

*"We cannot solve our problems with the same thinking we used
when we created them."*

ALBERT EINSTEIN

THE LITTLE BOOK OF BIG LEVERAGE

THE ART OF RELEASING THE RESISTANCE
to tap into your natural flow

When you can't change the facts -
you can change your mindset!



KIERAN O'CONNOR

This Book Is For You If...

- You feel conventional skill-building doesn't work for you. Does it feel that sometimes it actually takes you backwards?
- You've given up on particular goals because you just couldn't find a way through.
- You sometimes find yourself thinking that positive thinking isn't particularly positive. And sometimes it looks more like denial.
- You feel so stuck that you don't have the energy to take even the first step forward. Maybe you've been going two steps forward and one step back, or even one step forward and two back.
- You wonder how some people seem to have natural motivation. It seems as though someone forgot to tell you something crucial that would make life so much simpler - and more fun.
- You wonder why you're working so hard and still not getting to where you want to be.
- Occasionally you've been 'in the zone' and experienced effortless success. Now you'd like to learn how to find your way there more often.
- Sometimes it feels like life prioritises you instead of vice versa.
- You've had success in one area but not been able to repeat it in other parts of your life.

About Kieran O'Connor

“ It’s not the daily increase but daily decrease.
Hack away at the unessential. ”

BRUCE LEE

In his late twenties Kieran experienced a period of overwhelming stress; he went through a time when he was emotionally, mentally and physically exhausted. It was like running on an almost flat battery that all the sleep in the world could not recharge. He felt so stuck that it seemed that no matter what he did he wouldn't have the energy to cope with the result of his actions. In leverage terms, he had too many problems and not enough solutions in his life.

Although it was a very difficult experience, these days Kieran describes it as a timely wake-up call and a valuable lesson. For one thing he learned to ask for help and eventually booked in to see a psychologist who specialised in work-related stress. Therapy was useful for a while, but Kieran felt it was missing something... “How will I know when I am back to full health?” he asked one day and the psychologist looked blankly at him as if he had never considered the question before.

This was the **tipping point** that inspired Kieran to educate himself on how the mechanics of the mind/body connection really worked. As an engineer who could fix just about anything, he decided he'd make incremental changes in his life and observe the effect of each change. One switch he made over the years was from Shotokan Karate to Wing Chun Kung Fu. As much as he loved the former, the latter contained more of the balanced mindset that suited him. It contained a 'sweet spot' with the yin aspect of being able to flow like water yet also the yang striking dynamics that are associated with the short distance explosive power made infamous by the late Bruce Lee.

Another key **pivotal moment** for Kieran was the study of Transcendental Meditation. One day, about two years into his daily practice, he'd finished a physical workout and was still wearing his heart monitor as he went into a meditation session. On this one particular day he had an experience that he cannot easily identify; all he can say is that the data from his heart monitor showed that he'd gone as low as 28 beats per minute. He was a very fit guy so

had a regular resting heartbeat of around 50 but this experience was nothing to do with fitness; it was more based upon tapping into an altered state of consciousness. It felt both heavenly and, at the same time, totally normal. It was like being halfway between heaven and earth. This deepened his interest into the intricate workings of the mind/body.

He realised that perhaps not everything is as it seems. For example, could it be possible that all of his 'problems' were created by his own willingness to habitually continue doing the things that did not truly work for him day after day, week after week?

The time he spent in that profound state of body and mind gave him just a tiny glimpse into the depths of his subconscious and he began to see into its secret places.

Although this peak experience eventually melted away, he retained the idea of how past habits draw on us in the present day, like being stuck in a big pair of boots in deep thick mud. He understood that the harder you try to fight your way out of a habit, the less you succeed, but this conflicted with what he had been brought up to believe - that working hard always pay dividends. How on earth could both of these ideas be true?

It was this puzzle that sent him on a long journey around both the hemispheres of the world and of the mind and it eventually resulted in the creation of this book. The answers and ideas you find within these pages may sometimes seem too simple...but those simple truths are the seeds that lead to real and lasting change. Including...

What is the secret to a more fulfilling life?

Day by day, do more of what already works for you and less of what doesn't.

Why Invest In Leverage?

1. Tried, tested and proven ideas on getting more of what you truly want in life more of the time.
2. Use science-based knowledge to get out of your own way.
3. Enjoy more success more easily, more often - and still have time to play.
4. Learn what works for you and then invest your valuable time in these activities.
5. Get used to seeing simple solutions where you used to see complex problems.

