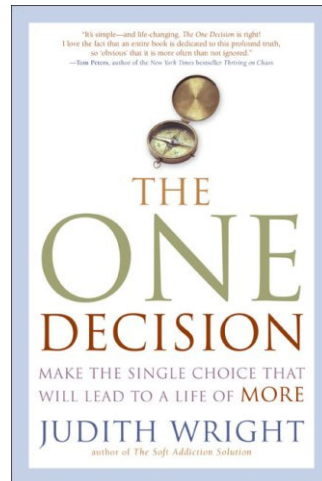


The One Decision

Make The Single Choice That Will Lead To A Life Of More



Author: Judith Wright
Publisher: Tarcher Books, 2007
ISBN 1 58542 481 1
344 pages

■ The Big Idea

The exciting, powerful and inspiring life you were born to live is only One Decision away. Judith Wright, lifestyles expert and cofounder of the Wright Institute, inspires us by this simple yet powerful truth that has transformed her life and the lives of thousands of others.

Every single decision has power. We can want, wish and hope for a life that brings us more satisfaction, fulfillment, time, money, energy, and meaning. But according to Judith Wright, even with all of our external successes and goals achieved, we will not live the life we were born to live until we make our One Decision.

Why You Need This Book

This revolutionary book demonstrates how to make and live a One Decision and how to allow this simple yet profound choice to become the guiding force in everything you do.

THE ONE DECISION

Your One Decision unites you to the bounty of the universe in new, powerful ways. When you decide, allies rush in to join you. It is almost as if these powers were waiting all along for you to claim your birthright. Your One Decision gives you a sense of security that allows you to relax and let the blessings of the universe pour into you.

The abundance of Spirit flows over and through you. Life itself shows you the way. Say to yourself: I choose MORE, I choose life, I choose love, I choose the best I can be, I choose to be awake, I choose to feel, I am here to live my life.

See what the cosmos can bring as you jump into the Adventure.

That's the One Decision.

THE ADVENTURE

May you awaken to the possibility of your life as an Adventure. May you embrace the joy and love, laughter and tears, excitement and fear, that lead you toward a greater experience of your life. May you explore the possibilities of a life of MORE every day.

May you turn to Spirit and others for your security and guidance. Trust in divine will, you own resilience, your ability to learn from everything, and the love and support of your fellow adventures. May you learn to see your life from a divine perspective – honoring all of your life experiences.

Welcome to the Adventure!

THE DESIRE

Desire, the yearning to be fully human and to touch the divine, is the universal longing that pulses beneath the surface of all of humanity. I believe these longings are a core part of each of us – and their essence is the same for each of us. Each of us shares these hungers for satisfaction and fulfillment:

- To affirm our existence: the hunger to be seen, to be heard, to be touched
- To express our essence: the hunger to express, to experience, to feel, to learn, to grow, to trust, to seek truth, to develop
- To connect with others: the hunger to matter, to be intimate, to love and be loved, to belong
- To make a difference and be part of something greater than ourselves; the hunger to make the world a better place, to serve and contribute, to fulfill our destiny, to connect with Spirit, to be one with God

Living your One Decision is not just about having one urge and following it. You are never done, because there is always MORE. Sense the urges that bubble up from your deepest Desire and express them. Learn to act on the guidance of those urges.

True Desire is not selfish or greedy; it is the call of greatness.

Activate your Desire to live the life of your dreams – for that is the only life you should be living.

THE TRUTH

Only by understanding the ultimate Truth, that Truth is love, can you begin to love yourself enough to do what is truly good for you. You are able to discern the falsehoods within yourself and love yourself with understanding and compassion. You break through illusion to reality. You become more genuine and act with more integrity.

You become a vehicle for others to discover the deeper Truth that you are learning. The deeper Truth lets you see through the false more and realize that

the real MORE is available every moment in every area of your life. Learning to live that reality is why you are alive.

May you seek the Truth within yourself, in those around you, and in your world.
May you be at peace within yourself as you experience the resonance of Truth.
May you be free.

THE WAY OF THE HEART

The Way of the Heart is the way of love. Be the loving human being you were intended to be. Let nothing get in the way. Grasp the happiness that is available to you right now. Delight in being a child of God and share that delight as a loving agent of a loving God to those around you.

Imagine our world if everyone lived the Way of the Heart, open to their feelings, allowing their feelings to flow through them, expressing emotions responsibly. Imagine if you could live the Way of the Heart, and through your example you led your brothers and sisters of humanity to express their hurt, their joy, their pain, their sadness, their anger.

