

## LOI Definitive Series 4: Getting Time on Your Side

### *Time, Competence + Context, Relationships, and Consciousness*

The link to watch David Mills' LOI Definitive 4 webinar:

[https://www.youtube.com/playlist?list=PLsMVtiwJ63D0BGnl\\_tmum2RnXnxI9uiik](https://www.youtube.com/playlist?list=PLsMVtiwJ63D0BGnl_tmum2RnXnxI9uiik)

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### *Mental Picture #21: Getting Time on Your Side*

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#### ❓ What is the key to eliminating stress and worry?

#### 💡 **Concept:** *Getting time on your side*

In this webinar, we'll get an ultimate perspective on the idea of *getting time on your side* and understanding life, happiness, and effectiveness in terms of getting time on your side. But to do that fully, we need to be able to step all the way back to a foundational understanding of who we are and how things work. Time being on your side is one of the major pieces of the puzzle that, in practice, is going to be foundational for your happiness and success, as well as foundational as a solid place to stand.



There are some major components of happiness. A certain aspect of our happiness revolves around whether or not we have a feeling that time is on our side. If your mind calculates that time *is* on your side, that's going to be critical for happiness. Also, there's *caring about other people* and how happy they are, and there's also a sense of *something to look forward to*, which we could fold into time being on our side. I have plenty to look forward to in life and in existence overall, and also, I feel like time is on my side. If I temporarily feel like it's not, I can reorient my perspective to it being on my side. So, I pretty consistently have a peace of mind that is integral to a major part of happiness.

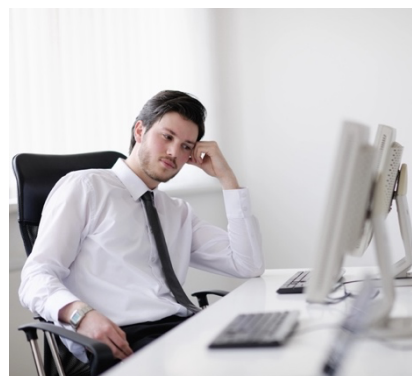


We need to develop a *meta-competence* with getting time on our side, which is doable. It's a matter of perspective, foundational understanding, and strategy, which then makes you happier; and then you gain more understanding of the nature of having time on your side. It's a whole snowball effect, and then you're making good strategic decisions.

#### ✈️ **Contrast:** *Time Not Being on Your Side* (our usual or default feeling)

Let's look at the absurdity of the proposition that time is against us. By taking a look at the *opposite* of time being on our side, we'll prove or gain understanding of how time *must* be on our side.

It seems so real sometimes, that time really is either against us, or not going to help us. This feeling is related to boredom, where you feel like, "It won't help if time goes by because I don't have anything to look forward to." That's the idea of people living lives of quiet desperation. Maybe they're anxious or maybe not; they may have a career or work in a cubicle, which is a stereotype, and feel there's not much to look forward to.



If we feel like time is against us, then we're going to feel anxiety. If we feel like we have a bunch of things to do and we don't have enough time to do them, there's a vague sense that if we don't do these things, then it's like when you were little and your parents said, "All right, that's it!" You feel a vague sense of threat like you're scared.



We feel that as adults, too; but it's our mind doing it to us. We're not sure what'll happen, but whatever it is, it's bad; if we don't do enough things that we're not sure we can do by a not very clear deadline, there's a sense that the window of time is closing, and we've got to get them done.

That's going to give us a type of anxiety that's going to be the *opposite* of an aspect of happiness, which is fully feeling that time is on your side. If a person thinks that time is against them fundamentally, they

would then intuitively feel like they need to *fool themselves* in order to believe that time is on their side in some way. That's *not* the case; it's the opposite. You actually have to be fooled or deceived to conclude the time is against you.

### ❓ What four conditions put time against you?

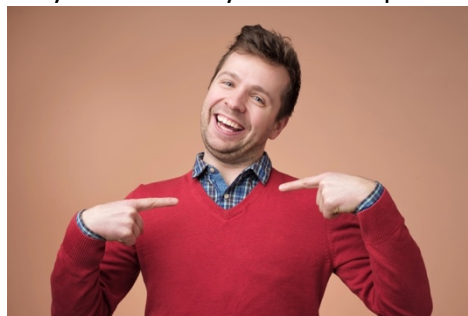
How do people get into this trap of constantly thinking that time is against them? They're anxious, rushing, and making decisions from the wrong place, and strategy goes out the window or gets done incorrectly. These four points are all related.

