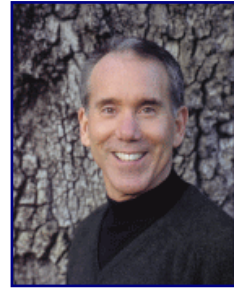




**Champion Athlete
& Bestselling Author**

Dan Millman



JANET ATTWOOD: Hi everybody, this is Janet Attwood. I'm the cover editor, as Chris said, for *Healthy Wealthy nWise* magazine, and co-author of the *The Passion Test: The Effortless Path to Discovering Your Destiny*. This is the Healthy Wealthy nWise Passion Series, in case someone is on the wrong call, where twice a month we interview individuals who have been remarkably successful in following their passions and creating an extraordinary life.

The purpose behind these calls is to help you understand how others discovered and lived their passions so that you can discover yours, and give your unique gifts to the world. I love Ian Forrester's quote, it's one of my favorites:

"One person with passion is better than 40 people merely interested."

I am so excited about our guest tonight. He has inspired passion in millions of people around the world for more than 25 years. His autobiographical novel *The Way of the Peaceful Warrior* was totally a major source of inspiration for me when I first read it. I know it has been also for millions around the world, and for all of you.

This year *The Peaceful Warrior*, a feature-length film starring Nick Nolte based on Dan's book, was released by Lions Gate. It's an incredible movie. I was totally stuck on the whole film. I wouldn't move from my seat, and I was 100% into it. I urge all of our listeners to go out and see it as soon as this call is over. You will love it!

Dan is a former world champion athlete, a university coach, a martial arts instructor, and a college professor. His books, including *The Journey of Socrates*, *The Way of the Peaceful Warrior*, *Everyday Enlightenment*, and *The Life You Were Born to Live*, have inspired people in 29 languages.

His keynote seminars and his training has influenced people from all walks of life and all ages, including leaders in the field of health, psychology, education, business, politics, sports, entertainment, and the arts.

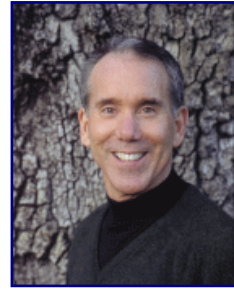
Dan and his wife Joy live in northern California. He has three grown daughters and two grandsons.

Dan, we are so honored and thrilled to have you with us tonight, can you tell by my voice?



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DAN MILLMAN: It's a pleasure to be here with you, Janet, Allan and Chris.

JANET ATTWOOD: My co-host tonight is Allan Hunkin, the founder and President of Success Talk Radio, which offers more than 45 channels of online interview content on success in every possible area of human life. You can check out those interviews by going to www.SuccessTalk.com.

Allan, thanks so much for being with us to conduct tonight's interview.

ALLAN HUNKIN: I couldn't be happier! Thank you so much for inviting me to do this.

JANET ATTWOOD: It's our honor! I'll hand it over to you and thank you so much for being with us as well.

ALLAN HUNKIN: Dan Millman, nice to finally talk to you! In 540 interviews and 10 years on the Internet doing interviews with thought leaders around the world, this is the first time you and I have spoken.

DAN MILLMAN: Amazing!

ALLAN HUNKIN: I have a little book that I wrote about worthiness, so I am just really interested to find out how I successfully avoided meeting you up until now, and what lessons there are for us tonight on this call.

Dan, we're talking tonight about passion and the things that are most important to you. How did those things that are the most important to you in your life lead you to the work that you do today?

DAN MILLMAN: Let me first say I heard people checking in, and I want to say good morning, good afternoon, and good evening to everyone out there listening. What a wonderful interesting group has checked in.

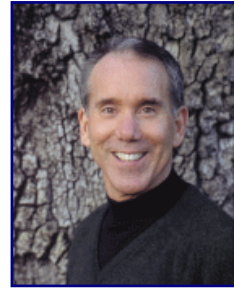
In terms of your question, Allan, when I was a young gymnast years ago I think I found my calling, or my passion, for teaching. Not everyone has that particular passion. We each have to find out our own hearts' desire.

I realized one day that no matter how much I improved myself, only one person benefited. But if I could somehow share what I have learned with other people and influence their lives in a positive way, that thought excited me! That made



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my life more meaningful.

So I began to teach what I knew, which was gymnastics, and later movement in general, sports and movement, and any kind of training. I began looking at what qualities create talent for sports. My research was in terms of what physical qualities need to be developed like strength, suppleness, stamina and sensitivity, qualities like rhythm, coordination, timing balance and reflex speed. I found ways to train these things in people.

When I was coaching at Stanford University my theories did bear out in practice. Our team went from the bottom of the conference when I first started there, to one of the top three teams in the nation. When I left, I trained the top US Olympian. I might still be coaching today, but then I was dealing with my own personal problems. I realized that being able to do somersaults, handstands, cartwheels and other physical skills didn't help me that much when I went out on a date, or hoping I got married, or when I had children, when I dealt with financial issues, and career decisions and the many challenges we all face in daily life.

That is when I began to ask bigger questions. I didn't ask what quality creates talent for sports, but what qualities create talents for living? That passion or calling led me to what I do now in terms of writing books and presenting my seminars.

ALLAN HUNKIN: I made my living as an air show pilot for a long time. I loved flying, and I often said when I had the money to fly I didn't have the time; when I had the time I didn't have the money. Life is like that. Often it is hard to make a living doing our passion.

Can you recall the first time you started to make a living from what was important to you?

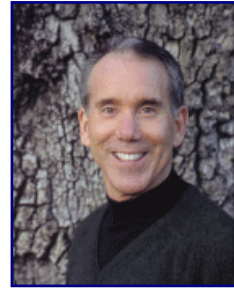
DAN MILLMAN: Oh, I sure can! It's like one of those dollars you frame and put up on the wall. I always had different interests, and I was kind of a stubborn guy. My daughters went to Stanford and Harvard. They are very smart, got straight A's, and did well in all their classes. That is sort of a blessing and a curse.

I didn't have that curse. I did well in the classes that interested me, and did not do well in the classes I was not interested in. I always talked to my heart, "What am I here to do?" What felt most relevant to me, I pursued.



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If my little girls had asked me way back then, “Daddy, what should I do to make a living?” I would have suggested, “Do what you love, and get someone to pay you for it.” That’s pretty good advice, but maybe idealistic.

For people who are interested in the creative arts, for example, writing, music, painting, whatever creative art you are interested in, I recommend that they think of their work as two jobs. One is that creative passion they have, and the other is a day job. Ideally that day job is practical, it’s something they’re good at and also find value in. That would be the bread and butter that keeps them stable. They can then have the free attention and the energy to pursue that creative passion.

Some may like the idea of being a starving artist, because that seems romantic to them, and they feel that starving will help motivate them to be successful in their art. I haven’t found that necessarily to be the case in most instances.

When my first book sold, my agent said, “Well, we’ve got an offer on your book”, which was just amazing. He said, “I’m going to give you some advice”, which I’ve never forgotten. He told me, “Don’t give up your day job yet.”

So I’ve always had a day job. I was coaching, and then I also wrote. Many people do their creative passion on the side. For example, Jean Auel, who wrote the best selling book *Clan of the Cave Bear*, was a single mother of five children. If anybody had the excuse “I don’t have the time”, it would have been her. But she got up at 4 AM and wrote till 7 AM when it was time to get the kids up and go to school. Again, we’ve all heard it. We don’t have time, we make time.

