



THE JOY OF GENIUS

THE NEXT STEP BEYOND *THE BIG LEAP*



*A New Way to End Negative Thinking
and
Liberate Your True Creativity*

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For Katie—mate, muse and best friend

Introduction

Living Joyfully in Your Genius

Welcome to one of the most important conversations a conscious human being ever has: how to live your whole life in a continuous upward spiral of creative expression...and have a great time while doing it.

I've been richly blessed to have had thousands of conversations about genius with students and colleagues around the world. In my book, *The Big Leap*, I shared the key findings from my first three decades of exploration into how human beings can optimize the gifts they have been given.

Now, I'd like to show you what I've been working on in the past few years since *The Big Leap* came out. In particular, I want to give you detailed instructions on how to use a powerful tool, one you can apply in a split second to stop recycling problems and create a life centered in your genius.

The Meta-Tool

In the first part of this book, you will learn how to spot what I call the *Genius Moment*, and how to use a specific tool called the *Genius Move*. The Genius Moment is an opening, an invitation to bring forth your highest potential. You get hundreds of Genius Moments every day, each one an opportunity to make the Genius Move and step through into the life you really want to live.

The Genius Move is a body-mind tool you can apply in the blink of an eye. Each time you use it you create more open space through which your genius can be accessed and expressed. Think of the Genius Move as a meta-tool, one that makes all your other tools work better.

The rest of the book will show you how to apply the meta-tool to accomplish two major goals: ending your specific type of negative thinking and increasing the flow of your authentic creativity. You'll see how to use the tool in your close relationships, your business dealings, your health, and other important areas of life.

How This Book is Different from *The Big Leap*

The Big Leap, as the title suggests, was about how to make the transition into your genius. It showed you the barriers and pitfalls that have to be overcome to get established in your genius. *The Joy of Genius* takes the conversation to a new level: how to live your whole life in the boundless realm of your genius.

The question I want you to consider throughout the book is this: how can I spend the majority of my time doing what I most love to do while making my greatest contribution to the world? My research into this question led me to an unexpected conclusion: that our ability to live in our genius full time depends on our skill with the meta-tool you will soon learn, the lightning-quick action I call the Genius Move.

Once you learn the Genius Move and how to apply it on the fly, you have a practice that can work genuine magic in your life. Even though I have used it thousands of times in my own life and have taught it to thousands

of others, the simple power of the practice still fills me with awe when I see it in action.

The Genius Spiral

As your skill with the Genius Move grows, you enter a new dimension I call the Genius Spiral. The Genius Spiral is an ascending path that takes you into higher and more productive refinements of your creative expression. As you get nimble at applying the Genius Move in your life, you will likely discover the same joyful secret I did: after you live in the Genius Spiral for a while, the Genius Spiral lives in you. Your genius wakes up every day before you do.

That's what I want for you. I want you to feel the joy of living in the Genius Spiral all the time. I want you to go through every moment of your life with the satisfaction and exhilaration that comes from bringing forth your creative gifts. If that's what you'd like, too, let's take the first essential step.