

Thank you for listening to The Luminous Mind Audioblog, The Spark - Season 2 / Episode 1

Hello Firestarters,

Thank you for joining me on the second season of The Spark. It is hard to believe we are moving on to our second year!

So, It has been awhile since I have done an audioblog post. As a regular listener, you know that during most of September my family and I took a 3 week world-schooling trip to Italy. Hopefully you followed our experience on Facebook, as I did daily posts of our adventure. After 3 years of anticipating this family world-schooling art history tour, and a year of planning (Thank you, Marc), as expected this trip was absolutely amazing! It was a defining time for our children, especially our oldest boys who had experiences that have forever changed them. We worked hard to blend in as Italians, the best Americans from Idaho can, as we rented apartments, shopped for groceries, rode buses, subways and trains (which BTW are nonexistent in our pocket of Idaho). It was a great time of growing our family closer together through a unique experience.

However, upon returning, I seriously struggled and went through some very difficult experiences, which maybe at a later date I'll share more about. But the last few months, I've been working to understand myself better, rebuild my world and make serious adjustments to my schedule. The podcasts that have played, which ironically were all scheduled before we left for Italy, have truly been a God-send and a tender mercy for my life as I work to learn and understand how to deal with my struggles. The best thing to come out of all the negative has been the immense, increase of improved communication on an already strong relationship with my husband. We worked together to re-evaluate our priorities, weeding out the unimportant, and paring things down. We decided that the podcast was important but have cut the release times down. Also, the audioblogs have gone by the wayside along with other things I was planning to add in as services offered here at The Luminous Mind. It has seriously been a time of just being thankful for life, family and enjoying the moment. Also, I have received a defined clarity of my mission in my life. As part of that, and with this podcast, I want more than ever, to help and serve our listeners. Especially other mothers that struggle and feel friendless and need a community of understanding, and to help provide information to keep us healthy and able to give as we love to do. I had planned to do my next audioblog about achieving "Balance" in our lives but it has a greater purpose to me now and I want to share with you what I have learned....so let's dive right in...

...this post will go out well after we have set all those New Year resolutions that many times are forgotten about by the middle of February anyway (which is when I hope to get this audioblog posted) So happy February and 1st anniversary of The Luminous Mind podcast! I would like to think that I am "balanced"! As a forty-something year old wife, mother, teacher and podcaster, I have learned enough in my life to have achieved that "balance" but to be honest, I tend to get a wild-idea and dive head-first with all the energy that I can muster. Frankly, through this reflective time in my life, I've come to believe that this tendency was previously a source of self-medication for me, helping me avoid the topics that truly needed work. I have heard people say that you can truly never be fully balanced or you can't "have it all," and in a way that is true. Everything has a time and a season as you grow with a family, job and your life's mission. However, through this reflective time these are some ways I have found to balance my life.

## DAILY PRIORITIES:

First of all, I have learned how important “daily priorities” are to a person’s soul. Those dailies are different for each person but need to be discovered to bring real comfort to the soul, to “feel” balanced. I think it is vital to be balanced in those areas and find ways to make those dailies happen for you. For example, I have discovered some of my “dailies” are of course exercise, reflective time with scripture reading, prayer, meditation, journaling, listening to “My Story” or affirmations and writing out a daily schedule. Many times when life is unbalanced our dailies, or the things that bring our soul personal comfort, go by the wayside to just get things done. We become a person doing, not a person living. Dailies give us perspective and ground us to continue moving everyday in the direction of our life’s mission or legacy. You can figure out your dailies by thinking about the things that if you can only do those things, they make you feel accomplished or full, when done you feel better or happy. With my dailies, I have them posted in a prominent place that I see continually and I get those things done first before anything else. Somehow, accomplishing those dailies help me prioritize my life better, maybe because daily, I am recalling my life’s mission and it helps me focus on creation and not just doing.

## ESSENTIALISM:

In addition to working on implementing solid “dailies” into my life. I have been working on essentialism. The idea of essentialism comes from the book [“Essentialism: The Disciplined Pursuit of Less”](#) by [Greg McKeown](#). It is the idea that you of course do just the essential things in your life and for each person that is also different. This really takes some thought and really weighing each task, decision, or direction across some core personal values. I really think to be successful at essentialism it is helpful to have some-sort of mission statement. Interestingly enough, over 16 years ago, I wrote down some of my core values, the things that I valued, a small mission statement. It is really short, only 4 key points. However, even though it was super short, it was helpful to pair things back in my life so I could focus on only the essential items. I plan to share this during our Mastermind hang-out later in the month which I’ll give more information on later.

This idea of essentialism, when done right, brings about so much life satisfaction. So many times in life we say yes to too many things that, according to our own core values, don’t align with the direction we want our life to move. I have a real problem saying “no” when asked. Some of that comes from my upbringing, some from my religious beliefs but, for me, the majority of this problem, I thought, came from wanting to help others and a desire to serve. Recently, I went back and listened to [Aisake Vuikadavu](#), entitled: [insights from a Tender Warrior](#) which is [Episode 113](#). That podcast was helpful in many ways during this discovery time for me. In that episode, he stated that the desire to serve can become a selfish thing, to help others think better of us and a craving to get those atta-boys. Sometimes that comes at the expense of our loved ones and homes. Many times when we have a large plate full of too many things, we serve poorly because we haven’t filled our own cup and are empty, unable to fill the cup of others. Don’t get me wrong, service can help to fill us up but if we haven’t taken care of our “dailies” or worked on our “core” values and taken care of our own household, ultimately, service can deplete us as well.

