

6Efun





Contents

- 1 Movement I – Belonging & Permissions3
 - You Are Not Behind, You Are Growing3
 - 1.1 Why I Am Sharing This (1).....3
 - 1.2 This Is Not Advice (2)3
- 2 Movement II – Reframing Life4
 - Everyday Experiences Are the Curriculum.....4
 - 2.1 Life Is Made of Experiences (3).....4
 - 2.2 Fun Is Not Happiness (4).....4
 - 2.3 From “Why Did This Happen to Me?” to “Why Did This Happen for Me?” (5).....4
 - 2.4 How Meaning Is Created (6).....5
 - 2.5 What 6Efun Really Means (Education and Effort of Everyday Experiences) (7).....6
 - 2.6 How Meaning Is Actioned and Learned (8).....7
- 3 Movement III – Agency & Awareness8
 - Where Education Truly Begins.....8
 - 3.1 The World of Relationships (9)8
 - 3.2 You Are the One Inside the Experience (10)8
 - 3.3 Your Relationship with Yourself (11)9
 - 3.4 Your Relationship with Change (12)10
 - 3.5 Thoughts, Emotions, and Awareness (13).....11
 - 3.6 Why Emotions Shape Memory (14).....11
 - 3.7 Letting Experiences Pass Through You (15)12
- 4 Movement IV – Living the Philosophy14
 - Effort, Lived Daily14
 - 4.1 Caring for the Body That Carries You (16)14
 - 4.2 Creating a Healthy Mind (17).....14
 - 4.3 Working With Your Emotions, Not Against Them (18).....16
 - 4.4 Purpose, Work, and a Life of Service (19).....17
 - 4.5 Relationships That Nourish You (20).....17
 - 4.6 Feeding Yourself to Feed Your Purpose (21)19
- 5 Movement V – Continuation, Not Conclusion.....21
 - Enthusiastically Engaging With Life21
 - 5.1 A Life That Keeps Growing (22)21



Opening Letter to My Daughter

Hi Sweetie,

I want to share my thoughts on what I have learned and believe helpful in building a fun, fulfilled and abundant life. Many (and by many, I mean most 😊) of life's lessons, practices, and fundamentals I believe a person should build actions on, were discovered recently on my life's journey.

I am in my 52nd year of life when I started to capture my thoughts, and not until my 47th year of life did I start waking up to approaching life with a consciousness of purpose. This awareness instils my conscious intentions towards being of service to life and to the universe.

My intention is to preserve my thoughts and share them with you. From there, I hope you start to build on some of my ideas and find your own life compass to achieving a fulfilling and abundant life on *YOUR* terms and then share your journey along with my journey with family and friends.

Wanting the best for yourself and everyone you encounter should always be in the forefront of your actionable intent.

Remember this quote from "Golden Rules Jones of Toledo, which was shared by Wallace D. Wattles in his book The Science of Getting Rich.

"What I want for myself, I want for everybody".

Discovering your purpose of service to others is a powerful gift to share.

As you are now in university and moving forward with your life's journey on building the roots of your life, I am thinking, this is a good time to share this with you.

I hope this acts as a starting roadmap, to building principles for decision-making to allow you to build a life of successes.

I thought about sharing this earlier with you, but with you rightfully focused on the joys of high school and teendom, it would have fallen on deaf ears. I know you would listen, but saying inside..." What in the good #\$\$%k is my dad talking about 😊".

I do hope you reference my thoughts from time to time.

That you take a minute at the start of every day to think about your consciousness of intention towards the day and...

Always remember to live a *BOLD* life.

It is and will always be my greatest honour to serve and support you.

Sweetie, my love for you is unconditional.

Love, Dad.



1 Movement I – Belonging & Permissions

You Are Not Behind, You Are Growing

1.1 Why I Am Sharing This (1)

Life is a flow of continual experiences. These experiences can be impactful or neutral, but they are always unique to the individual. Even more foundational is that your experiences are minimal compared to the billions happening every second that you will never see. I raise this point as context and awareness are key to anyone's interaction with an experience.

Was the experience about you?

Why does the experience matter to you?

Why do you hold on to some experiences and not others?

Hopefully these questions do raise some further questions within yourself on the meaning of any experience you have had or still carry with you.

Beyond the many questions that will come from an experience, the one belief I hold strongly to is that experience drives growth. Based on this, I thought it important to take the time to share what I have learned to help as a guide.

Why I want to share this is that when I look back at a period in my life when things changed unexpectedly, I thought I was moving forward with a new phase of my life, but I was not aware and conscious of the type of decisions I was taking directionally. I was making decisions based on what I did not want, instead of what I did want.

That shift may seem small, but it changes everything. One is driven by avoidance. The other is driven by intention.

When I came to this awareness...

...the principles, 'You get what you focus on!', and

...driving principle, 'You go where your eye takes you!'

They had never held so much weight until that moment.

1.2 This Is Not Advice (2)

This book is not about defining truth or telling you how you should live.

Think of it as a compass, a tool to help you find your direction.

The direction itself is yours to choose.

You are unique in how you think and feel, even if your experiences look similar to someone else's.

If you sense, even quietly, that the life you are living and the life you want to live are not quite the same, this awareness is where your growth starts.

Let's take this journey to help find your path.

I can't help myself; I do have one bit of advice...

...If you compare your "good" life to anyone else, you will always fail.

This is the worst metric to measure your life against. Always remember that someone else's life is not better, just different.

The only metric is whether you are achieving a "good" life, based on what fulfillment means to you and no one else.



2 Movement II – Reframing Life

Everyday Experiences Are the Curriculum

2.1 Life Is Made of Experiences (3)

Now where to start. This book is designed to be educational, useful, and of course fun 😊.

It is built on a simple idea that you can learn, grow, and build a fulfilling life through your everyday experiences.

That is why 6Efun was created.

Now, let's jump on the 6Efun train!

The first 2Es in 6E(fun) are the foundational Es...

...They are Education (learnings) and Effort (actions). These drive your actions and your growth.

As you enter the 6Efun world, the key idea is...

...Everyday Experiences hold opportunity. Not because of what happens, but because of the meaning you give to those interactions. This is where learning and growth happen.

The goal is to see your everyday experiences differently. Not as good or bad, but as opportunities for growth and empowerment, so you can...

...Always Enthusiastically Engage with life...the final 2Es.

The 6Efun approach, is designed to support your life journey to fulfillment.

2.2 Fun Is Not Happiness (4)

What does 'fun' mean in the 6Efun world.

Fun is not happiness or doing whatever you want.

Happiness comes and goes like clouds, just as sadness and anger do.

These are moments in time that you experience throughout your life.

Fun is a life where fulfillment is not dependent on your emotional state.

A 6Efun life begins when you realize your emotional state is temporary. Whether you feel happy, sad, or frustrated, your everyday experiences are always contributing to your growth. The growth you gain is what leads to fulfillment.

This is the 6Efun definition of 'fun'...a state of continual fulfillment, regardless of the experiences you encounter.

2.3 From “Why Did This Happen to Me?” to “Why Did This Happen for Me?” (5)

The idea of the book started from the realization that life exists for someone or something to be of service to a greater good.

The spark for a 6Efun life started shaping during the practice of meditation, and thinking about why things happened in the past, but then to realize the story of 'Why' was not still happening, I was simply, holding on to it, as if it needed to be solved now.

'How do you solve a problem for something that is not happening'

This awareness was my realization that I was preventing my growth for achieving a fulfilling life.

This moment, led to the start of my journey of understanding that experiences are just that, a moment to feel, learn and then let go. The feeling from an experience is the simple part of the equation (it will not feel that way, but it is). The bigger challenge will be finding the learning from an experience, and the most difficult part is letting it go.

Your moment will be different, unique to who you are, but when the spark happens, it feels the same for everyone.



When you treat every experience as something that happens for *YOU* the person. That it happens so you can grow as a person. You will see every experience as a positive step forward with your life journey.

When you start to ask the question..." Why did this happen **for** me?" ...instead of "Why did this happen **to** me?".

The shift in these two words, from **to**, to **for**, moves it from a reactive (passive) state of feeling helpless (*it happened to me*) ...To an active state for education and effort for growth and empowerment (*it happened for me*).

There will be events in the immediate moment that will be hard to believe the event happened "**for my growth**", but here is the 6Efun moment to share with you...

...There is one irrefutable fact...**the universe is energy for growth.**

This energy drives the 6Efun statement of faith...

...Life happens around you, not against you

...Only you can decide how you interact with each experience.

This decision of interaction creates your path to fulfillment

2.4 How Meaning Is Created (6)

The challenge, and it is a big one, is around the emotional imprints you attach to experiences (a.k.a. situations / interactions).

Your imprints leave an emotionally charged state, of feeling pleasant (good, positive, right) or unpleasant (bad, negative, wrong).

Understanding why these imprints matter and why you do it, is the key to getting on the fulfillment train of life. When you start to develop the habit of awareness that you do that, and that you can influence it...

...that is when your growth truly begins.

Now you may be thinking..." this is pretty heavy stuff and maybe useful for a big life event, but using it for everyday experiences seems overkill" ... One might think.

It sure does! But! You knew a "but" was coming.

Everyday life happens around you; you observe them, and you move on. You typically do not think beyond that moment. Well, that is what you think happens but oh my, this is the real deal below. Let's lay out an everyday experience. *Picture this...*

The Scenario 'scene 1'...

You see a person walking a puppy, you say to yourself... "What a cute puppy!" you observe and move on.

The Scenario 'scene 2'...

This time, you think the person walking the puppy looks like someone you know. Now the wheels start turning and depending on if it is someone you like or dislike, will drive the energy of the moment.

The Interesting...

Same external life scenario for scene 1 and 2.... One slight change to the scenario and now it goes from impersonal to personal...which now determines if an emotional imprint will be formed.

The Strange...

The experience of thinking you may know the person and the experience of observing the puppy have nothing to do with one another. But your brain will immediately connect them and process it based on your emotional filters of like or dislike.

And what if someone else was walking with you, is their response the same as yours? *Of course not.*

So, is the puppy still cute?... or is the puppy less cute because you do not like the person?... or is the puppy now cuter than you thought because you like the person?

Personal vs Impersonal...leads to the attachment of your emotional imprints.

Defining personal versus impersonal is about the person and their connection towards the experience. These terms are used specifically because the experience is directly about you and your unique interaction. There is nothing else.



It is about your 'WHY' the experience will or will not connect with you. Your thoughts and how you feel about the experience is about the energy you have about it and your growth comes from understanding where the energy came from. It is important not to judge the reason but have awareness and acceptance and then decide what action is needed.

2.5 What 6Efun Really Means (Education and Effort of Everyday Experiences) (7)

So, what is the **6Efun** approach, and how does it help shape the meanings you create in your life? Good question 😊.

It is a healthy conscious-driven habit approach to life.

Based on...

...The Energy You Feed In is the Energy You Get Out.

6Efun is built on a mission, set of rules and value-based rewards.

The Mission – Education and Effort to create a life of fun through continual growth.

The Rules – Learn how to feed fun from Everyday Experiences

The Reward – Enthusiastic Engagements towards a fun and fulfilled-driven life

The mission is simple.

Life is energy, and energy fuels growth...in you and far beyond you.

Fulfillment is an energy state like any emotion. So you must consciously create that energy.

Fulfillment comes from within, through education and effort, with you fully responsible for how you feed your life.

The Rules... *what rules to follow* 🗣️ 😊

Well, there are no rules...PHEW!

However, you are driven by your experiences, and from them you set conditions. These conditions are where you must build the habit of checking how you are "feeding" them.

Ok, ok, there may be one rule to the 6Efun approach.

It is 🗣️ ...understanding the state of your conditions.

These conditions are guidelines.

More directly 🗣️ ...they are your life indicators.

And the state of these conditions 🗣️ ... determines the direction of your life.

Here you go, drum roll please 🎺 ...The 6Efun conditions are based on your 6Efun worlds, comprised of ...

... inner and outer worlds.

The inner world is built on the internal conditions you set for yourself everyday...

...Healthy Me: (Consciousness): pleasantness within you.

...Healthy Body: healthy habits.

...Healthy Mind: energy on how you perceive/interpret events.

...Healthy Emotions: energy of well-being.

The outer world is built on the external conditions you set for yourself everyday...

...Healthy Lifestyle: enrichment with life.

...Healthy Relationship Circle: engagement with life.

... and there you have it 🗣️ ... the purpose of life is solved 😊.

Just kidding, but it is the start of many questions, which is how you grow.

Details on the individual conditions of the inner and outer world are found in the next movement ...and will be a **fun ride!**



The Rewards... *let us grab some of these.*

Now the fun begins. Defining abundance of reward... is about *YOU* the individual.

When you understand that your energy determines how you connect with life. It drives your decisions, your motivations, and what you build.

Understanding that energy fulfills your unique needs makes the pursuit of these rewards worthwhile.

Purpose — the service you offer the world from a place of genuine passion. When it is real, it inspires you and creates value for others at the same time.

Wealth — not as an end but as the freedom it creates. You act in accordance with what you believe you deserve. That belief is worth examining.

Relationships — because energy is meant to be shared. The right ones deepen your experience of life

Each will look different for every person and will change as you grow. How they take shape is yours to define.

2.6 How Meaning Is Actioned and Learned (8)

Through the Mission Statement:

Education and Effort of Everyday Experiences to Enthusiastically Engage with Life

What was Learned to Pay Attention To:

Be aware of how you feed your life, that is how the fun grows.

The goals for your 6Efun life...

- ...Consciousness: everyday gratitude
- ...Body: consume natural whole foods and clean water; prioritize self-care (sleep, stress-management, movement)
- ...Mind: nourish your mind through continuous learning and engaging activities
- ...Emotions: ask yourself throughout the day, 'How am I?' and answer honestly!
- ...Lifestyle: contribute to the betterment of society
- ...Relationships: everyday interactions that are nourishing



3 Movement III – Agency & Awareness

Where Education Truly Begins

3.1 The World of Relationships (9)

At the basic level, 6Efun believes everything is driven by your relationships.

The 6Efun approach to relationships is about shared energy, driven by two pillars.

- **Relationship with self**
- **Relationship with change**

These two pillars help anchor your relationship journeys and shape the energy behind your thinking.

These pillars form your baseline for decisions and actions.

The pillars are not rules to memorize; they are the questions you learn to ask yourself.

Through the habit of asking them consciously, your awareness of each experience grows.

Why does this experience matter?...

...Every experience, whether significant or ordinary, is educating you. That is the WHY.

...No grand purpose; just awareness that life is always teaching if you choose to learn.

How do you engage with it?...

...Through conscious effort; showing up to your experiences with intention rather than on autopilot.

...That is the HOW. Not perfection, just awareness applied to action.

And who does all of this serve?...

...You; the Self and the relationships you touch. That is the WHO.

These are not steps to follow; they are questions to carry. The more consciously you carry them, the more naturally they build the relationship energy and thinking that leads to growth.

Relationships are complex energy systems, an approach that works in one situation may not work in another, especially with people.

This is why, 6Efun adopts the KISS principle.

6Efun wants to **KISS**: to *Keep it Simple 6E*

6Efun time out 🦋 ...What is KISS?

KISS is a system design principle first noted by the U.S. Navy; approaching complex systems by breaking them down to simple steps.

For 6Efun approach, checking in with yourself is the key to **KISS** your way forward.

3.2 You Are the One Inside the Experience (10)

If you accept that you control neither the world around you nor the people within it, you step into the role of an active witness; present in observation, yet accountable to learn and act with intention.

When almost anything happens, it is not personal. It is not about you nor is it against you. This awareness brings freedom and empowerment, and many fears will fall away.



This realization removes self-interest and judgement, allowing you to act with conscious intent from a place of good intentions.

Let's identify a few nuances about the Self.

6Efun IMPORTANT note... The sum of your energy comes from the combined frequencies of your mind (thoughts) and feelings (emotional centre).

Your physical heart is not your emotional centre, and your brain is not your mind.

Both are physical tools, like your arms and legs that make up the body. It is important to distinguish this, so you understand your brain and heart do not limit you. The frequencies you express (how you think and feel) are your limitations.

These frequencies are created mainly by your **self-talk**. Self-talk is your inner voice and if you are not aware of it, it will drive the direction you take in life without you realizing it.

Be aware and vigilant of your self-talk...and then proudly ignore it 😊.

That's right; almost always, ignore your self-talk. Remember, you are the energy source within the body, and you are in control. Not the mind. Not the emotional centre.

Let's frame the Self as a computer. The brain and heart are hardware; the mind and emotional centre are the software; and you (consciousness inside) are the programmer who codes what they do.

Therefore, in your life, when you say to yourself, "I cannot help how I feel or think", remember that is not you talking, but your inner software of the mind and emotional centre reacting to an experience.

You, the person (energy inside) has that unique frequency to ask, 'Am I ok'. In those moments, ground yourself in the present and then check in to assess what is affecting you.

Then take control and shift the frequencies to what you want to express.

It is not easy, but is 100% in your control.

When you check in on how an experience affects you and observe the changes, you can then determine your intentions for your next thoughts and actions.

6Efun question... How in the good #\$\$%k (keep it PG) do these principles anchor you to your ultimate relationship goal of achieving fulfillment?

By asking these KISS questions:

How am I? How did it affect...?

3.3 Your Relationship with Yourself (11)

6Efun uses interchangeably terms to describe what feels positive or negative.

Let's reinforce the concept of positive through the idea of pleasantness illustrated by Sadhguru, a notable spiritual leader.

Pleasant / Very Pleasant

When your energy is pleasant, this is bliss; when very pleasant this is ecstasy.