#### 1. Trying to prove you're already right



The biggest one is *trying to prove yourself already right*, which is something I'm always trying to help you see properly and dissolve, so you'll get the opposite paradigm. Your "self" or self-image is like your contextual foundation. An example is when you're learning something and you feel that you have to prove that you can learn within a certain

time period, or else someone or something is wrong. This is a constant issue in love relationships where you or the other person needs to feel already right about something, and can't face the fact that you or they might not be. Even if it's a political viewpoint, if someone needs to believe that they're perfectly



awesome about that, and they're not willing to entertain the possibility that they're not, then how are you going to marry that person or have things become long term?

## 2. Trying to control what you can't



Number two is *trying to control what you can't*, like controlling other people. It's easy to see with a child, as well as with other relationships. Let's say you're raising a child and you're worried that you're behind with one of a million pieces of their development; there's a feeling like the longer it goes, the harder it is to fix. You're thinking, "If they don't learn this now, it's going to be even harder for them to learn it next year," or "If they keep this bad

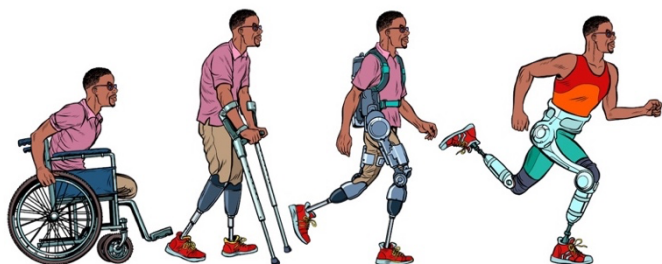
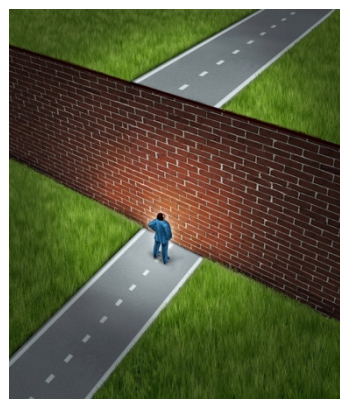
habit up now, then it's going to be even more ingrained and harder to fix later," like if they have too much screen time, or not enough exercise, or not this, that, or the other thing.

**[Method]** One thing you can do is to step back further and further conceptually, until you get enough perspective. At some point your child is going to grow up and they're going to be 20 or 30, and they're going to deal with these issues on their own, or not. But it's going to be *their* problem, not yours. And at some point, they're going to die, and then their problems are all solved. You can say, "Well, isn't that morbid?" No, it just gives you context when you're worrying about something that ultimately is just temporary.

## 3. Trying to prove that a wall is just a bottleneck

Next is *trying to prove that a wall is only a bottleneck*. What I mean by a wall is that there are some things in life you cannot do, they're outside of your control. Sometimes it involves somebody else, or it's someone else's decision. You'll feel like time is against you if you're trying to prove that something is within your control that might not be.

It's only a bottleneck if you can *break through*. A bottleneck is something that you can break through in life. If it's a wall, then you just have to get around it somehow if it's something within your context that you can't control.



A random example is if you were a soldier in Iraq and you'd lost both your legs; then the bottleneck is not that you are trying to get normal organic legs back. Instead, you need to work around the fact that your organic legs are gone. You're not trying to break through in a way that's outside of your control.

Recognizing a wall as a wall and not a bottleneck is not pessimism and it's not giving up. Ultimately, time is on your side; ultimately, you're fine. That's why you need to understand fundamentally who you are and

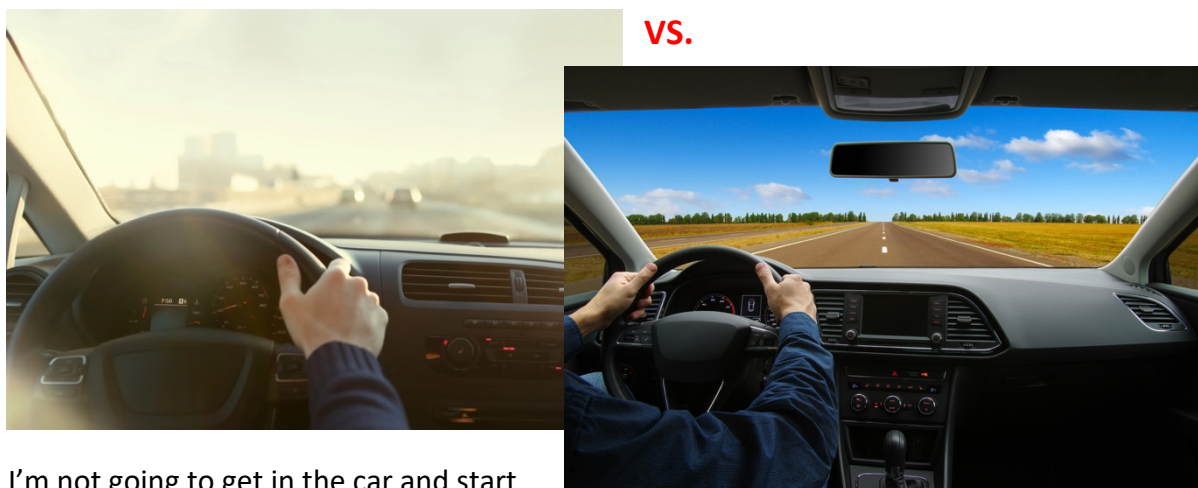
what's going on in life. If it's a wall, stop thinking that you can do it because someone else did it. Maybe it was a bottleneck for someone else, but it might be a wall for you. If something is a wall, if it's outside of your control, then you actually don't need it in order to get to where you need to get to in life and in existence. So that points to lacking perspective, but it's okay.

