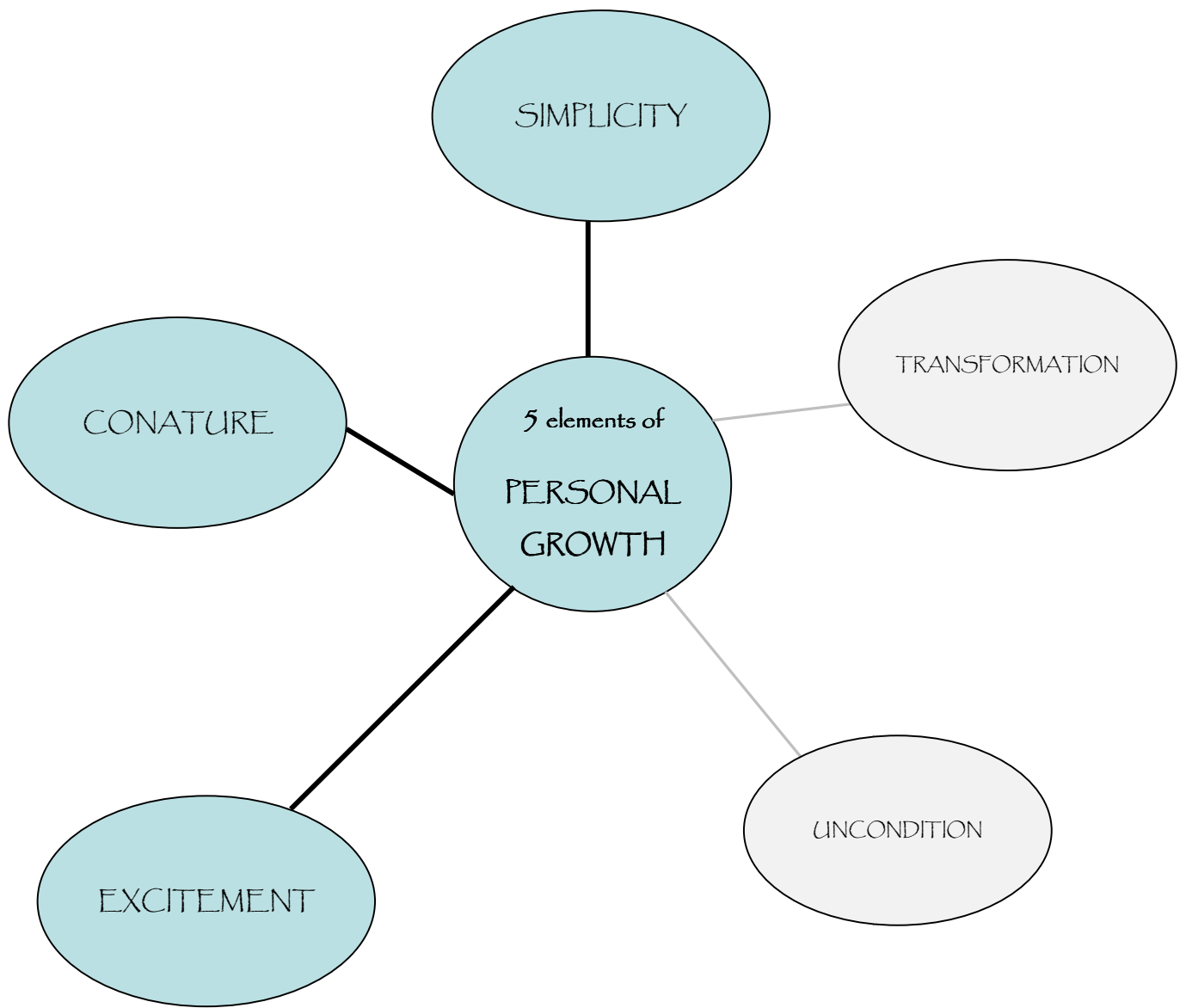
In present brochure I will explain my point of view on personal growth. Since I've been learning from the Maotars civilization I discovered some main areas that helped me to change my life. Actually to change my living, acceptance, purpose (whatever we describe this) and consequently defining joyfulness and living 'With Joy'.