There would be no reckless expressions of suppressed pain or anger. It is in the withholding of our emotions that we turn to hatefulness and attacking. In the Way of the Heart, ultimately, there would be no violence, no war.

We would have a planet where brotherhood and sisterhood are the experience of all, where we do not hide from ourselves or from our feelings. We would be at peace within, and so the world would be at peace. Where love is present in all of our hearts, we are able to see the truth – that Heaven is on earth, and that it is ours to experience. The choice is ours.

THE POWER OF PRESENCE

Welcome to the new “FAT” – flow, aliveness, and truth. It is a skill we teach at the Wright Institute through our communication training. Flow takes you out of your internal editor, aliveness takes you out of conventional behavior, and truth allows you to catch all the information, input, and data you had previously locked out of your awareness. This amazing communication technique unlocks the Power of Presence in your interactions with others.

Flow

When we are in the flow, we experience MORE. Flow occurs when we are fully present; it implies movement. Flow is a key element of our Power of Presence. It happens when we drop our self-consciousness and are more spontaneous and unedited. We are flowing when we are engaged in what is happening rather than trying to control events. We are in the present, not telling a story of the past. Flow means that we are dynamic.

Aliveness

Aliveness can be expressed in high energy or movement, but it can be also be the quiet awareness in a still moment. It can be in rollicking humor, deep sobs, or creative expression. Aliveness unleashes your Power of Presence and brings you MORE.

Truth

As you tell the truth, you are present. Without Truth, you cannot experience being fully present. If you are not being truthful – if you are lying, covering something up, withholding information – you are concerned about the past and worried about the future. If you have a secret you don't want anyone to know, or if you're avoiding being caught or found out, you are worried about the future and maintaining your cover. You are not truly being yourself. You are faking and operating behind a mask.

LIVING A PRINCIPLED LIFE

Each of our lives can be characterized by the Principles we hold dearest. Look around you and you will see that the people in your life embody certain principles. What Principle or Principles define your life? Ask others what they see strongest in you. Nurture this identity and you will feel a profound shift in your life.

The Principles of Aliveness

Making the One Decision will require a fundamental awareness of what it means to be truly alive, for aliveness is the Principle from which all others spring. Aliveness activates all other Principles, whether it is play, as a mother happily pushes her laughing child on the swing, or intention, as a linebacker hungrily eyes the football before a play.

The Principles of Play

To play is to be fully alive in the present moment. In a here-and-now interaction with yourself or someone else, play will encourage you to grow and be nourished. When we are at play, we are curious, experimental, and open to new possibilities.

The Principle of Intention

To have intention is to be fully alive to your Desire, to give full expression to all of your wants, urges, and resistances. One of the most vital Keys to the Kingdom, the ability to activate intention in one's life, is a crucial aspect of living your One Decision. Learn to ask yourself, "What is my intention in this moment? Where is my true path?" And very soon you will begin to reap the rewards of this powerful Principle.

The Principle of Responsibility

Responsibility is aliveness in your committed way of being. With responsibility, you see yourself as the creator, not the victim, in your life. You hold yourself accountable for the gaps between your behavior and your stated ideals and desires. You no longer accept excuses from yourself.

The Principle of Choice

Our lives are built, moment by moment, through the choices we make, the acts we engage in, and the acts we eschew. And each of your choices is guided by Principles, whether we realize it or not.

THE ALLIES

Albert Schweitzer said, "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit." You can be a rekindle of the inner spirit for others. And by doing that, you'll rekindle your own.

And all you need to do is step into it. Engage. Get on the field and commit, then ask for assistance, command the resources provided for you, and reap the rewards.

DAYS TO COME: LIVING YOUR ONE DECISION ALL THE DAYS OF THE REST OF YOUR LIFE

Living your One Decision is a lifelong journey, a noble Life Quest. Just as a hero on a Life Quest continually sharpens his skills, may you continue to learn and grow. May you have the courage to live your One Decision, make mistakes, learn, and live a life you love. Life is not loved by preoccupation with avoiding mistakes; rather, it is loved by risking and venturing.

May you experience your life as a Quest for Adventure with Heart, Desire, Presence, Truth, Principles, and fighting the Good Fight with the support of Allies. And from this day onward, may nobility, honor, and love be the values that define your life. And may you experience caring, serving, and compassion – the natural outcomes of any true One Decision.

May you experience blessing, grace, and loving embrace. May your life be blessed with MORE.

© 2010 BestSummaries.com