

Book of Universal Wisdom

Charles Smith

Here are some excerpts from a Book of Universal Wisdom translated so people can practice it.

1. Do something you are afraid of and watch something wonderful happen.
2. Every day, write down the main way you will be today.
3. Take something you do that doesn't work and do the opposite.
4. Make one unreasonable request a day.
5. Instead of figuring it out, ask five people what you should do.
6. Spend five minutes paying attention only to your breathing.
7. Consider something currently impossible and what you could do to make it possible.
8. Acknowledge two people today for what they have done or what they are committed to.
9. Ask someone or a group if they will listen to you, and then speak.
10. Look for what's missing which if it were present would make a big difference.
11. Look for what's missing that gets what's missing to be missing.
12. Listen with deep appreciation for the feelings and experience of others.
13. Until you get to a root cause, keep asking, if not for what basic cause this performance problem could be eliminated?
14. If you knew you could not fail, what would you do?

15. Commit to the Success of someone and notice the difference in your relationship and support for their performance.
16. Imagine that Work and Love are the Same. Now what?
17. Practice Possibility Thinking
18. Practice Beginners mind
19. Control only the Context and let people develop their own material.
20. Today, forswear Rule Driven Creativity
21. Kindness is not a guarantee of continuing employment
22. Rules change with each surprise
23. Making peace with paradox and contradictions
24. What is sacred?
25. What is worth living for?
26. What is worth dying for?
27. What is spirit made of?
28. What is a breakthrough you will commit to?
29. Ask, If only I could?
30. What are the dragons you will slay?
31. What unreasonable requests will you make?
32. What do you say to yourself about yourself that explains your lack of achievement?
33. What is your favorite way of playing small?

34. What do you want to see that you don't already see?
35. What's the context from which you want to fulfill your life?
36. If the angel of death gave you three months to live, how would you spend the time?
37. What's the question, the answer to which would solve my problem?
38. What's missing that get's what's missing to be missing?
39. What is the story of your life?
40. What are you avoiding?
41. What do you attract?
42. What attracts you?
43. What do you attract?
44. What is your unreasonable request?
45. What is your request?
46. What is your promise?
47. What are your Declarations?
48. What are you afraid of and are you willing to do it?
49. Where to transform something by distinguishing content and context?
50. What's the awful truth?
51. What's missing in Your relationships?
52. What's missing in Your performance?

53. What is your Dream of the Earth?
54. What do you want?
55. What is your true purpose in life?
56. What true commitments are being thwarted?
57. Where is alignment missing?
58. What would move you from good to great?
59. What more could you do to make you an "A" level performer?
60. What conversations are missing? Relationship? Possibility? Opportunity? Action? Breakdown?
61. Do you live in a real or an appearing world?
62. If you could not explain it, what would you do?
63. If one moment were not connected to the next, what would you do?
64. Who are you?
65. Why should I listen to you?
66. How will you make money for me?
67. Who that is really credible will endorse you powerfully?
68. Upon saying what no, does the future you want depend?
69. Where are you grasping?
70. How much do you want to sell and do you mean it?
71. How do you want to sell it and do you mean it?

72. Are you willing to put up with all the crap with people and breakdowns and do you mean it?
73. What's missing for you that you think I might have?
74. What's missing for me that I think you might have?
75. What is there to celebrate about your world?
76. What is working well around here?
77. What are you avoiding?
78. In what truth is the opposite equally true?
79. May I coach you?
80. What do you get you don't want?
81. What do you want you don't get?
82. What battles, if they were won, would change your life?
83. What would you do if you knew you could not fail?
84. Who are you?
85. What are all prior attempts at solution and what do they have in common?
86. What is the possibility I am inventing for myself?
87. What is a context in which all of this can resolve naturally?
88. What is your request for coaching?
89. What needs to be measured?
90. What is an uncharacteristic domain/context for you to operate in?

91. What power do you need in your life?
92. How do you block your connection with people, work, ideas, the mystery?
93. What are you aware of?
94. What is the Fourth Wall you need/want to break?
95. What stops you from listening?
96. Always release, Do not grasp
97. Be both the storm and the ship
98. Embrace each moment one by one
99. Love and work are the same
100. Are you in this together or not?
101. All mishaps should be transformed into the path of enlightenment.
102. Are you Listening to the little wise voice in your head?