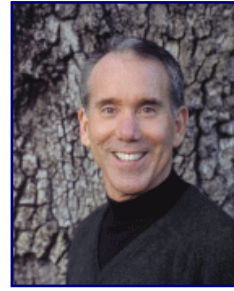
In terms of the first dollar I ever made, one day I was out jogging. It was a really hot day – I was sweating, my body felt really hot, and the idea came to me, “Gee, I wonder if I have some kind of artificial fever, because my body is so hot. Is this training or working out creating a fever in my body that might do the same thing a fever does if we are feeling ill, which is it kills invading bacteria? Could jogging actually have health benefits beyond what we normally think of them, but actually create an artificial fever?”

I had a friend do some research for me at the Stanford Medical School, and I wrote an article called “Let’s Catch Jogging Fever”. I got a check in the mail for \$100 from “Let’s Live” magazine. It was magical! I actually sold my writing for money.



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That was quite encouraging, and I kept writing, and the rest is the last 25 or 30 years.

ALLAN HUNKIN: It's too bad I didn't read that article. I never did catch that fever to do jogging, but there is still time.

DAN MILLMAN: Who was it that said, "When I get the urge to exercise I lie down until it passes"? That's another approach. People have to find their own way.

Let me just say something else here. In terms of an historical context, my father drove a lunch truck to different factories in downtown Los Angeles, a catering truck which sold food and snacks off that truck. I said, "Dad, does your work make you happy?"

He looked at me kind of puzzled and said, "Well, it never occurred to me." He came from the Depression generation, a generation of long time past, where people did not think about work fulfilling them. All he could do was make money to support his family. People traveled during the Depression to do anything for a dollar a day just to put food on the table.

Many of us have the wonderful luxury now to look for work that matches our values, our talents, work that we find fulfilling. It's a wonderful, productive search because it forces us to really examine, "Who am I? What do I value?" It's not the same for everybody.

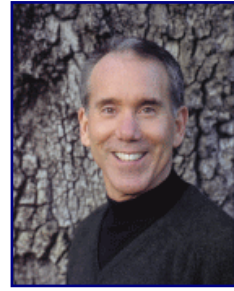
That is part of our spiritual path, the search for an occupation. They call it the trying twenties, because people who are in their twenties try a little of this, and they try a little of that. It's a natural part of the process. Young people would like to have a central certainty they will know what their direction is going to be; but for most of us, we have to explore and experiment a bit.

ALLAN HUNKIN: I sure know what you're talking about in regards to this. I always said as I get richer and more famous I will pursue my passion. It had to look a certain way, like a certain job or a certain activity that was flamboyant and exciting. It's interesting, the more I'm becoming those things now, the less I need it to be that way. Gandhi said, "Before enlightenment, peeling potatoes; after enlightenment peeling potatoes." It doesn't really matter at the end of the day, does it?



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DAN MILLMAN: The Arabs had a wonderful thing, "Trust in God, but tie up your camel." I talk about living with your head in the clouds, but your feet on the ground. There is the dichotomy. We still need to take care of business down here on earth and function in practical ways in everyday life; even if we explore over time who we are, what our values are, and what kind of service we would like to perform in the world, and what kind of preparation we need to do that service.

Joseph Campbell once said that many people who pursue a particular path from the time they are very young, a direct line through college, graduate school and so on may come to the top of their professional ladder and discover it is leaning against the wrong wall.

The swim coach at Stanford when I was there was named Jim Goran.. Jim went to law school and became an attorney, and realized he didn't like doing that. He then said, "What do I love? It's swimming and coaching." He ended up being one of the most successful swim coaches in the country. He finally had the courage to think "What I want to do - What I really love doing." When that is possible, it is a wonderful thing.

ALLAN HUNKIN: Let's talk about some of those ingredients now – the ingredients for being able to live a life with passion. Maybe let's just explore some of those.

DAN MILLMAN: I would love to do that. Someone came up to me once after a seminar and said, "Dan, I feel so inspired." I replied, "Don't worry, it will pass." It does pass! All emotions pass. Sometimes we feel this way, sometimes we feel that way. We are talking about a feeling, an emotion of passion. If we had a watch beep every 20 minutes during the day and we wrote down exactly what we were feeling and doing just before that watch beeped, we'd notice our feelings are changing all the time.

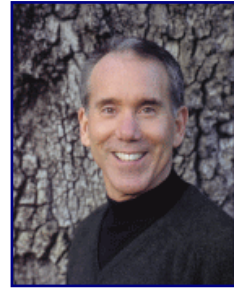
Emotions are the weather patterns of the body. Sometimes you feel sunny, sometimes stormy, and sometimes gray. Emotions all pass. When we talk about living with a passion, I can offer a guaranteed way to do that. It is not a guarantee to feel passion all the time; I don't think that is realistic. But it is a guaranteed way to live with passion, and to live as a verb, not just as a passive thing of existing.

We bring passion, we bring enthusiasm, and we bring a certain intensity and



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focus into our lives. We remember the value of what we are doing. That is how I know to live with passion. It is so easy to become habituated to what we are doing.

Most of us have the experience of hanging a painting or poster on a wall. We first get this new poster or painting for decoration and we say, "Oh, it's so neat! We'll put it up, and it will just look great here." After a couple days, weeks, or months we don't even notice it anymore. We come into the house or apartment and barely glance at it. It's the rare person who looks up every day and says, "Wow, that still looks beautiful."

Young children have that ability to have a book read to them over and over. They don't say, "Oh, I've already heard that." But adults tend to habituate. We tend to see and reject things. "I already know that, I've already seen that." We don't realize we can know things deeper and deeper.

I think part of that idea of passion is to stay fresh. When I train people in movement arts, I tell them they never do the same thing twice. If you are really paying attention, it is always a little bit different.

Noticing what's going on around us and how our lives are changing, how our surroundings are changing, different from the day before. That is another ingredient that can help us to live with a kind of freshness and engagement in life.

ALLAN HUNKIN: I think of the book *The Way of the Peaceful Warrior*. It is a beautiful integration of the surge for the inner wisdom that all of us have available to us, and also, of course, a full engagement in an outer life.

What role does passion play in this process of drawing the inner and outer? Some people would say that it gets in the way, and some people would say it is the glue. What do you say?

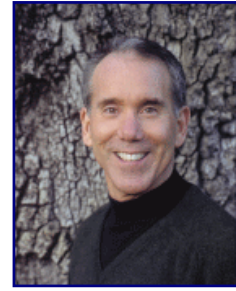
DAN MILLMAN: In developing nations people wake up wondering if they are going to have enough to eat that day. Most of the world is in that condition, we forget that. In European countries, America, Canada, Australia, and certain other developed nations we do not have to worry about that much.

Gandhi once said to a starving man, "God is bread". But for those of us in relatively comfortable circumstances, our attention can go to higher aspirations,



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the social relationship, even to what the psychologist Abraham Maslow called self-actualization or enlightenment. We have a different search, and many of us have become a little bit disillusioned.

If we have had parents who were very successful in the world, or if we have done that ourselves, we say “You know, I may not be measurably happier than I was years ago, when instead of a flat screen big TV we had a little set sitting on an apple crate. I enjoyed myself just as much then, and now I’ve got a lot of other things to deal with. “

Those of us who become disillusioned with the Western search for happiness, which is possessions, money, status and so on, often turn to the East. And we say, “Ahhh, the answer is not in the West.” We’ve seen the rat race, and we’ve seen all the things and it is ultimately empty, so we turn our attention to the East and we see the answers all lie within. The answer is detachment from the things of the world, from money, possessions, and ego. I’m stepping off that ring, and I’m just going inside.”

That is the traditional Eastern solution to happiness. But I have traveled the world and have noticed there are many miserable Easterners too. Those who do the inner work and meditation have much self-knowledge. They have insight into their minds, and so on. With all the attention exclusively inside, people often don’t handle what they need to handle outside.

So maybe their relationships are falling apart, or their financial situation is in the toilet. In other words, they are having difficulty in the outward world. What I call the ‘way of the peaceful warrior’ is not about going to the West, to the East, or bouncing back and forth. It’s embracing the best of the East and West.

With passion, both ways, really go inside with intensity. Learn, self-discover, but also deal with the things of the world with equal enthusiasm, rather than rejecting either one. It is embracing both – and passion is kind of a glue, or a bridge. It is not about flesh or spirit, it is about flesh and spirit, left brain and right brain, the wisdom of the indigenous people with modern technology, fate and reason, science and mysticism. It is an inclusive approach to life and engaging it fully.

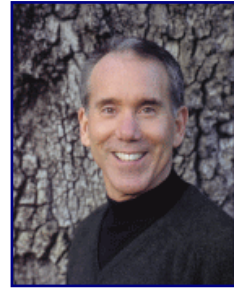
I think this is really a holistic integrative approach rather than the traditional going from East to West, or one to the other.

ALLAN HUNKIN: Well said, Dan! I just want to take a moment to point our



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listeners to the URL around the new ebook experience. It's www.HealthyWealthynWise.com/peacefulwarrior. Don't go there yet, because it has audio attached to it, so you will have trouble listening to it and to this call at the same time. But it's www.HealthyWealthynWise.com/peacefulwarrior.

Dan, I want to talk about the every day enlightenment book that you wrote. You talked in that book about 12 gateways to personal growth. Let's go through those gateways with our listeners as to how they apply to our subject tonight.

DAN MILLMAN: *Every Day Enlightenment* is one of my 12 books, and each of my books are quite different from the others, they serve a different purpose. That particular book kind of redefines what we mean by success. It redefines the bigger picture of the practice of every day in life that frames our attention by addressing 12 arenas of life, facing the premise that earth is a school, and daily life is our classroom.

Daily life and all its challenges, relationships, health, finances and so on, those are forms of spiritual weight-lifting that strengthen our spirits. Addressing those will teach us everything we need eventually to evolve as human beings.

If life is a school, what are the courses we need to pass in order to graduate, so to speak? Those are the twelve gateways I go into in that particular book. I'm just going to list them first of all, and define them very briefly. This is an overview of those arenas we are all working on in life, every one of us. In fact, I would suggest that is what daily life is for.

First it's about discovering our worth. We need to discover our innate worth. This is different from self-esteem. It answers the question, how good of a person am I? How much do I deserve of life's blessings? If we do not address that we tend to self-sabotage. That is the first gateway.

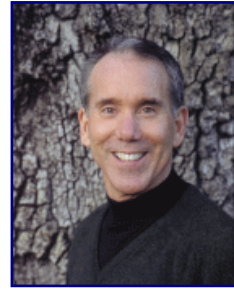
The second is reclaim our will. That is about the biggest challenge in life, turning what we know into what we actually do. We all know about exercise, diet, and everything else. Turning that into what we do, however, that is reclaiming our will.

The third gateway is energizing our bodies, and that makes sense. Those are like the three foundations of a building. Discover your worth, reclaim your will, and energize your body. If you do not have energy, what have you got? As my grandmother used to say, "If you don't have your health, what do you have?" There are many people who are successful and wealthy, and would trade it all



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for energy and vitality.

The fourth gateway is manage our money. That is often ignored in a spiritual-type text. People have issues about money versus spirit. Joe Lewis once said, “I don’t really like money, but it calms my nerves.” Often we have mixed feelings about money that are largely unexamined. Manage your money is about establishing sufficiency and stability in that arena.

The fifth gateway is tame your mind. I have a different take on that in the book than many people might imagine. I go into meditation and all of that, but there is a much different approach to taming our minds.

The sixth gateway is trusting our intuition. It is a different way to live, like learning to think with the whole body rather than just the left brain. It is trusting our intuitive impulses, not just trying to figure everything out with the left brain, weighing the pros and cons, the ins and outs, liabilities and benefits. It’s learning how to make a decision differently than just writing down different variables.

The seventh gateway is accepting our emotions. This is a very important area of life. When we say we are interested in personal growth, in success and achievement, and in enlightenment, most of us are really saying deep down, “I want to find a way to feel good more of the time, and feel bad less of the time.” Emotions are very important. This chapter takes a very close look at how much control we have over our emotions. Do we or don’t we? It’s an interesting question. It’s about accepting our emotions.

The eighth gateway is face our fears. Fear is a wonderful servant, but a terrible master. The peaceful warrior approach to facing our fears is very realistic and workable.

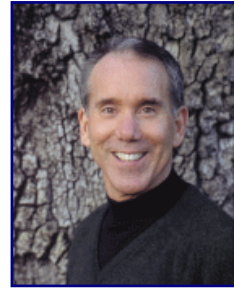
The ninth gateway is to illuminate our shadow. This is really about self-knowledge, seeing ourselves realistically rather than through self-image. How can we accept ourselves if we don’t know ourselves to the bone?

The tenth gateway is embrace our sexuality. We can’t really go through life doing all those other things without finally confronting our fantasies, our fears, whatever issues we have around sexuality. There’s an old saying, “The lesson is simple, the student is complicated.” We complicate food, we complicate diet, and we complicate sexuality. I address some rational issues in that arena.



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The eleventh semi-final gateway is awaken our hearts. Of course, how can we pass without doing that? I go into a different tick again on what that means, and how to do it.

The twelfth and final gateway is serve our world. And of course, without all the others, that brings us full circle - to be of service, giving back, reconnecting to the world.

All of these twelve gateways taken together free our attention for higher, more subtle elements of life. Most of the time, we do not have free intention. Our intention is trapped by subliminal muttering. "What am I going to do about my relationship?" "What am I going to do about my health issue, my money thing?" So we really have real free intention to look around with the eyes of a child again, and see the beauty around us, the spirit around us.

That is what the purpose of the twelve gateways is, the higher purpose so we can reach a place where we can actually practice enlightenment. There is a section at the end of that book about how we can practice enlightenment.

I hope I didn't go too long with that monologue, but that covers the 12 gateways.

ALLAN HUNKIN: They are the 12 gateways. It's interesting, isn't it; I know some of our listeners will be thinking right now, "So which ones are the most important ones to work on?"

DAN MILLMAN: That's easy – the most important ones are those that are most important to each individual. I emphasize in that book that no single gateway is more important than any of the others. I will say the first three gateways, discover your worth, reclaim your will, and energize your body are foundation gateways. If you don't have any energy, if you don't have the will, and you don't have the work, you won't allow yourself to benefit from any of the others. They are like a foundation.

