

How to Change the World in 7 Days



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Dedication



*This book is dedicated to you because you believe
in your heart that you really can build a more
beautiful, peaceful and inspiring world.*

A Word Before You Begin Reading...

This work was not intended to be read in one sitting.

Instead, it was designed to be taken in a little each day giving your quiet thoughts a chance to circulate and coalesce, and thus gradually form a clear foundation for you to begin changing the world.

I hope you will begin reading from that still and knowing place that connects you to something far greater than any of us, the part that realizes all great works take time, yet in that same time, you will look back in amazement that you ever dared conceive and set out to achieve so much.

With this in mind, I hope you will commit to reading only one chapter per day, resisting curiosity and eagerness to know what will come tomorrow. Think about each day's message. Apply the thoughts. Form your vision. Then do the necessary actions to bring your creation to life.

Take your time with this material. It is short, but powerful.

I hope you will join us in embarking on and fulfilling the mission you chose this lifetime.

With love and gratitude,

Julian Kalmar
Marina del Rey, California
April 17th, 2010

Day 1 – I Love You



It's what every parent utters to their children and it has been so since time immemorial. In the seed of their being lies a hope in those words that the words themselves cannot possibly express. It is the hope that whatever mistakes they may have made with their children, the one overriding

concern is an essence that speaks to the soul. It is the spiritual will of the parent that these new beings before them experience a greater life than they themselves have lived.

It is this hope that I want to inspire you with now, whether you be child or parent, or both. Let this hope touch and revitalize your day and let it awaken you to a possibility.

Before you leave this earth, a planet whose memories fade for all but the most important projects and people, I ask you to make a plan for what you will leave behind; some essence and proof that you were here and that you lived and worked for something of greater significance. I am asking you to go into that quiet space, your private space, and remember what it was like to be a child during some of your happiest moments...

With your child's vision, did you not imagine a different world, a more beautiful world than the one you are in right now? Do not dwell on comparing your knowledge of how things are today with how you imagined they would be. Instead, I would ask you to set aside reality, because only ordinary people live in the "real world," and the one thing I know about you is that you are not ordinary. You have heard that still small voice, and I am asking you to listen to it now as you have never done before.

I want you now to pick the one thing in the world—the biggest world problem—you would like to fix and sit with that, with me. The hope of your childhood is a powerful ally in this. It knows no limitations. It knows no obstacles. And, it knows in quietude that there is a greater spirit than can help you move mountains to achieve any goal, any noble deed. So focus now, in harmony with that spirit that knows no bounds and imagine that the legacy you will leave on this planet will become a foundation for generations to come. I want you to think and imagine with the mind of your inner child and let all you know about "impossibility" be removed.

Having connected your child's vision with the spirit that knows no bounds, I want you to ask in your heart what you can do personally to begin laying the foundation. I want you to decide that this will become your life's mission (even if only part-time at first), and tomorrow I want you to come back to this space, to use your inner child's vision of beauty to begin the creation process.

For now, sit quietly with me for 5 minutes with your mind completely divorced from the "reality thinking" of your adult mind. Focus fully on the ways you can go about building the vision you will leave as a legacy.

Find yourself a quiet, private space and begin.

Day 2 - Tapping the Infinite Creative Spark

Welcome back. I want to remind you that the space you are creating is one in which anything is possible...even if there is no obvious path to building what you want.

Begin where we left off yesterday...

Remember your chosen world problem and think just for a moment of some of the things you thought you could do to solve it. You must not interpose the "reality thinking" of your adult mind. Simply imagine how you could address the problem.



Focus on this for 30 seconds before you continue.

Now, let us talk about the importance of stilling the mind.

Every creation, every "thing" that is around you, all inventions, all man-made items, are the result of tapping into the infinite creative potential found in silence. For maximum effectiveness, you must keep your mind as still as possible so that the creative spark of the Universe has a place to reside. In this emptiness, this silence, the spark can be welcomed and an infinitude of ideas can flow.

You must practice stilling the mind and inviting the Infinite Creative Spark to flow through the quiet space you have reserved for it. Sitting in this space, ask for guidance. Ask for the best ideas. Ask even for the ideas that would require you to step way out of your comfort zone. Ask who you would have to become in order to build the foundation needed to solve the problem.

Every night before you go to sleep still your mind and ask the Infinite Creative Spark to fill your mind with ideas. Should you awaken in the middle of the night, write down in detail the ideas that have come to you. Write down who you must know, who you must become, which resources you would have to influence to move in a certain direction, in order to succeed.

Again, I caution you. Do not let the "reality thinking" of your adult mind interfere.

