

## Confidence & Peace in The Midst of Any Storm

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### Summary

While life can “seemingly” get out of control and feel like total chaos, our ability to create and sustain confidence and peace is within your grasp! From where you’re sitting right now this may seem like a stretch or maybe it even seems like an absolute impossibility. The personal development world is full of promises: ‘The 5 secrets to a better life’, ‘The 3 tricks to improve your life’, or ‘the 5 habits of the super successful that you need to implement to start living your best life’. It’s a well-known fact that we live in a society full of information, yet the vast majority of individuals are very busy trying to OBTAIN something and use *stress* as a common word used to describe their life experience. In this presentation I will share a perspective that, if embraced, will revolutionize the way you approach life and truly allow you to have a confident and peaceful outlook for your life.

### Einstein’s Filter

Albert Einstein is quoted as saying, “The MOST IMPORTANT decision we make in life is whether we believe we live in a friendly or hostile universe.” Science has actually proven, in several experiments and studies, that our EXPECTATION actually has an effect on the world around us. Illustration: the exact same experience can be experienced differently by different individuals. We choose how we see the world and the world responds based on our perception.

### Want Proof? You’re It

You are HERE! You have made it through any and ALL opposition that has ever come against you. Through the years we have all said things like, If XXX happens then I don’t know what I will do (I’ll lose everything, I’ll go crazy, I’ll starve to death, etc.) In spite of your statements and fears..... HERE YOU SIT. You made it and all of your STRESS (otherwise known as FEAR) never happened, or it happened and wasn’t as bad as you thought it was, or it happened and it was as bad as you thought it was, or it happened and it was even worse than you thought it would be – YET HERE YOU ARE. So, this leads us to a conclusion for you to consider. This may seem “out there” to you but I will encourage you to consider it.

## **Failure Works For You (If You Let It)**

So, if we choose today to believe that we live in a “Friendly Universe” recognizing the power behind our EXPECTATION and the effects it absolutely has on our life; THEN we realize that in spite of EVERYTHING that has happened we are still here, and the world did not stop turning and – we have a RESPONSE—ABILITY to show up and keep living in the NOW moment. QUESTION: how do we keep moving forward with things consistently showing up in our life that we would not prefer? ANSWER: we accept that “failure” is trying to teach us one of the following four things:

- 1) Learning
- 2) Redirection
- 3) Reflection
- 4) Setup

The conclusion is this: when we believe that we live in a friendly universe and realize that our expectations actually produce results; when we recognize that we are living proof that all things have worked out and that we have learned, or changed directions that was ultimately for the better, or that we have internal work to do – we then learn.

## **Go Be A Bad-Ass**

Life is a rigged game for those that believe the things I have shared with you today. A large portion of society consciously or subconsciously believe that we live in a hostile universe and their expectation limits them and their awareness in their life – therefore, they only see stress and difficulty. When things happen in life that are “not desired” situations, they accept it as their “LOT” in life. (“that’s just how it is”)

The other side of that coin goes something like this: The Universe has my back and quite frankly I am an extension of it. The Christian bible puts it in this context: I am made in the image and likeness of, and I have been given dominion in this world! Or: Everything is always working out for my greatest growth, greatest evolution, and my greatest good. When things show up that are “not desired” I will sit in inquiry and seek to understand why this “not desired” (person, place, thing, situation, or event) has shown up. Is it something I need to Learn? Is it simply a redirection? What is going on inside of me that indicates that maybe this is a reflection or this is part of a SETUP and through this I will be able to show up and serve in a way that I never could have, without all this experience I am going through right now.

When this sinks in, you really begin to live life with a confidence and peace - no matter what comes across your path.



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