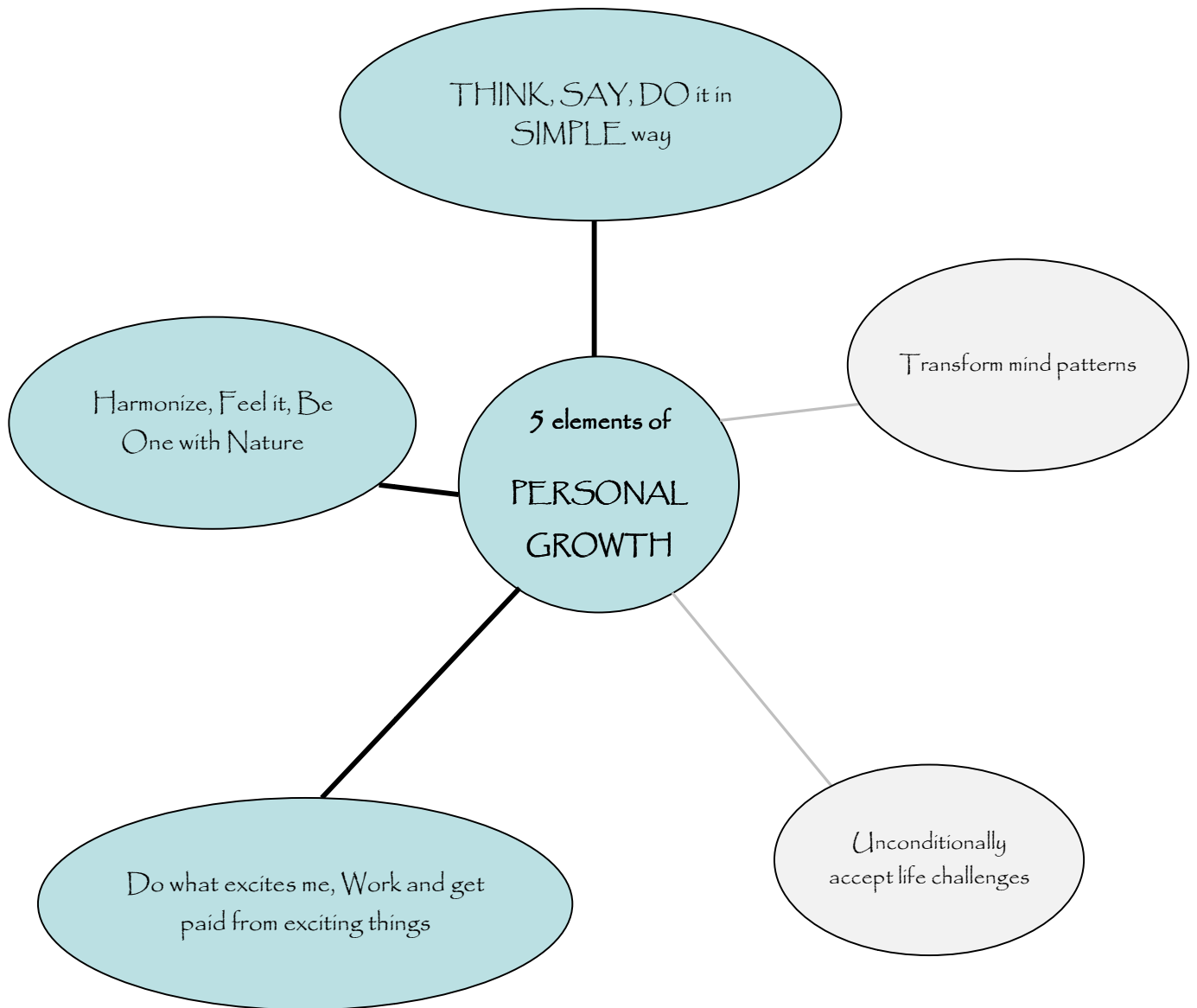
When I studied Maotars way of living I described the basic of personal growth and grouped it in 5 elements. More or less these are the key elements my personal life is based at the moment. Like every better designed house has its main foundations the same is in my life. I can have weak foundations and great roof. In this case my house can be admired by many people and seen from the long distance. On the other hand the roof can swing in the hard wind and consequently leak in the rain. It can be demolished the whole house if met a small hurricane or earthquake.