With essentialism it isn’t all about saying no but saying yes to the right things. Things that fit with the core beliefs and life’s mission we each have. I will give you an example; As my husband and I reviewed the essentials in our life, trying to figure out where to pair back, I realized that our educational goals and focus on our children’s schooling didn’t align. After our trip, of course as far as our online school was concerned, our children were “behind”. Even though, they had this

amazing, cultural, life-changing experience. Even though, each time they tested WELL above the state standard. But with their attendance and progress being behind, the State considered them behind. I knew this would be the case and fully expected to hit the books when we returned, then my life came crashing down. With my struggle of perfectionism, really the last thing I needed to heal and regain strength, was daily reminders that the State thought I was behind. So we decided to pull our kids out of the online school and independently homeschool them, which in Idaho (LUCKILY), is an easy process. This was a difficult decision for me because we receive a lot of atta-boys from online schooling and service as the “poster family” for them. However, as an independent home-schooling family, we have focused on the essentials of reading, writing and calculation. We have talked about how just gaining facts is important but learning to articulate that knowledge changed to be the focus of our learning. Renewing our focus of learning as a family, has been a strength to me and them! A few days ago, I was listening to them talk and they told each other how they liked their school time so much better, finding themselves studying math (which was a subject they didn’t enjoy) and reading more with more joy and willingness.

For me, essentialism has made me enjoy living my life, it has made me feel more focused and energized because I feel I am making traction toward’s my life’s mission. Essentialism has given me purpose to live an amazing, life full of gratitude and joy. Essentialism is more about me pleasing God over me pleasing those people around me. It is scheduling time to be creative, inventive and to feel inspired. Essentialism is a form of simplification. To borrow a quote from Leonardo da Vinci: “Simplicity is the ultimate form of sophistication.”

#### SCHEDULING:

Another thing that I have been better at doing is scheduling, which is basically, pre-planning. I plan and schedule the week, then everyday, I plan the day. Now with children that isn’t easy because we with children, all know that the unexpected just happens. However, planning things out have helped me more fully embrace the unexpected. It has helped me be more realistic about my expectations for myself too. It gives me a chance to visually see how the day will look and lets me focus on the important. A way I schedule is in “time block”. Too many projects that we do as a family and with this podcast take WAY more time then I really have time for but, designated time blocks once again help me feel like I’m moving forward. this is another topic we will go into more detail in our Mastermind later in the month.

Anyway to sum up my thoughts on this Spark of “balancing your life”, for me, it comes down to finding then doing your “dailies” with consistency so you have a full cup to properly help others. Then living your life with scheduled essentialism so you can fully enjoy your life. Balancing your life for a busy person is important but with the thought that, “I CAN do anything, just not everything.”

As part of living my mission more fully and really getting back to the why behind the creation of The Luminous Mind podcast, it is to help other people, especially moms. I had the vision of creating a large, world-wide community that mirrored my own supportive community. A community where we could ask questions, and get answers and advice from each other. I have always valued the “ordinary” person’s experience and advice at a greater degree than the “expert.” It seems easier to schedule the expert and it is enjoyable to listen to but many of us doubt the answers that come to problems, and our ability to help others. As I was thinking of the direction to move this work, the answer to paring back the podcast releases was clear. I had heard from others that they were having a difficult time staying up on our latest releases. I plan to focus 2016 in the direction of building a community. With that in mind, we will release one

“spark” a month on the 2nd Saturday and then follow that spark up with a FREE, LIVE mastermind group on the 4th Saturday at 10 a.m. US MST, through google hang-out. If you go and like our Google+ page you will automatically get an invite each month. In a mastermind, a message is facilitated by the host but participants are expected to come with their own insights and/or questions around the topic of discussion which for this month will be “Balancing your Life.” I expect this to be a great resource to others as I’m sure everyone has different experiences. If you want to come prepared, we will use the book, “Essentialism: The Disciplined Pursuit of Less” by Greg McKeown as a resource. I hope to grow this community to an amazing world-wide interactive bunch! As Proverbs 11:14 says, “Where no counsel *is*, the people fall: but in the multitude of counsellors *there is* safety.”

In addition to this mastermind group, I plan to form a smaller, more intimate (10-12 people) mastermind group in The Luminous "Master" Mind which is offered only to qualifying, committed, motivated "firestarters" who want more "ILLUMINATION" in their lives! We seek individuals who desire to toil towards creating powerful paradigm shifting changes in their own lives and strive to create inspiring, goal-oriented, balanced lives that help them live their authentic life's mission. It is facilitated by Rebecca Bohman, using powerful, group techniques that with inspire all committed members to live their daily legacy. It is projected to begin April 2016 so keep an eye on our services tab where applications are available.

Well to wrap this up, please remember that we grow through subscribers, downloads and reviews in iTunes and YouTube. It helps in booking guests as I found a few months ago that some guests want to be on bigger audiences. So please share with your friends and family, encourage them to listen and join our community.

Please note that our “GIVE-AWAYS” continue through the month and qualifying requires an email to me as I don’t want to miss anyone who has subscribed, left a review or shared our content with their friends on social media. I can’t see ALL of those things so PLEASE email me at [contact@theluminousmind.net](mailto:contact@theluminousmind.net)

Thank You for listening to The Luminous Mind! To learn more about our audioblog, The Spark, go to [theluminousmind.net](http://theluminousmind.net) . Be sure to become a subscriber to our FREE email list and get our NEW monthly newsletter, then check out the SERVICES tab to see how we can continue to assist you, our “FIRESTARTERS”.

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Video of Napoleon Hill Mastermind Principle:

