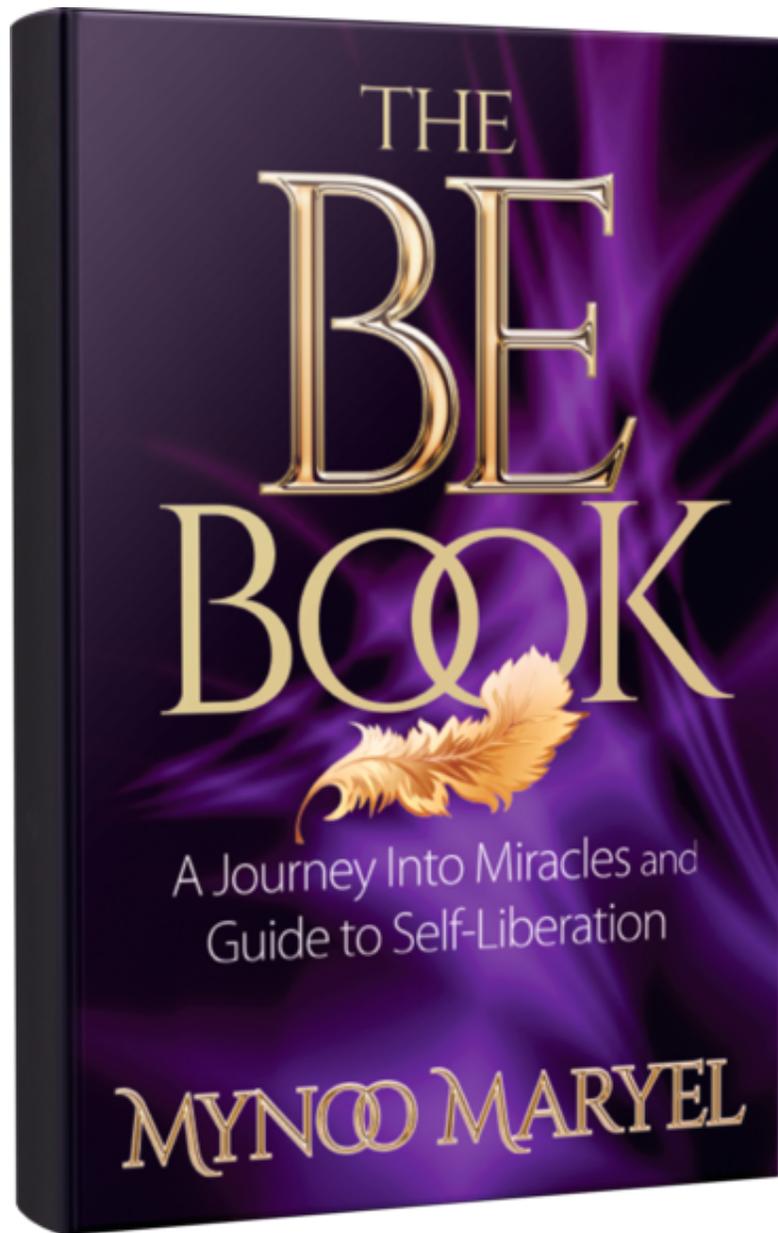


# The BE Book Excerpts



## PART TWO: GLOWING UP

In this part you join me in the journey of going within myself, where I got to know WHO I AM and WHAT I AM TO DO NEXT. This was the biggest rollercoaster ride of my life; it was completely unpredictable and full of surprises, like the cave of wonders from *Aladdin*. I discovered treasures of all different kinds. I started writing and became a prolific vessel for the cosmic wisdom that started flowing through me.

If you are like I was in the material “real world,” then you may become confused or may not understand as you follow me through what happened there. I was in exactly the same place. I too tried hard to comprehend it, and to figure out what was taking place. My logical mind did not have a way to explain it, as it was not something I knew about or understood. Now that it was happening to me, I could not deny its existence. I finally decided to let go of trying to understand what was going on. I chose to BE Receiving and learning from the wisdom that was being gifted to me and through me for the world. I chose to BE Present to enjoy the moments, and to experience all that was occurring.



