

Frequently Asked Questions

1. What is Living with Certainty: Experience Deep-Soul Joy about?

Living with Certainty: Experience Deep-Soul Joy, which will be released on July 19, is a multi-faceted, spiritual, self-help philosophy and lifestyle that provides a fresh, practical, and prescriptive formula for creating a purposeful, authentic life of 24/7 deep-soul joy.

As an executive recruiter for many years, I had the privilege of assessing and interviewing thousands of the most successful men and women on the planet. From this experience, I developed the Living with Certainty philosophy as I observed that the truly fulfilled and joyous individuals were clearly and passionately expressing their soul's purpose and authenticity. They innately knew how to empower themselves through the daily, even moment to moment, application of enlightened life skills that supported the expression of their *purposeful authenticity*. This naturally led to the expression of their deep-soul joy.

Living with Certainty is designed to be a guide to help you align with the flow your *spiritual power frequency* to create the life the universe always intended for you to live. This approach to life will allow you to discover your authentic, *deep-soul joy* through:

- Dwelling in awareness of the present moment and sensing your interconnectivity with all else
- Discovering your *inspired soul-view* and purposeful authenticity
- Moving through daily life resonating high frequency energy vibrations through actions, thoughts, feelings, beliefs, relationships, and gratitude in accordance with the 65 “*Energy Enablers*”
- Aligning with the flow of your spiritual power frequency
- Eliminating negative, static-inducing thoughts, beliefs, relationships, and actions from your daily life which can negate alignment with your spiritual power frequency and purposeful authenticity
- Being spiritually deliberate and focused in your thoughts, actions, beliefs, relationships, and expressions of gratitude
- Listening to and acting upon your emotions, hunches, instinct, and intuition (your *internal instruction system*)
- Following the guidance of signs, signals, symbols, and synchronicities
- Relieving yourself of the exhausting pressure of an ego-centered, hollow grab for material trophies

2. You describe Living with Certainty as “spirituality as lifestyle.” Tell us about that.

A true spiritual journey is a lifestyle—part and parcel of everything you do on a daily basis. Where you go, your soul goes. Living with Certainty provides a practical spiritual foundation—a deliberate way to approach and align your spirit, thoughts, emotions, beliefs, relationships, and actions. The Living with Certainty approach closes the gap between your spirituality and daily life by enabling you to more authentically and

purposefully navigate through life's inevitable challenges by engaging in behaviors and activities that are supremely gentle, aligned, compassionate, loving, and altruistic. The quality of the energy you expend throughout your day is the reality of the experience you receive in return. Many people compartmentalize or draw lines between the different aspects of their lives—there's the Monday through Friday life of career, school, family commitments, and running a household; Saturday's entertainment and recreational pursuits; and Sunday, a day of worship and introspection. This is the wrong approach to Earthly physicality, since every aspect of your life and energy overlaps and is interconnected. When you live a compartmentalized existence, you shortchange your potential, waste precious time, and live outside of the ways of the universe. The Living with Certainty lifestyle consists of seven mind-body-spirit categories (spirituality, mind and thoughts, actions, relationships, beliefs, gratitude, and progress) that provide direction for moving through life while keeping your energy vibrations at a high frequency level.

3. What does it mean to “live with certainty” in a fundamentally uncertain universe?

It means that you live daily in a way that your emotions and instinct guide you toward a life of passion, purpose, love, service, and compassion. You are certain when you feel good, purposeful, and fulfilled; when your instinct and intuition speak to you; when a sign or synchronous event appears for you; when your vibrational frequency -- or the energy output you create and emanate in your daily life is heightened or lowered, and above all you are certain when you experience deep-soul joy. When you live with certainty, your energy essence will continually vibrate at a high, pure level. Your instincts will be aligned and strong. Signs, signals, symbols, and synchronicities will poke, prod, and guide you along your intended life path. This approach reinforces the internal certainty that you're making the right decisions and taking the right actions for yourself. It puts you in the position of being in control, of being certain. And nobody can do this for you, but you.

4. How did you develop the Living with Certainty philosophy?

My innate, personal orientation is to see everything through a spiritual lens. I've spent 13+ years as an executive recruiter with the largest, most prestigious retained executive search firms in the world and over time came to the realization that our careers are an intrinsic part of our lives and as such should be aligned with our soul's purpose on Earth if we are to experience lasting joy and fulfillment. Through thousands of conversations in which I assessed and interviewed some of the globe's most outwardly successful people, I observed vast differences in people relative to feelings of success or failure, joy and pain, fulfillment and frustration. So many people are now asking *Who am I?... What do I really have to offer?... How can I get more joy and satisfaction from my job?... Why isn't this working for me?... What should I really be doing?... How can I make a more significant contribution?* It is without a doubt the people who are purpose- and passion-driven who are content and fulfilled. By studying these outwardly successful people, two things became obvious to me: 1) the word “success” is relative and you must define what

it means to you, never accepting someone else's definition, and 2) your personal sense of achievement, joy, and success comes only from the extent to which you experience purpose and fulfillment in your life.

Over time, I began to share this practical spiritual solution to daily life, including career management, with the goal of simplifying the achievement of *purposeful authenticity*, fulfillment, and *deep-soul joy*. And that led to the creation of the book, *Living with Certainty*. We must all begin more deeply contemplating our lives, how we use our energy, and how we spend our time. We should be consciously choosing our "vocations" and how we spend our time only after much deliberation, discussion, and thought from a far broader and deeper perspective than our current process.

5. Who can benefit from *Living with Certainty*?

The book is for anyone who wants to change their life; anyone in transition or who is grappling with a lack of fulfillment or purpose, career difficulties, unemployment, financial problems, you name it -- anyone who generally just want a better, purposeful, and more joyous life. One thing is clear: when you're exhausted and frustrated from toiling away without moving forward or without experiencing purpose and joy in life, it's time to change your life. Particularly in your most trying external times, it is *essential* that you have the peace of mind that comes with knowing that every day you are co-creating the life that is the fullest expression of your purposeful authenticity.

6. You refer to our ability to co-create our lives. What does this mean?

While we clearly do not have complete control over every aspect of our lives – this we know -- we are intended to deliberately and proactively take action and move in alignment with our inspired soul-view and the guidance we receive from Source energy through hunch, instinct, intuition, or old-fashioned gut feelings. This is co-creation when we take action toward the life the universe always intended us to live that is in alignment with the purest energy of the universe. We co-create our lives through what I call soul-view-aligned action.

7. What is our inspired soul-view?

Humans are first and foremost Spirit, or soul, experiencing the physical dimensions of Earth—not the other way around. The authentic You can only be found within the essence of your soul; you are not just a brain, body, ego, or mind. Your physical body and your ego-personality are merely what the world sees. But, this pure energy of the soul that dwells within you is just as real as your Earthly physical body. This is the essence and fundamental nature of who you really are. Your soul is inspiration, infusing your being with authenticity, purpose, and insight.

I refer to the soul as our inspired soul-view because this is the 360-degree, panoramic view of the life your soul entered into Earthly physicality to co-create and experience. Our challenge is to discover our inspired soul-view and create a life that is an expression

of it. In our mind and heart we should be able to see, feel, hear, and sense every aspect of this intended life purpose. When you live according to your inspired soul-view, you are moved and motivated by the command, strength, and force of Source energy as it works in tandem with you to bring into Earthly form the life the universe always intended for you to live.

8. What is the life the universe always intended for you to live?

This is your soul's intended Earthly path—full of pain and ecstasy, disappointment and joy. This life embraces every aspect of your unseen self—your spirit, developmental needs, passions, creativity, instincts, dreams, and revelations. Every life experience contributes to your personal development and enlightenment for which you are eternally accepting and grateful. This is also a life of deep-soul joy, characterized by the fullest expression of your purposeful authenticity and is your most authentic, fulfilling, inspired, and abundant life made manifest.

9. What is deep-soul joy and what do people have to do to experience it?

Deep-soul joy is the unmistakable, powerful, rising emergence of your soul's energetic perfection into your physical Being's awareness. In these moments your soul merges in affirming, complete alignment with that moment's Earthly existence. This state is dependent upon nothing external or material and results from living a life that expresses your purposeful authenticity and that is in complete alignment with your inspired soul-view. Through deep-soul joy you experience the powerful and affirming energy of the spiritual realm affirming that you are living the life the universe always intended for us to live. This profoundly peaceful state of profound joy can also hold super-charged moments causing you to feel extraordinarily alive, vibrant, and aware of your innate connection to Source energy. Sensations of energetic euphoria and intense feelings of awe and gratitude can literally pulse through your being as your awareness heightens of the extraordinary opportunity Earthly physicality has provided you to explore and express your potential and your purposeful authenticity.

10. You maintain that as people learn through Living with Certainty to purify and heighten their own energy vibrations, they can tap into the flow of their Spiritual Power Frequency. Tell us about spiritual power frequency.

This is not exactly a new concept. Consider for a moment the ancient Chinese concept of Qi which maintains that every aspect of the universe, including humans, is made of and infused with this vital energy power. Harmony and alignment are key aspects of Qi. Negativity, problems, or discord in any facet of your life are signals that your energy is out of alignment—and, as a result, you're experiencing disharmony. Similarly, Reiki, the centuries-old Japanese technique for healing maintains that "life force energy" flows through us all. The word Reiki actually consists of two Japanese words—Rei, meaning "God's Wisdom or the Higher Power," and Ki, which means "life force energy." When our life force energy is low, we're more likely to feel sick or stressed; when it's high, however, we feel healthy and filled with joy. And so it goes with spiritual power

frequency which is the aligned flow of high-vibrational frequency energy between you, your inspired soul-view, and Source energy. Once this alignment is accomplished through thoughts, beliefs, emotions, gratitude, and actions that support the Earthly expression of your purposeful authenticity, you attain a powerful, creative energy connection and exchange with the plane of all creation. As you align with the flow of your spiritual power frequency, you receive guidance, messages, and wise insights emanating directly from Spirit. Your path and efforts will be routinely affirmed through signs, signals, symbols, and synchronicities. The affirming and guiding benefits of this energy alignment are tantamount to sitting on the right seat on the right bus heading to the right place at the right time. Seemingly disparate aspects of your life and the lives of others suddenly and fortuitously collide. Life becomes naturally easier, as it unfolds and progresses, reveals your place in the interconnected web of universal energy and is filled with guiding moments and unfolding with love and abundance. Events fall into place with little effort on your part, impediments and blockages vanish, and all of your efforts seem to be more productive. Life becomes increasingly dynamic, invigorating, and brimming with implication and meaning. When your mind, body, and spirit are out of balance in any way, the flow of high-frequency energy is disrupted, making it difficult, if not impossible, to co-create and experience the life the universe always intended for you to live.

11. What role do you believe signs, signals, symbols, and synchronicities play in our lives?

The universe speaks to every single one of us through myriad signs and messages throughout our lives. In the past, you may not have paid much attention to them because it was more convenient to write them off as coincidence, particularly if the message wasn't obvious. As you live with certainty, you'll increasingly notice nudges or jolts from Source energy. The entire universe is linked and interconnected through energy. Energy is the medium for guidance and messages intended to help you in your endeavor to co-create your life through interplay with Source energy. The universe communicates with us through means that transcend words. These energetic impulses are a resource for us as we move through life in our physical forms. The key is to remain aware as guidance unfolds. These personal messages connect us to our transcendent selves, and are proof of our innate interconnectivity with all things throughout the universe. As you come to understand and accept Source energy's presence, and begin to recognize the ways in which it filters into your physical existence, you'll gradually become infused with heightened insight that helps define your individual purpose. By living with certainty, you dial into your optimal vibrational frequency and invite signs and synchronicities that further enable you to work in sync with Source energy. As you recognize and follow the signs, you are in essence following your intuition.

12. What is static and how does it affect our ability to live with joy?

Static refers to the dense, negative, self-limiting white noise and distortion within your being that lowers your personal vibrational frequency. Spiritually, static weakens and drains your spirit and disturbs the flow of your spiritual power frequency, which is an

extremely delicate state. As you engage in thoughts, intentions, activities, and behaviors that are not giving, loving, and compassionate, you create energy blockages and resistance that lower your vibrational frequency and weaken your alignment with Source energy. As static blocks the exchange of positive energy, it counteracts your ability to co-create the life the universe always intended for you to live.