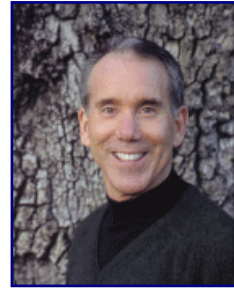
At different times facing our fears may become the most important. Another time, embracing our sexuality, or managing our money. All of these change over time, day-to-day, moment to moment. I have great respect for tyrannies, values and needs of each individual. I do not lay formulas on people. I am not here for people to trust me. I am here to help people trust themselves.

ALLAN HUNKIN: I think a lot of us, in the West especially, got the idea that



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enlightenment was kind of like a bolt of lightening out of the sky, or suddenly there was this great awakening of an idea. Or that you did a whole bunch of meditation and then you just somehow passed over into this new place.

Enlightenment comes after dealing with these 12 gateways, doesn't it?

DAN MILLMAN: That is really what the gateways are for, to free our attention so we can begin to have our attention pierce the veils that normally are like a tip of the tongue feeling we can't quite break through.

For example, I can give one cue to enlightenment - realize the idea that we do not know what anything is. Someone may hear that phrase we do not know what anything is, and they may say, "Well that's kind of interesting, or maybe it's not". Or they can intellectualize about it and say, "Oh, that's very interesting, I'll contemplate that."

If someone actually had that idea pierce them they may realize that we can know any number of things about life. We could write encyclopedias about a pin we are holding in our hand. Its aesthetics, its chemistry, its physics, its history; but we don't know what that thing is. We have a word for it, we call it pin. But we don't know what it is.

Now if someone went deeper, if they had the attention to actually get that, they would burst out laughing in liberation. We need the attention – that is the key. That is why we need to address the 12 gateways in order to free our attention, and then we are ready.

Ramakrishna had a saying. He said, "When you try to open a walnut while the shell is green it's almost impossible to open. But when you wait until it is ripe just a tad, it may fall open."

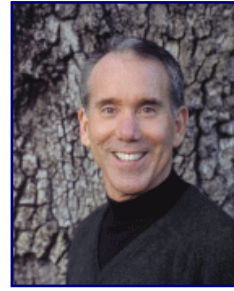
In a way our lives, and these 12 gateways that we're working on, represent our ripening process. Once we are ripe, some teacher may come along and give us a tap.

The idea of enlightenment sounds really dramatic, a sudden lightening bolt. Someone smacks us alongside the head with a cosmic oar, and suddenly we see the light. But I see enlightenment much more like a dimmer switch being turned up gradually over time. Sometimes it is up, sometimes it is down again. We remember, we forget.



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In these previews of coming attractions we have moments of illumination, because life is a series of moments. I have never met an intelligent person, I've only met people with intelligent or enlightened moments. Each of us can increase those numbers of illumined moments, those moments of clarity with kindness and compassion of remembering in our lives over time.

ALLAN HUNKIN: I read my first self-help book when I was eight years old. It was called *How to Hypnotize Yourself*. I have said in seminars many times it must have worked, because I spent the next 35 years un-hypnotizing myself.

Even with as much as 35 years of self-help and personal growth, some guy will honk his horn two seconds longer than I think he should, and I'm off the deep end about how inconsiderate people are. Did his mother have any children that lived, and that kind of thing? My mind just goes nuts. You talk a lot about how daily life is our school, and every person that we meet is a teacher. How do we go about remembering that? Let's talk about that for a minute.

DAN MILLMAN: Alan Watts once said, "Beware of teachers who pick your pocket and sell you your own wallet." I always got a kick out of that. The irony is that this is all any teacher can do. We do our best. The treasure is inside each person, and all we can do is point it out.

In fact, I tell people at my seminars that all I can do is remind you of what you already know at deeper levels, but tend to forget. I am kind of like a yellow highlighter in the book of wisdom, or the book of life. I just remind people of things. The best I can promise is I might be able to provide some maps, or maybe a light in the darkness so we don't stumble quite as much; and a kind of map to help people, maybe save them a little necessary pain and a little bit of time to traverse their own journey.

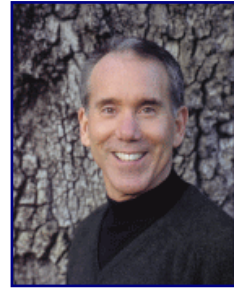
I see life as our school. The world of nature, watching clouds pass, watching trees bend in the wind, watching streams flow around obstacles can teach us all we need to know about life. It is not that we don't know these things; it's about transiting them into action.

That is why I call action the basis of the peaceful warrior's way. Most of us have noticed that lessons seem to repeat themselves in life until we learn them. In fact, if we don't learn lessons the easy way they tend to get harder in order to get our attention.



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A favorite story of mine about learning easier lessons instead of harder ones is about a man named John who was given a parrot named Maurice. I tell the story in one of my books called *Living on Purpose*.

John loved this bird, Maurice. It was a beautiful parrot. The only problem was someone had taught Maurice to curse like a sailor. Maurice would come out with some invectives that would even embarrass John. His mother would come over, friends would come over, and this bird would let loose with a sting of very colorful words.

John tried everything to reform this bird. He played subliminal tapes, new age music, and touted affirmations. But nothing seemed to work. One day John reached the end of his rope. He lost his temper, grabbed Maurice and opened the freezer door, stuck the bird in and closed the freezer. He figured it would teach the bird a lesson.

Of course, Maurice started cursing and squawking, but all of a sudden there was dead silence. John was worried, and hoped he had not hurt the bird. He quickly opened the freezer and reached in. Maurice walked calmly out on John's arm, stood on John's shoulder and said in John's ear, "John, I would like to apologize and ask your forgiveness. I know my behavior of late has not been up to standard. I know my language needs improving, and I vow to do better in the future."

John said, "That's great, Maurice!" with great surprise. Then the bird said, "By the way, John, when I was in the freezer I noticed there was a chicken wrapped up in there. Can you tell me what the chicken had done wrong?"

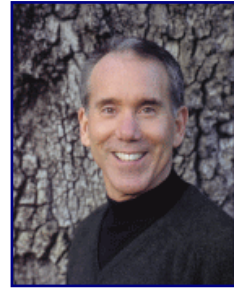
In other words, Maurice wanted to learn the easy lesson, he didn't want to learn the hard one. Some of us should be as wise as him.

If I can relate a quick lesson from my every day life; those who read *Way of the Peaceful Warrior* may recall that I shattered my right femur into about 40 pieces in a motorcycle crash. That is depicted quite accurately in *The Peaceful Warrior* movie. Twenty-six years later, ironically on the same day *The Peaceful Warrior* movie first opened here on the west coast in California, I was going down a hill on my bicycle. The same genetic predisposition that helped make me a champion gymnast made me rather stupid on bicycles.



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I was doing high-risk behavior. I was going down this hill way too fast, turning wide around a corner because I was going so fast, and a car appeared at the wrong place. It wasn't their fault. I was going so fast I had to slam on the brakes, laid the bike down, and I broke my right leg, my lower leg this time, in about three places and ripped some tendons out.

The point is, this was my wake-up call. I had to learn another lesson because I still did not get it. It really was a wake-up call. I actually got the message this time that I need to drive more defensively. I've been doing that since then. It may have saved my life, you never know.

That is an example. Sometimes we learn harder lessons, sometime we can learn a lesson in a dream and change our actions.