In next chapters I will talk about the main 3 elements: simplicity, conaturalize and excitements. In each chapter I'll describe my point of view and how do I imagine the element. If you have read blog posts you will find it very similar, but some things has been modified. After 'the post' stuff I deliver some work tool kit. You can use it in order to rise your focus on your personal growth. The more we focus and the more we ask ourselves empowering questions, the better results we get. And the result is ... well I mean here the ultimate result or the ultimate goal that is the maximized personal happiness. You can imagine it also as the highest personal power or joyfulness. The meanings are so much connected that we can use them as we wish.

Having well designed foundations in life guaranties the better life quality and the easier joyfulness approach (actually I should write joyfulness connection). I made mine quite late... I first took almost 30 years of my life living on weak foundation. So it is never too late to start all over.

What have I done? I first got the leverage and inspiration for changing my situation. Then I studied theory, techniques and other people experiences. I read plenty of books, spent a huge amount of hours on self thinking and mulling and I was discovering experiences of others when making new friends and joining with my great friends.





If you find a thing that doesn't belong to any of this 5 elements try to share it with the element that suits the most. For example you can say where can I put the healthy food. It does belong to my personal growth because when I rise I change my eating habits and I eat more healthy food. And there is no element talking about this case, right?

Let's see ... where can I set the healthy food? Isn't the second element the most suitable... why? Because it talks about harmonizing with nature. And so does the new eating habit, right? And If I say a new habit, then it also belongs to the fourth element. But let's just count it in one area.

First element - simplicity

How do I see the first element - The simplicity element:

What is this about?

My description of simplicity is: "Whatever I think, say and do, I can make it more easy, with less focus spent, with less energy invested and what is more is having more joy making it."

Here are some results we gain when we simplify our life:

- the more time we get for other things (to do things that are exciting),
- the less things we have to have (e.g. we don't need to spend hours on thinking about new material things, we don't argue while waiting in shopping centre queue, we don't even go in shopping centre so frequently and so we do waste energy being there)
- the less things we are depended on (we are more in charge of our life situations),
- the easier we can decide what to do, where to go, what to 'buy' ...,
- the less we build stress (we don't complex things or don't need to optimize things to the moon and so we train ourselves to live more phlegmatic),
- the less we need to work to earn money cause we don't need it so much anymore
- the more simple things are faster being done, faster we see results, the more such things we can experience in the same time and so the easier we connect with our joy.

When I found this element I found out it is much easier to settle and connect with other elements too. It might be so because every path I walk now is simpler than ever before.

My example is moving out of the city and settle down in the cabin. There is no public electricity, no public water and toilet. The things that seem so common and the things I would miss a lot not long time ago. But making my life simple mean I don't need to be depended on electricity every day. So I spent a month before I built a solar-electricity and still be independent from the public one. And my solar system produces enough energy for light and computer.

The water I need is a small amount - just for a quick shower, drinking and preparing lunch from time to time. I use spring water for this stuff. Toilet in nature ... am I an animal or what? Kind of but who cares.

The simplicity also talks about 'Who cares'. It is when talking about things that we care too much just because we pay attention on 'What will other people say'.

So what would others say about my living... probably they would say I'm weird and that's it. And because I simplify my life I don't care.

Simplicity is at least worth to try. I know it's difficult at the beginning. We need a giant amount of self-confidence to avoid main stream and a huge wish to act as we want.

- *Let's make some empowering question on Simplicity*

- ~ What makes me laugh or brings me joy and it is so simple that I don't need to do anything because it happens by itself?
- ~ Can I live with no TV and still have the same joy? Can I enjoy even more and how?
- ~ What are the most simple things I can do it daily and have fun ... and what is even better they are for free?
- ~ How can I help others and getting help from them so that we will together spend less time and do just things we are good at?
- ~ Can you imagine living in a mountain cabin, with food surrounding you, fresh air and no toilet? How can you possibly make this idea alive?

- *My example answers:*

- ~ Watching small cats playing do wrestling and funny jumps. Watching sunset makes me a great joy while just lying in a hammock or in the couch on the terrace. I do feel great when I wake up early in the morning breath the cold fresh air, do a bare walk on still wet grass. Next I enjoy listening numerous of birds or deers or water fallings. Next I enjoy swallowing the fresh spring water or eating wild food directly from the plants while being on a walk.