13. You maintain that people must discover their purposeful authenticity in order to Live with Certainty. What is purposeful authenticity?

Purposeful authenticity is the Earthly expression of the essential purpose of your inspired soul-view. This is when the expression of purpose embraces and leverages your most profound authenticity and passions which are not only expressed, but are celebrated and savored. Purposeful authenticity is the most profound form of self-actualization and encompasses your highest endeavors—your intended contribution and service to the planet. Its expression allows you to experience personal joy, growth, and enlightenment, while also serving the universe in an inimitable way. By living with purposeful authenticity, you are in alignment with Source energy and constantly receiving divine guidance through signs, signals, symbols, and synchronicities. When the choices you make in every moment vibrate positively with you and cause you to feel good, this is a sign that they are aligned with your soul's purpose.

14. What is our internal instruction system and how does it serve us?

Your internal instruction system is the natural, hard-wired guidance system that already exists within you as a collection of feelings, emotions, instinct, hunch, and intuition. These are the key drivers of your internal instruction system and this is how encouragement, support, and guidance from Source energy communicate with you. This type of universal guidance is exactly what leads you to express your purposeful authenticity. Your internal instruction system allows you to feel inspiration, guidance, and messages long before your thought process ever kicks in—providing that you remain open and aware. This guidance comes to you with certainty—it feels wise, sure, and peaceful.

15. The book outlines 65 Energy Enablers in the book. Tell us about them.

The book's 65 Energy Enablers are traits, skills, activities, attributes, behaviors, and approaches possessed by the most authentic, joyous, and purposeful individuals that focus, heighten, and intensify your everyday energy vibrations. Our spirituality, thoughts, emotions, actions, and beliefs all emit energy. Every choice, intention, and action either heightens or lowers your vibrational frequency. It either brings you closer, or takes you farther away from your inspired soul-view; and either puts you in, or takes you out of the flow of your spiritual power frequency. Once you live life in alignment with your inspired soul-view, it's necessary to continually create a high-vibrational internal energy environment through your thoughts, feelings, actions, and beliefs. Any highly emotional (positive or negative) energy attached to your thoughts and beliefs will intensify your vibrations, and play an even more powerful role in the co-creation of what will ultimately

be made manifest in your life. The Energy Enablers comprise a powerful, practical philosophy for elevating your spiritual energy making it possible for you to establish and integrate spiritual and energetic force and momentum into every aspect of your life.

16. What is universal interconnectivity?

At this very moment, every other part of the universe is interacting with your existence. Your life and the energy you vibrate intersects, crisscrosses, traverses, and overlaps with the lives and the energy of all of your fellow humans. Somehow, by some means, every aspect of our Earthly lives has been orchestrated in coordination with every other aspect of existence. Everything is inextricably linked. This universal web or field of Source energy not only connects everything, but it permeates everything everywhere—all of the unfilled, bare space in the universe. It is at this unseen energy level that we're connected to each other and are intrinsically all part of the same consciousness. Every person, animal, and creature on the planet is part of your soul-family, an interconnected aspect of yourself. Part and parcel of this theory of interconnectivity is that every other human is as significant and as powerful to the universe as you. Your soul is connected to the soul of every other being—all of whom have a unique purpose and are equally important. We are all connected by our energy, the very energy that comprises the universe. Our interconnectivity becomes more than just an abstract concept when you consider that the energy of your thoughts, actions, beliefs, intentions, and aspirations travels immediately through the universal web of interconnectivity, and affects how and when the dominoes fall in the lives of countless others.

17. Your view is that Living with Certainty can change the current negative trajectory of the planet? How so?

Let's face it; our individual thoughts, beliefs, emotions, and actions have collectively created the mess we're in. Our planet is in crisis, and it needs our spiritual attention in a multitude of ways. Across the globe, we are steadily witnessing the worst of human behavior which is all too often deeply rooted in an ego-driven self-righteousness. We're seeing an unmitigated separation of self from our souls, our fellow humans, nature and the interconnected commonality of Source energy.

