

The Seven "Be" Attitudes

*Activating Seven Ways
Of Being That Will Alter The
Altitude Of Your Attitude*

An e-Book by
Dr. Dennis Merritt Jones

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The Seven *Be*-Attitudes

By Dennis Merritt Jones, DD

INTRODUCTION

Attitude:

<noun>

1. a complex mental state involving beliefs and feelings and values and dispositions to act in certain ways; "he had the attitude that work was fun"
2. the arrangement of the body and its limbs; "he assumed an attitude of surrender" [syn: position]
3. a theatrical pose created for effect; "the actor struck just the right attitude"
4. position of aircraft or spacecraft relative to a frame of reference (the horizon or direction of motion)

American Heritage Dictionary (online - 2008)

Anyone who has read even one of the self-help books that flood the shelves of bookstores knows that your attitude has much to do with the overall quality of your life, and, irrespective of whether you know it or not, the destiny of your life. As you can see above, there are any number of definitions for the word attitude and how your attitude affects the quality of your life. William James wrote, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." Your attitude originates in your mind and is formed by your predominate thoughts and beliefs about life and yourself. Then, by means of your emotional body, it filters through your feeling nature and sublimates in your physical body as an energy that permeates every cell, tissue, bone, organ and limb. Your attitude colors your perspective and literally determines how you see the world; your attitude actually goes before you to announce your coming—it informs people as to who you are and what your true values are even before one word departs your lips. They can see your attitude on your face and in your body language, not to mention your actions.

Because all thought is, in essence, energy, your attitude is really an energy director sending information (correct or erroneous) to your physical body as well as the etheric body of your relationships. In other words, the altitude of your attitude affects how well your physical body feels and functions, and most definitely, how well your relationships with others function. Author Eric Butterworth states, "Attitudes are forerunners of conditions." Another way to say it would be you are always becoming cause to your own effect, or as the ancients might say, "As within, so without...As above, so below...It is done unto you as *you* believe," etc. My point is, a healthy attitude about life and yourself is generally self evident in a healthy body. Healthy relationships, likewise, are formed and sustained by healthy attitudes. If the condition of your physical body or the body of your affairs is less than what you would like it to be, perhaps some self-inquiry regarding the altitude of your attitude is in order.

Ultimately, it is your attitude that determines how you interface with life every day.

Over the years, I have witnessed how even the slightest shift in one's attitude can alter the entire course of one's life in amazing ways. Ultimately, it is your attitude that determines how you interface with life every day. Days turn into weeks, which turn into years, which turn into a lifetime. If you are not mindful, you might end up at the end of your journey through this lifetime saying, "Is this all there is? Is this really the destination I had in mind? How could I have been so off course in creating a life worth living?" During the 1960's space race and the return of the Apollo astronauts from the moon, I remember hearing a leading scientist say that if they hadn't consistently made very small adjustments in their attitude (meaning their direction relative to the earth's position) as slight as one or two degrees they would have missed the earth by thousands of miles. The operative word here is consistent. That is what this e-Book is about. I invite you to use this *e-Book* as an instruction manual that will assist you in staying on course by learning how to be conscious and vigilant in making ever so small daily adjustments that determine the altitude of your attitude about life.

Because you are a spiritual being as well as a human being, there is a place within that "knows the way home." There lies within you an inherent intelligence,

an “on board guidance system” far more capable than any computer program NASA could ever develop. It knows how to guide you through life on a course of trajectory that is stunningly accurate and it is completely available to you 24/7. However, like the Apollo astronauts, you have a role to play. This is where your willingness and ability to monitor your attitude comes in. You have to be continually vigilant (or mindful) regarding how conscious you are acting in any given moment. You have to be willing to make the small adjustments in your attitude on an *ongoing* basis, trusting that the infinite intelligence that put you on this journey in the first place knows how to do the rest. Achieving a life truly worth living is more than possible—it is inevitable if you choose to make it so by learning how to manage the dynamics of your attitude.

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While writing my most recent book, *The Art Of Being ~ 101 Ways To Practice Purpose In Your Life*, which focuses on mindfulness practices that help one explore and experience one’s purpose for “being,” I discovered seven basic practices continually rising to the surface of my awareness. Amazingly enough, each of the seven practices had to do with interfacing one’s *attitude* with an awareness of one’s self as a sacred Being. During the creation of that book, I learned that when I lived mindfully, (even when “stuff” was happening) remembering Universal Presence (call it God, the Divine, Spirit or whatever word works best for you) was manifesting in, through and as me 100% of the time, my attitude instantly shifted and it was *always* in a positive manner. Irrespective of where I was or what I was doing, as I consciously applied these seven *Be-Attitudes*, I experienced what is referred to in the scriptures as “The peace that passes all understanding.” At the end of the day, I believe inner peace is what we are all seeking.

For me, the result of this awareness was so significant that this e-Book has been created. Thus, *The Seven Be-Attitudes: Activating Seven Ways Of Being That Will Alter The Altitude Of Your Attitude*, was born. I trust you will achieve great results in your life when you begin to apply these seven attitudes that will help you “Be” the person you really are.

1. *Be Present in Every Moment*

Develop an attitude of being one hundred percent present in the present moment of Now, irrespective of the specific task you are involved with or with whom you may be sharing the moment. When you are engaged in the present moment, there is no past and no future, there is only the infinite potential that this experience or encounter provides. When you are present and in the moment something as seemingly mundane as chopping carrots for a dinner allows you the opportunity to infuse the food you prepare with the energy of love which will be absorbed by you and whomever eats the food; the opportunity to clean a garage gives you the opportunity to not only unclutter a garage, but to also unclutter your mind.

**The first
Be-Attitude
invites you to
“be” rather
than “do”.**

As a present moment mindfulness practice, consider trying this the next time you go grocery shopping. As you walk through the store breathe *consciously* and be aware of each step you take. When buying fruit or veggies, take time to hold, look at and marvel in the beauty of life’s creation. Take time to smell the peach, the apple you buy, and appreciate the gift it is. See the energy of the rain that nourished it, sun that ripened it and the farmers who grew the fruit; all present *in* it. As you buy other products mindfully read the labels and consider what you are going to be putting into your body. As you pay at the checkout counter remember that the source of your money is the same source from which your veggies came – the Universe. These things are very difficult to do when one is on a mission to just get the shopping done. This is because our mind resists being where our body is, always thinking of the next task we need to “do”. The first *Be-Attitude* invites us to “be” rather than “do”.

Mastering the first *Be-Attitude* is also particularly helpful, if for example, you are stuck in gridlock traffic. With just a little focus you can learn to be present in your body rather than where your mind thinks your body “should” be. This is where the practice of surrender comes in. At that moment accept the fact that you are where you are and make a commitment to embrace “what is” and fully be with it. Because I travel so much on airplanes and don’t particularly care for small

spaces, I am gifted with many opportunities to practice the first Be-Attitude. I have discovered that by focusing on my breathing it helps bring my spirit, mind and body into alignment with the present moment, remembering it is always in the moment where we also find inner peace. Therefore, whether it is the seemingly mundane everyday things we do in life or the glory of making love to one you cherish, every instant contains within itself a chance to recognize that every second of life is a gift. Bless each moment and be present and enjoy the gift. Develop an attitude that brings you fully into the present moment. It will serve you well.

The primary difference between the animals and us is that they can't choose to ignore that guidance but we can and most often do.

2. Be Willing to Listen to your Intuitive Self and the Guidance it Offers

Developing an attitude that opens you to hearing *and* listening to your Intuitive Self is vital to your future growth and wellbeing. We have each been blessed with an internal guidance system which came as “factory equipment” when we were given life and the body in which our soul being traverses the planet. You could think of it as divine GPS. This internal guidance system knows at all times what we need to know for our own highest and best good. It knows where we need to be and how best to get us there. In the animal kingdom this guidance system is known as instinct. It's that inherent intelligence within all animals and creatures, that tells them when it's time to hibernate, shed their fur, or fly south. It also tells them where and how to find food or whatever else is needed to sustain them. In other words, instinct is always watching out for the survival and the wellbeing of the species. In the human realm it's know as intuition. The interesting thing in either case is that this inner guidance system is broadcasting infallible guidance 24/7. The primary difference between the animals and us is that they can't choose to ignore that guidance but we can and most often do. That is generally because the circuits of our minds are jammed, processing the busy day-to-day thoughts that take us out of the moment. Yes, the first *Be-Attitude* plays a vital role in accessing the second *Be-Attitude*.