ALLAN HUNKIN: Glad you mentioned the movie, because it has been called a message movie, and a lesson movie. With Nick Nolte, it shows your story and much more about your writings through that movie. It is released by Lions Gate. Lions Gate, of course, is named after Lions Gate bridge right here in Vancouver. There is a connection to it through that for me.

DAN MILLMAN: I didn't even know that.

ALLAN HUNKIN: That is where they were started. In this movie, the Nick Nolte character shows great respect for how Socrates treated every person, how he acted, how he treated each person who came to that gas station to get gas, and the value of providing even simple services to others. What is the role of service, and is service a goal in itself?

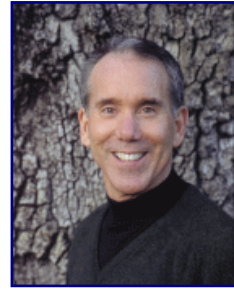
DAN MILLMAN: Service has been defined in different ways. It is our job, our calling, our profession. It is a way we connect with other people. I like the word service rather than just a job or profession. So often it's easy for us to think of our job in terms of what we get out of it, what kind of income we make, what kind of pleasure or consolation we get from it with work mates, and so on. We are constantly sorting through "What am I getting out of this?" The same thing can happen with relationships. What really creates a mature and strong human being is when we start sorting through "What am I putting into this?" What we put in ultimately is what develops us, not just what we get out.

Let me give you an example. I was in Japan on the Shinkansen, which is a bullet train, waiting for a train on this long platform. I looked behind me. There was



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almost an empty platform that time of day. There was a little man whose job apparently was to polish a railing that had hundreds of silver uprights holding the railing going across the length of the station.

I watched him for awhile. He took at least 45 seconds to a minute to polish just one of the uprights. He made sure every crack and crevice was clear and shining. Then he looked at it, and when he was satisfied, he moved to the other one. He had hundreds of those to clean.

I had discovered a Zen master. He took such pride in his work. That is one form of service, to take pride in whatever we do and remember the value it has. When someone turns around and glances at that railing it's going to be shining and beautiful. It will help improve the aesthetics of the environment. That counts for something. Where someone else might say, "Ahh, that's a meaningless job", for him it was not. He put meaning into that task.

Socrates once said to me, "You know, it's not as important what you do as how well you do it." That is one approach to service being an end in itself. It is also a way to connect with people.

What can we do to make a difference for someone else in our lives? There is a story about Aldous Huxley. Many of us remember the name Aldous Huxley if you've ever read his book *Brave New World*. It's a classic book, the doors of perception and so on. Professor Huxley as much as any westerner of his time had explored the global heritage of spiritual tradition. I don't mean just read about them; he was an intellectual. But he also went to the different countries and did the practices. He had great experience and wisdom.

When he was near death one of his students said, "Professor Huxley, is it possible in any way for you to summarize all that you have learned all these years?" And he replied, "I am a little embarrassed to say that I can summarize it all in maybe about six words – try to be a little kinder."

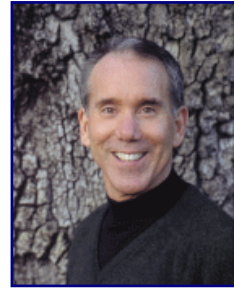
I've never forgotten that. It seems to me our service to the world, whatever we do, is a way to connect with people. Even if we are sitting alone in an office as I do, writing, it's still reaching out to people, because that is what it is all about.

If we are each cells on the body of this great beam that is called planet earth, our cells are here to connect with and interact with other cells. That is another way of looking at it.



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In the movie, the character Dan, played by the great young actor Scott Mechlowicz, said to Socrates “What are you doing here in a gas station?” And Socrates said, “This is a service station. We provide service here.” He was kind to every single person that he met. That is what I noticed, and in the book I describe that, watching him in his interactions.

One of the most spiritual people I know is a stockbroker, insurance salesman, and a financial planner. Lou just uses that business as an excuse to connect with people, to maybe uplift some people. I think that is a good way to approach whatever we do.

ALLAN HUNKIN: It’s interesting to have Nick Nolte as the character Socrates. He has a real gruff way about him. That gruffness can be mistaken for unkindness, but it really isn’t. It takes some understanding and realization to see the difference between what a person is saying or doing, and what they are really doing. It takes a fresh eye to see that, doesn’t it?

DAN MILLMAN: Sure! Some people can speak gruffly, but they are speaking from their heart, they are actually aware of their heart while they are speaking. Even in a gruff voice they communicate that.

If you put two guitars next to each other and you pluck the E string on one guitar, they’re in tune. It’s going to start resonating the E string on the guitar next to it. It is called sympathetic or harmonic resonance. The same thing works with a human voice. If we speak from our heart, just a simple awareness of our heart, it resonates the hearts of those who are listening.

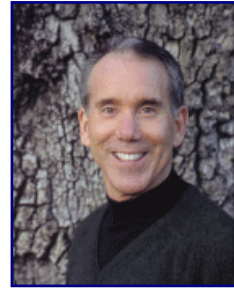
I think this is important. These are ways to provide service as well. There are many little things we can do, which I go into in some of my other books; little things that can make a big difference in life, small forms of service that ultimately enrich our lives. We feel better at the end of the day, it’s like wow, I did some nice things today. Not just I got some nice things today, but I did some nice things.

ALLAN HUNKIN: I have not seen the movie, but it’s certainly at the top of my list to see. People can see a trailer about the movie at this URL I’ve been mentioning, www.HealthyWealthynWise.com/peacefulwarrior. People can learn more about the movie there.



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Is there a difference between understanding and realization, and why is that difference significant?

DAN MILLMAN: There's a significant difference. Before I mention it I might add there is one other URL if people are curious about my work. They can go to www.PeacefulWarrior.com. It also links to the trailer and theater listings.

Right now the movie is only out in about 40 to 50 theaters. It may get a wide release later this year. The DVD will probably be out in December. I thought I would mention that regarding the film project. Nick Nolte, I might add, was wonderful as Socrates. Nothing sounded preachy out of his mouth. I think you will really enjoy the movie when you see it, it's quite extraordinary.

In terms of the difference, as Socrates once told me, between understanding and realization, one way to communicate it, Alan, there's an old saying, "I hear, and I forget; I see and I remember; I do and I understand."

That understanding is not like realization, I don't want to get lost in semantics here. The point is, we can intellectually understand certain ideas, but when we experience it, then we realize what it is.

Let me give you an example. Most of my life growing up, I understood when someone said "loop the loop" on an airplane. I said, "I know what it means to do a loop in an airplane, I've seen it in movies, I have read about it, I understand it." But one day a friend of mine said, "Hey Dan, do you want to go up in my Cessna Aerobat with me and fly around?" I said, "Sure!"

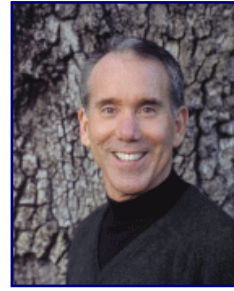
So we went up in the air and flew around for awhile. He let me take the controls and then he said, "Okay, let's do a loop". We dove down at high speeds, we pulled the stick back, and it went straight up and just over the top. Many people have done that on a roller coaster. Then we came around again. For the first time in my life I realized what a "loop the loop" meant. I could have studied it and seen it time and time again, but until I experienced it directly, I never realized what it was really like.

