



## THE CLIFF AND THE STEPLADDER

*An 800-foot cliff – or an eight-foot ladder. You’ve never been more alive – or you’ve never felt so close to death. Your moments become exactly what you program (or design) them to be. Reality is not happening to you. You create reality.*

What’s your stepladder? What’s your cliff? Have you ever turned a stepladder into a cliff? Why or why not? Has a cliff ever become a stepladder for you? Why or why not?

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Adrenaline is adrenaline. It is there, and it is real. You decide if it is the “adrenaline of life” or the “adrenaline of death.” Rest assured, it is one or the other. And if it is NOT the adrenaline of life, by law, it is the adrenaline of death. . . Life does not tarry, nor move backwards. . .

Anything that is not growing, is dying.

- Facebook, August 31

When you wake up tomorrow morning, what will you focus on? What will you take from this story to change your reality? Life is never about the cliffs or the stepladders – it’s about freezing in time the blood chemistry, the neural peptides, the adrenaline and cortisol levels, the PET scan of the brain and the meaning of the experience. So how will you wake up tomorrow morning and truly, authentically, change those, or keep them and change the meaning? What are you going to do? What are you going to think? What are you going to focus on? Who are you going to be? What movie are you going to play in your head?

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