Hearing and listening are really two different functions. Hearing is a function of the ear, listening is a function of the mind and heart. Being willing to not only hear but also really listen to what your intuitive self is telling you; to honor that “gut” feeling you get when you are moving into uncharted territory is a choice we make in each moment. Your intuition will tell you whether or not you are going in the right direction in your life—if you are listening. For most people, their intuitive “voice” isn’t really so much a voice in their head so much as it is a feeling they sense in their solar plexus. So, receiving guidance is as much about being in touch with your feeling nature as it is anything else. Notice that you can only experience your feelings in the present moment. You can have present moment feelings about the past or the future, but it’s *always* a now experience. That is why it’s vital to be in the moment with your thoughts—it opens the portal to the intuitive voice that is always broadcasting to you.

Hearing and listening are really two different functions.

Life is full of choices and decisions every day. Not a day goes by when you don’t have to make life altering decisions regarding your work, your relationships, your living accommodations, etc. If you are present in the moment and listening, your intuition will tell you whether you are doing your due diligence in evaluating all the facts you need to consider before making a decision. Remember, your intuition is there to guide you and ensure your survival and wellbeing.

As an example: Have you ever been driving your car and been guided, for what at the time seemed “no good reason,” to take an alternative route and did so, only later discovering there was an accident or delay of some sort? And, on the other hand, have you ever received that same message and ignored it, only to find yourself in an accident or a delay of some sort? Yup...you were not willing to hear and *listen* to your IGS (inner guidance system). There is not an area of your life where the second Be-Attitude will not serve you well. I have found this to be particularly true when it comes to relationships and business dealings. My inner guidance system will send up red flares warning me if the person (or people) with whom I may be considering an affiliation is to be approached with trust and ease or caution. Unfortunately, I’ve had to learn that one the hard way. Per-

haps you have too. While you may think that common sense “should” prevail, your head may say one thing, but if you are willing to be present and honestly listen to your “gut” you may hear something else and in the process be given clear guidance on what is for your highest and best good.

Following your intuition means that you must really listen to your own internal guidance system – the one you were born with - even if at times you are fearful and the direction leads you down a path you may have never traveled before. Listen to your intuition as to whether any pending course of action is the correct one for you. Practice the second *Be-Attitude* and be courageous enough to act in trust and faith, even in the face of that which you might fear the most. At the end of the day you’ll *be* happier. Develop an attitude that opens you to hearing *and* listening to your Intuitive Self. It will serve you well.

3. *Be Open and Transparent in your Communications*

Transparency means that you have nothing to hide, nothing to defend and nothing to fear.

Many of us tend to forget that communication with others is a two-way process of speaking *and* listening. Some people find it easier to say what’s on their mind than they do to listen to what the other person has to say. This sort of lopsided exchange of energy is hardly authentic communication. Being open and transparent in your communications means that you are as skillful at receiving information from others as you are at giving information. To know you have been heard and understood and that the other person can affirm the same is what lies at the heart of the third *Be-Attitude*.

The third *Be-Attitude* offers you the opportunity to bring integrity into your communications with others. Being open and transparent in any communication with others requires you to communicate clearly, honestly and compassionately, without fear of another’s reaction to what you say. This means that when you communicate you have no unspoken or hidden agenda in your conversations. Transparency means that you have nothing to hide, nothing to defend and nothing to fear. Over many years of coaching I have discovered that many people hold back on being fully honest in their communications because they fear how

the other person might react. In authentic and open communication there is no room for reaction, only conscious response. In working with couples on developing “conscious communication” skills we work at creating a safe middle ground where all parties can meet with openness and transparency. When you do speak, remember that it is not only what you say that matters, but also “how” you say what you say. The dynamics of the energy and intention *behind* your words is as important as the words spoken.

Practicing the third *Be-Attitude* also means that you truly listen to what the other party is saying. Often, we are busy formulating a response to the comments offered by another even before they have finished their comments. When we do that we are not listening and we may have missed a valuable piece of information or insight offering another perspective on the situation. For example, in the business environment good managers seek the input of subordinates. Effective managers know that they cannot know every single detail of an operation and realize they need the input of others to make the best business decisions possible. Good business managers are skilled listeners who know how to make good decisions based on open and transparent communication with subordinates and the customer they are serving. Good employees know that their job is to offer suggestions and recommendations but not to take it personally when their recommendation or suggestion is not implemented. This requires safe, open and honest communication by all parties involved.

At the heart of authentic communication lies a spiritual component...

At the heart of authentic communication lies a spiritual component, an awareness that every person you interact with is deserving of love, respect, consideration, and compassion, whether in your office, your home or even in the line at the grocery store. Simple common sense and an understanding of the Law of Attraction affirms that if you want to be the recipient of those qualities when another is speaking to you, you must also extend those same qualities when you speak to another. Perhaps this is where remembering that the person with whom you are communicating is a sacred being might be helpful. How would you speak to and listen to Jesus or Buddha? When you can develop an attitude that offers every person the same degree of honor, openness, transparency and respect in your communications you will have accomplished the third *Be-Attitude*.

4. Be of Service to Others

Congresswoman Shirley Chisholm wrote, “Service is the rent we pay for the privilege of living on this earth. It is the very purpose of life, and not something you do in your spare time.” Take a moment and imagine our world today, void of all individuals and organizations who serve just for the sake of making a difference in the lives of others and making our country and the world a better place in which to live. In truth, organizations in and of themselves are nothing; it is the individuals who serve others through those organizations who make the difference. Think about this: Without these selfless and caring individuals there would be no American Red Cross... no Hospice organizations... no United Way... no Service Groups such as Rotarians, Kiwanis, Optimists, Boys & Girls Club, YMCA or YWCA...no Braille Institute...no Salvation Army...no Homeless Shelters or Shelters for abused people...no Free

A life of wholeness will never be obtained until you offer the whole of yourself to the whole of life.

Clinics... no Habitat For Humanity... no Community Volunteer Groups, and no Churches, Synagogues, Temples or Mosques. As you undoubtedly realize by now, this list could be much, much longer couldn't it?

The fourth *Be-Attitude* invites you to extend yourself in service to your world and those who live in it. When I say “your world”, it may range from those who live in your own home, neighborhood or community to those who live anywhere on the planet. It can also mean the planet itself and the creatures that inhabit our earth. A life of wholeness will never be obtained until you offer the whole of yourself to the whole of life. This means getting outside of yourself and serving others (and life) with no agenda other than knowing that it is one of the ways in which you honor who you have come here to be. With spiritual maturity comes a deepened sense of oneness with all of life. At that point, the awareness will begin to arise within you that as you serve others you are serving yourself as well. In some eastern teachings, selfless service to others is known as *Seva*. It is a form of devotional practice that is done with the understanding that because all beings are unified in their oneness with the Source of all life, to serve others is also to serve God. So, for those who see life as a spiritual journey, serving others becomes a necessary and meaningful sacred practice along the way.

Does activating the fourth *Be-Attitude* mean you have to be part of a service organization in order to be of service to others? Perhaps so, perhaps not; that is for you to discover. Your service doesn't have to be big and time consuming to be world altering...it can be quite small and simple, such as picking up trash along the sidewalk as you pass by. At the end of the day, if at night when you lay your head on your pillow you can know that the world is a bit better place than it was yesterday because you have somehow served others that day, you will have made a positive contribution to life. Make no mistake about it; service is not something you do only in your spare time. Every person, every event, every circumstance you encounter offers you a gift, yet another chance to master one of the prerequisites for manifesting a life worth living—selfless service to others. Developing an attitude that empowers you to serve is a powerful indicator that you are on the pathway to a larger and more fulfilling life than you've ever known before.

5. Be Generous and Grateful

Someone who has fully developed an attitude of gratitude and generosity is first and foremost established in an attitude of “I am enough”.

Being authentically generous means giving freely from a sense of wholeness, abundance and gratitude with no conditions or strings attached. Through the act of being generous and grateful you willingly share all of who you are and what you have; your time, talent and treasure with others, trusting and knowing that the source from whence it all comes is eternally abundant. In his book, *The Power of Kindness*, Piero Ferrucci states, “Generosity is exactly this: to give that which is dearest to us. It is an act that transforms us. After it, we will be poorer, but we will feel richer. Perhaps we will feel less equipped and secure, but we will feel freer. We will have made the world we live in a little kinder.”

The fifth *Be-Attitude* based in generosity and gratitude is developed by living from a sense that “there is enough” of whatever it is you are in the process of sharing with others, from the tangible material things such as money, gifts, food,

etc, to the more intangible and etheric things such as smiles, hugs, time and service. Someone who has fully developed an attitude of gratitude and generosity is first and foremost established in an attitude of “I am enough”. It is impossible to operate authentically from an attitude of “there is enough” without first having a foundational underlying belief that “I am enough”. If you would like to see the principle of abundance and generosity in action just look at nature and the manner in which it never holds back from its creation and creatures. The sun, the wind, and the rain are continually offering themselves to whomever or whatever is willing to receive. They generously lavish their essence on one and all alike, withholding from none. There is an inherent intelligence within nature that knows there is always enough. That same intelligence dwells within you and all other beings as well, but somehow many people have bought into the lie of scarcity, which is always fueled by fear, which is under girded by a belief in “I’m not enough”. Logically, this leads us to the mistaken belief that “there is not enough”...so we hoard and cling to what we do have, and so on it goes. The good news is that by practicing the fifth *Be-Attitude* consciously, we can break that cycle.

There is an inherent intelligence in nature that knows there is always enough.

To personalize the fifth *Be-Attitude* of Generosity and Gratitude, begin to consider the ways in which you can begin to share more of who you are and what you have with the world today. First, and foremost, give thanks to the Source from whence all good flows, then act in faith. Don’t wait until you think you have more than you need before you can begin to extend your whole self to life. A good way to prime the pump of generosity is by starting with the intangibles such as a smile, a simple courtesy such as opening a door for someone or extending some other random act of kindness. Consider giving time to mentoring a young person, etc. This might be referred to as generosity of spirit. Then, when you are well established in the flow, begin to give material things that are in your comfort zone, such as buying someone else’s lunch unexpectedly, bringing flowers to someone you might be visiting, etc. Finally, come to the edge of your comfort zone and give of yourself and your possessions in ways that may cause you to step out of that comfort zone. Continue to come back to “I am enough and there is enough” and feel the joy of being generous just because you can

be. The key to true generosity is to offer the gift of your whole self to others with no expectations or strings attached, and to do so with a grateful heart, understanding that gratitude serves to open you to an even greater flow of goodness. When you accomplish this, you will have mastered the fifth *Be-Attitude*.

6. *Be Reverent*

The sixth *Be-Attitude* of Reverence awakens you to the fact that there is really no place where God's presence begins and ends.

When one is reverent every act is conducted with reverence. Developing an attitude of reverence allows you to see and experience the presence of God at the center and circumference of all living things and treat them in a conscious and respectful way. This would include all human beings, animals, and even the planet itself. Living in reverence enables you to live fully anchored in the present moment, knowing that all of life is sacred. However, it's important to discern the difference between reverence and respect. It is entirely possible to have respect for one person and not another. People earn your respect by how they conduct their life and their affairs. One can have a healthy respect for an automobile, a gun, or the law of electricity because without treating them with due respect they might well cause great harm and suffering to yourself or others. There is no reverence involved because there is no Life Force present in these things. On the other hand, one might also have respect for a rattlesnake because it too can cause great harm and suffering, and yet, because there is Life Force present in the snake it would call us to have reverence for it as well.