## CHAPTER 6: BE Extraordinary

### Bali Happened to Me

I had agreed to go to Bali for three weeks, by myself. It felt strange, and I was anxious. I checked in with Ellen, my American intuitive friend, as this was such an unusual occurrence in my life; I felt I needed guidance of a different kind. My spirit guides, communicating through her, guided me to focus on only two questions during my time in Bali and they were: “Who am I?” and “What I am to do next?”

“Who am I?” I did not understand what that was about at all. I was certain I already knew who I was, so I dismissed it. What I wanted to do next, however, sounded like a fun brainstorming to do on my vacation.

I had to find a way to fill my days, three weeks felt like a very long time to focus on these two questions. At my mother's suggestion, I decided to do a yoga camp with Baba Ramdev from India. It happened to be available in London, on the weekend just before I was due to depart for Bali. I learned yoga, pranayama, chanting and meditation.

After a 21-hour journey, I arrived in Bali. I got to my room and slept for a day and a half. The resort was beautiful, filled with coconut palms and overlooking the rice fields. My bedroom was in the middle of the fields and from the bed I had an amazing view of treetops, spectacular cloud formations and breathtaking sunsets.

When I emerged from my deep rest, I found out that for two out of the three weeks I was to be the only guest in the resort. My first reaction was that I had to move to another hotel. Then I decided to stay put and created a daily routine of long stretches of yoga, pranayama, chanting, goddess card guidance and journaling, followed by brainstorming what I wanted to do next. I decided that I would read my brainstorm lists after seven days, so that I would have something to look forward to.

Day 7 arrived, and I was excited. After breakfast it was time to look at the lists I had created. There were 23 pages of them, so lots to reflect and choose from. I was thrilled. When the time arrived and I started reading the lists, turning page after page, my heart started to sink. At one point I felt like someone had hit me, hard, with a sledgehammer. A dam burst open and tears started rolling down my cheeks. I was not consciously crying, but I could not control the tears gushing from my eyes. My vision became blurry, and as I fought to see through the teary eyes, a sense of desperation set in. I could not find a single thing I had written that I wanted to do for *myself*. The list was all about me and Peter, me and Sai, us as a family, Mom, Dad, my sisters.

I stopped turning the pages, wiped my tears away and looked up at the sky, as if asking for some divine help. "What do *I* want to do next?" I asked myself. "What color do I want to see, what music do I want to hear? Do I want to dance or sing or jump? What, what, *what?*" I was desperately seeking and searching for something inside. My mind just remained blank. Nothing, just nothing came up. I felt like my heart was gripped by hopelessness, and a sense of fear took hold. I could feel the resonance of the urgency that was present in Ellen's voice when she had said to me, "Go away *NOW* for three weeks."

"What happened?" I asked myself. "WHO AM I?" At some point in the last 49 years I had just lost that connection to me, and my life had become about supporting everyone else on *their* paths.

I decided right then that it was time for me to connect to me. However, I still did not know what to do with "WHO AM I?" or even where to start with that question. So I decided to focus the next day on choosing what I was to do next. The heaviness in my heart eased somewhat.

The resort had a business library, and the next day I decided to take over that library; I was, after all, the only guest there. I chose to do all my morning routines and rituals in the library and on the terrace outside of it. I committed to myself that I was not going to leave there until I had made my choice. As I did my morning practices and entered the block of time that I was to meditate, I saw clearly what I wanted to do next.

I saw that throughout my life I had made choices, created boundaries and prioritized different aspects of my life from a place of trying to manage expectations, and I had compromised my own needs in the process.

In an effort to keep peace and try to please everyone, I had often become overwhelmed. I continued to appear strong on the surface while, unbeknownst to me, I had weakened on the inside and then allowed myself to disconnect from within. I realized that I HAD MADE THESE CHOICES and that I had led a life of stress, anxiety and disconnectedness.

So NOW I would make a different choice: I chose to live an EXTRAORDINARY LIFE, where all aspects of my life can and do coexist with ease, grace and joy. This was the next phase of my life. And so it is. I felt it, and wrote it down. Then I experienced this absolutely beautiful sensation of every cell in my being coming alive.

The cloud was lifted, darkness left behind and I emerged from the library, BEing Clear, Certain, Gracious and in Joy. Beaming from ear to ear, with a flutter in my heart and a spring in my step. I was so pleased. I felt plugged in, I was into me and it was only a matter of time before I would uncover WHO I AM. Now I was certain of that.



## Living the Extraordinary Life

I was blissed out, chilled out and ecstatically excited all at once; it felt like I had finally cracked the BEing Me code. A tremendous sense of accomplishment came over me. I ordered the papaya with lime and sat under the bale (an Indonesian pagoda) that had been infused through Feng Shui with the energy of wood, and the question of WHAT. I heaved a big, deep sigh, looked up at the sky and suddenly felt that I had been brought straight back down to earth. A frown formed on my forehead and my smile changed to a contemplative, somber expression.

“Hmmm, so what does it mean, practically, living this extraordinary life? How do I do this? How will I know that I am on track?” All the typical left-brain questions came flooding in. In the last

seven days I had spent in Bali, I had experienced a glimmer of living this way. This is what I wanted and I was going to have it. I resorted to my old companion, BE Certain, to come from intention. “*Do what keeps you in flow and you got it,*” was the intuitive answer I received. This was all well and good, but I required something specific and practical that I could put into practice every day.

I could not think of anyone who lived in this way who could serve as a role model for me. It occurred to me that I was good, in fact among the best in the field, at converting ideas into businesses. This was an idea that I wanted to make real so I chose, in that moment, to become a consultant to me: Project Extraordinary Life. And by the next day I was going to have a plan of action to make this real. *That’s done.* I felt the resolve energy and enjoyed experiencing the shift in my cellular chemistry as I emerged from being committed to living an extraordinary life to becoming resolved that this is so. *Done.*

I woke up early, completed my morning practices, collected lots of blank sheets of paper and tore them up into little square pieces to be used as a replacement for Post-It notes. I entered the library, excited and anticipating a perfect outcome. I decided to jot down on each little square one thing that I had done at some point in my life that had made my life great. I was on a roll and wrote down 49 such things. OK, so that was a large number of items to choose from! So I decided to combine the selection process with meditation, in order to distill the perfect ones for this next phase of my life.

As luck would have it, I found a small blob of Blu-Tack on one of the shelves in the library. (I have never found this in Bali, so I like to believe it was brought there just for me to do this work.) I now had 49 little squares, stuck on books and shelves all around me. I sat in the middle of them, put on my stopwatch and started meditating. This was the first time in my life I was meditating without a timer alarm, just a stopwatch. I was still curious to know how long it took for me to be able to arrive at the action choices. I meditated for one hour and twenty-three minutes and opened my eyes. I knew I had gone somewhere very deep, connecting to the essence of my soul.

I began to stare at each little note that I had written. I was looking for which of these actions had made the difference between my life being great or my life being extraordinary, where more than one aspect of my life had coexisted harmoniously. And there it was, as if by magic: I had a strange experience when six little squares with my writings on them just popped out, like a hologram. I went to each of them, one by one, and pulled them off the wall.

Now I had my plan of action, my six pillars to living an extraordinary life with ease, grace and joy. I knew what each of these actions entailed; I had done them before and had forgotten about the power they held. is time, I was going to do these six actions every single day for the next 12 months. Something big was bound to shift and, in the process of being on this practically-directed journey, I would find the answer to WHO AM I? I felt certain, active and resolved.

I also knew the secret that I was going to BE Extraordinary living my life, to BE Ease, BE Joy and BE Grace. I now had a practical set of actions to support me in getting there, every day. I put on my dancing shoes and stepped on to my path. It was now illuminated and I knew how to navigate myself to get there. I felt whole and complete.

