

THE KEY  
TO BUSINESS & PERSONAL SUCCESS

BY  
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THE COMPLEXITY

THE KEY

## STRAP ON THE JET-PACK AND FASTEN YOUR SEATBELT!

If you want to propel yourself to higher levels of success than you have ever known before and if you want to do it quickly, you might choose to use the methodology equivalent of a jet-pack. However, imagine this... there you are with your bright and shiny new jet-pack. You strap it onto yourself, do a sort of shimmy-wiggle to get comfortable and then prepare for launch. Before you jet off, though, you sit yourself down in the driver's seat of your car and put the seatbelt on!

Obviously, this would negate the whole exercise - using a mechanism that ramps up the power of your travel and then counteracting the most important element of that mechanism with a device that stops you dead! Nevertheless, people do this all the time when using personal and business development methods.

If you are ascending to new heights of the success stratosphere using a jet-pack, you are going to go fast and high. It may be bumpy, and, whilst others may offer encouragement, you are strapped in, on your own and of your own volition. It may be scary and it does mean that you are confronted with challenges. Sitting in a car and fastening a

seatbelt may lessen the risks you face; it may be less scary; you may be able to hold somebody's hand while you are sitting there, but are you going anywhere?

When you want something, but don't move towards it, the pressure builds up and up. The magnetism to move towards your goal and the inertia of avoiding risks creates a huge build up of force within you. Initially, remaining where you are may increase your level of comfort, but sooner or later you will be invited to move - usually violently! And, in the words of the motivational speaker, Brian Tracy, "If you think success is hard, try failure!"

You would not use a jet-pack and a seatbelt together, though people do this every day when aiming for a happier and more rewarding life. They will do anything, absolutely anything, as long as... it is not scary, uncomfortable, allows me to be in my comfort zone, and doesn't involve projectile vomiting. And you would be amazed at how many people attain their goals after a good case of the Linda Blairs!

To get something other than what you have in life, you need to do something different from what you have done, and that can be terrifying. The attitude of the most successful people is to acknowledge the fear and then just keep taking action towards their desired outcome. If what they are doing does not work, they just realign their trajectory, and modify their actions by learning from their past experience. Do take heart though; the fear is a symptom of your life-training and when you discover your core-self, the fear becomes insignificant, when compared to the new levels of achievement you will attain.

So, before we embark on the dizzying heights of The Key philosophies, let me offer you some advice for the path ahead. The following three qualities are vital to your reaching a very clear notion of what The Key is and how to work with the filters it creates.

## THE REGIME OF PASSION

Passion aligns you with your core-self and innate success. It was a passion for life that caused you to learn how to ‘fit in’, because you wanted life so much that you would do anything to get more of it. Once trained into the surface level desires and fears, you begin to realise that you are living to somebody else’s expectations and you yearn to get back to your true self so that you can have more of life - in the way you want it.

When you approach any task with passion, you will transcend any initial resistance or inertia and circumstances change quicker. Maintaining the passion will propel you, like you are wearing your very own jet-pack, towards the achievements you want.

If at any time you feel lethargic or you are finding it challenging to concentrate, think of something that causes passion to well up from deep within you and transfer that feeling to the task at hand; you will get things done much quicker that way. For example: being the rather large kid that I am, I love theme parks... you show me Splash Mountain and I will show you my best impression of a puppy that’s just discovered his tail! When I have a task to complete that is leaving me less than excited, I immerse myself in the memories and planning of a theme park trip and then divert that force into the challenge. The more passionate you feel the easier the completion will be.

## THE ATTITUDE OF GRATITUDE

The idea of saying ‘thank you’ is universally spoken about in the personal/business development arena, yet it is surprising how little we take time to express or even feel gratitude for the life we have. “I’ll be grateful when I get rewarded for all my hard work!” “What have I to be thankful for?” “Nobody says thank you to me!” And statements like these are often a more

accurate description of how people view the thought of saying ‘thank you’.

