

Paradise (re)Discovered

AUTHENTICITY IN A NEW WORLD



DR MARK A ARCURI

Author of Internationally Recognized
A LIFE ALIGNED

THE JOURNEY TO ALLOWING THE MAGIC IN YOUR LIFE
with foreword by Carlos Ramírez, MBA

"You are educated. Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world."

Tom Brokaw

Continue The Conversation!

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Spring 2021

The Circle of Life

The *Circle of Life* is a powerful way to bring your life into its best alignment with who you are. Using a visual representation and words to describe the essence that is You, the *Circle of Life* shows you where you are doing well and where you might consider focusing your energy in support of living a life that is more perfectly aligned. The more aligned your life is, the easier manifesting becomes, and the faster you will move into who you are, what you want, and enjoy all of life in the fullness that it is meant to be.

Getting started is easy! Here's what to do:

- 1) Take a few minutes to quiet your mind and take a few deep breaths. Then say your full name three times out loud. Take another breath or two, deeply, exhale slowly, and begin.
- 2) Think for a few minutes of some words that you believe represent the core of who you are. Words that feel like they represent things that are so important to you that when you experience them you know you've had a great day, and when they are absent it is all too clear that something is amiss.

My words are, *Peace... Integrity... Service... Balance... Connection... Learning/Knowledge... Authenticity... Compassion... Joy... Expansion... Expression... Harmony.*

You may have some of these same words, different ones, more, or fewer. What matters most is that the words that you choose feel like **core values**, ways of being in the world, and are ideals that are simply essential to your very being. Added up, they paint a picture of who you are. You may or not be expressing them fully right now. That's okay! They are still your ideals, your core values.

Write these words in the cloud on page 3. Don't worry about filling it completely; you can add words anytime as you use your Circle.

- 3) Now move to the spokes emanating from the cloud. Label each spoke as an Aspect of your life. For instance, some of my spokes read, *Partnership/Marriage, Spirituality, Career, Home, Education, Social Ties, Health, Finances, Family, and Leisure*. Try to be specific, but not so much so that you have too many spokes. However, be sure that all aspects of your life are covered, either on a spoke or that a spoke otherwise encompasses it. You can even make little "branches" off the spokes if you want to note examples of things that a particular spoke includes.

Be sure you've got them all. Then, go on to page 2.

Now the power begins!

4) First, set an intention that you will use your *Circle of Life* in a way that supports you in moving into a greater and greater everyday expression of who you are.

Something like, “I hereby intend that by virtue of creating this *Circle of Life*, I will use it daily to guide me and to move me ever closer to the greatest expression of who I am. And so, it is!”

Adopt this intention or create your own. Then, say it aloud with conviction!

5) Next, choose an Aspect that seems out of balance today. Look at your Core Values and ask yourself what you can do to bring those core values more into that aspect.

For instance, Health is an Aspect on my Circle, and Connection is one of my Core Values. So, how might I feel more connected with Health? I can practice more mindful eating. I can also be sure that I get my cardio on five days a week no matter what my schedule. If I do these things, my Core Value of Connection will be in alignment with the Health Aspect of my life.

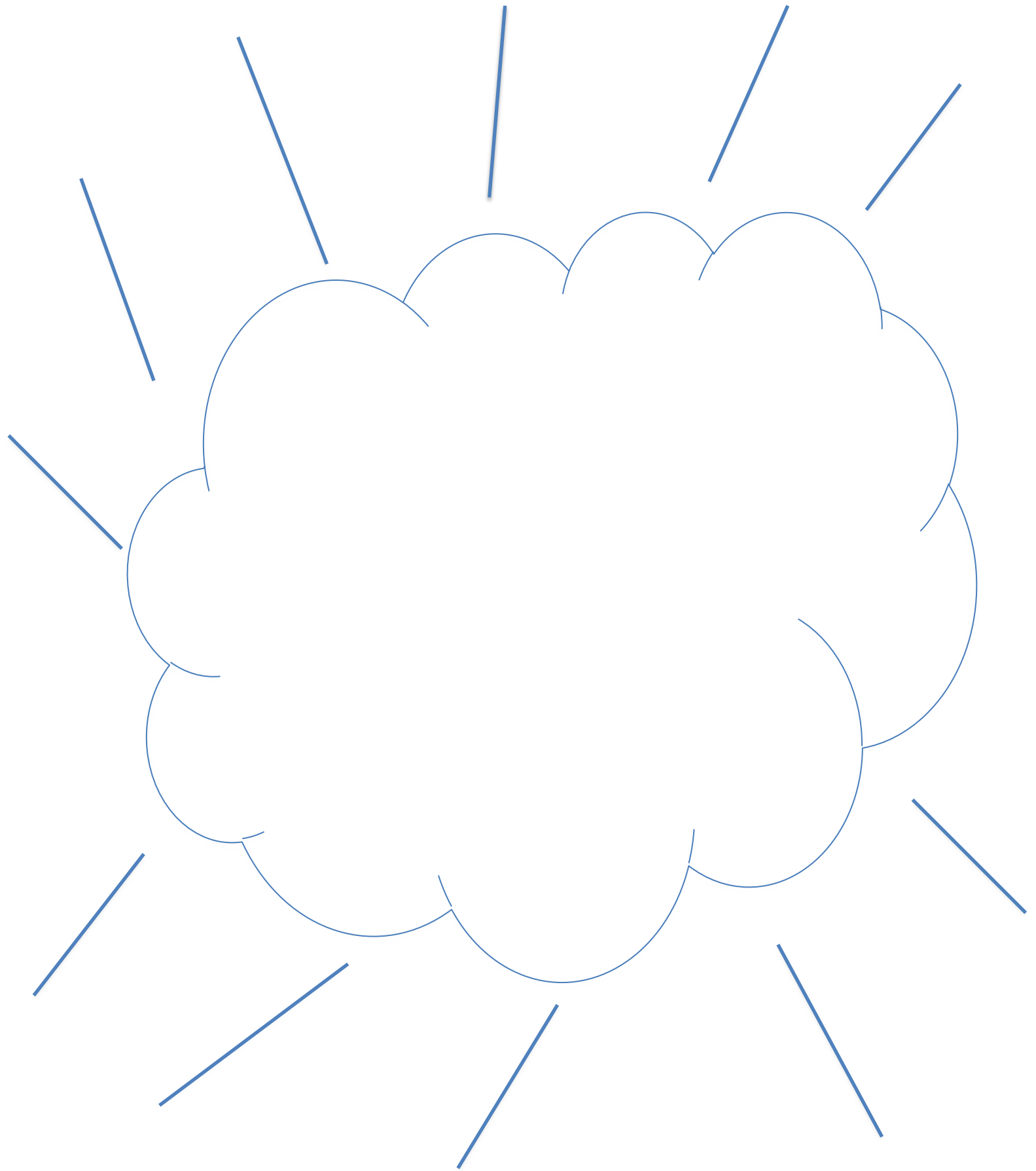
Go through each word in the Circle asking the same question. If a particular Core Value does not apply, that’s fine. But most will. Take a full page of paper for each Aspect as you work this through but do just one Aspect for now.

6) When you feel that the current Aspect is in better alignment and you feel well practiced in keeping it that way, move on to the next, and the next, and the next, until you have completed all the Aspects of your life.

Make a commitment to use your *Circle of Life* on a daily basis. Read it over completely at least once a day so that you stay intimately familiar with it. Modify it, as you feel called to. Consult it when making decisions.

If you were unsure about a purchase for example, would making it compromise your alignment in the Financial Aspect? How might it affect your Partner? Your Family? Might it enhance the Leisure or Social Aspects? What is the net result?

Use your Circle as your guide to ensure that what you do and how you do it are in integrity with who you are. Do this with tangible day-to-day things and in short order you will notice that more things are manifesting in your life—even things you have not focused on—just the way you have hoped they would! And, with no additional effort at all. Get started now!





Personal Mission Statement

Your personal mission statement is your testimony to the world about who you are, what you stand for, and all that you intend to contribute to those around you. It is a celebration of your authentic Self. And it is your guide to how to use your authenticity in all of its power.

Creating your mission statement is easy in just a few short steps. Here's what you do:

- 1) If you have already completed a [Circle of Life](#), then go ahead and revisit it now. Take a look at the words you chose to represent your Core Values. (*if you have not completed the Circle, you might want to do so! You can download the instructions and template at the link above*)
 - a. If you have not completed the Circle and do not wish to do that now, make a list of 10 or so words that feel like true representations of authentic parts of yourself. Such words as, *Integrity, Peace, Giving, Service, Creative*, and so forth.
- 2) Once you have a list of words, sit with the list for a few minutes and choose 4 or 5 words that above the others really speak to you. You do not have to know why they resonate so strongly above the others but circle the 4 or 5 words that really feel most core.
- 3) Copy those 4 or 5 words to the top of a fresh sheet of paper. Now, organize the words along with filler words around them to create a sentence. Begin the sentence with, "I AM ..." and add and rearrange the words, adding filler words as needed, to complete your sentence.
- 4) Read it aloud. How does it sound? Does it need tweaking? Play with it until it absolutely resonates with you and when you read it aloud you get a rush!
- 5) Add to the end of the sentence, "And so, it is!"
- 6) This sentence is your Personal Mission Statement!

Example:

Open-minded Respect Harmony Balance Guide

Possible Sentence:

I AM open-minded and treat others with respect, always seeking to guide others in how to achieve the greatest harmony and balance in their lives. And so, it is!

- 7) Now – and this is critical – broadcast your Statement wherever you can! Put it on your email signature, on the back of your business cards, on a sticky on your bathroom mirror, your refrigerator, in your car, take out an ad in the local paper! Put it anywhere and everywhere to let the Universe know that your greatest intention is to live *in* to this Mission, and give thanks for the support you are receiving through opportunities to live your Personal Mission every day!

8 Days To Authenticity

*When You Are Authentic
To Who You Are You
Are Gifted With An
Authentic World*



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Hello and Welcome to **8 Days to Authenticity in 2020!**



This program was offered for the first time on January 20th, 2019 to coincide with the Total Lunar Eclipse that will occur tonight. It's visible all over the Americas — South, North, and everywhere in-between! It's a perfect time to begin a process of (re)connection with who you really are.

Lunar eclipses are all about releasing what does not serve and renewing connections that serve you better. So today we are beginning that process of reconnection to follow the releases you will make as the eclipse carries out tonight. Even if you're not in the Americas, you can capture the spirit and energy of the eclipse through intention!

You also do not need to embark on these 8 Days only at eclipse time! Go through them anytime to invoke the spirit and energy of the eclipse and use it again and again anytime you feel the need to (re)connect in the future or take your connection deeper. Using the process every few months is a powerful to take you deeper and deeper into your (re)connection with who you really are!

Enjoy! And let us know your questions and experiences! Feel free to connect on social media or at our website. The addresses are on the preceding page. You will find lots of free resources to support you on your journey, and paid options for coaching, products, e-courses, and other things as well if you want even more powerful support.

With blessings and gratitude,
Dr Mark Arcuri
Santa Fe, NM
13 January 2020



Day One

Change the Radio Station Today!

For today, for starters, the task is easy. Simply change the radio station on the way to work, school, wherever you go today! Listen to whatever you choose like you usually do, nothing beyond that, just change the station. Later in the day answer these questions:

What station did I choose?

Was there anything surprising about that?

What did I learn new about myself, or reinforce that I already knew?



Day Two

Ask Someone You Trust Will Be Honest, "Who Am I?"

A little harder, perhaps, than yesterday! This may leave you feeling a bit vulnerable, granted. But in the name of authenticity it's a great, expansive experience! So, pick one person and have a little heart-to-heart. Ask the question and assure the person that you will hear their response openly, without judgement, and without reaction. Take a few minutes afterwards when you can and answer these questions:

Whom did I choose to ask, and why?

What about what I heard surprised me?

What did I learn about myself from what this person said and/or through my reaction?



Day Three

Ask Yourself, "If I Could Do One Thing Today Without Fear of Failure, What Would It Be?"

Today's task might be easy! Or maybe not. Regardless, what would this ONE thing be? The hardest part might be just picking one thing but sit for a moment and let the one thing that speaks to you most emerge. Do not consider the feasibility, just the desire.

What is the ONE thing I would do if there were no risk of failure?

What about this surprised me or reinforced what I already secretly knew?

What do I know about myself given the choice I made when I had to choose one thing?



Day Four

Ask Yourself, "Whom Do I Miss the Most?"

Again, this is might be easy or not. Who is the one person you miss the most given that they are less present in your life than you would like? For any reason. Sit for a few minutes and connect. Then, answer these questions:

Whom did I choose, and why?

What is it about this person that I truly, truly long for?

Given my responses above, what can I see about myself, either in a new way or through a renewed sense of what I already knew to be true?



Day Five

Ask Yourself, "What Brings Me the Greatest Joy?"

Choose one or two things, no more than three. What, above all, brings you the greatest joy? A person, a place, an experience, a knowing. Anything at all! After a few minutes of connection with your answer, ponder these questions and write out your responses:

What did I choose?

Thinking about my choice(s), what is the essence of that person, thing, or experience? Or, what is the common thread if more than one?

In reflection, what do my responses above say about me?



Day Six
**Ask Yourself, "If I Could Be, Do, or Have ONE
Thing What Would It Be?"**

Just like with Day Three, choose ONE thing. You might have to push yourself a little to narrow it down to one, but... what is it? And as with Day Three, do not consider the feasibility, just the desire. Connect with your answer for a few minutes, then:

What did I decide is that one thing I want to Be, Do, or Have?

Thinking about that, what in the end made this and only this the logical choice?

What surprised me about my choice, or what did it reinforce that I already knew?

Day Seven

Ask Yourself, "What Gets Me out of Bed in the Morning?"

Maybe tough, maybe not. Paycheck aside if that applies, what truly, truly gets you out of bed in the morning? And then consider these questions:

**What is it that gets me out of bed in the morning?
What really motivates me to face the day ahead?
What excites me most that I strive to connect with everyday?**

Most days, am I able to live this? If so, what makes it possible? If not, what interferes?

What does this motivation say about me? How do I feel about my ability to live into my motivation, or not?



Day Eight

Bringing Together the Picture of Your Authentic Self!

Congratulations! You've made it through the week and have seven days behind you, each with a specific task on the journey of (re)discovering who you really are!!!

You've got seven pages of answers, and today I ask you to review them in a very special way.

Below, copy your answer to the last question each day. Just the last question. It's okay to flesh out the answer a bit if you find it unclear, but don't change its essence. Leave what you connected with each day intact without editing it through today's eyes.

Day 1

Day 2

Day 3



Dr. Mark Arcuri
Authentic Speaker, Coach,
and Entrepreneur

Day 4

Day 5

Day 6

Day 7

Now... Taking these responses, and on a piece of scrap paper or the back of this sheet re-write them into a single story with you as a main character.

So, just take your responses from each day and string them together one after the next without worrying about the flow or grammar or if reads like a good story or sounds like mumbo jumbo. Just string the responses all together.



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Once written, read your story — aloud if you can — and resolve to live into your authentic self today!! In any way you can, no matter how small a way you might think it is, and even if it's only a piece of the story.

Upon awaking tomorrow, read your story again, aloud if you can, and renew your commitment for that new day!

And each day going forward.

Like anything, (re) connecting with who you really are is a process! Small steps are just as profound as giant leaps! Connecting with the energy is the goal and the universe will respond to any connection at all.

Let us know your thoughts and experiences!!

With blessings and great gratitude,

Dr Mark Arcuri

Santa Fe, NM

20 January 2020

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Dr Mark Arcuri
Authentic Speaker & Coach
Empowering and Inspiring