

of pleasure. These could be in the genitals, or anywhere in the body. Focus the in-breath into the center of the pleasure, and with the out-breath allow this pleasurable energy to spread and dissipate into other the rest of the body. Continue in this way for several minutes, and allow the pockets of pleasure to become stronger. Then find a way to give that pleasure expression on the out-breath, first with a sigh, then it might turn into a melody, an image, or an idea.

You can find a list of 26 other practices to move from Awakening to Flow, with descriptions, here: radicalbrilliance.com/12to3

PRACTICES TO MOVE FROM 3 TO 6

Practices in this part of the cycle are mostly to do with overcoming procrastination, short attention span, and the inability to trust yourself to keep your word. Using different components, practices in this area focus on how to make a realistic plan, break it down into small doable parts, utilize peer support, and finally to get things done in a way that brings a project to completion. They allow you to take a strong creative impulse, an idea that is already humming at 3, and to ground it in something that becomes visible, tangible, and that can be shared with other people.

The movement from 3 to 6 begins with an intention and ends with accomplishment.

You can do many of the previous 12 and 3 practices on your own. You don't need other people to sit on a meditation cushion with

you, or to be sensitive to what is happening within your own consciousness. Practices between 3 and 6, on the other hand, really benefit from having other people involved. Collaboration, mentoring, and feedback all help. This is the area where coaching can make the biggest difference.

Once again, there is the danger in this phase of the cycle of a practice being too weak or too strong. Weak practices between 3 and 6 would be setting objectives and goals which are so easy to accomplish that they feel meaningless. For example, if you committed today to put a stamp on a letter, and put the letter in the mailbox, you could probably easily be successful, but it would not feel like much of a triumph. On the other hand, if we make commitments and plans that are too big, we end up not completing them within the timeframe we set, and then we feel a sense of failure. That can become a rut: not getting things done today as planned makes it even more likely that you will not get them done tomorrow. The ideal balance is to have a plan each day that you can realistically execute by the end of the day, and at the same time feel that you have achieved something significant. For many people, this would mean setting up achievable goals that take two or three hours to complete when you have an eight-hour day available. (Much of your day will also be spent in handling things that were unexpected).

When we explore this set of practices, we frequently refer to whether they are “directly aligned with your mission and purpose.” Of course, not everybody has a strong sense of what their mission and

purpose is. Getting clarity about this is a big part of what can happen with a good coach.

SAMPLE PRACTICE TO MOVE FROM 3 TO 6: LIST 5 THINGS

This is probably the simplest and most powerful practice in this phase of the cycle. In the morning, after you have finished your 3 o'clock creative practices, write down five things to accomplish today. There needs to be a balance. Some of these may be things you have to do to avert catastrophe: like filing your income tax on time, gassing up the car, or going to the dentist when you have a cavity. A lot of life is about maintenance. I would wish for you that at least one of these items falls in the category of taking care of yourself, like receiving a massage, taking a walk with a friend, or researching something you find interesting.

At least two of the five should be connected to your sense of life purpose: they should directly move forward the gift you have to give to the world. For me, this would mean two of my items might include writing or editing a chapter for a book, doing an interview, conducting a seminar for an online course, or coaching a client. A well-lived life would include at least two such items, and hopefully more.

At the end of the day, after you finish working but before you go to sleep, look back at the list and check off how many you completed.

If you initiate only one practice for this phase of the cycle, this should be the one.

You can find a list of 26 other practices to move from Flow to Productivity, with descriptions, here: radicalbrilliance.com/3to6

PRACTICES TO MOVE FROM 6 TO 9

Practices in this part of the cycle ensure that you regularly move on from the busy-ness of 6, and don't get stuck there so long that you end up in a burnout. Practice is particularly helpful at this phase of the cycle because 9 is so unattractive to most people. Instinctively we don't want to feel inadequate, like a failure, or powerless. Practices in this phase of the cycle are most effective when they help you to disengage from the story, or the need to do anything about it, and simply allow you to feel what you feel and then let it go.

Particularly in the United States, but also increasingly in the rest of the world, we live in a "hustle" culture. That is how the West was won. Each man and woman for themselves: work hard, and achieve the American Dream. Without nationalized healthcare or higher education, with relatively sparse unemployment benefits, without adequate pregnancy leave for women, America is a culture where you need to learn to hustle. If you get sick or depressed, your American Dream quickly becomes the American nightmare. In such a culture where everyone is rushing to get ahead and focused on their own achievements, the 6 phase of the cycle quickly