What that has to do with spiritual practice is that we can understand a lot of concepts. Many of us think that is what the game is about. We talk the talk, we know the jargon, and we read the books. But when we practice, when we have done the meditation, when we have practice with kindness, when we have done various practices, both inner and outer, we begin to realize what this is about. It



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is a different quality of life, a different quality of moment.

I can sweet talk, “Oh yes, living in the present moment, I know what that is. I’ve read the books.” But how many of us actually practice it? How do we do that? It has to do with breathing, with relaxation, with focusing on doing what we do with a certain elegance which brings us back to the body, back to the present moment. Balancing the body, that is another kind of realization.

ALLAN HUNKIN: I’ve got to tell you, it feels a lot different in the middle of the Snowbird demonstration scene, which was a great thrill of mine. Of course, your equivalent in the United States would be the Blue Angels or the Thunderbirds. I got to ride with the Canadian Snowbirds and do those loops you were talking about in the middle of that. That was an incredible realization.

I think this kind of goes in three stages, body, mind, and then heart. You pursued the body because you went into gymnastics and sports, and I pursued wine, women, and song at that same time in my life. So I kind of skipped the body atonement part.

Then I got really interested in the mind. I think our self-help movement or personal development movement, for many years, maybe 20 to 30 years now, has been the pursuit of understanding the mind and getting control over the mind. It makes a transition.

At one point in time I studied and ended up with credentials in five different models of psychology. I could give you the points and counterpoints from every angle of those five models. But then I realized that I was playing chess with myself. Eventually, you’re playing both sides of the chess game, aren’t you?

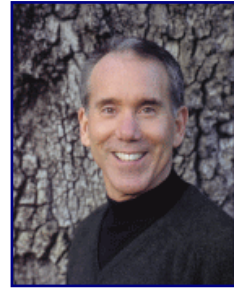
Then I realized that I had to find my heart. And that is what we are heading into. I think the evidence is how heartless it is in the world in some ways, that it must be we are trying to discover our heart because of all the shenanigans going on. Talk about that for a moment.

DAN MILLMAN: We become disheartened today as we read the news and see once again how we seem to have found ourselves in a predicament. As human beings we are continually still less than enlightened, and we are still willing. And I say we as humanity; maybe not you, or I, or anyone listening to this conversation.



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But there are a significant number of humans who lack self-respect, who are suffering deeply, who don't see much meaning in life. To some of them, their death seems more meaningful than their life. They are willing to cross the line we call violence. If humanity just reached out one place where we're willing to argue and have differences, but no matter what happened, we weren't willing to cross the line of injuring or killing other people - that would radically change our world.

I'm not talking about enlightenment. I'm not talking about everyone loving everybody - just that simple boundary where it has become unacceptable to do violence to others. That would be quite an achievement.

Many of us have learned that on an individual level. We avoid violence in our daily lives. We may be angry at someone, but we don't strike out at them. In my own life I found that I have more control, relatively speaking, over my behavior, over how I move my arms and legs, than I do about stopping certain thoughts from happening in my awareness. I don't have a spam filter for thoughts. Many thoughts arrive that are positive, and many thoughts arrive that are negative. I'm not troubled by them. I accept them as natural to me in the moment.

I'm not so much trying to fix my mind; I'm not trying to fix my emotions any more so I can feel all the right emotions like courage, compassion, kindness, and love. I know that feelings come and go. They pass like the weather.

So I focus more these days on what I do. It may take awhile for us to reach the stage of evolution where human beings focus on what they do.

Let me give you a quick example. Let's say a little boy hits his baby sister. His mother sees him doing that and says, "Why did you hit your baby sister?" Everybody likes reasons for things. He really hasn't a clue why he did it, he just had the impulse to hit her, and he did. Maybe he was jealous or something. He said, "I'm hungry." His mother said, "That's not any excuse", and he replied, "I hate her".

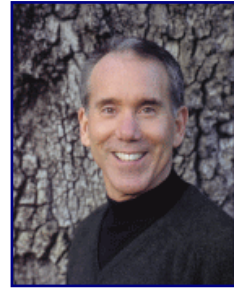
One mother might say, "That's terrible, look at your baby sister, she's an innocent little baby. You shouldn't hate your baby sister." But you know what a wise mother might say? She might say, "Yeah, yeah, it's fine to hate your baby sister. Just don't hit her!"

That little boy is going to grow up sane. He is going to grow up non-neurotic. He's going to grow up saying, "It's okay, whatever I'm feeling, but I'm still



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responsible for what I do.” If most of us could live that way and accept our emotions and thoughts, natural to us in the moment, without any consummate worry about having the wrong thoughts or wrong feelings, let them come, they’ll pass anyway. Focus on what is my purpose? What is a positive, constructive purpose right now? And that is, doing what needs to be done in line with our purpose.

That, to me, is a way to master the body, to balance the body. We should not wait for the right motivation, the right ideas, the right thoughts, the right discipline, and the right technique, so we can finally go out and live well. Just focus on what do I need to do now.

That’s not always easy. I don’t want to make it seem like “Oh, just go and do it. If you need to lose weight stop eating so much and exercise more. If you’re addicted to something just stop doing it”. Of course not! In a ideal world, yes. But most of us need to go through a process, and it’s important for us to be gentle with ourselves. We beat ourselves up too much. We learn something and we expect to manifest it totally right there. But it can take months or years to fully embody what we’ve learned.

It’s a process. Some people who have addictions go through a 12-step program or other process whereby they’re finally ready to face the action of just stopping the behavior. But it can take time. And some people need some tender loving care if they need to lose weight, explore themselves, and learn more about themselves. That’s part of their process.

But it always comes down to what we will do in this moment. It doesn’t sound very spiritual or metaphysical. But that is what is going to shape our lives.

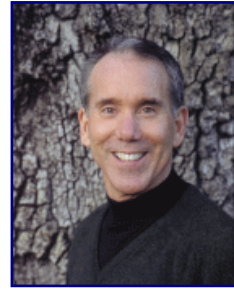
ALLAN HUNKIN: I’m glad you talked about that. So many people, especially people on this call or those who visit www.HealthyWealthynWise.com, are people who have done a lot of work on themselves. You get to that point where you know better. I know better, I should not be doing it this way. Or, I still continue to do it this way.

Then what happens is what Ken Wilber calls “new age guilt”. You feel guilty because you are feeling guilty. It’s a real trap on the way to enlightenment, to not be gentle with yourself. Maybe just expand on that a little bit more, because I think it is a major piece for people who are doing work on themselves in this day and age.



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DAN MILLMAN: The fact is, judgments only hold the pattern in place. When our awareness expands, it takes us to a place of disillusion. We become disillusioned. We begin to see the mistakes we are making. An awareness of a problem is the beginning of the solution. But it often seems as if we are getting worse.

Imagine walking by a well in a forest. There are flowers growing around it, and it looks quite lovely. Inside the well it's just darkness, it looks quiet and peaceful. But if the sun should shine right overhead directly into that well, suddenly we can see the creepy crawlies that are living in there.

That happens to us as well, that shadow work. We see parts of ourselves that maybe really are not so admirable. That is a profound moment, because that is when we can really come to grips with it. But we need to embrace that part of ourselves as well. It's a part of our humanity.

What great form of shadow work are relationships? How many listeners out there have had a relationship difficulty and seen some parts of themselves that they are not too crazy about. But it is a humanizing influence. We get more compassion, we get more realistic, we break through all of that self-image. We see ourselves as we are. There, but for the grace of God, go I. We become more human.