Sometimes you just have to guess or make your best judgment on where the best bang for your buck is going to be. You're trying to deal with bottlenecks. Strategy is about bottlenecks, and then it's about allocating resources according to your best ability.

#### 4. Lacking perspective

If it's true that time is on your side, then if there was an occasional blip when you lost perspective and felt like time *wasn't* on your side, then it would also be true that you could simply take a quick moment to get perspective, for two reasons. One is, it's *true* that time is in your side because I'm *stipulating* it, and the other reason is that, practically speaking, you'd be in the *habit* of time being on your side and feeling that way, so you would notice right away if something was off.

For example, my long-distance vision is not good; I can see and read without glasses, but for long distance it's obvious that my vision is off when I'm not wearing my glasses. I'm so used to seeing clearly by wearing my glasses that I'm quickly going to notice when I'm not.



I'm not going to get in the car and start driving without my glasses; it would be too obvious to me that it wasn't working. Similarly, if you're used to the reality that the time is on your side, then if something comes up where you start to feel like it's not, then it'll be obvious to you that, "Oops, I need to get perspective." You can reorient yourself to that correct truth.

All four of these conditions operate together in order for you to have the *illusion* of time of time being against you. Anything that's outside of your control, you don't need because you can ultimately understand that you can get to where you want or need to get to. You can be happy in existence. And if things are stacked to where we can't be fully happy in this world, then that means this world is not all there is. If we continue to gain understanding, we'll maximize what we can get out of this world, whatever that might be. It's all good.

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## Mental Picture #22: The Struggle Signal

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### ❓ So, where do I look when I feel anxious or that time is against me?

Anytime you're rushing with anything or anxious, it's because you feel like you have to *struggle* and do something before a certain time, or before some doomsday clock ticks.



First of all, *you treat this feeling like a signal*. Then you can look at that specific situation to ask if you have the right understanding of competence and the right contextual foundation.



**Concept:** Look at Understanding Both Competence + Context



If you're *struggling*, that's a *signal* that one or the other is off, either the contextual foundation or the understanding and practice of competence. That's the signal to ask, "Oh wait, what's wrong? Is the *contextual foundation* wrong? Or do I not have the *competence* right?"

You need to discover what *both* of those look like. If it takes ten years to discover what those both look like and you're 25 when you start, you might feel stupid and that it's taking forever or that something's wrong with you. But then, you could be a millionaire at 35, and it turns out that you're incredibly ahead of the game by 20 or 30 years!

However, looked at in a *meta* way, you don't need to struggle. Until and unless you have a contextual foundation, *and* you have competence figured out, you will struggle; but the more you figure out competence in any one area of life, the more you can see parallels and get faster at guessing what it's going to look like in another area. Your meta gets better the more you figure out what competence looks like.

Ultimately, you're not struggling, because even if you haven't yet figured out one of those two things in a particular area, you're at least working on your meta-competence with the meta-idea of seeking out what *competence plus context* are for that situation. Interestingly

enough, you can seek understanding of competence and context in any order you like, or you could partly do one and partly do the other.

The meta and the specific applications of the meta will work together in a virtuous cycle. You'll get better at the meta, you'll get better at the specific places in life where you're applying the meta; and you're in an awesome place. Then you're more aware of this whole situation with the virtuous spiral in your life and with getting time on your side, which then makes you happier and feel like you're more in control of things; and you *are*.

### What is “Meta”?

Meta means “*about the thing itself.*” It is seeing the thing from a higher perspective instead of from within the thing. Something is meta if it is *self-referential*.

**Meta-strategy** means understanding the components or the “recipe” of strategy, which in *Law of Implication* includes identifying and clearing bottlenecks, understanding the aware versions of goodness and importance to know which bottlenecks to clear first, and allocating limited resources to effectively clear bottlenecks.