The sixth *Be-Attitude* of Reverence awakens you to the fact that there is really no place where God's presence begins and ends. Reverence is what you feel when you recognize the Divine in all living things and when you remember that fact you are naturally drawn into living with a greater sense of the sacredness of all life — man, animal and the planet itself. While it is entirely possible to have respect for one human being and not another, it is entirely *impossible* to hold one person in reverence and not another if you believe that we live in a God

centered universe. This does not mean you have to like everyone or condone certain behavior. You simply need to honor the Presence within as sacred, even if they themselves are unaware of that Divine Presence within. Perhaps it may be that by your insisting on seeing that person with reverence, that it might awaken his or her own awareness. What greater way could there be to make a difference in the life of another?

When you activate reverence in your life everything you do becomes a sacred act. Every relationship becomes another opportunity to see the face of God; every meal you eat becomes another way to affirm your unity with the Source from whence that meal came...in short, life becomes your pathway to being on purpose. Your purpose is to be the place where heaven touches earth. That is the power of the sixth *Be-Attitude*.

7. *Be Unconditionally Loving*

The seventh *Be-Attitude* is perhaps the simplest and, at the same time, the most difficult attitude of all to develop and authentically express on a consistent basis. Many people either misunderstand what it means to be unconditional in their love or it is just too overwhelming of a concept to get their arms around. *Unconditional* means just that—with *no* conditions attached. *Love* means just that—the absolute *and most complete* feeling of acceptance and caring that one can hold toward another, including oneself. Loving for the simple sake of loving is the highest expression of love. It is your nature to love—it is what you have been sent here to do. Understanding that God in Its highest essence is unconditioned love seeking to find form and expression through you is the key to living a life that transcends all obstacles and conditions. When you personalize or make love subjective you tend to automatically compartmentalize it and it becomes a complicated thing, taking on any number of different meanings according to the person doing the loving. Perhaps this is why the ancient Greeks had so many different names for love. “Eros” means love expressed through romance and passion; “Storge” means the love we feel for our immediate family such as parents and siblings; “Philia” means the love we feel for our neighbor

Unconditional means just that—with *no* conditions attached...

and others in our civic community; and “Agape”, which is considered the highest form of love based in one’s sense of unity with God. Agape is the love you have for God and the love that God has for you.

Having said all of this it’s no wonder why so many people have such a difficult time with the concept of unconditional love. Perhaps that is because they have not clearly understood the meaning of Agape love. Agape love is absolute and it is unconditional—no strings attached. God is the source from which all others expressions of love flow. If you are not mindful it is easy to contaminate this love by allowing it to become conditional, wherein some people “qualify” to receive it and some don’t. That’s when love really ceases being love and becomes a reward to others for being a certain way or doing (or not doing) certain things. De-

No doubt it is temping to draw circles around certain people that are more “loveable or deserving” of your love than others...

veloping an attitude that embraces and extends unconditional love to others means personalizing the love that the Infinite is continually bestowing on you.

The question is how do you personalize a universal principle such as Agape love? Begin by including everything and everyone and exclude nothing and no one. Is this easy to do? Of course

not, but it is possible and it is the only way to fully realize your true potential as a spiritual being on planet earth. Activating Agape love in your daily life is how you fulfill your ultimate purpose for being. No doubt it is temping to draw circles around certain people that are more “loveable or deserving” of your love than others, and yet that very attitude is what separates you from the wholeness you have come here to experience. Perhaps it might be easier by starting out with Nature, ultimately working your way up to Humankind. Fyodor Dostoyevski summarized it beautifully when he wrote “Love all of God’s creation, the whole of it and every grain of sand in it. Love every leaf, every ray of God’s light. Love the animals, love the plants; love everything. If you love everything, you will perceive the divine mystery in things. Once you have perceived it, you will begin to comprehend it better every day, and you will come at last to love the world with an all-embracing love”.