When your body is pleasant this is health; when very pleasant this is pleasure.

When your mind is pleasant this is joy; when very pleasant this is peace.

When your emotions are pleasant this is love; when very pleasant this is compassion.

This sums it up beautifully, about the state of being you can achieve with a 6Efun life approach. A place of pleasantness with the ability to reach very pleasant.

Being in a state of pleasant is the ideology behind 6Efun and reaching this state provides a fulfilling life.



You will experience moments of very pleasant, and a 6Efun approach believes a consciously driven lifestyle helps you move toward that ideal state.

Being in a state of pleasant is your *MUST*.

It is the minimum state needed to support your journey to fulfillment.

When reviewing Sadhguru's words, you will see they align with the conditions of the 6Efun inner world. There is a simple reason for this...

...Your inner world defines your outer world.

Without a pleasant inner world, you will not achieve a pleasant outer world.

With this understanding, the most important relationship you will ever have is the one with **Yourself**. The most important question to ask yourself is...

...'How am I?'

This question is about checking in with yourself. It should be asked multiple times a day. It is the grounding question that helps you stop and become aware of what you are thinking and feeling. Understanding how you are is so key to being consciously aware of your intentions.

This question will center you in the present moment and activate your thinking and emotional states so you can manage your intentions and actions. When an experience happens, checking in with yourself (your inner world) may feel odd at first. But as you build your relationship with yourself, it becomes a habit to anchoring (grounding).

This is not to say it becomes easier, as the energy of an experience may still be difficult to handle in the moment, but anchoring yourself will get you through it.

Wow! All that from, 'How am I?' That's right!

When you truly care about yourself and answer the question with honesty and thoughtful intent, you will act with purpose and awareness toward the best outcome for any situation.

Energy of Relationships

When you look at the drivers of the energy (nature of) any relationship, it comes down to how a person sees themselves (self) and how they deal with each experience (change).

As you identify your nature towards these connections, you will see the drivers that influence how you see yourself in the world.

Being self-aware toward a healthy fun you, leads to healthy fun relationships. And the biggest driver to relationship success, without any competition and undefeated...

...Is having a healthy relationship with yourself.

...FULL STOP!!! ...MIC DROP!!!

3.4 Your Relationship with Change (12)

Change is one of life's few constants, yet it is one of the things you resist most.

Once you have checked in with 'How am I?', this ensures you are anchored in the present moment. You then check in with...

...'How did it affect me?'

What are you checking on? This is the challenge; Let's explore this question.

You may think doing this for every experience, will be exhaustive and unrealistic. But here is the beauty of the 6Efun approach. As you become more in-tune with yourself and carry fewer emotional imprints that make events feel personal when it is not. You will realize you no longer need to constantly assess your inner world, as you become less disturbed by experiences.

You will comfortably observe, act and then let it go.



As you build the habit of learning and letting go of experiences you avoid building layers of emotional triggers that drive past reactions. You will find yourself meeting experiences with openness rather than pushing them away and this is how you build your 6Efun healthy habit lifestyle. When you accept the experience as it is, you learn from it, act if needed, then let it go and be ready for your next opportunity.

Once this is reached, bigger events become where you focus your energy. Your focus shifts to what matters the most; your purpose of service and your relationships of family, friends and society.

Has that wheel of awareness begun? ...

...The awareness, that change is a constant, and that is your opportunity for growth. ...**Embrace it with a hug** 🤗.

3.5 Thoughts, Emotions, and Awareness (13)

Let's start with a definition to kick start this chapter.

Definition of 'preference'... the right or ability to make a choice.

With that, you can select one thing or person over another. When making a choice, there may be an underlying bias influencing your decision. This bias is often formed through your life experiences without you realizing it. As a result, you define it consciously or unconsciously.

This makes it important to approach important choices with critical thinking so you can identify your biases and understand your preference and tendencies. This leads to decisions from a more informed place of intention.

Just because you have a thought does not mean it is true. You need to learn to separate awareness from mental noise.

With awareness, thoughts can come and go without attachment and judgement. This shift defines your growth.

The key is awareness, understanding that labelling experiences is natural human behaviour. Our brains are wired to simplify and discard experiences, so you do not get overwhelmed with information. But there is a big however...

How your brain processes experiences are 100% filtered by your emotional imprints.

Which is driven by YOU!

By nature, we define interactions through the filters of safe or dangerous, like or dislike, with most experiences falling somewhere in between as neutral.

These filters shape your world of preference and create the differences we experience between us.

While safe/dangerous and like/dislike are easy to understand, what does neutral mean?

Neutral reflects a level of detachment or indifference toward the event or situation you encounter.

Ultimately, how you define any experience is driven by your internal state (thoughts and your feelings) which shape the energy you bring to the moment. This is what determines how your experiences are filtered.

Without self-awareness you default to filtering experiences through unconscious preferences.

But when you begin to ask yourself:

Why do I hold this belief? Where did it come from?

You begin to build a mindset that aligns with your intentions, rather than shaped by external conditions.

Emotional awareness is essential to growth as emotional energy shapes how experiences are remembered. This is what ultimately influences your thoughts.

Ultimately... Emotions guide memory.

3.6 Why Emotions Shape Memory (14)

When you hold on to an experience (intentionally or unintentionally), you are holding on to its emotion. As these emotional layers stack within you, they are tagged in the mind like/dislike, to simplify reference, becoming unconscious filters you apply to future events.

Now the experience (event of the moment) is no longer just an event in time, it becomes shaped by your perception. You have created a judgement perspective, where the experience is filtered by your perceived reality, not true reality. This is why, when an event happens, there are many judgements of it.



If it is one event and if we agree on what we saw (which itself, can be difficult), then 'Why do we interpret it differently?'

At some point, the energy of experiences is filtered differently by each person. It is not about right or wrong, it becomes a difference of like/dislike states of awareness all shaped by past experiences you held on to.

The more experiences tagged by your preferences, the more you build a filter of perception that creates a barrier between your true self and the world in front of you.

When you react to someone or something, the energy of your reaction comes from somewhere. If you are surprised by your response, check in with your Self and explore why. Especially if you recognize your reactions are directing your path.

3.7 Letting Experiences Pass Through You (15)

Growth does not require holding on to experiences, it is about learning from them. By letting experiences pass through, you create space for what comes next; the next opportunity to learn.

Letting go is an ongoing practice you will play for life. And like any game worth playing, you will have your wins and your losses. You will know you are playing it when you catch yourself asking "Why did I respond that way?" Sometimes you will laugh at the answer. Sometimes you will shake your head and frown. Either way, you are growing. 6Efun offers a few ideas to explore, starting with what happens when life 'sticks' to you.

When daily events happen, you perceive and judge them. You need to create space between you (the Self) and the energy of the event so to accept the event as it is...not as we often labelling it as like/dislike (good/bad, right/wrong).

With conscious practice, you can manage this habit in a healthy way.

Except in moments of immediate danger, where you must act to remove or escape harm, you must otherwise, develop strategies to accept an event as it is and let it pass through you.

Please understand carefully, that accepting an event for 'what it is,' does not mean you do not take action to change it or that you agree with what happened. Accepting an event 'as it is' means...

...You do not take it personally and you recognize it for what it is... a moment in time.

This of course is easy to say and hard to do, but you must. Always remember an event is a just a moment in time; let it pass through and not carry it with you. If you do not let it go, it becomes an emotional layer within you, that you carry.

What is the litmus test for something notable?...

...It is something that 'sticks' to you.

Meaning a feeling or thought that does not fade after a couple of minutes. Most of what you observe is neutral, likely 99.9% of your everyday life. You observe it, maybe engage and move on without any lasting feelings. But when something sticks, that is when you must act and work through it to let it go.

You do not want to be a slave to your emotions; you want to be empowered by them.

When something sticks, it is due to *YOU*, driven by previously labelled and stored experiences based on your perception. Understand that you cannot stop this, but you build habits around how you store events, so they do not pile up inside you like a Jenga game of emotions.

When emotions build you begin to remove them, like blocks in the game of Jenga, in most cases it will crumble. This is not a bad thing as you release these layers, you will feel emotionally lighter and will see life more clearly with conscious awareness. Never hesitate to reach out to those you trust, during these emotional waves. Your relationship circles become your anchors for recovery and belief. If this happens and it may (it does for most), on the other side is a new view on life and powerful opportunity for growth.

Now as you release emotional layers, you want to manage this, so it does not build up again and better yet, prevent it from becoming fragile in the future, by putting in place a good management system for a healthy life (that's 6Efun). Like any good system, it is built on prevention.

Preventing your emotional Jenga game starts by not letting it build up in the first place. Yep, that simple!

But again, we are human—simple in concept does not mean easy 😊.



To help minimize your emotional layers from building and becoming your filter for how you see life, you can adopt the following practices to navigate everyday events...

...take an immediate deep breath

...take a mental step back

...then act or respond accordingly

These steps create a new habit of response to any event.

When a thought becomes constant, whether intentional or not, it turns into emotional energy (you begin to feel the thought in a certain way). As explained, this creates judgments that shape your life perspectives.

However, by creating space for the thought and the energy of that feeling, from a place of awareness, you can act from conscious awareness. From there, you can choose to let the thought go and continue on your current path or use that feeling to move in a new direction of conscious change. Your awareness allows the energy of the event to move on, while still educating you along the way.

Practice this repeatedly to build the habit, it will take time to form and, as you guessed, to “stick.” Appreciate the impact of your life experiences and the layers of unconscious responses you have developed over time.

It took time to build up; it will take time to release...***Be Patient!***

.



4 Movement IV – Living the Philosophy

Effort, Lived Daily

4.1 Caring for the Body That Carries You (16)

Everyday healthy habits

6Efun approach to body health must be centered around **YOU**.

(*Secret 1*: there is no single health strategy)

(*Secret 2*: your health strategy will vary throughout your life)

A healthy body...

... Gives energy critical for managing day-to-day life

... Is effective at fighting disease and preventing inflammation

Self-care is about...

... Diet

... Movement

... Managing stress (specifically chronic worry on life).

Build conscious eating habits so you can make better decisions day-to-day. It is not about a perfect diet, but awareness to enjoy food and drinks while staying healthy. Physical and mental activities are the things you enjoy that keep you moving and thinking. From gardening, walking, resistance/weight training to time with friends and family, reading, listening to podcasts, sleep and couple-friendly time 😊.

Getting moving is not only about building a strong body, but also about releasing stress.

Active awareness and healthy behaviour around food and activity give the best opportunity for a healthy body and life; it also minimizes chronic inflammation, a major driver of damage to overall health.

Just as important is proper sleep. Sleep is the optimal way to heal, reset your body's stressors and replenish energy for the next day.

Ideas to help promote healthy action:

What you eat and drink matters (*key to energy*)

Diet is key to weight management (*your eating habits*)

Prioritizing self-care matters (*sleep and stress management*)

Staying active matters to healthy maintenance (*being sedentary is a killer!*)

4.2 Creating a Healthy Mind (17)

Everyday energy in how you perceive events

A 6E Healthy Mind is about building healthy thoughts that support your growth and positivity in life.

You should have no more awareness of your thoughts than you do for your heart beating or eyes blinking. Most of your thoughts just happen, they are normal autonomous events within you. In the sense, they are mainly not in your direct control. However, and this is a big however, **YOU** influence the quality of your thinking state by how you manage yourself. Managing yourself, is about your nutrition, movement and your emotional and thinking habits. Hopefully you are seeing the mind, body and soul are all working in interactions with each other.

Now, let's paint the picture.



You have thoughts, you have heart function, liver function, kidney function, pancreas function, mitochondria function, billions of bacteria in your body, you have ... You may be asking: why mention internal body functions when the topic is the mind?

Here is the point: all these functions are critical to you being alive, and these organs are just as important as the brain when it comes to survival. However, humans mainly focus day to day on the mind and its thoughts.... And why is that?