**Meta-competence** means acquiring an understanding about which ingredients and skills are necessary for competence in any area. As you’ll learn in this webinar, you can seek understanding by asking, “What does competence *look like* in this specific area?” It includes gaining perspective of how time is on your side rather than feeling anxiety; noticing when your perspective about time is off; semi-automation by doing something you’re able to do that is both pleasant and rewarding, and doing it consistently; having something to look forward to, etc.

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## *Mental Picture #23: The Semi-Automated Business*

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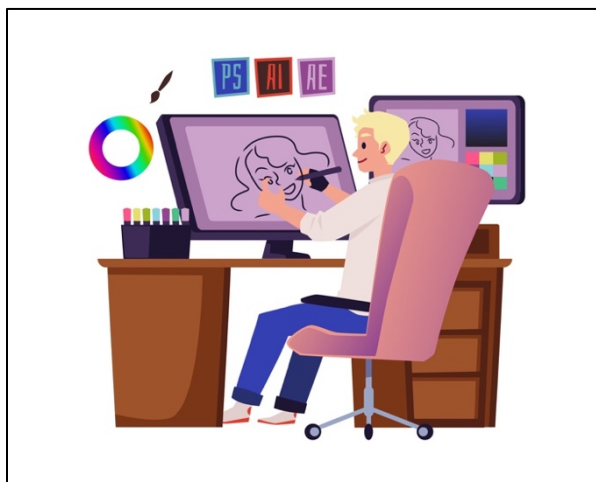
### ❓ What does competence look like?

*Competence looks like it's semi-automated* with a sense of flow, where it's very doable and you can just keep doing it; that's part of the equation of time being on your side.

#### 💡 **Concept:** *Competence Looks Like Semi-Automation*

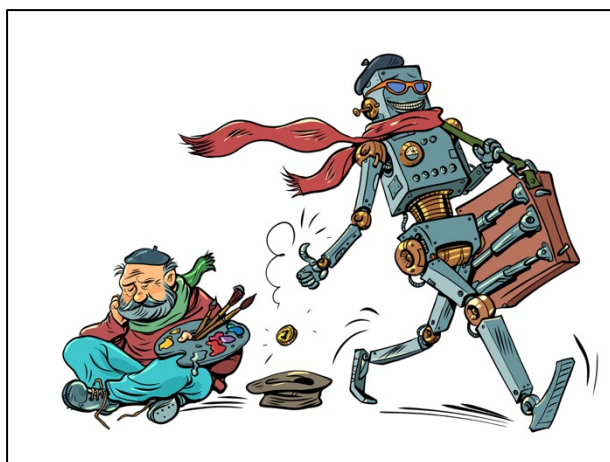
What it looks like to have time on your side, and what we are seeking is that things are *not* fully automated. To picture an example of what I’m saying, it's not that you need to build a business that operates fully without you in order to have your finances in good shape where time on your side financially.

Instead, what you want to shoot for is where you're doing something you know how to do, you're able to do, and it's reasonably pleasant for you; especially it's pleasant in terms of a cost-benefit analysis



where you still need to build up money for your life, which is going to make you *feel* a reward for doing something that you're competent at.

### ✈ **The Opposite Extremes:** Doing Nothing, or Fully Automated



Time on your side does not mean *full automation* or that you sit there *doing nothing*, and everything keeps on working out in your favor and the world in general just keeps getting better. Ask yourself, “Do I expect my life to be fully automated where everything just falls into place, so I can be incompetent and negligent and still have everything work anyway?”

No, typically, you're not going to find a contextual foundation overall in life where you can be incompetent or absentee or

neglectful and still have automation. Full automation would mean you'd never have to do anything physical in order to still be in in shape for the rest of your life. That doesn't make a lot of sense to shoot for. It's probably impossible for that to be the case.

**[Method]** You're going for a type of *semi-automation and competence*. If you don't have a clear picture of what competence looks like in a particular area in terms of a love relationship or career situation, then a great question to ask and to seek understanding of is, “**What does competence look like in that area?**” for example, regarding health or weight loss or getting physically fit, you can ask, “What does competence look like?” Competence is attainable in almost any area of life. It's mostly just doing the basics over and over.

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### *Mental image #24 – The Competent Carpenter*

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#### ❓ **Imagine that as time goes by, what if things are going to just get better and better?**

Then imagine, *how that would make you feel?* — You couldn't really be anxious at all. If you were anxious, then you could step back to the more fundamental truth that we're stipulating, which is that time *really is* on your side.

#### **[Method]** Stipulating *as if* something is true by asking, “What if?”

##### **What is Stipulating?**

When we ask, “What if?” or “Imagine if...” it can mean that we're *stipulating* something. Stipulating is to act “as if” something is true – in this case, that time really is on our side. Stipulating can help us explore what competence might look like in a career, goal, or relationship, and then take action in a way that we're not feeling anxious, conflicted or double-minded. We can focus our mind, energy and resources on the goal, while staying open to ask further questions and be curious, rather than get stuck by thinking we're already right or that we already know everything there is to know about it.



*Just imagine that time really is on your side. Imagine being a competent professional in any area, like a carpenter building a house, or being a lawyer.*

*Imagine how that would make you feel if you already knew how to do your job, and it's pleasant for you, and that everything will work out right in terms of your career, or whatever you're trying to accomplish.*

*What if you also felt that way about your various relationships or your love relationship, and specifically, if you felt that doing what comes easily to you inevitably would end up with everything getting better and better in your relationship; how would that make you feel?*

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### *Mental Image #25: Driving on the Right Continent*

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#### **?** What does foundational context look like?

**💡 Concept:** *Competence alone is not enough; the other part of the equation is having the right context or frame on your side.*

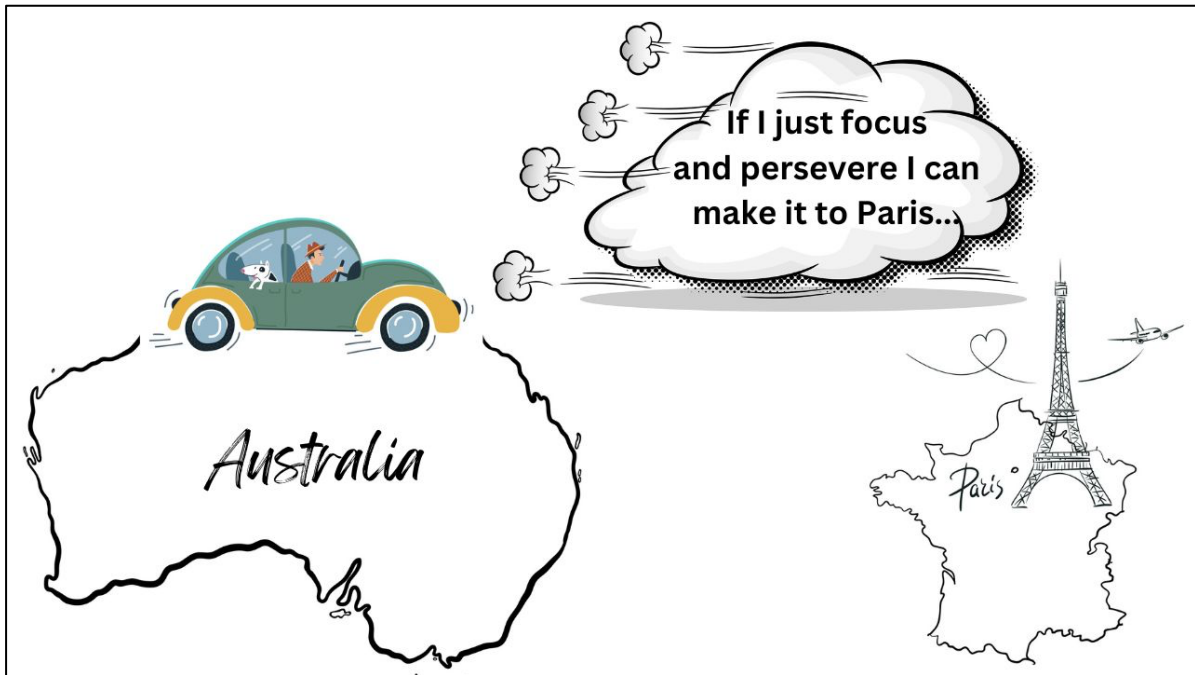
In order to have time on your side with any particular area in life like relationships, career or fitness, *you need to figure out the right context*. Once you realize that competence is essentially doing the basics consistently, and that you can easily do the basics because you're used to them and you've practiced them, then you can go all in on getting the right contextual foundation.

Realizing this and getting better at it then creates an upward spiral, and the better your meta-competence will be of figuring out *how* to figure out what *competence* looks like in a particular area, and how to find the right *foundational context* in a particular area; at which point you'll get time more on your side and you'll also understand more of the meta.

**Meta-context / Foundational Context / Frame** means gaining an understanding of the correct place or most the effective position for success for any specific goal. Mental images that illustrate foundational context in this webinar include driving on the right continent or fishing in the right pond. A foundational context for relationships includes choosing a partner who is open to communicate with you, even on difficult topics.

We can go to our usual mental picture of context: If you have a car that's working, and you can drive very competently, then you only need to be on the right continent and have directions in order to get to your destination.





↗ **Contrast:** But if you're on the wrong continent, then you need to be able to *realize* that and get on the right continent. If we can identify competence, then we could ask, “**What context would allow that competence to take us to the finish line?**” That’s the type of good question to ask. Meta-competence in this case is *realizing* that no matter how well or how long you drive around Australia, you’ll never reach Paris; and then, *re-positioning* to the correct continent even if it’s difficult, which puts time on your side overall.

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### *Mental Image #26: Fishing in the Right Pond*

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#### ❓ I’m skilled and competent in my profession, but why am I not getting enough clients?

If you have a sense of what a competent sales pitch sounds like and what competent fulfillment looks like, and if you're not making enough money, then your problem would be *context* – you have to find a pond to fish in.



vs.



If you're clear on the fact that you're fishing properly, have the right lure, and you have the right fishing rod, if you're still not catching anything, then you're fishing in the wrong place. You need to figure out how to identify and get to the right place. That's what I mean by *contextual foundation*.

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### *Mental Image #27: Growing your Money Tree*

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#### ❓ What does Competence + Context look like in a business?

Competence is critical, but it's only half of the equation. The other part is *having the right foundational context on our side* that will allow that competence to take us to the finish line.



*Competence* in business might look like you know how to talk to prospects, know how to get them to buy, know how to service them once they become clients, know how to get referrals, and that you're servicing your clients in a way that you're making enough money.

And then you would need a foundational *context* or *frame* where you had enough prospects in the first place, or where you had enough traffic or potential prospects that you could reach that had enough of a positive eye. Then what you could confidently do after that would work. You could also picture if the context was lacking, and how that that wouldn't work if you didn't have prospects.



#### ↗ **Contrast:** Hyper-Competence or Perfectionism


When you combine that starting frame with competence, it *doesn't have to be hyper-competence*. It exceeds competence if you have to constantly get things exactly right all the time in a way that is difficult. That's *not* competence. Now time is *against* you because you're

having to keep things from blowing up. Hyperactivity or a massive effort might be relevant and important in order to get to the right contextual foundation, like what I say about, “Win before attacking.” You win first or you win at some point.

You can put massive effort into getting the right contextual foundation if you need to, but then *you don't want to struggle in an ongoing way* where time is against you, because you're going to lose the struggle at some point.

## Practical Application: Getting Time on Your Side in Relationships

### *Mental Image #28: Meet the Stonewallers*

 **Contrast:** What does the WRONG contextual foundation look like in a romantic relationship?

If you start with the wrong contextual foundation of a relationship, then being competent won't be good enough to make it work. You want a situation where the other person is *not going to totally shut down communication* about something. If someone declares a topic off-limits, or that you're wrong for talking about a certain thing, or behaves like you're violating them, that's a contextual foundation for a relationship that's *not* going to work.

If they don't love you enough to open up the question of whether they are perfectly awesome about something, then you're screwed. There's nothing you can do; you just have to suffer it for the rest of your life. Communication doesn't help in that case, because you're deemed immoral if you try to communicate about that topic.



If you're having to figure out exactly the right way to act and talk in order to not have the person whom you're dating go ballistic on you, or punish you in some way, or not give you what you want, or withhold, or be actively or passively punishing you — if you need to *struggle* to avoid that, then time is against you.

Also, you don't want an attraction that's based on trying to solve some issue with your parents, or be with someone who rejects you or is *not* interested in you in order to feel attracted, because you feel the person must be higher status. *Things that are counterproductive in terms of attraction, you'll want to work through on your own.* You want to have mutual attraction that doesn't come with *cognitive dissonance* that's also working against you. I'm explaining all of this as an example of how to have time on your side in general, as well as have time on your side in relationships.

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## Mental Image #29: Meet the Honeymooners

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### ❓ What does Competence + Context look like in a love relationship?

If we can identify what *competence* looks like in a relationship, then we could think, “What *context* would allow that competence to take us infinitely in an upward spiral?” There's a general competence with relationships, and then there's a specific competence in terms of your *match* with a particular person. You need to be with someone where it can be in a *semi-automated* way; not just when you're all excited about them, but also when you're feeling less motivated – maybe work has taken over, or there are other things going on.



### THE HONEYMOONERS

← Brief?      or      Lasting? ↓



*First, you want to have mutual chemistry* which is a type of foundational context that is critical. What I mean by chemistry and a physical attraction is where you genuinely both find the other person attractive. Chemistry doesn't mean you have to have a lot in common, but you do need a certain type of strong initial attraction.

*Then some type of communication about sex* is going to be helpful; even if it's difficult, it would be ideal to have it. People might go through an entire relationship and not bring up certain things regarding sex that they wish they could. So, would that type of bottleneck be the sort of thing that the right contextual foundation would remove? – If that were the case, you'd be looking for someone where from here to eternity where you'd never have an issue with communication. This is a good example because it shows that *isn't* the type of thing to deal with in terms of the foundational context as a starting point.

To have a meta-competence with relationships in a semi-automated and competent way and where it's reasonably pleasant for you, *you need to be able to address and do the things that they think are very important or critically important, and also not do things that are critically important for you not to do.* As a meta-competency, you need to be able to hear and feel what's competent to *them*, without projecting your reality onto them.

Another part of competence is *dealing with not getting what you want in a relationship, and dealing with the other person not getting what they want from you, and addressing that.* Everything you're learning as we go through this series in the *Law of Implication* is going to make you very differently competent, because you'll have a place to stand to see outside of and underneath this idea of *importance*. Once you let go of this fragile ego thing that really

comes out in relationships where people need to be already right about a number of things, then the more you can see outside of that, you're in a much better place.

That's when time is on your side, and then you can *get in a place where you are pleasant and romantic day in and day out* as your normal default way of communicating. Then if someone doesn't communicate that way or act that way, it's easy to *notice* and you can get back to that place, mostly by ignoring it and continuing to act in the good way. Or possibly you might need to bring it up and say, "Hey, why don't we get back to a place where we're tender and romantic and pleasant to each other?"

In practical terms, competence might be that you are going to need to *frame that in terms of where you've made that mistake as well*. Even if you are correct, it'll come across like you're just being critical if you are implying that the other person is solely at fault. Even when they are, you want to do your best not to imply that. If you're trying to communicate how something feels for you without implying that you're right, rather than saying that you experienced it correctly, you can say that how you experienced it is *different*.

This example also reminds us of semi-automation. It's unlikely that you'll find someone who's never going to be offended. Even though they may get a little touchy when you talk about things that are difficult, you need to be with someone with whom you can get through that over the course of some time. Maybe it's a bit upsetting for a day or so, but then ultimately, you want to be together. You care about each other and love each other.

Another example of the right contextual foundation is if people can *step back to a place where they can remind themselves that they want the other person to be happy*. It might take a little time before someone steps back to where they can reorient themselves to, "I actually both want to be happy in this relationship and I want the other person to be happy. I care about *understanding* things that affect the other person's happiness."

Once you are able to recognize that in life, then you'll stop thinking that you love people when that doesn't exist, or when they love you when that doesn't exist. But a lot of people exist in a limited understanding, where they are unable to recognize if someone actually cares about them and has *enough* love.

*Love is a continuum; it's not a threshold* because love is about the other person's happiness having *weight* with you, where it affects your own happiness. It has a currency with you. It's worth a certain amount of you spending resources or doing something that you wouldn't otherwise want to do, but you actually want to do it because the other person is happier. Once you view it correctly that way, it's not whether you love somebody or not, it's *how much* you do, because it's how much you're going to sacrifice for someone else. It can't really be infinite; there's a certain amount you're willing to sacrifice for someone else.

So, you want to have that **chemistry**, and then you want to have this combination of **enough love**, and enough inherent **openness** to examining ideas and improving and filtering ideas, that you can work through things that are relevant and where you can have enough happy **intimacy**. If you're talking about a marriage, then you're looking at possibly dealing with having **kids**, you're dealing with **finances**, and you're dealing with **sex**. The other thing to consider is the **catch-all bucket of expectations of duties** in a relationship, whether it's chores, or going to the movies, or whatever. You can think of other things, but a marriage relationship at least needs to be those things.

Another part of competence in relationships is this idea that people have to have a ton of things in common, which isn't necessarily the case. You just need to have *overlap* where it's helpful and necessary in a love relationship. For example, traditionally, you're not going to be having sex with other people; therefore, sex is an important area of overlap, along with general romance, intimacy, and the emotional intimacy you're going to have exclusively with that person, in most cases.



However, if you're *limiting the social activities* that the other person in your relationship can do, maybe not overtly, but by your habits, how you check in on someone, or how you complain about how much they hang out with other friends, then the flip side is that you're going to need to do a whole bunch of social things that you may not want to do to keep them occupied so they're not going out with other people. If you reflect on it, it might not really be helpful. There may be places where it is useful if there's too little time with each other intimately, then that's relevant. But just like with any boundary, getting it right can be helpful.

What comes up in love relationships is pretty predictable. If we got super lucky, we could avoid any bottlenecks in life. But in a long-term love relationship it's unrealistic to get lucky non-stop. So, do you need to find someone where everything's perfect from the beginning? That's doesn't seem ideal.

It's nice if you and the person have a *meta-frame* where you can ultimately address whatever needs to be addressed in terms of thinking about it and being able to confront not being already right about a particular topic if it's going to touch on these areas that are critical for your alliance. I use the word "alliance" because it's not wrong to think about marriage or love relationships being limited in scope.