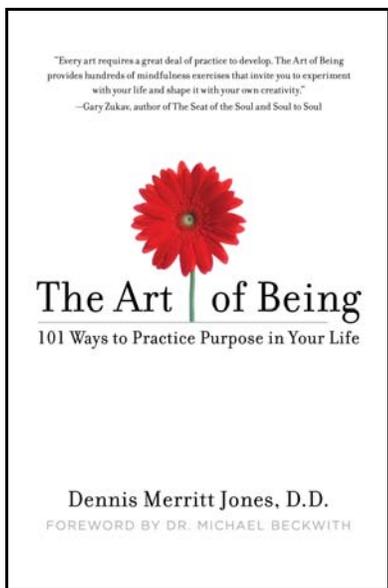
Being unconditionally loving does not mean you shouldn't be discerning about your relationships or draw healthy boundaries. It is possible not to like someone (or approve of or validate their actions) and still love them unconditionally. Every saint and master teacher has said as much in his or her own words. Living a life of wholeness based in an attitude of unconditional love means that you live in a sacred continuum of inner peace because you have ceased judging others and yourself – you have dissolved all sense of separation from the source of your wholeness, God. That is what unconditional love does—it lifts you into the grace of Being, which is to know the peace of God that passes all human understanding. The spiritual genius Emmet Fox wrote, “There is no difficulty that enough love will not conquer, no disease that enough love will not heal, no door that enough love will not bridge, no wall that enough love will not throw down, no sin that enough love will not redeem...It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough, you could be the happiest and most powerful being in the world.” Ultimately, realization of unconditional love is what the Seven *Be-Attitudes* are all about. To develop an attitude toward life that embraces unconditional love will automatically bring you into alignment with the other six *Be-Attitudes*. Unconditional love sets you free to live fully in the present moment and to “be” the willing, courageous, communicative, selfless, generous, grateful and reverent expression of Life that you have come here to be.

To develop an attitude toward life that embraces unconditional love will automatically bring you into alignment with the other six *Be-Attitudes*.

In Closing:

I thank you for joining me in this exploration of the Seven *Be-Attitudes*. I invite you to take the next seven weeks and make them a life-learning laboratory. Consider taking one *Be-Attitude* each week and making it a conscious part of your life throughout the week. Give yourself the gift of becoming fully invested in “Being” on purpose by focusing on only that *Be-Attitude* for that week. At the end of seven weeks, you’ll be amazed how the altitude of your attitude toward life has shifted. (A shortened version of this exercise would be to do the same

process but spread it over seven days rather than seven weeks, practicing a different *Be-Attitude* each day.) The key to the implementation of any practice is consistency *and* application. Remember that the altitude of your attitude *today* has everything to do with the life you are creating for yourself *tomorrow*. I encourage you to invest the energy it takes to manifest the life you long for and deserve, because in the process you will make the world a better place as well. It's literally impossible for you to develop these seven *Be-Attitudes* and at the same time not make a positive difference in the world. In short, you matter. Who you are and what you do with who you are matters. The world needs conscious people who are willing to bring the gift of their wholeness forward in a manner that makes a difference. It's amazing to think that it all begins with the altitude of your attitude, isn't it?



If you are interested in receiving further support in activating the Seven *Be-Attitudes* there are several ways in which to do so. As stated at the beginning of this e-Book, the Seven *Be-Attitudes* were revealed to me as I wrote my latest book, ***The Art of Being ~ 101 Ways To Practice Purpose In Your Life***. (ISBN # 978-1-58542-652-2) If you have not yet read it, I would recommend doing so because it will help clarify and apply the Seven *Be-Attitudes*. I have also created a free six-week **Study Guide** based on the book for those who would like to explore and practice the ideas presented in the book in a church or a home based study group. Sometimes it is easier to embrace life-changing ideas and practices when you can share the experience with others. *Art of Being* Study

Groups are springing up all around the world and I would be honored to have you consider hosting one. The book can be found in most major bookstores including online at Amazon.com. The free Study Guide can be downloaded from my website, at www.DennisMerrittJones.com. If interested, you may also sign up for my free weekly inspirational e-Message sent directly to your email address. If you are interested in more personalized assistance from me, I am available for individual Life Purpose Coaching and Mentoring as highlighted on my website.

It is a joy and an honor to share the Seven *Be-Attitudes* with you. I welcome hearing from you and receiving your input.