Drum roll 🥁 please....

Because it is the noisiest part of your physical, emotional, and mental focus.

Why is it noisy?

You made it that way from how you fed in judgments from events in your past. It is reported at the time of writing this, people have 6,000 thoughts per day; some studies suggest it may be as high as 60,000. Either way, you are thinking a lot 😊 and unfortunately, you tend to focus on negative thoughts, which is an inherent survival mechanism of human nature.

These negative thoughts become the noisiest part of your focus, and you fixate on them because of the feeling is so uncomfortable within you. If you carry repeated negative thoughts (chronic negativity), they will affect your thinking, emotional and physical states when prolonged.

Chronic negative thoughts are silent killers, just as chronic inflammation is in the body. It is important to understand you will have both negative thoughts and inflammation, but they should remain acute events (short-lived).

For example, if you hit your knee, the swelling is a form of acute inflammation that protects your knee and allows it to heal. But with chronic inflammation, it is no longer about protection, it becomes aggression with the body fighting itself. Just like acute inflammation in the body, temporary negative thoughts can be useful in warning you of danger but should fade once the danger or perception of danger is gone. However, if you are always carrying a sense of danger, chronic negative thoughts can lead you to overreact to events around you and continual negativity can create deeper unhealthy trauma within you.

All this babble is to say...acute is good, chronic is bad.

Now let's explore negative thoughts. Is it as simple as saying positive experiences are good and negative experiences are bad? Let's tease this out 😊.

Here is a helpful explanation from Michael Singer in his audio teachings 'Living from a Place of Surrender'.

In his teachings he explains the concept of clinging and resisting an event. The concept is this: if you cling to something (hold to it) or resist something (push it away), both are acts of want and desire. 'I want this' (cling), 'I don't want that' (resist).

These actions store as energies that shape what you like and don't like. Therefore, if an event does not match either of these wants, you experience it as a NEGATIVE outcome.

It is understandable to push away a negative experience; after all, it feels negative. But what could go wrong with clinging to positive experience?

If you learn to treat each event in front of you as unique to that moment, take it in as a learning experience, and let it go, you will be open to each experience as unique and enjoy it more fully.

When you see the body and mind as parallel systems governed by the same 'quality in, quality out' processes, you can approach wellness for both in the same way.

When you treat your thinking as you treat your body...

...if you have pain or illness in your body, it becomes the loudest event in your focus, and you do not hesitate to work at getting your body back to health. This is no different for the mind.

...if your thoughts are the "squeaky wheel" of the self—the loudest event in your focus day to day—you must work hard to get your thinking back to healthy so you can achieve a peaceful mind.

For your thoughts, remember this from Sadhguru:

"No one ever complains about their thoughts when they are pleasant 😊".



Ideas to help promote healthy action:

Engage in activities that stimulate and engage the mind, such as...

...physical activities (sports, exercise), social activities (time with friends and family), hobbies, sharing thoughts with trusted listeners, journaling, and learning activities (taking a class, reading, listening to audiobooks or educational podcasts) are all great Healthy Mind practices.

Engage in activities that focus the mind, such as...

...meditation and breathing exercises are tools that help focus the mind and let go of thoughts, so you do not overload it. Just as overeating is unhealthy, overloading the mind with negativity is unhealthy.

Checking in questions to ask yourself.... *Remembering, you must feed yourself fun to have fun in return*

...How am I feeding my mind?

...What energy states am I putting in myself?

Focus on...

...What I can control

...What I have

...The moment in front of me (and occasionally on the future)

4.3 Working With Your Emotions, Not Against Them (18)

Everyday energy of well-being

Have you ever said to yourself.

I am not sure how I feel.

I need time to process what I am feeling.

I almost lost it.

I was so angry.

I can't help how I feel.

I feel so good; I don't want this ever to go away.

I will never feel this good again.

Why do you respond a certain way? More interestingly, why is it sometimes you do not know how you feel or need time to process it? If they are your emotions... Why don't you always know 😊?

Imagine your emotions as clouds in the sky of your mind. As you observe them, you will notice they vary in size and move at different speeds. Some may be so large it feels they will never leave; others are light and shaped like beautiful images. When you realize the clouds are always moving, you understand your emotions are always in motion, they are always changing.

That is inevitable and must be embraced. No matter how big the cloud, the energy you give it determines how long it stays.

Imagine having no emotions EVER, that is not a fun life.

As your emotional clouds form, no matter how big or dark, you are in control of how long they last. With this understanding, you realize your positive, lighter emotions are also within your control and last as long as you give them energy.

Emotions are complex and breaking them down is beyond the expertise or the purpose of 6Efun. What is important to know, is that your emotions are 100% based on your inner world conditions. When something is sad (such as the loss of a family member), experiencing sadness is expected and healthy. However, what each person feels and how long it takes to process that sadness is unique. Everyone grieves at their own level and pace, allowing them to process the emotion and eventually return to balance.

It is a gift that you have emotions, and you can experience and express each one fully, then let it go and move into the next moment, fully present and engaged. Emotions are meant to be experienced, they should not control your life, but they can guide your journey.

Ideas to help promote healthy action:

Hold onto this immutable fact... An event itself has no feelings.

The feeling and meaning of any event are determined by you.

Once you take this to heart you can manage the energy of your emotions in response to any event.



4.4 Purpose, Work, and a Life of Service (19)

Everyday enrichment with life

Knowing what you are building toward is one thing. Understanding how that takes shape in daily life is another.

Understanding your purpose and taking action will be challenging, but if you take your time to explore on your own and with your trusted social circle, questions such as...

- ...What you are good at?
- ... What inspires or interests you?
- What problems do you have or observe that you want to solve?
- ... What causes do you find important?

These can help you begin finding your direction of purpose and service to others.

Also realize, you may not have only one purpose. As you grow, your journey of service will change, because every experience is education, education drives growth, and growth shifts your path, passions, and purpose.

As you grow, you will “see” life through a new lens and recognize life around you is always evolving... just like YOU 😊.

As you work toward your direction of purpose, 6Efun believes it should lead you to a place of freedom. Freedom of choice and decision is the baseline for a fulfilling life. From there, you will consciously determine the level of financial and social abundance you want to achieve, aligned with the three human needs described in Chapter 7. Only you can determine that.

Ideas to help promote healthy action:

- Identify the goals that move you toward the lifestyle you want.
- Determine a plan to achieve your goals.
- Re-evaluate your goals and determine if they are still leading you to the lifestyle you want.
- Adjust your plan.

4.5 Relationships That Nourish You (20)

Everyday engagement with life

The 6Efun approach to creating a Healthy relationship Circle is about managing the two core relationship pillars.

6Efun strongly believes relationships drive your success because the energy around you connects with you.

If you look around, you will observe that when you express positivity, you often see it around you, and it returns to you.

(The same is true of negativity, so always be mindful of that.)

Simply, what you put out to the universe is what you tend to receive back.

Now that you know your relationship with life is shaped by how you manage change, let's look at how to feed the fun in one of the most important relationships you may experience (besides that with yourself of course 😊): the person you fall in love with.

6Efun sees love as an energy of belief and connection, so how each person loves will differ based on what that means to them. At its core, healthy love starts with love for yourself, which then extends into loving someone else in a healthy way. Understand that how you love yourself can be healthy or unhealthy, and this shapes your relationship with life. Knowing that how you love yourself directly influences who you attract is a powerful reflection of the law of attraction.

Now, how do you build the connections of healthy love? Is it...?

- ...Communication?
- ...Intimacy?
- ...Trust?
- ...Honesty?

...Yes, yes, yes, and yes; and much more

There are many goals each relationship will need to align with for success. The 6Efun philosophy is not here to tell you what should matter most in your relationships, but it does have its biases... who doesn't 😊!



What you can count on is this...

...how you manage change toward the goals of the relationship is critical to its lasting success.

Let us touch on an example to hammer in this point. Communication is important, don't you think?

At the start of a relationship, communication generally flows effortlessly and energetically as you get to know that special person.

Now here comes the hammer. After hearing the same story a few times, it may not feel so 'cute' anymore. Why is that? Is the story different? Possibly. But if it is not different and you are no longer as engaged...is it the story? Or is it *YOU*?

Remember, every interaction you have with that person results in change.

However, the enjoyment you feel is often tied to past moments shared, rather than present or future moments unfolding. Without embracing the change in every engagement, you reinforce the past and then wonder why things feel stuck. This is also true for children, family, and friendships.

This chapter began with the person you choose to share your life with because that relationship will shape your view of the world as you grow individually and together. This does not minimize the importance of family, friendships and children if you have them.

One day you may experience this feeling, whether with a chosen partner or a friend...

... "We used to be so in sync, but we are so different now. Everything has changed between us."

Of course, they have changed! Every time you are together, the experience becomes change. The real barrier is not that the relationship has changed; it is that you are not engaging consciously with those changes and are stuck in the past instead of focused on the present.

Now, what do you do about this conundrum? You start with... *YOU!*

Start by assessing whether you are still the 'Healthy Me' you want to be. Check in with your inner world conditions, recognize how they may have changed, and determine whether you are still on the life path you want.

From there, you can connect with the external world and engage with your intimate relationship, family, and friendships because you will be open to the change and the richness it brings.

As you grow and move consciously through life, you will likely enter and leave relationships, especially intimate ones and friendships. When that happens, you can do so consciously, knowing you gave the fullest of yourself without fear of how it may end. Therefore, no matter the outcome, whether you leave, or the other person does, the relationship can end with minimal regret. There may still be heartache and pain, but once the period passes, it can do so without leaving the scars of regret and most importantly, without you holding on to the past.

When you consciously enter a relationship with the fullest intention of sharing yourself, and the other person does the same, the outcome is shared growth; even if later there is conscious decision to separate and take new paths.

Now let us take a quick look at relationship choices. No one has the right to interfere with your relationship unless it is truly unhealthy for your safety, physically or emotionally. Otherwise, the choice of who you consciously commit your time to is yours.

One piece of 6Efun relationship guidance is this...

... do not enter a relationship from a place of want.

Meaning you want something from them, or they want something from you. Please take this to heart...

... Love is about sharing the fullness of your energy and them sharing the fullness of their energy.

... Love is not about getting something from the other person.

Only you can make yourself joyous, healthy, and wise. These come from within and grow through your life learnings and conscious actions.

Entering a relationship believing someone will make you happy, or that you will make them happy, will fail 100% of the time. The failure comes from expectations of outcome, because neither of you can control the other person's actions, nor should you want to.

Why would someone want to enter a relationship feeling only 80% or 90% fulfilled, expecting the rest to come from someone else?

If that were true, and another person could give you the missing percentage, they could also take it away or take more than they give...Scary, but true!



Hope you are seeing the pattern; assess your inner world conditions and if everything is showing green lights, go for it.

If even one question appears; whether you need to work on something or they do, pause and consider if entering a committed relationship will be successful. There is no such thing as perfect, so be cautious not to expect that from yourself or someone else, but the purpose is to catch major red flags and enter the relationship with a conscious mind, heart, and spirit.

Even doing a full 6Efun check-in does not guarantee the relationship will last, but it does create a foundation for success.

Whether the relationship lasts a short time or long time, it can be ok either way, because the outcome is growth, and you remain someone who is, and will be 100% fulfilled within yourself. Feeling fulfilled within yourself is always your responsibility.

Here is an important note about healthy relationships, captured in a quote by Jim Rohn...

... **“You’re the average of the 5 people you spend the most time with.”**

This is a reminder that your relationships must be a conscious choice that serves both sides and brings fulfillment to both lives.

Your relationship circle is the product of the energy of everyone in your life. That is why it is one of the greatest influences on who you are.