## **Practical Application: Time on Your Side in a Business Relationship**

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### *Mental Image #30: The Right Overlap*

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#### **What does Competence + Context look like in a business relationship?**

#### **Concept: Getting the Overlap Right**

What comes up in love relationships can help us think about business relationships too, because they're fairly similar. In business relationships, another part of competence is the ability to realize in a useful way, *how narrow the overlap in your lives needs to be*, and that you can limit the amount of overlap. If there are places where there's something exclusionary about the relationship, it may be relevant, such as an exclusionary relationship with a vendor or a client or a joint venture partnership; but I look to limit exclusionary situations where it's unnecessary.

People don't always realize they don't always need to have these exclusive arrangements, rather than getting the overlap right, where you *do* want some things to overlap or be exclusionary, and where you don't. For example, if a business partner wants to talk about things that aren't necessary and turn your business relationship into a social thing, you might want to limit that somehow. Or you might not; that might work for you. Again, this is where you try to figure out the right overlap for you.

Part of *competence with relationships* is being meta-aware of where the overlap is and where it isn't, and getting the overlap right. I pay attention to this aspect of my relationships, so I get the overlap in a place where it's good for everyone to the best that I can. People can easily overshoot overlap in some areas and undershoot it in other areas, and get the boundaries wrong, which is what I mean about relationships being limited in scope. In business relationships, you don't need to be able to reach a business partner in every area of life; you just need to be able to reach them in the areas where you intersect. It's the same with friends. That's all part of the *foundational context*. And then you can ask, "What would *competence* look like in terms of this relationship?"




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### *Mental Image #31: The Consciousness Model of Reality*

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#### **?** Is it possible to understand reality, the world, myself, and everything?



We've come to the idea of *beginning with consciousness* for building our understanding of ourselves and the world. That's a totally opposite and critically necessary starting point than how our minds normally build an understanding of the world.

 **Concept:** *Build a mental model of reality that begins with consciousness*

It doesn't matter if people think competently, because they all start in the wrong place; they don't begin properly with consciousness. They start with an understanding of the world based on matter and the physical world,

and themselves as their body and mind; so, their thinking is doomed. We're going to be fundamentally confused about the world until we understand to *begin* with consciousness in building our understanding of the world.

We all start with a model of the world that's fundamentally flawed, but it works enough that we think it's right. It works right up until it doesn't work. Even though it's an incorrect model, it has so much overlap with a whole bunch of things that we *can* do right.



We can tie our shoelaces, we can feed ourselves, we can make money, we can get someone to marry us, and so on. We can do all sorts of things with our default model of reality.

But all the problems that we have in our relationships, the problems we have feeding ourselves, making money, being happy, and of course, society-wide issues – those are all symptoms of the lack of overlap and the

flaws of starting from the wrong place. We can't correct those flaws at the same level of thinking that created the flaws.

I wrote on the slide, “Consciousness cannot emerge from matter, but consciousness can create.” Matter itself is actually like an analogy that works. There are *reasons* – which is what matter is made up of ultimately, and which we can come to understand – that everything is created the way it is for a reason, and *not some other way*; a concept that I’ve previously referred to as “the world of reasons.”

Matter and the outside world are not confusing to understand once we start with consciousness, and then we can understand everything else; but when we don't start with consciousness, we actually end up with a wrong idea of what matter and the world are, and what our self-identity is. We come to the wrong conclusions about everything — the outside world, our identity, ourselves, and our mind.

**Once we learn to start in the right place, everything will make sense.** So, I’m going to start doing that, with us building our model of reality in the right way, starting with the basics.

We never want to lose sight of the simple but profound idea that one way of looking at *Law of Implication*, is reframing progress to understand that *gaining understanding = progress*; as opposed to feeling neurologically closer or associatively closer to your goal, which is normally what the mind thinks of as progress. Once you understand, and the more you make the paradigm shift to you leading your mind to feeling that understanding *is* what is progress, then time is always on your side.

**Links:** Here’s the link to watch David Mills’ *LOI Definitive 4* webinar:

[https://www.youtube.com/playlist?list=PLsMVtiwJ63D0BGnI\\_tmum2RnXnxI9uiik](https://www.youtube.com/playlist?list=PLsMVtiwJ63D0BGnI_tmum2RnXnxI9uiik)

## What’s Next?

**In the next webinar, I'll get to the practical question of, “How do we communicate with**



**our mind?”** When we begin with consciousness, we'll come to understand even better that we are not our mind, but that *our mind is so crucial because it does all of our thinking*. Normally, when people think about programming their minds, it ends up being one part of their mind programming another part. So, we need to be able to *step all the way*

*outside of our mind and our perspectives*, and then we can properly address that question the right way by starting in the right place, which is beginning with consciousness.