A couple of years ago, I began to notice signs of ageing, such as wrinkles and a change in my skin texture. I’d had a grey sheen for quite a while, so that was no issue, but the other effects really started to play on my mind. Thoughts of getting older and the health implications this was having on my body were becoming increasingly prominent, so my mind turned to what any man in my position would consider... Botox! OK, so I thought about having cow scrapings injected into my face for about a day before deciding against the idea, but the underlying concerns remained and increased.

Then something remarkable happened. I was standing in my kitchen, as is my wont, and became aware of an aching in my joints. As I was about to dive headlong into contractive thinking, a very resonant inner-knowing came over me. My consciousness detached slightly, as if I were viewing my body from slightly further away - not out of body, but just a minuscule differentiation between the thoughts and the body. With this came the most beautiful realisation that I was witnessing the natural process of my body as it got older. So many people don’t get the gift of life into the thirties or forties and if they do, they don’t spend much time being grateful for that privilege. The utterly indescribable joy of forty years of experiences; happy times, sad times, and everything in between, people and places, images, sounds, tastes, smells and emotions - and it was this body that had been with me through all of that, and I with him. I suddenly felt as if I were in the presence of an old friend, somebody I had known all my life and as I noticed him, he recognised that I noticed and the ache went away.

This random example of ‘a moment in the life of Martyn Pentecost’ is just one of those that I am continually grateful for. The fact that this was just a moment of introspection was both an everyday occurrence and a miracle.

If you can recognise the similar miracles in your own life each day, you will grow to know a heartfelt gratitude for every moment you have. This attitude is the catalyst to untold wonders, so even if you can think of no reason to be grateful, be grateful anyway... the very fact that you can is a gift.

## THE EMBODIMENT OF COMPASSION

The most transformative expression of your core-self that you can offer is that of compassion. Not pity or selflessness, but an integral connection to others that flows from and through you. When you are compassionate, your chances of success skyrocket. Now, this may sound to some like a fluffy, 'I wuv yoo' moment, but we are not separate entities, alone in this world. Each and every one of us has the capacity to experience compassion. We see people dying in a plane-struck tower, or the death of a princess, or children suffering from terminal dis-eases, and we feel utterly 'with' them. The resilience of that connection we share shines through even the most elaborate of social programming.

One of the biggest challenges when developing your natural capacity for compassion is when you meet those who do not necessarily act with kindness, or even courtesy. Whatever your profession or field, you will encounter a variety of people and the most important thing to remember is this... Every time somebody opens their mouth to speak, or takes an action of some sort, they are telling you more about themselves than they are about you. Make sure that every word and action you offer is a compassionate one.

If this seems like an impossible task before we have even begun, remember that we are all intricate works in progress, so if you don't manage it first time, simply realign your effects and use your experience to learn a different approach. And, if you are wondering why compassion is so vital to success when there are so many people who are

successful and yet show no compassion whatsoever, take a moment to think about what compassion actually is.

Some people see being compassionate as a weakness - for me, it is pure strength, because only the most courageous people can open themselves up to it and be vulnerable in the face of such power. Others feel being compassionate means lots of giving and little receiving - when you are a source of compassion, you are totally immersed in it yourself, so you are giving and receiving at the same time.

I understand compassion as flow, inasmuch as it flows from us through our actions, words, and attitude. It is not something we make happen or create; it explodes from our very being, like a storm-swept ocean or the sunshine of a bright, summer's day. It cannot be faked or done to please; it has to be genuine, or it simply fizzles out. Most of all, the sheer force of the flow is so strong that as soon as you recognise it, you become a part of it and you're carried along with it for the rest of your life.

If you can create a starting point of passion, gratitude, and compassion for others and yourself, you are working with a highly successful attitude and your journey will be much smoother. There may be times when things get 'interesting', but hey, this is your life you're unravelling!

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