Your energy, combined with the energy of your circle, has a compounding effect on everyone involved. Be aware that a relationship can increase or decrease your energy. If there is an acute decrease in energy; a short period where a partner, family member, or friend needs support, you give 100% of yourself. But if it becomes chronic, always leaving you in deficit, you must assess how it is helping you and how it is helping them.

Now back to the positive; a healthy social circle is multiplicative in its energy.

When two people with full energy interact, the outcome is not just the sum of the two people; it is the product of their interaction. You have yourself, the other person, and the third variable... the interaction of the two.

In intimate relationships, there are still two complete individuals, each with the fullness of who they are. But there is also the third interaction, which is the fullness of the relationship itself.

That gives you three variables in play...Damn, math and science are so much fun and are a universal truth to a beautiful life.

One little note, so you do not poo-poo on someone when they say, ‘I have met the person of my life, and we have become one’. It is a beautiful sentiment, but if you take two things and make them one, something gets removed. However, if the energy of the relationship is full and each person remains fully themselves, let it ride and enjoy the beauty of it. Always begin by holding the beauty of intention as true and then observe the journey.

Never be afraid to share the fullness of who you are with those around you. Your energy exists to be shared so others can grow too. Never hide your energy, but do not give it away carelessly. It is precious.

Ideas to help promote healthy action:

Hold true to your inner world, which defines your path.

Your inner world is your filter to your outer world.

Your social circle reflects the path of both worlds, so observe carefully and continually the people you choose to keep around you

4.6 Feeding Yourself to Feed Your Purpose (21)

Though you are a single source of energy among billions of others, you need to be aware of the importance of the direction of your energy.

Think about Martin Luther King Jr. and Gandhi as a single source of energy.

However, their belief in their purpose was a source of energy to others, inspiring many people to action. This created positive momentum for change in history.

However, momentum for change in history can also move in a negative direction. Marxism, Leninism, and Maoism are examples of energy driven by control, in contrast to King and Gandhi, who fought for freedom.



You must remember...

...energy does not differentiate between right or wrong.

If the intent behind the energy is not understood, many can be led in the wrong direction.

Finding your purpose of service and using it to positively connect with the energy of others, can lead to a life that is fulfilling and forever fun.

That journey is the 6Efun life.



5 Movement V – Continuation, Not Conclusion

Enthusiastically Engaging With Life

5.1 A Life That Keeps Growing (22)

This is not the last chapter, because life experiences are constant and your path and growth are always evolving.

The drive to share this book began the day I no longer lived permanently with my daughter. When I moved out, the family home remained for a couple of months before it sold. Wanting to minimize the transition for her, I made sure she slept in her own room until it was no longer her home. When I dropped her off after we had spent time together, then returned to my new place and sat down, I felt the true weight of loneliness for the first time. It was a feeling of emptiness I had never experienced before.

Knowing my future was moving forward without seeing her every day, especially while she was so young, became my greatest struggle to overcome. At the time, I did not realize it. I was lost in the experience and not yet able to see it for what it was. I lost confidence in my direction in life. That was not evident to me while I was inside it, but it is very clear now that I am out of it.

It took many years and many tears to arrive at my fundamental truths...

...The pain I was feeling was created only by me, and that letting go of it was 100% within my control.

My new challenge became figuring out how to let it go, and how to never get lost in that state again. It was about being able to feel the loss and pain without being controlled by it. To let it pass through rather than carry it. This is when my journey started to change, and my path to a fulfilling life began.

That is the foundation this book was built on. Something I lived.

Every reader who holds this book has their own version of that experience. The details will be different. The weight will be different. But the awareness of Self, the one that grows when you choose to engage rather than retreat, is the same for everyone.

This book was born from a hard experience, but the journey of creating it has been fulfilling and joyful. And now I hope my daughter will add to it, amend it, or better yet, write her own book to share with her loved ones. Hopefully, some of what I have shared becomes part of it, told uniquely through her voice and her experiences.

Sharing this book has fed my growth and created a new moment of fulfillment.

I hope everyone finds fulfillment and continues to grow along their life's journey.



Future Letter to My Daughter

Hi Sweetie,

I am always learning.

I have only recently started to understand my value in the universe. From that awareness, I am beginning to see my actions as a parent and what I want them to be.

I have come to understand that my role as a parent is to be of service to your growth, not to control it. Which, like most parents, I was unintentionally doing.

The beauty of life is that you can always learn. We all become better through the growth that learning brings.

So, I will work hard to keep learning and growing. This is my promise to you 🚫.

I hope to be someone you can turn to as you move along your life's journey.

I will continue to be an immensely proud parent and your biggest fan.

I know a 6Efun life is within you.

Now go kick ass and be **BOLD**.

***B**e Independent and Courageous
in everything you do*

***O**wn your health physically, mentally,
emotionally and spiritually*

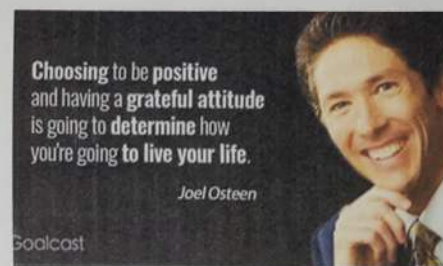
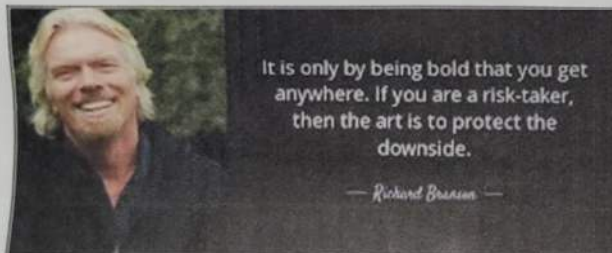
***L**ive a life of joy, only you can achieve
this for yourself*

***D**etermine your own goals and
execute them boldly*

"THE ONLY PERSON YOU
ARE DESTINED TO
BECOME IS THE PERSON
YOU DECIDE TO BE."

RALPH WALDO EMERSON

*be strong
be bold
be courageous*



Now time to achieve for yourself...A continuously fun life 😊.