The silver lining is that this upheaval has caused many of us to take the time to consider the workings of the universe, and to go deep within ourselves to find comfort and solace in an inner place of security and tranquility. All the while our instinct is signaling to us that from this place we can change and co-create a new world. Now is the time to utilize and leverage this knowledge about our ability to co-create our lives so that we not only improve our own circumstances, but also positively alter the current crash and burn trajectory of our planet.

Now is the time to Live with Certainty. This is the time for the change and transformation inherent in Living with Certainty to help people to discover their inherently good, true selves and for everyone to purify and heighten their energy vibrations. Now is the perfect time for you to make the decision to begin living intentionally—with purposeful

authenticity—and to co-create not only your own life, but also a better world. If we all lived with certainty in alignment with our inspired soul-views, without question the world would change for the better.

18. What do you mean by living with awareness and why is that so important?

Your decision to follow a spiritual path and your commitment to Live with Certainty necessitates a practical, natural step-by-step process intended to help you awaken to your soul-based, authentic nature. And developing awareness is the essential first step to becoming both an astute observer and an active co-creator of your life. You can accomplish this by taking an objective perspective about what may be happening at any given moment, always aware of and assessing how you feel both emotionally and physically. From this high perch of awareness, you have a birds-eye view to survey, examine, and co-create your life. Learning to live from a state of deliberate, focused awareness is a requirement for living your most authentic life. It's a crucial component of keeping the sabotaging qualities of your ego-personality from emerging.

19. You say meditating is an essential practice. Why is meditation so important to Living with Certainty?

If you do nothing else in this book, you should commit to a meditation practice. It is an imperative spiritual practice, powerful and purifying. Basically, meditation is a self-directed mental discipline that helps you access a realm far beyond impulsive thinking. As you live with certainty you must take the time to self-center—and meditation is your most powerful tool for doing so. It heightens your awareness, penetrates to the tranquility of your inspired soul-view, encourages the experience of universal interconnectivity, and incites the inspiration for aligning with your purposeful authenticity. At the most basic level, meditation can facilitate your encounter with higher states of consciousness while enriching your life in so many ways. The benefits spill into every subsequent moment of your life.

20. What is the hard, but happy work you refer to in the book?

So many people have explored numerous self-help methods in search of the one big breakthrough that would finally end their anxiety, emptiness, pain, and restlessness. Many people feel as though they've tried everything without ever moving forward. Despite having achieved status, success, and financial freedom, they still feel incomplete. Deep inside, they know one thing for sure though: this is not the life they were always intended to live. So I tell everyone who undertakes Living with Certainty, consider yourself forewarned: Much work lies ahead—hard, but happy work. Your quest to discover deep-soul joy won't be successful if you merely deposit artificial layers of emotions on top of your pain and discontent. You'll need commitment, discipline, self-control, and persistence to dissolve old habits, behaviors, and patterns accumulated over a lifetime. As you begin the process, new, raw feelings will emerge that will need to be processed and you will increasingly develop an awareness of events, circumstances, and relationships that bring you pain and conflict. This is an essential part of your journey,

because only then can you begin to figure out why you feel the way you do. You have to make peace with these feelings once and for all. Much time and effort are required when undertaking an authentic spiritual journey if it's to result in the release of your spirit's innate wisdom regarding your Earthly purpose. An essential aspect of the living with certainty journey is patience, and allowing yourself the necessary time to release your demons and experience real growth. This isn't an instantaneous spiritual makeover, but a process that unfolds naturally and differently for everyone.

21. What is holding people back from living with this way?

You cannot co-create the life the universe always intended for you to live while your internal life is in turmoil. You must clear the way for your emerging spiritual awareness through inner work that addresses any negative or destructive energy that may be holding you back. You must overcome the ego, doubts, and fears that make you feel bad, create static, and prevent your soul-view-aligned desires from being made manifest. Earthly physicality presents many pitfalls. This translates to myriad opportunities for static to interfere with the messages the spirit realm is sending you. Over time, the awareness and purpose that come from living in alignment with your inspired soul-view will enable you to mitigate this static. You'll begin to recognize when static has crept into your frequency. The key is having the awareness and quick actions to restore balance to your energy resonance right away. It's important to keep your perspective and remember that the typical aspects of life that lower your vibrational frequency are at the same time presenting you with some of Earthly life's greatest challenges and fostering your growth. As you live with certainty, you'll gain perspective on how to accept these challenges, lessen their impact, and use them for continued learning and development.