What Sets This Book Apart?

The Little Book of Big Leverage is unique. Here are some of the reasons why:

- It helps you tap into your existing motivation even if you don't know you have it yet.
- It builds on your existing skills even if you don't know you have them yet.
- It combines both scientific principles and everyday common sense.
- It provides tools and drills to help you wire in the improvements.
- It helps you build on your gains even after you have finished the book.
- It's reverse engineered from techniques that really work by a professional chartered engineer.
- It integrates over 30 years of martial arts study, practice and experience.
- It offers a balanced approach between Western-based sciences and Eastern philosophies.
- It works on both your conscious and subconscious mind with principles, concepts, metaphors and examples.
- It activates your ability to recognise and then use leverage more easily, more often.
- It frees you from the trap of trying to solve a problem from the same mindset that got you there in the first place.

Note: This is not a book on positive thinking! That is a great example of 'trying to solve a problem with the same thinking that got you there in the first place'. This book will however assist you in taking positive action.

THE LITTLE BOOK OF **BIG LEVERAGE**

THE ART OF RELEASING THE RESISTANCE
to tap into your natural flow

KIERAN O'CONNOR



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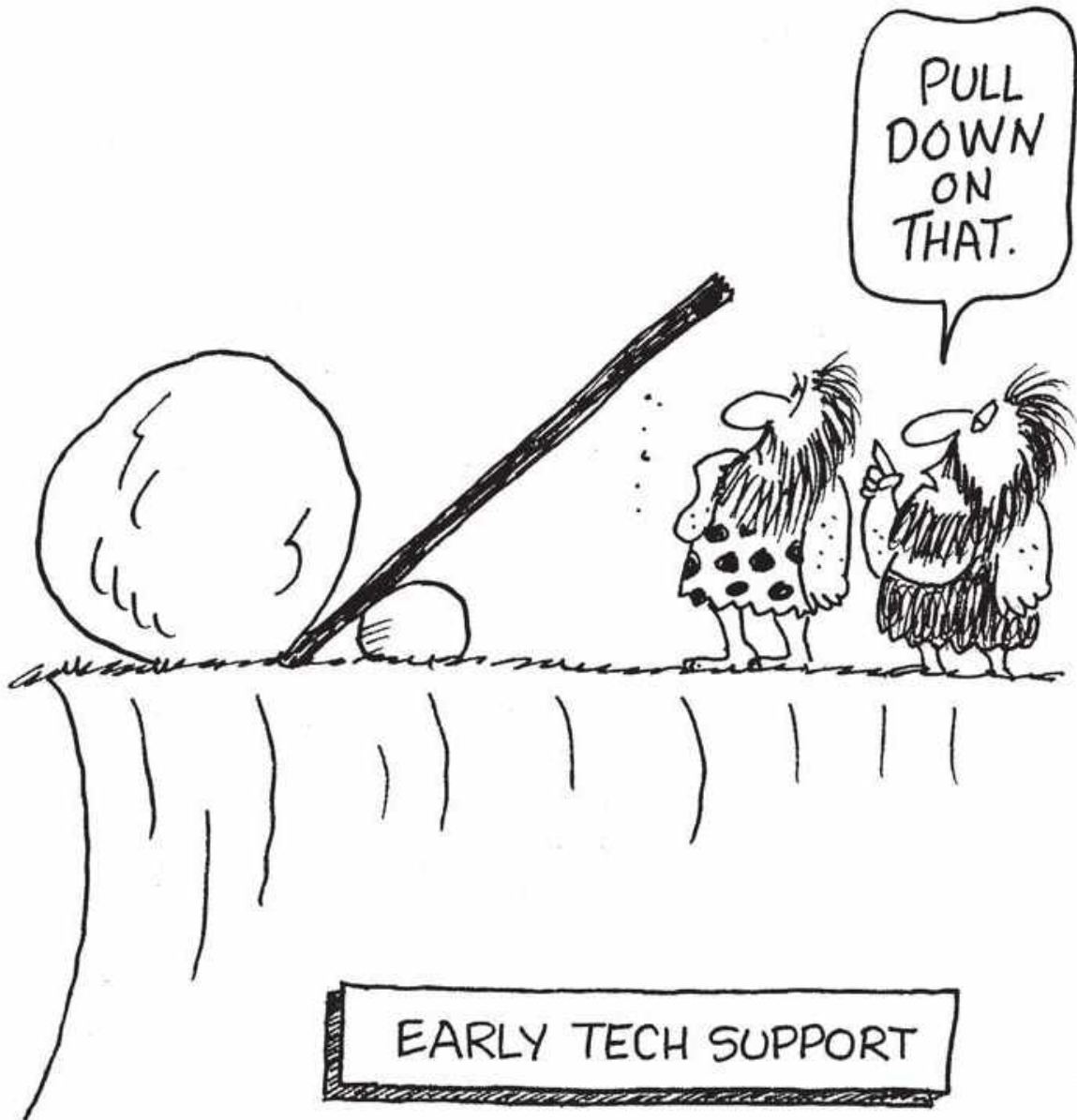
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Kieran O'Connor
August 2016

“ Give me a lever long enough and a fulcrum upon which to place it and I shall move the world. ”

ARCHIMEDES



Preface

“ The hurrier I go, the behinder I get. ”

LEWIS CARROLL

Generally speaking, the modern world has encouraged us to place such an emphasis on doing that we have to a degree lost touch with our sense of beingness.

People get so caught up in the hustle and bustle of their everyday life that they inadvertently carry over habits that take up their valuable energy while bringing little or no benefit. We tend to spiral downwards if we are not aware of this as the more fatigued we become, the more time we spend on habits that make for poor investments. I use the word ‘investments’ as what we do today always brings dividends tomorrow, even if those dividends bring more bad than good. As time goes on and the days roll into weeks, weeks into months, months into years, little things gradually escalate. Ever lost your temper over a tiny thing because you let a situation build up until you reached breaking point?

Think of a habit that doesn’t work for you; now imagine a penny or a dime. If you added a coin to your pocket every day you indulged in the ‘bad’ habit, it wouldn’t take long before the weight became noticeable and eventually started affecting your energy levels. Is it any wonder that so many people feel fatigued? Now think of one of your good habits that do work for you while still imagining a coin. Imagine utilising these coins in a different way. Rather than carrying them, they go into a savings account. They in essence become part of your reserves.

If we are to bring about more of the latter, we need to shift our perspective. As an example, traditional Chinese medicine has a strategy that has withstood the test of time. The focus is on restoring balance as a priority to assist in bringing the body and mind into alignment. This supports the body’s natural healing ability and thus allows energy reserves to naturally do their job. Some Chinese medical practitioners following the old ways will prescribe, say, a 12-week Chi Gung class rather than immediately reaching for the pills. Chi Gung is a very intelligent system of physical exercises that use an external physical movement to help correct an inner loss of balance. For example, a person with diabetes would be given some exercises that would assist with their pancreatic health

and efficiency. Another person with high blood pressure is given exercises to gently help their nervous system gradually and incrementally release tension. After the patient has finished their course, the doctor is then able to prescribe them a much less potent drug or even a clean bill of health.

The doctor helps the patient educate themselves on good self-care and so assists their longer term health rather than just focusing on the reported problem. Education is the underlying principle that allows the doctor to assist the patient in taking responsibility for their own well-being.

The word 'education' can bring up a whole spectrum of responses. Many of these will depend on how a person experienced their school days, which fall during the most formative stages their development. This spectrum covers anything from stories of having teachers who inspired them greatly all the way to the other side where schooling was very much a punishment-based experience.

I missed quite a bit of early schooling for a number of reasons and always felt I was playing catch up. However, I recall several teachers who really cared about their role and were willing to go the extra mile to help me.

The middle stages were a bit of a mixture, many of them the typical ones that an adolescent male experiences when passing through the testosterone stages of development. This led to a dilemma. Do I focus on being smart or do I focus on being athletic? There didn't seem to be a middle ground. In addition, my formal education seemed to be too much about learning for the sake of learning with not enough focus on what happens out in the real world. It felt like there was a disconnect between schooling and earning.

In the later stages of learning, I fortunately found a way to strike a balance between the formal education system and my job in the field of design engineering. I did a part-time engineering degree in Edinburgh and made a deal with my employers that I would stay with them for at least three years after completing the degree so they would also benefit from the qualification. All they had to do was to be flexible with my working patterns to assist my studies so that I could achieve the demands of reaching the qualification. This win-win scenario meant that once completed, I would have leverage over the people who had opted for purely education or purely work. It was an incredibly tough challenge to undertake but an investment that would go on to pay huge dividends.

Looking back, I believe that it was very much my introduction to martial arts at the age of 12 that created a shift for me and allowed me to start to discover, piece by piece, a way to integrate the formal education system with real world application. Martial arts gave me a glimpse of the Eastern mindset and a fresh perspective on 'how things work' that seemed more **fluid in nature**.

Fluidity in the East is so often represented by the nature of water and we will tap into (pun intended) how we can discover more of our own nature via the skill of **re-establishing balance**.

Bringing us back to the present day, I believe that here and now, there is a great opportunity in this modern age to blend the ancient wisdom of the East with the modern science of the West.

When you integrate and blend these two, you will experience a fulcrum point that will bring you the best of both. You will find yourself in your flow more often and more naturally such that a state of super fluidity will replace any old need to rush and push your way through life.

“ We cannot solve our problems with the same thinking we used when we created them. ”

ALBERT EINSTEIN

Part -1

Introduction

No, you didn't misread the number above. I've used minus one deliberately because we need to build solid and deep foundations so that the rest of the material will flow more easily as you progress through this book. This introduction may take up a bit more space than usual but that's because I want you to be able to do something unusual - make lasting, beneficial changes.

My Mission Is To...

1. Help you learn how to make your mind work for you by integrating your conscious wants with your subconscious habits.
2. Assist you in regaining your natural enjoyment of learning - and to do that as naturally as possible.
3. Use the nature of leverage to help you feel more in flow with life more of the time.

This Book Aims To...

1. Be a handy toolkit that helps you get unstuck whenever you need it.
2. Provide conscious understanding while utilising subconscious communication.
3. Tap into the wisdom you've gained from your life experiences. You may see some of these experiences as good and some as bad, but I hope you'll come to see them all as infinitely valuable.

Once Upon A Time...

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...there was a painter and a sculptor who both took an interest in each other's work. The painter was baffled by how the sculptor could work with nothing in front of him, no sketches or photos on which to base his art. At a stretch, the painter could paint what was in his head but only did his best work when he was drawing from life and transferring that image onto canvas.

"How do you do it?" he asked his friend one day.

The sculptor pondered a while. He said, "I don't create a sculpture as such. It's more that I uncover the form bit by bit." Then he quoted the man whose work and perspective he respected the most:

“ Every block of stone has a statue inside it and it is the task of the sculptor to discover it. ”

MICHELANGELO

He saw his talent as being able to patiently wait for the potential within the stone to reveal itself and then inch by inch, bit by bit, chip away at the rough edges. He'd simply and lovingly take away the parts that did not belong. To him, the beauty of the finished article was always there; it was just covered up and only needed his assistance to bring it into realisation.

This book will help you use the chisel of your inner discernment to chip away at what you carry around that doesn't align with your true nature. This mismatch is the source of every problem you currently perceive.

Where Eastern Wisdom Meets Western Science

In the last century, brilliant scientists such as Albert Einstein and David Bohm helped us move on from the traditional Newtonian paradigm while still respecting what it helped us gain at the tangible level of physicality. As we progress into the world of quantum physics, science is finding more and more links with ancient cultures. Daoists revealed thousands of years ago what modern scientists are coming to realise today. I believe that as time goes on we will see more alignment between scientific evidence and ancient wisdom. They already share a common theme: that everything becomes more truthful when broken down into its **simplest** nature. This is where chipping away at what doesn't belong becomes so useful.

Three Daoist concepts are particularly helpful when we want to keep things simple. These are the foundations that this book stands on:

1. Separate And Combine

The Daoists were not just expert learners; they also knew a thing or two about learning how to learn. They could see the elusive obvious - learning is a series of breaking things down and putting bits back together in a certain order. It's not so different from building muscle through weight training. The resistance applied causes minute tears in the muscle fibres which connect back together during rest to create larger muscle fibres.

The way we learn is no different; we use new information (resistance) to break down the present structures that we know. We then create new understandings which are a combination of what we already knew plus the additional information. We assimilate information by filtering what is offered to us. We either agree to let the new information become a part of us or we reject it, at least to a degree.

Through their systematic practices, the Daoist masters saw that there was a huge imbalance between what we consciously learn and what we learn at a subconscious level. They could see, for example, that a student learned less from what was purposefully taught and more from just being around the teacher. It was as if the unspoken mastery was the most important factor in shaping the student.

Such subtleties of the human mind are often overlooked, however modern quantum science has helped us begin to re-evaluate them. One example is the infamous Double Split experiment. From this came one of the most discussed

Daoist masters saw that there was a huge imbalance between what we consciously learn and what we learn at a subconscious level.

premises of quantum theory which has long fascinated philosophers and physicists alike: 'by the very act of watching, the observer affects the observed reality'.

A documented study in Nature (International Weekly Journal of Science, 26th February 1998) reported on a highly controlled experiment performed at the Weizmann Institute of Science. The experiment demonstrated how a beam of electrons was affected by the act of being observed.

Professor Mordehai Heiblum headed a team who constructed a device measuring less than one micron in size, which had a barrier with two openings. They sent a current of electrons towards the barrier. The 'observer' in this experiment wasn't human. Institute scientists used a tiny but sophisticated electronic detector that could spot passing electrons. The quantum observer's capacity to detect electrons could be altered by changing its electrical conductivity, or the strength of the current passing through it.

Electrons at the submicron level, when behaving as waves, simultaneously passed through several openings and then met again at the other side of the barrier. This created a pattern described as interference.

Although it didn't follow scientific expectation, the interference only occurred when no one was watching. Once an observer began to watch the particles going through the openings, the picture changed dramatically. It was noted that if a particle could be seen going through one opening, then it was clear that it didn't go through another. In other words, when under observation, electrons were somehow influenced to behave like particles and not like waves. Therefore at this subtle level, the mere act of observation affected the experimental findings.

To return to Daoism, the idea of 'separating' is the idea of breaking things down to their simplest states so they could take a measure of control over their destiny. It is very clear in Daoism that as beings, we are influenced by so many factors that control is somewhat of an illusion... But the ability to observe means that we do have an influence on where we want to take our lives.

To separate anything, first we have to be able to observe what it is we want to break down so we naturally tap into the observation effect when we engage in the art of change.

We can see that just the act of observation has the ability to create change. If we are always changing just by the process of awareness, how can we tap into this to improve the quality of our lives?

2. The Water Method

The Daoists described two main models of progressing in life: the fire method and the water method.

The fire method uses force and struggle. This is not to be derided or ignored. We all know that there are times when we really have to push ourselves. It's more that we want to save this for an emergency so we work smart and reserve this approach for when we really need it. It shouldn't be our usual way of getting things done.

The Daoists have a great respect for fire and I have witnessed this first-hand. In China, at the top of Wudang Mountain (the Mecca for Daoism) there is a shrine with a memorial flame which is supervised by a Daoist master 24 hours a day 365 days a year. The flame has burned for more than six centuries. When I witnessed this flame, I was amazed at how many Chinese would make the demanding journey to spend time with it. The flame seemed to symbolise a connection to those who had already passed on from this life. So fire is very much respected when used wisely within an appropriate context.

“ Nothing is softer or more flexible than water,
yet nothing can resist it. ”

LAO TZU

The water method emphasises flow and following one's own nature; it's the way the sculptor at the beginning of this chapter worked. He'd respectfully chip away at the parts of the stone that did not belong. The water method aims to allow the individual to discover what works for them in life while letting go of what doesn't.

Stress increases as the pace of life accelerates. In the modern world, people are working longer and harder even though technology was meant to alleviate our workload. We've also been sold the belief that if something isn't working for us we can't be trying hard enough. Is it any surprise that people's best efforts so often end up with them getting even more entangled in the problem?

We have to lose the one-size-fits-all mindset too as it has the unfortunate effect of making people look outside of themselves for answers. It borders on craziness to think that because something works for someone else it must work for us too. But it's a very common belief in our 'civilised' society.

Rites of passage played a big role in tribal societies. They marked the transition from childhood where other people's opinions were most important to

adulthood where your own opinion of yourself was the priority. We have long since jettisoned those rites of passage and many of us seem to be stuck in a perpetual adolescence where we seek to fit in with others. Yet we also want to be free to be ourselves. This sets us up for an ongoing conflict which is actually an illusion because humans free of confusion always seek a win-win scenario where the individual's needs are in harmony with the environment. With the water method, it is possible to find that path of least resistance.

3. The Problem Isn't Where You Think It Is

The truth is that if you know what the problem truly is you cannot have the problem. You will only see the solution.

We live in a world of cause and effect yet are generally not so good at separating the two. We so often confuse the trigger of what we experience with the underlying cause. We often find, for example, that a problem started further back than we initially imagined.

We only notice the problem when it escalates to a point where we can no longer ignore it. But we're so overworked and overstimulated that even if we see the problem, all we will do is react to it, which leads to us getting even more enmeshed in the problem. The term 'can't see the woods for the trees' describes this reactive or autopilot mode. When we have sufficiently rested we are more able to respond and therefore more likely to find a solution.

During Easter 2015, the £14 million Hatton Garden raid, believed to be the biggest burglary in British history, hit the headlines. The heist was well publicised not just because the gang members were mostly made up of old age pensioners but also because if it was not for the modern-day CCTV technology that allowed the police to piece together the means, motive and opportunity, they may have never captured the cunning culprits. Criminal experts showed, for example, how the thieves passed under the general public's radar by counter-intuitively wearing hi-viz clothing. The thieves knew that people in the vicinity of their operation would generally be on autopilot - which means they're neither paying attention to their surroundings or thinking about it - and so they can't identify a thief especially if the culprits are wearing something that obviously makes them stand out from the crowd. It is as if people are automatically programmed to see thieves as caricatures wearing black balaclavas and carrying swag bags. Autopilot therefore switches off awareness and acuity.

As we progress, we'll learn about the dynamics and nature of the mind to a useful level. Not too simple and not too complex. We'll aim at just enough to help gain a measure of control over the autopilot state. As we gain a level of skill and awareness, we'll see more clearly where we inadvertently get in our own way and create problems for ourselves.

“ Knowing others is wisdom,
knowing yourself is enlightenment. ”

LAO TZU

This book also offers a way to tap into the modern wisdom of what is termed ‘hypnosis’ which is simply the study of the dynamic nature of thoughts and emotions that divide our conscious awareness and subconscious habitual nature. We’ll gain more understanding about our habitual nature and we’ll find a fulcrum point where we have one foot in Eastern Wisdom and the other in Western Science - together these two bodies of knowledge can help us see through the illusions associated with having your autopilot...on autopilot.

The Hypnotic Elusive Obvious

The Elusive Obvious was a term coined by Moshe Feldenkrais, an Israeli physicist and the founder of the Feldenkrais Method, which was designed to improve human functioning by increasing self-awareness through movement. Feldenkrais applied his judo expertise and his scientific skills to become a leader in the field of human performance and achievement.

His most well-known publication was the book *The Elusive Obvious* which dealt with the simple concept that we operate from a set of fundamental ideas that, through habit, become elusive to us.

Most of the things which bring us problems in our lives, the mistakes, hardships, and suffering, have a simple cause. It’s when we live today with the same rules, habits and deeds that we used yesterday and still expect them to be applicable today. The reality is that what was a good habit yesterday can make us unhappy today.

But we are a species that knows how to learn and learning means that we can change with everything we learn. Obvious as this is, it is an elusive truth. People in general habitually lack free choice because of their investment in their habits. This cycle of buying into the delusion of ‘no-change’ is what eludes the truth. It is therefore an elusive truth that people generally lack free choice, yet they’re convinced otherwise.

When a person opens up to the idea that each day they wake up they are not the same person as yesterday, the elusive becomes more obvious and informed choice becomes more available to them.

When someone accepts that each day they wake up they are not the same person as yesterday... informed choice becomes more available to them.

The question for those seeking alignment with their true nature is, 'how can we have the willingness, courage, skills and tools to make what is elusive more obvious?'

When people usually think of hypnosis, they either imagine someone laid on a therapist's couch and an elderly and bespectacled guy swinging an old silver pocket watch from side to side leading the person into a sleep-like state. Or perhaps they picture a stage show hypnotist who has volunteers barking like a dog for the entertainment of the audience.

Within these two extremes lies a place where hypnosis is simply the understanding of various states of mind and body connection.

We all have a conscious mind and a subconscious mind. The conscious mind deals with what we are aware of and the subconscious deals with what we are not aware of. This is obvious...I hope you would agree?

Whenever we learn something, what ever is that we were not originally conscious of then moves across into our conscious awareness. Some things we learn are completely new to us. For some readers the term Elusive Obvious may fit into this category. Some things we already knew but they'd slipped into the recesses of our memories. So learning can also mean reminding ourselves of things once learned; i.e. we bring them back into conscious awareness.

When our conscious wants and desires are in alignment with our subconscious habits, we cannot experience a problem. A problem is an indication of a conflict leading to a form of pain. Now please realise that I'm not making light of the difficulties people face - it's just that there is a difference between physical pain and psychological pain. Physical pain is a basic part of life whereas psychological pain is more contextual. The individual will feel more pain or suffering when they have inner conflict and most inner conflict is really ourselves arguing with the reality we are currently experiencing.

Let's say someone loses their job. If it's sudden, it can be a hell of shock - and the greater the shock, the more they feel it physically. People respond differently to situations like these. While some may feel a total loss of confidence that affects them in the long term, others deal with it with a more matter-of-fact attitude: 'okay, I've lost my job. What shall I do now?' This person's conscious and subconscious minds are more aligned. They are able to harness their resources faster and see solutions more naturally because they see the situation through the eyes of their own true nature.

We will look more at the relationship between the elusive obvious and the dynamics of hypnosis as we progress so that we can align more and more with our true nature. The term that I like to use to describe this phenomenon is 'coherence'.

Coherence: (From Dictionary.com)

logical or natural connection or consistency.

As you learn more about coherence, it'll seem so simple and obvious that you'll probably wonder why you didn't get taught about it at school.

Leverage - The Dynamics

Leverage: (From Dictionary.com)

1. The action of a lever, a rigid bar that pivots about one point and that is used to move an object at a second point by a force applied at a third.
2. The mechanical advantage or power gained by using a lever.
3. The use of a small initial investment, credit, or borrowed funds to gain a very high return in relation to one's investment, to control a much larger investment, or to reduce one's own liability for any loss.
4. Power or ability to act or to influence people, events, decisions, etc; sway:

Being the only industry in town gave the company considerable leverage in its union negotiations.

Synonyms: advantage, strength, weight; clout, pull.

Let's have a look at these four more closely...

1. The Action Of A Lever... Levers surround us, we use them all the time: e.g. scissors, bottle openers, the handbrake on your car and doors. Door handles are placed as far away as practically possible from the door hinge (fulcrum/pivot) to make for easy opening. If you try closing a door by pushing on a point closest to the hinge, you'll get a sense of how much more effort is needed if you don't have leverage.

Levers are so much part of our everyday life that we would find it very inconvenient, maybe even impossible, to manage without them.

2. Mechanical Advantage. Usually, we're unaware of leverage and only become conscious of it when we have a problem to solve. For example, when I recently tried to remove a screw from the wall, it had such a worn head that the screwdriver could not make a clean connection. One option was to cut the screw and leave part of it in the wall. The other was to risk some wall damage and use a claw hammer to pull out the screw. I had some filler that could complete the repair so I went ahead with the hammer solution. I found that the screw threads were so good at their job in holding the screw in the wall that I had to move

my hand to the end of the hammer where the most leverage could be found. I also had to be very mindful about the leverage action and carefully ease out the screw bit by bit. If I'd done it too quickly, the sudden release of energy could have led to me falling over and half the wall coming away.

The mechanical advantage gained by levers was made much clearer to me when I stumbled across an American called Walter 'Wally' Wallington. Wally, a retired construction worker, was curious about how ancient civilisations were able to move massive stones that were so large, heavy and cumbersome that they'd even present a challenge to today's technology.

Wally's website gives some of his ideas about how leverage allows a single person to move massive loads. The simplicity of Wally's ideas are just as impressive as the loads he moves single-handed and it's possible that such methods were used by our ancient ancestors when they constructed such impressive landmarks as England's Stonehenge.

EXPERIENCE 1: WATCHING WALLY

I highly recommend watching some of Wally's footage. Options include:

1. Access via my website <http://www.Findingthefulcrum.org>
2. <https://www.youtube.com/watch?v=uYQBDhkBfrO>
3. Or go directly to Wally's website <http://www.theforgottentechnology.com>

In this case, a picture really is worth a thousand words; when I watched it for the first time I began to wake up to the true power of leverage. Why not take a look for yourself and see what you think?

3. The Use Of A Small Initial Investment... Investment has negative connotations for many people, perhaps because of events such as bailouts of financial institutions or because of bad investments they've made themselves. The truth is that even if you've never gone near the financial markets you probably have made some bad investments. The trouble is that people are so often on autopilot that they unwittingly invest in their problems. Sometimes they even become authorities on them. People who spend too much time on autopilot don't get a chance to slow down enough to see what is really going on for them. I'm not judging anyone by the way! I'm on autopilot too. We all do our best at every moment given what we know and what we've learned up until that point. This is a fact and not a fallacy. The fallacy is that if we try harder, we will somehow gain the ability to travel back in time, know then what we know now and get a better result.

4. Influencing Ability. Modern mind sciences have been able to use technologies such as neuroimaging, including PET scans, to help us understand more about how our minds and the structures of the brain operate. Part of this endeavour is about understanding just how much the conscious mind is outweighed by the subconscious mind. One way to see that imbalance is to picture an iceberg. The conscious mind is what we can see above the water and the subconscious is what is unseen below the surface. However, as the scientists continue to learn more, it seems that this old metaphor is no longer accurate. The true ratio is infinitely greater and more like this: one iceberg above the surface is the conscious mind. The subconscious mind is akin to what is below the surface for **all the icebergs that exist in all the oceans**. Judging by this it would seem that affecting the subconscious mind is an impossible task - that is, until you add the power of leverage.

The most foundational form of leverage is awareness; we cannot make anything without it. Awareness is the leverage between the conscious and subconscious, between the volitional nature of the conscious mind and the habitual nature of the subconscious mind. It is the relationship between these two aspects of the mind that makes for the quality of our decisions.

Parts 1, 2 and 3 of this book build on each other. Part 1 is about initiating leverage, Part 2 looks at changing from one state to another, and Part 3 is about building on and accelerating those changes. I think of Parts 1, 2, and 3 as phases: initiating, transitional and momentum. Think about a seesaw that's tipped to one side. Add enough weight to the other side to unstick it and get things started. Then add more weight to bring it into balance. We can also adjust those weights to favour the other side. We will utilise these three phases to help clarify the natural leverage dynamics between the conscious and subconscious mind.

What's Inside The Remainder Of This Book?

Now we're coming to the end of the introduction, we can discuss a little more about the mysterious power of the subconscious mind before moving onto Part 0 which will look at some aspects of the mind that can help you as you begin to apply and integrate the information in the rest of this book. This book aims to show you how to use leverage to tap into your mind so that you can make the most of your precious everyday life.

I am rarely surprised by what the breakthroughs in modern science reveal about the way the mind and body works. Amongst the countless examples that have caught my attention over the years, two stories come to mind that I would like to share with you now.

The first goes back to 1982 when Angela Cavallo lifted a 1964 Chevy Impala off her teenage son, Tony, who'd been working on the car's suspension when the jacks failed and the car fell on him. This case from the USA was so well covered by worldwide media that it drew a lot of attention from the scientific community.

“You will only be remembered for two things: the problems you solve or the ones you create.”

MIKE MURDOCK

The quality of a person’s life can be measured by their ability to solve problems – but sometimes the harder they try, the more resistant the solution becomes.

It is easy to just look at the obvious, without looking at what lies beneath the surface.

There are two sides to everything - the Yin and the Yang. When you integrate Eastern wisdom with Western science, you will tap into the true nature of your mind and allow it to flow.

As the underlying resistance dissolves, aligning your future with what already has worked well for you in the past will allow a solution mindset to naturally emerge.

The Little Book of Big Leverage will simplify and multiply your problem solving abilities by:

- 1) Providing a **tried and tested** way to make the smallest daily changes... the best investments you could make that will pay dividends over your lifetime.
- 2) Sharing a rarely studied technique to tap into the fluid nature of your subconscious mind... the simplicity of which will **truly amaze** you.
- 3) Transforming problems from obstacles to be avoided... into **opportunities** to be fully utilised.

When you apply leverage to your thinking as nature intended, you will apply a measure of control over where you want to take your life and what you will be remembered for.



Kieran O'Connor brings together the precision of a chartered design engineer and the fluidity of a martial arts expert.

From an early age, he has been intrigued by the sciences and has searched worldwide to understand the underlying mechanics of how things work especially the fundamentals of the human mind.

You will find yourself:

Experiencing the **force to fluidity formula** that will allow you to find your path of least resistance.

Removing any mental fatigue to fully access the **mechanisms of your mind**.

Discovering your **psychological sweet spot** where problems naturally resolve themselves.

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