If ideas do not come immediately, do not fill the space of your mind with disappointment. Pyramids and skyscrapers are not built in one day. They are built a little at a time and they are built in spurts, not in continuous flows. Patience is the watch-word.

Just write your high and noble vision as it comes to you, in bits and pieces. Write how others will be affected. Write the thank you letters you imagine them to write you. Write on every aspect of the solution(s) you envision.

Writing in this way begins the transformation from the simple imaginings of the child, to the biggest and most noble creations the world knows.

Please begin writing.

Day 3 - Feeling Love



It is said that you do not really know something unless you practice it and demonstrate your understanding. So it is with the building of the foundation.

In the early stages of learning how to do something, you will find new understanding and feel empowered by it—certain that *this component of understanding* is the path. Yet, in all learnings, we find that it is rarely the first vision we have that is the final one. So, you must become comfortable with the idea that your starting vision probably will be far removed from your final vision. You must become comfortable with pursuing a solution without ego, without the, "I did this," feeling.

Your goal is to discover the path that will affect the greatest number of people in a positive way. That path will surely have been traveled, at least in part, by many other people. What flavors your path to the final solution is the unique insights you have, and those come from staying connected to the Infinite Creative Spark...accessible from those quiet moments when your rational thinking is turned off.

There are 2 challenges in front of you.

First, you must keep your mind open to bits and pieces of ideas from others and from your daily life. You will start to get spin-off ideas and improvements to ideas you started with. You will find others who have better ideas to help you on your way.

What you must remember is that it is not "their idea" or "your idea." Anyone can have an idea as they connect with the Infinite Creative Spark. Ideas are only the beginning. You must convert the idea into

reality. That is where only a few can lay any real claim, and they claim it through hard work and persistence even when the only thing before them seems impossible.

So, let's agree not to claim ideas. Instead, let's work to build foundations in physical form that are based on the ideas you've accumulated.

From where you sit right now, there might not be any conceivable way for you to take the next step, even if it's a baby step. The majority of people faced with this situation will simply evaluate the situation with their "reality thinking" brain engaged, and give up.

This is not the path for you. You have heard that still small voice. There is more for you and it begins in your heart. It is time to call upon resources that are not obvious. It is time for you to call upon strengths that are not your own. This goes beyond persistence, beyond the obvious, beyond positive thinking, beyond hope, and beyond hard work.

The great secret is that the heart knows only that with which you infuse it. It knows feeling, and feeling is the key to what must happen if you are to lay a proper foundation.

So this is the second challenge. You must learn to fill your creative space with love. You must imagine how those who benefit will feel because their lives are so positively moved by your creation. You must imagine yourself, and the positive feelings you will feel because of the good thing you will have created. You must be like every parent who touches and surrounds their children with hope.

You might have some difficulty understanding what it means to fill the creative space of your mind with love, so let me tell you how it was told to me...

To surround something, to fill something, with love, imagine filling space with warmth, with light, or with intense heat. Sometimes you will find one feeling easier to feel than another.

If on a given day you find warmth difficult to mentally imagine, try heat or brilliant white light. Finding the easiest of the three, fill your creative space. Infuse the space of your heart with the same feeling. It is your heart that is creating the solution by connecting with the Infinite Creative Spark. To bring the thing into reality, you must charge the very space you live in with love. You must love the thing into existence.

Practice this now for the next 5 minutes. Find a feeling—light, heat, or warmth—that you can most easily feel, and fill your whole space with it. Imagine in your mind's eye that the only form of communication the Infinite Creative Spark understands is the expression of love and that through your expression of love, the doors of creativity will be flung open. You will begin to see how to create the solution to the major world problem you are working on.

Become quiet inside. Fill your heart-space and mind-space with only the feeling, and hold that feeling. Ideas might come to you immediately, or later in the day. Write them down as they come. From this space of love, decide to make "feeling love" a daily practice that you use to begin your creative sessions.

Day 4 - Your Secret Power to Inspire

In working on a global scale, there is little you or I can do that will have major significance without the help of others. To inspire others to help, you must reach out to them in a very specific way. You must touch them, and to do this, you must work on your ability to communicate, for simply being enthusiastic about solving a problem, or wasting all your energy talking about it is not enough.



The beginning of all real communication is the open and receptive heart. If you are to reach people, you must speak to their hearts first, which means you must warm them up to you, and having their permission to occupy their life, tell them a story of great importance.

To be sure, the art of story-telling is not easy. It will take you time to learn to communicate your passion and vision to others, but it is the most important work you will do in the creation of the world solution you are looking to build. The good news is that you don't have to do it all at once. You can learn it little by little, and you can impart your story little by little. There are ways of doing things and there are people who can help you build your story into something irresistible.

Let us begin at the beginning.

Your mission is important. It is the thing that will inspire others because whether it's local or global, droves of others have seen the same problem and didn't do anything about it. They will say in the end that they saw the problem too, and they will become inspired by you because you persisted. You saw things, and you built up energy in a direction that caused a solution.

Given that your mission is important, you must gather all the heartfelt evidence together. Find stories—human stories—with feeling and tangibility that can be told. Remember, it is always the heart that will respond first, and feelings are the way in to the heart. They are what motivate people to help you and you need their help for the really big goals.

Your job is to inspire, and while you may feel that you've never inspired a single soul before, by surrounding and filling your space with love, you will start to see how people are inspired. You will begin noticing that the stories they respond to—the ones that inspire them to help—are all the same. They touch the soul and by using certain words, certain phrases, certain sentences just right, you will begin a new life that is involved with inspiring people.

Inspired people will climb mountains. They will drop what they are doing to help you. They will stop their lives and businesses in honor of your vision. This is the secret to creating a more beautiful world. This is your secret to connecting the vision and imagination of your childhood, to the inspired creations that change the world.

It doesn't matter if you don't feel qualified to build your vision, because there is a great secret underneath all creation, and here it is...

The greatest hospitals, the greatest universities, the largest businesses are often built by those who are not experts. They are not doctors, not professors, not MBA CEO's. Instead, they are people of vision and passion who have learned how to inspire others.

Naturally, along the way, they pick up the jargon of the field they are in, so they sound convincing, but the truth is that what allowed them to build things of greatness outside their area of training is that they learned little by little how to inspire others to see and act towards their vision.

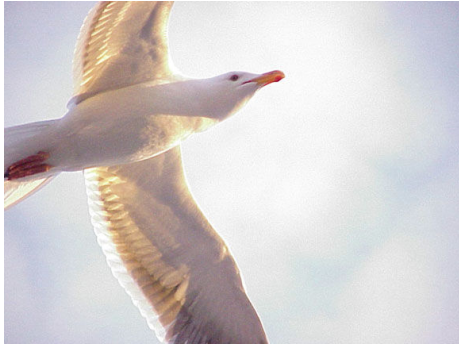
So now, I want you to act as though you did not have the limitations you think you have. Act as though you are going to inspire others to see your vision and have them do much of the work needed to create the solution. You don't need to solve every problem. You can inspire others to solve them for you, even in your absence.

Today, I want you to make a list of the most inspirational people, movies, books, stories, and so forth. Write them in a list and then set about trying to understand what makes them so inspiring to you. This is the really important stuff. This is how you, yes, little old you, can achieve success in goals that others merely dismiss, or faint at their sheer size.

Discover the secret to inspiration, and you can motivate others to success.

You will be the organizer of their success and it is you they will look to for guidance as to what to do next.

Day 5 - Starting to (Re-)Shape Reality



I want to challenge you today. You are clearly different than the average person. You have vision and passion and courage, and while you may fear that I am building up to something that you might not want to do, I assure you that the challenge I will lay out for you will begin the transformation of your idea into reality. It is this first timid moment that happens in the creation of anything worthwhile.

Today, I want you to write out a word picture of the solution you have been working towards. First describe the problem you are working to solve for the world, and then describe bits and pieces of how the solution will come about.

It doesn't matter that the pieces don't fit together perfectly. It doesn't matter that you are not a perfect writer or that you can't spell. That's not the point. The point is to begin shaping your idea—first in rough form—and then transforming it into its early beginnings in the real world. I expect it to be rough looking, and so should you. That's how all great ideas look at first, before they become manifest.

Writing is the essential way that ideas first take shape to solve problems.

Here is a template you can follow:

1. Write the problem you are addressing – in your own words.
2. Explain the symptoms of the problem – e.g. people are dying, children are getting into gangs, and so on.
3. Write at least 5 ways you are going to address the problem (even if you don't believe you personally have the capacity to implement all 5 ways right now, because you will organize others to do so).
4. List the types of people who will help you – aid workers, teachers, parents, and so forth.
5. Then write how you will inspire these people to help fulfill your vision.

Please don't become intimidated. You are not necessarily going to follow your own plan. Just write it out as if someone else could implement your plan to solve the really big hairy problem you are out to solve.

Remember to fill your writing space with love using the last two day's lessons, and then write from the heart with the imagination of your inner child.

Day 6 - Resources to Move the World

If you've produced your written work—even in rough form—you've come further than most people ever come towards solving a major world problem. If you haven't yet, I encourage you to go back to yesterday's lesson, perhaps re-reading all the lessons to put you into the right mental space, and then come back here to pick things up.



Today we're going to talk about the essential things that separate people from their goals.

Fear is the first. Fear of failure, fear of ridicule, fear of not knowing how to do pieces of it, and fear that you're not good enough, not smart enough, not...well, you get the idea. Trust me on this one. There is not one CEO in the world who isn't harboring a terrifying secret. That secret—and they all have the same secret—is that people will discover that they don't really know what they are doing.

You see...every CEO lives on the "bleeding edge," trying to do things they've never done before in uncertain times and in uncertain waters. You are not alone. They are scared too. No matter how fancy their offices or how intimidating their \$10,000 custom suits might be, they are scared. So, they have no advantage over you.

The next thing separating you from your goal is that the company you keep can make or break you. If you are surrounded by cynics who speak hopelessness every other sentence, change friends, co-workers and even how much time you spend with cynical family members.

Wow! Yes, I really did say this out loud. If you're going to succeed at anything, not just the major world problem you've decided to address, you need to control what goes into your mind. Don't accept crap from

people. Don't watch, listen to, or read the news. Your mind must remain pristine. It's your mind. Control what goes in because...

Garbage in = Garbage out.

Others can keep their mental pollution, but they have no right to fill your mind with it and you have a responsibility to the world to see beyond it.

The next thing that separates people from their goals is a lack of resources. Ouch! Whether it's a tough economy or you're not making enough money to fund the solution to a major world problem, I can assure you lack of resources will be a constant companion.

Deepak Chopra describes this beautifully. There was a discussion in which a peace project would require significant funding. Someone asked the leader, Yogi Maharishi Mahesh, where all the money would come from. In the true manner of a master, the good yogi said, "From wherever it is at the moment."

Nothing—no missing resource—should ever be seen as an impediment. In the realm of creativity no solution ever comes with all the resources attached. The Infinite Creative Spark of the Universe has the entire Universe at its disposal. Only you see limitation and lack.

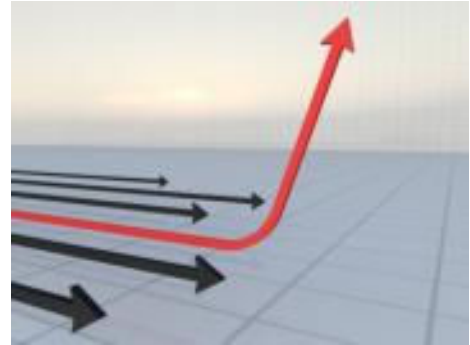
By inspiring others, all resource limitations are removed. It doesn't matter if you don't know how it will all work in the very moment you conceive it. It will work if you first simply decide, and then stay focused on it.

Today, list in one place everything—all the resources, people, and good will—you will need in order to move the world in the direction you need it to go. Be thoughtful in your answers. You do not need to be ruler of a nation to move the world. That's not how creation works.

Please begin writing.

Day 7 - Kick Your Vision Up a Notch!

You have come a long way, but today, I'm going to ask you to do something extraordinary. I'm going to ask you to kick the development of your vision up a notch.



You see, there are no formal schools to teach you how to change the world. The arena of world change is brand new and there are important things going on and people you need to know about. There is a way to work with these inspired people who are on similar journeys and I'd like to describe what's going on....

A vision emerged a couple of months ago about how people who were inspired to change the world could work together. Each one would work in their own arena, solving the global problem they wanted to pursue. Each one would work under a similar structure to begin the changing of the world on a massive scale. And each one would benefit from the power of working in an inspired group.

These people would all be mostly like you: People of vision who feel certain there is something they can do to improve the world for their kids—for the next generation—in a way that could leave the world better than they found it. They are all very excited, and the synergy of all these creative energies working together is unbelievable.

They all have challenges in building their solutions, but they are learning that having challenges in creating major solutions is just a normal part of the process. They also have a whole collection of great ideas and good will. They want to do their part and they want to help you achieve your success because they know that the good energy they create in helping you will flow back to them.

These are good people. They are on noble missions, and there's the possibility that you could work with them.

There is also the possibility that this could signal a career change for you and that over the next few months, the life you are currently leading could begin to be transformed into something you never expected.

I'd like to introduce you to people who feel as you do, that the world can be made more beautiful. They have begun their journey, and like you, might be feeling a little unsure, but they are doing it.

It's time to consider whether you're ready to pursue your creation as part of an organized movement to improve the world with a collection of supportive people who'll never give you a cynical word.

If you think you are ready to kick this up a notch and convert those early childhood visions into a world-changing partnership with a select group of world-changers, please think about joining some of the most exciting people you'll ever meet:

It all begins at The Movement of Change:

www.MovementOfChange.com

I'll see you there.