22. What is the Living with Certainty Revolution?

Living with Certainty has proven itself to me and to others as a rewarding and powerful way to improve lives irrespective of whom or where you are. The purpose of the book is straightforward—to incite and inspire a worldwide Living with Certainty Revolution that empowers people across the globe to experience their purposeful authenticity and deep-soul joy. If the Living with Certainty life plan resonates with you and you commit to it, thereby transforming your life, then you have everything required to make a positive impact on someone else. As you experience more vitality and gratitude, you realize that you have the capacity to serve as a brilliant shining light for others, encouraging and inspiring them to transform their own lives. Remember, the essence of all of our dreams is similar, and through your singular efforts you can have a positive effect on a multitude of others. This is how widespread change happens. Anyone who has experienced the transformational gift of deep-soul joy feels strongly that this knowledge should be shared and feels compelled to teach others who have interest. You will also find as you meet others who live with certainty that you sense a significant, empowering energetic connection. As we experience interconnectivity at the soul-level we will begin to respond to each other differently. The Living with Certainty Revolution can take place only one way – and that is by creating deep-soul joy one soul at a time.

23. Your website asks people to join the Certainty Chain? Tell people what this is.

We can only truly affect meaningful global change soul by soul, link by link. Your individual evolution, enlightenment, and experience of deep-soul joy are the essential aspects required to help, heal, and unite our planet. Living with Certainty's Universal Certainty Chain is linking together a global community on Facebook and at Livingwithcertainty.com that is dedicated to changing the world by committing to this transformational way of life so that we help each other realize our fullest potential, confidence, and joy. The Certainty Chain spiritual revolution that links us will lift, inspire, and support us through our darkest and our brightest days, and can begin to raise the collective energy level throughout the planet as link by link we share the formula for authenticity, fulfillment, peace, purpose, compassion, joy, and greatness. Let's use the Certainty Chain to lift each other through compassionate interactions and service, and by sharing our unique, purposeful gifts with the world. By joining and living the Certainty Chain spiritual revolution each one of us can help, heal, and unite our planet.

24. What is your mission with Living with Certainty?

I am an unstoppable force with the purpose to teach the world to Live with Certainty. First, it's time to stop being too embarrassed to talk about spirituality and our souls. The more we speak of our souls, the less foreign the concept will seem. Let's openly talk about and explore the topics that we should—that which makes the world a better place and helps to heal people. You needn't be a yogi, guru, or saint to spread love, peace, and joy, or to play a role in improving life on our planet. With more than six billion people in the world, transforming a fraction of them still amounts to millions of people. My goal is for every person who reads this book to commit to passing it on to another, to discussing it with others, or to telling someone else about it. You then will become a crucial aspect of the positive web of energy extending and multiplying from this message.

My mission is to positively affect scores of people around the globe by helping every one of us to embrace our interconnectivity and to understand the ways in which we co-create our lives in every moment through our thoughts, actions, relationships, beliefs, and gratitude, all of which create our emotions and thus our personal energy vibrations. Through Living with Certainty, I will teach you in practical, easy to understand terms how to discover your inspired soul-view, authenticity, purpose, and ultimately your deep-soul joy. We each have the power within us today to begin to create a more joyous and peaceful world based on how we choose to live our lives in every moment.

25. What services do you offer to help people Live with Certainty?

It's all on my website at LivingwithCertainty.com or you can call me at 303-997-9328. There is a huge demand right now for one-on-one consulting with me in which I walk people through the Living with Certainty process and get them on a solid path forward, and that is my true passion. But, first you need to purchase the book, *Living with Certainty: Experience Deep-Soul Joy* and then contact me to set up the one on one consultations. We also have numerous Book Clubs forming which I will participate in via

Skype or teleconference. Many people are more comfortable in a group setting and for this I lead Small Groups of up to 15 people walking them through the Live with Certainty process. Additionally, I give Presentations/Seminars/Speeches, and in keeping with the full lifestyle approach, I have created through the Living with Certainty Lifestyle, I also conduct Home and Business Visits to help you to transform your living and working environments. It's all on the website at Livingwithcertainty.com.