All above mentioned stuff are the outside triggers. That means it needs to happen or I need to be active to feel it. The better way is to just live with joyfulness with no outside triggers, but only by activating inside triggers. But first things first ...

- ~ In the first few days it could be difficult but that just mean we are doing on our progress, we are working on our independence. Our mind is used on watching tv and so be leaded by others (systems, people, groups with special interest). That's easy because we don't need to do anything, just sitting in sofa, drinking a beer and eating spam. It's wasting our time and we lose the control and independence. I don't say you must not watch tv ... but isn't staring in that thing for 5 hours a day a little bit unambitiously? To me, sure it does.

Nowadays I build amazingly more fun with not TV switched on. I rather do meet my friends, do a walk or go on a long ride. Also when there is rainy weather I can talk and have fun with friends. It's also a pretty good option chatting with them via internet if in the start we don't new someone personally.

- ~ Some more actions I do them daily. Gardening and watching plants growing up. Read books that excite me. I usually borrow them first and those that suit me the most I often buy so that I can read some inspirational chapters whenever I want. Yes I do read blogs and in that way get some new experiences other bloggers are willing to share. So thanks to them. I do like many sports in recreational way (once I was training and competing in road cycling) – hill walks, biking, swimming... these are all for free.

- ~ I can help myself in the first way. If my batteries are fulfilled then I can share good will to the environment. When I'm full of joy I can easily search for challenges instead of searching for problems and I can easily search for solutions instead of guilt others. That's one part of helping to my dear surrounding people and nature. What else... I try to do

my best to share my way of thinking, talking and acting to all of you. I don't know you personally. But if you have come to this sentence it means something... you must be at least stubborn to read me. I sincerely hope you will gain at least one good thing that will help you raising the joyfulness percentage (the higher percentage means the more hours per day you live in joy). And I never know when we might meet personally ... but it smells like another fun.

~ Years ago I wouldn't think of living with no toilet in a cabin. And I do live now. Things are changing. Many of them are changed by me. So it can sound for your way of living. What seems to be impossible today it might be possible tomorrow? It's like about inventing things. Everything that the humankind has made was once just a thought. It does often sound as impossible to do, but there are miracles our mind can produce when nothing seems impossible. It depends on our empowering questions we set. That's the best way I know to do 'miracles' (you can be your own miracles builder ... name it however you wish).

- *Work on Simplicity*

- ~ Name one thing that you can simplify and gain at least 15 minutes of time per day.
- ~ Make some more empowering questions that bring you simplicity in your life. You can share those questions (mail me and I will once upload all the questions).
- ~ Think on this ... how you can get more time each day by simplifying on your daily routine tasks.
- ~ Ask yourself frequently about this task (you can ask when you are waiting in a que or when you are driving).
- ~ Repeat the powerful questions until you get satisfied results. And then... start again and get more results. You can mail me about these results.

Which one it does sound better to you:

- a) I can cook it and watch TV together and also I can to laundry in this time.
- b) I can invite a great friend and together we can cook while chatting and later then we are going to do the laundry in the laundry service together.
- c) I can order food while drinking a beer in front of TV and watching ultimate survival. My wife/husband will do the laundry.

So what do you think on this options. Do you like having someone to serve you (people often call it a Mama hotel), do you prefer to be a multitasking person (you can be very productive in this case and people like this kind of workers, right – specially the company owners) or do you prefer to pay attention on socializing and sharing fun with others? My answer it's obvious. I did the first and second way and I walk on the last mentioned ... and the rest is history.

Second element - conature

And here I am living in harmony with Mother Nature. Maybe it sounds stupid ... what the heck does nature has with my personal growth. Am I going too far with this philosophy? I like to say that this suits to me. It might suit to you also, but there is no guaranty.

Imagine for example you work 10 hours a day in the city centre. People are asking you million questions and they have million demands for you. You work on multiple tasks and have almost no brake at all. You work hard like this day after day and wait for the weekend to come. And then what... you are so glad to go fishing on the near lake or swimming in the nearest sea. Or at least you are satisfied having a barbeque with closest friends somewhere in the suburbs.