I think it is very important for us to treat ourselves with the respect and kindness we might show a child who is just learning about life, because in a way that is where we are. Rather than just doing the whole achievement thing, in the external world pushing and driving ourselves, and projecting our parents or other people's expectation of us, when really it's just us pushing ourselves.

When I was coaching at Stanford University I walked into the gym one day and I saw the captain of the team lying on the floor stretching his legs. He was holding one of his legs and pulling it all the way up to his chest. I heard him muttering to himself, "Oh, this hurts so bad. I hate this!"

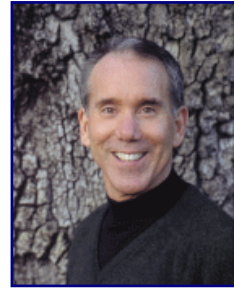
I looked at him and didn't know whether to laugh or cry. I thought I had walked into some bizarre comedy. I wanted to say, "Who is doing it to you?"

We do the same thing to ourselves. That is not what life is about. It's about gracefully and gently going through life, making mistakes. You have to make



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mistakes, that's how we learn. You learn from your mistakes and go on.

Life is two steps forward and one step back. It is not about not falling down. Life is about falling down and then getting up again. In the boxing ring of life, we have all been up against the ropes at times, and most of us hit the canvas once or twice. But then we're up again! We got back up, and that's the main thing.

It's easier to have compassion for other people when we extend a little bit of that to ourselves.

ALLAN HUNKIN: A good friend of mine says that if you are doing to others what you do to yourself, you would be arrested.

We've got a few minutes here. I wanted to just talk about your books. It's been incredibly deep and wonderful, a meaningful connect here with you tonight in what you are saying.

You have a new project that you're working on. Have you finished the next book that is coming out?

DAN MILLMAN: Actually, I just finished it yesterday. It's called *Wisdom of the Peaceful Warrior*. I think it will be of interest to anyone, whether or not they have read *Way of the Peaceful Warrior*.

For years, Alan, people have been asking me "What did Socrates mean by this, and what did he mean by that? Why did he rail against moderation? Why did he say you have to be wealthy to be happy?" He made these outrageous statements, that is just how he was. I wrote a number of other books thinking, "Well, now I'm clarifying and explaining it all." I wrote *No Ordinary Moments*, *The Life You Were Born to Live*, *Everyday Enlightenment*, and a number of other books. But I never actually addressed, paragraph by paragraph, those points he made that made your teaching.

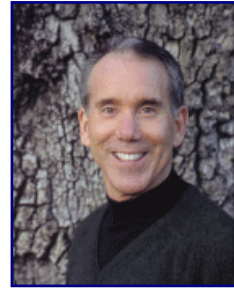
In *Wisdom of the Peaceful Warrior*, 25 years after the first book came out and with the release of the movie, I decided it was time to write this new book. I took all significant excerpts of teaching points from *Way of the Peaceful Warrior*, and I shed new light on those teachings by making commentaries on that section from my current sensibility of 60 years that I didn't have when I wrote the book.

My publisher is quite happy with it, so I think other people will be also. That is



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what the book is about. The ebook you mentioned is actually based upon elements from *Wisdom of the Peaceful Warrior*. It also includes video clips and audio clips of my lectures. It's multi-media; you get to hear it and see things as well as reading the simple basic text.

ALLAN HUNKIN: I also want to pay tribute to the producer of that ebook. People can access this by going to the URL I mentioned before, www.HealthyWealthynWise.com/peacefulwarrior. I worked with Ruby on the Business at Work series. She is just an outstanding individual, a wonderful, wonderful person. I know anything that she is involved with will be simply outstanding for sure.

DAN MILLMAN: Talk about living with passion, Ruby is a gem, just a dynamo. She was the producer and publisher of this ebook, and actually helped me get the hard copy book written too. She is a good coach.

ALLAN HUNKIN: We have three questions that we ask on this series of everyone who comes on it to help people translate what they have heard tonight, and translate that into meaningful actions in the world.

Let me ask you the first question now. Will you share with your listeners three things that they can do in the coming weeks to begin putting into practice some of the principals that you have been talking about here.

DAN MILLMAN: I would be happy to do that. My background is that of an athlete, and rather than just talk about abstract concepts and ideas, it is all about practice and doing. Many of us have these dreams and ideas. We are encouraged to dream. What I ultimately recommend to people is to dream big; but start small, and then connect the dots.

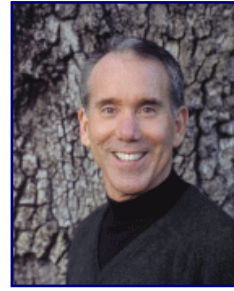
Get big dreams! Get a vision that inspires you, something that you would be happy to get up in the morning and do, something that stretches you a little bit. Whatever field you are in, the kind of thing that brings up self-doubt, the kind of thing where you say, "I don't know if I can do that." How will we know unless we try?

Let me tell one more story here. This is not in any of my books, so it is one of the first times I have shared it. I was in the service station with Socrates, and I was about to go somewhere to a gymnastic try-out. He said, "Wait a minute, just help me, here's a case of oil."



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This was a cardboard case with a bunch of cans of oil in it. He gave it to me, and it was quite heavy. I was holding it, and said, "Okay, where do you want me to put it?" He said "Wait, I've just got one more." He put the second one on, and I could barely hold them. I've got two of these cases now, and I'm almost collapsing. I was pretty strong, but they were heavy.

I said, "Where do you want me to put these, I can't hold them too long." He replied, "Oh, I just have a little more", and he put a couple cans on top. I said, "Soc, that's it! Come on, where should I put it? I've got to put it down."

He said, "Just a couple more cans." And finally, my arms gave way and it just collapsed. I was kind of disheartened, and I said, "So, this is some kind of test, right, and I failed?"

He laughed and laughed, and said, "Dan, life is not about success or failure, it's about finding your limits. How will you know your limits unless you've gone through something that really stretches you?"

Some of us have done these ropes courses, or other challenging courses to find out where our limits are, to live on that edge down there, and do it in safe ways.

You know the saying, "Bite off more than you can chew, and then chew it." I don't know if that counts as three things in terms of dream big, but start small.

Another example, many people say, "You know, I know I should exercise regularly." We all know that this is very important. Exercise moderately almost every day. "I need to do it, but I'm going to join a gym in a few weeks when I have time. I'm kind of tired now, I have this new job" and so on.

For those who know it would be good to exercise, but don't do it, here is what I recommend. Get up tomorrow morning and do one jumping jack. Then the next morning, do another jumping jack, and the next morning get up and do another jumping jack - just one each morning.

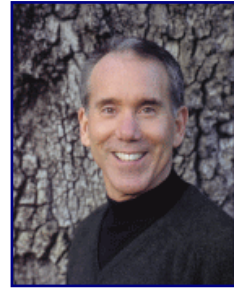
In thirty days someone will come up to you and say, "By the way, do you exercise regularly?" And you can say, "Yes, absolutely! I exercise every day, religiously. Every day I get up and do my jumping jacks."

You now have an exercise period, albeit small, that you set aside every day. The



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second month you might do two jumping jacks – double your workout. You might decide to walk halfway around the block, move to some music, or stretch and breathe deeply. You might even learn the Peaceful Warrior workout, which is a workout I have done every day for about 24 years. It is designed to be completed in less than four minutes a day, based on the principle that a little of something is better than a lot of nothing.