Have you imagined this ... I know I did. And how do you feel? If you ask me, I can't wait for that time to come. It means being free, relaxed and somewhere in peaceful area. And I imagine this area as a nature.

It would probably seem the same if I turn around some elements and imagine me working 10 hours and so on somewhere in the bush and then spend the weekend in the city-centre. I would probably feel glad just for the weekend to come. But still there is some special magic offered by our mother nature. And how can this help to my personal growth?

There are huge connections between simplicity and conaturalizing. When I settled down outside the city in my wooden cabin I found hundreds of new joy around me. From the little ones, for example new plants I met and studied their names, to new habits like gardening, listening and watching wild animals a few meters from me, sleeping outside in the hammock and smelling what a pure nature offers. Well how does it sound? A little bit a Crusoe way, right? You can still say that this doesn't mean a lot. But it does to me. When I tried for the first time and live like this for a some weeks I found out some interesting things happened to me *. That's why I managed to set this one as one of five basic elements.

Conaturalize, a strange word means living in harmony with nature or natural living. When I studied Maotars I learnt they also act on Mother Nature laws. They plant, garden, live in natural homes, don't pollute, breath fresh air, have a dynamic life as this is what nature offers in many area around the world (especially where spring and autumn exists). All this is just the way of living as it was a few generations back in our civilization and still is in hundreds of today's civilizations. More about Maotars you can read at JoyReminder.com. The name Maotar and Maotars civilization is mentioned rarely but has a powerful force on my writing. Those who like to hear more from Maotars are welcome to write on info at joyreminder.com. This is not selling of anything.

Ok, back to my story. What has happened to me that sounds interesting *?

- First living in nature or approaching to natural way of living relaxed me.
- Second it relaxed me continuously and it still does. It's a new habit.
- Third I found many excitements that I didn't pay attention before. It's everything around

me that nature can offer. I just need to open my heart and mind and start watching, listening, smelling, tasting and touching. When the night comes I can watch stars and moon or listen and touch the rain drops falling on my body.

- Fourth when I start living in nature I started to be a nature. It harmonized me. Consequently I built more time and get things more simple. How? For example I stopped spending time by watching tv, I stopped spending too much time on cleaning and washing as it is not so important anymore. Everything is clean, safe for health and no toxic stuff, hard chemicals and non-natural things are used. It's healthy if I do gardening and then touch and eat food without washing my hand. That's normal. The opposite of this would be eating in the office where the table is clean. We think it's clean because they clean it every day. But there are hard chemicals used and they can't be 100% vanished away. So we need to wash hands before we eat these chemicals that we already carry on fingers from the beginning we tap on the table. And now imagine kids playing on the floor in the living room. Is that floor clean? Better to play outside in the muddy garden.
- Fifth this environment suits me much better for my other activities ... also for writing this post while being in the hammock and listening cats playing and birds singing. It is probably fairer to talk about natural living while truly live here instead of sitting in the chair in sixteenth floor flat and just imagine it. And I pay attention and do much more on other personal growth elements just because this environment helps me.
- Six it's much easier to make memorable parties and no one will complain on loudness (this one I picked up lately ... just because it has each value).

Are you still willing to make some empowering question? Do 3 (it's less then pushups at gym)

If you don't like making question (although we are asking ourselves all the time ... more about this you can read in a post of [empowering questions](#)) then I have a proposal for you. Go out after you read this suggestion. Go to a peaceful area somewhere in the nature (it can be a park if nothing else is close). You can use earphones with a relaxing music (I can't prohibit this, can I) and then ... Let your thoughts swing in your mind. Accept them whatever they are. If you do this, then try to next thing. Try to (actually do it instead of trying) focus on your breathing. From inhalation the fresh air (wish you to be fresh), pumping your bell, circling the air in your body and exhalation. Just pay attention on this cycle for a few minutes (3 minutes is ok). What can be a better suggestion (I'm just trying to inspire your questionability)? What if you pick up a great friend of you and you do the conaturalizing entertainment together?

Another conaturalizing entertainment

Take a vacation for 3 days (the prolong weekend is just fine) and rent a mountain cabin. The less is there in the cabin, the better entertainment will be. Especially I suggest there is no tv and pc. Invite your 3 great friends (it might be a family) and do the next task...

It's a joke. There want be any task. You feel free, have fun and focus on fun building. There is no home for arguing in the mountains, ok (just having fun). If you are brave enough you can share your true opinions about life and personal growth. It might be embarrassed but you never know what the deepest secrets of your friends are. They might be thankful for your sharing. And guess what ... this is the way to help others and get a lot of satisfaction doing it so. You are helping and changing the world.

And another conaturalizing entertainment

If you like tasks that give you new adventures and experiences or if you just like to feel more weird (like a Crusoe maybe) then go to the library and learn about 3 wild plants that you can pick in your environment. Then simply get out and get those plants (you can ask someone who knows a lot about his stuff to help you). The next thing is to prepare a meal and eat it while still fresh with one special person. If you enjoy it enough then I'm sure you will share this in some social network ... and the others will like it.

My question

How can I afford and buy a cabin if can't credit my account anymore?

Well the question is do I like a cabin enough to have it or to live in it ... probably I do, so I'm motivated enough to do almost anything in order to buy it. Or ... I wonder if there is any other way to gain the cabin? What about building it by itself or by a colleague with experiences (it's cheaper I guaranty you).

If I can't take a credit, can I borrow some money somewhere else (from a friend, parents...) or can I do some extra work for the next 12 months, just enough to buy all the material and land? Is there someone else who would like to build a cabin (try via net searching)? The more interested people you find, the cheaper will be your piece of land and the material also (it's because of the discount you get on higher amount).

Did I motivate you to go further?

Remember 'The miracle' begins with your focus. You can focus the miracle!

Third element - excitement

The third element is one I like it most. If I join these 3 elements it would sound something like this: I do enjoy living in a mountain cabin and having nice chats with my great friends. I don't take orders and I don't give orders, but I enjoy doing things I'm excited in. It's simple, it's natural and I enjoy it.

The blog post on this theme

When I was a kid I went to school and had to study. I hated.

Then I went to college and study things that I thought are interested but they were not. I hated I found a job based on my degree and worked on things that bored me. I hated.

Hundreds of times I listened other people demands and did what they wanted from me (or wished, hoped I will do, become, act...). Guess what... I hated that too.

And it's not over yet. I got in some relations because it was expected from me so. I got dressed like some other people expected as appropriate and normal. I hated.

I also eat food other people count as an appropriate and normal food. Otherwise, I thought, they won't count me as normal. They would say I'm a freak. I hated that too.

I didn't finish yet...don't go away ;) Check this... what I hated most. I had to wake up early in

the morning by the alarm belt. I hated to wake up when I'm not ready yet.
Is this enough? There are still tens of things I hated to do but I did it, because of ... Yes I wondered on whose behalf or for what? That was the question.

I admit I did it because of others. I forgot on myself. That was the major mistake. Or, that's my opinion today that was my way of personal growing. When knowing it's a part of personal growth then there are No mistakes. There are only challenges and opportunities. It is the part of the game called life.

So what was my opportunity? I needed all those experiences to realize what I hate. What I don't want. Why, for what good reason? Simply because it pushed me to start paying attention on what I truly want. It's so simple.

And What is that I want? The answer is the name of the third element - that's the Excitement. What do I mean on this?

- First I don't care so much about what other people will think, so I can do whatever my heart wants to.
- Second I listen my inner voice or what heart tells me. That's what I deeply inside of me always wanted to do. It is just me, not my parents, a friend or a teacher, who uniquely knows what my wishes, my desires and my wants. Yes, just me (or perhaps you as a reader here and after). In every second I can turn on whatever way my desire leads me. That's My flow. And I go with my flow.
- Third my behavior is much more similar to my identity than ever before. Why? The identity is what I am. What I think, look like, want, and wish, how I feel and so on. The behavior is how others see me or how others describe me. And when I behave the same or pretty the same as I truly am, then I have won (not on lottery - not so lucky, but in a life game – luckily or by my miracle).
- Fourth I do things that excite me or act like I want and help me staying in a high vibrated energy level. And being in high energy level deeply helps to pay more attention on other personal growth elements. When I do things that I'm excited at I get extra joy flood and I met much easier new experiences, new adventures, new exciting ways and places. It seems as I'm traveling and simply having fun meeting new stuff.
- Fifth in case I turn on a path where there are no excitements at all I a) turn on another excitement, b) learn from this one and get as much experience as it is possible, c) I found myself getting frustrated and immediately call for time out (it's like a minute in basketball in order to get another self directives, new habit desires, new behavior) or d) accept this path and just watch my thoughts swirling (probably more great-eastern choice).
- Sixth What I want and is part of the fifth element is to share pretty good (ok, it's you to evaluate) self experiences and initialize a communication about it in order to make

another miracle.

I know it's hard to gain this kind of living. We've been working on the other way (the common and main stream) for so long that we forgot there exists another way. And another way is always there. We just need to grab it. Squeeze it. And hold it forever. It's the only way I called 'My way'. The others are just ... of course not mine.

The third element is probably the one that gives me the most reason for better focusing. It might be so because it is based on my identity and truly based desires. Of course it gives me instantly the reason to joy and huge amount of energy that I can use for whatever I want.

- *What do you know about Excitement but stopped practicing years ago (some questions and focus initiatives I wrote for you and me)?*
 - ~ What does this word 'excitement' mean to you? Do you feel any difference between daily routine tasks and time when you doing things give you a great amount of laugh?
 - ~ Name 3 things that you enjoy doing it and (I like to avoid simplifying here) are good for you and at least one another person.
 - ~ What did I dream about when I was young but never come true? Is it possible to re-dream today and do a miracle?
 - ~ What would I like to do to in order to get more exciting hours every day? And is this even possible or am I just exaggerating.
 - ~ Name 1 thing that you hate it (or at least you are not pleased doing it) and what can you do to change in order to have fun (turn around or get experience or accept as it is).

- *What do I know about Excitement (my quick point of view I wrote for you and me)*
 - ~ Excitement is what I think, say and do and is based on my inner voice (that I desire and know deeply inside of me). If I feel the difference... well I come a long way baby from the stage called 'I hate' to the stage called 'I do with passion'. Think, talk and do with passion is ... well, when you act like this you stop describing, because you know you are there.
 - ~ The 3 things:
 - a) Like to walk on hill with company and have tons of laughing and great feelings together.
 - b) Unconditionally help to someone on a case that I'm good at. I don't need any thanks at the end but if I get it it's crazy great to hear. Knowing I help to someone who can't do it alone or can't see the way out causes me great joy – I'm here trying to help (I know how great is when someone helps me ... it's crazy great).
 - c) I like being involved in plenty different 'games' so that I can get more various reasons or outside triggers for joy and I get more life experiences and met more various places, people. It does help me to get more experiences and share them to

you and others.

- ~ I've been dreaming about star traveling. It might be impossible today and I'm not interested in that anymore. But today I can dream about traveling the world, meeting people from all over the Earth and this dream I can realize. It's all about my focus and leverage. So is for you.
- ~ I can wake up earlier in the morning so that I won't miss a great part of day. Today I still like spending a few more minutes in a bed but when I decided not to I get tons of great pleasure. So it's up to me what to do. I can also spend more time with friends, especially with those who I enjoy most. And I can do more writing because I found it very exciting.
- ~ When I don't 'travel' on a road that is exciting I probably don't feel ok. I found myself to late taking the time out and it often remains as a challenge to accept that road. But still I prefer doing what excites me instead of accepting the road that doesn't even lead to an Excitement town (it's not exciting and it doesn't go to the excitement field). But I do it in order to get more various experiences and met new places. Probably I will do it less in the future game.

- *Let's see some extra empowering question examples*

- ~ How can I realize my dream even if it sounds unreal? If I can get at least one step further to realize it, what would that step be?
- ~ What are the easiest way to act on them and have fun (it might be meting a friend on a coffee or visit a zoo with children or parents)?
- ~ How can I maintain the daily motivation for doing more exciting things every day?

- *Empowering questions that you can usually hear daily*

- ~ How can I solve this (instead of Why does this always happen to me?)?
- ~ In what way can I live and have more fun (Instead of Life is a bit_ , Why me?)?
- ~ What can I do to make more time Today and enjoy it (instead of Why do I need to work lately?)?

You are always welcome to share your ideas, your point of view to the others. You can also mail me so that I can share your stuff.

Build fun!