That is one of the keys for bringing what we know into what we actually do. Start small! If you want to do service you don't have to become Mother Theresa right off. Maybe pay somebody's toll going over a toll bridge, or say a kind word to the person at the supermarket who is a check-out clerk. Little things can make a big difference in the eyes of the spirit. That is the second part.

The first is dream big, second is start small. Some say, "I used to meditate, but I don't know if I have the time." I meditate every single day for at least 15 seconds, but I do it every day. And that makes a difference. The body gets into that rhythm.

That is what I mean by starting small. You can build from there, then you connect the dots. To me that is a practical and realistic way to approach life that people can actually do in the coming weeks.

ALLAN HUNKIN: Rest does become more eventually, doesn't it?

DAN MILLMAN: Yes, it does!

ALLAN HUNKIN: It is all about more, right? More life, more this, more of everything. I am at the point right now in my life, 53 years of age, where I am getting as much appreciation out of laying down with my cat and letting him lay on my chest and fall asleep, than I am doing all of these wonderful things I do in the world, and all of the people I talk to and reach out to through Success Talk channels.

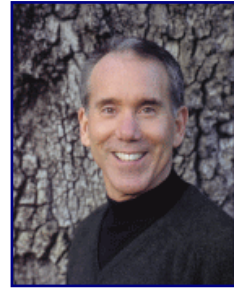
I think it was the head of the U.N. who said once, "It takes a lot more courage to love the one than it does to love the many." In that, I'm just loving my cat right now. He and I have this love affair going on that is just opening my heart.

DAN MILLMAN: Yes, those simple things sure make a difference. So remember those simple pleasures. It is one of those things we all know, but actually living that way, to enjoy those simple pleasures, to take a deep breath as



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we walk outside for a little walk. To notice the breeze and rippling of the leaves above us, the sun cutting through the trees. Those kinds of things are what really make life. It's not just the big stuff. The big stuff happens only once in awhile. But just letting a cat fall asleep on your chest, that is a beautiful way of putting it, Alan.

ALLAN HUNKIN: Healthy Wealth nWise believes strongly in the power of intention, and the manifest that will come. What current, most important project do you have, and what intention would you like our listeners to hold for you around that?

DAN MILLMAN: The most important project I have are these moments with you. This moment right now is always my most important project, and then this moment, and then this moment.

But in a larger picture in terms of the work I'm doing, I continue to write more books. I am about to start a new book which will be out sometime next year perhaps, called *My Search for Spirit*. It is going to be entirely non-fiction, total memoir, nothing made up or exaggerated, about some other ventures I have met and masters I have met that represent the archetypal spiritual journey and the lessons I have learned along the way.

I have another story coming up. One of my recent books called *The Journeys of Socrates* is probably the best writing I have done. It's the story of my old mentor and his life. It is an emotional roller coaster. That book may end up being a movie, so I may be working on the screenplay for that down the line.

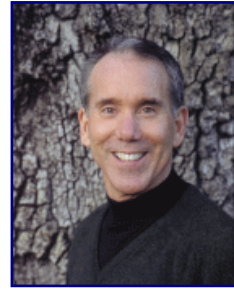
I put myself in the place of people listening right now. People get to hear my story, but I would like to acknowledge that each listener has his or her own story too. We have all faced physical, emotional, or mental pain in our lives, and we all have faced adversity. I want to acknowledge everyone's stories and their lives unfolding. You never know what the second chapter is going to bring.

I think my current project is less important than all of your current projects, and what the listeners are doing. Because that is really what is important – all of us together. I don't see a separation between us. Your projects are mine, and mine are yours. It's not really separate. Your failures are mine, your success are mine, and vice versa. We really are in this together, and we need that form and that vision of ours, that central unity, even though we have pierced efforts. That is a growing realization in my life.



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ALLAN HUNKIN: Be careful what you ask for. I remember one time I interviewed the leader of a very large spiritual community. One of the things they do is pray for people. We were trying to make a major jump with the Success Talk channel at that point in time. I said, "Could you get your people to pray for me, and pray for us and our project."

He said, "Sure, we do this all the time." So for the next week, all my computers blew up, literally. That is a true story!

I talked to another group who had done the same thing, and they said, "Oh yes, that is quite standard for them, they do that all the time. You've got to be really careful."

What single idea would you like to leave with our listeners tonight, Dan?

DAN MILLMAN: Occasionally I am asked if I can summarize, or if there is one idea, one concept I can suggest. I would have to say really reaching out through the phone lines, through the airwaves here, I would like to reach out to everyone listening and encourage you to trust the process of your life unfolding. To me, it all comes down to that. Trust happens when the mind resists what is. Life is going to unfold as it pleases. Sometimes it is pleasurable and convenient, and other times it is inconvenient and even painful or challenging.

To me, faith is the courage to live our lives as if everything that happens is for our highest good learning. That is what we are here for. One of those four purchases of life. We are here to learn and to evolve.

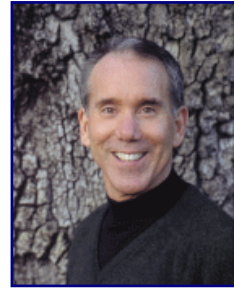
If we have been an athlete, we know some of the toughest days and toughest periods we went through were when a lot of the learning was going on. That is when the break-throughs were getting ready to happen. Then they manifested into better days.

There are really no bad days. They are lessons and experiences, but the lessons are always positive. Remember that, and trust the process of our lives unfolding, to trust ourselves. Remember that every choice leads to wisdom. There is no best path or best teacher, no best religion, no best martial arts or best diet. There is always a best one for each of us at a given time. We are given that divine spark of intelligence to make our own choices.



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ALLAN HUNKIN: Well Dan Millman, I know your worthiness will allow you to receive the idea that you are a leader and a visionary, and a lamp lighter of our time. We are just so grateful that you took the time today to visit with us, to share these ideas. I know that they will carry forward into the world through all of our listeners.

Thanks so much for joining us.

DAN MILLMAN: I wish everybody good journey.

ALLAN HUNKIN: Janet, I'll pass it back to you.

JANET ATTWOOD: Thanks so much, Alan. And Dan, what a blessing to have you with us. Your work is such an inspiration. I am just so grateful that you have been able to be with us this evening, so thank you again.

DAN MILLMAN: My pleasure.

JANET ATTWOOD: Once again, for our listeners, be sure to get a copy of Dan's amazing multimedia ebook by going to www.HealthyWealthynWise.com/peacefulwarrior. Also, you can learn more about all of Dan's work by going to www.PeacefulWarrior.com.

Be sure to join us on August 22nd when we interview Scott Martineau, co-founder of www.ConsciousOne.com, one of the most successful websites on the Internet with over 600,000 members.

We will be talking with Scott about his new book called *The Power of You*, which will be released on August 15th.

Then on September 5th our dear friend Mark Victor Hansen will co-host our interviews with music legend Willie Nelson. This will be an incredible interview, and you won't want to miss it. It's going to be a lot of fun.

Remember, you can always check the schedule of our upcoming interviews by going to www.HealthyWealthynWise.com/schedule. Till then, thank you all for joining us, and for your commitment to living your passions and giving your gifts.

We will open up the lines now and say goodnight.