



THE GLASS IS ½ EMPTY VERSUS THE GLASS IS ½ FULL

The glass is *neither* half full nor half empty—it is always both in every person. But, there is actually a quantum aspect to this question that even furthers this point. As Einstein proved, light can be both a wave and a particle because it has both properties. Thus, energy itself is multi-dimensional. However, when you test energy as a particle, it has properties of a particle, whereas if you test it as a wave, it has completely different properties. The components inside energy can simultaneously be different and the same. Although this concept contradicts linear physical science as we know it, it is proven reality. With this quantum revelation in mind, if I were to give you a glass filled up exactly to the halfway point and ask you, “Is that glass half full? Or is it half empty?” Everybody would know what the answer *should be*, however, you might still insist, “It’s half full.” Or, as research indicates, most of you would say, “It’s half empty.” But, the truth is, it is always, always *both* simultaneously. The real question is, “Are *you* half full or half empty?” If you observe your life as half full, you’ll experience it as half full; if you observe life as half empty, you’ll experience it as half empty. We all bounce back and forth between these two spectrums because life is always half full when you feel successful and when everything is going as planned. However, the key to experiencing true fulfillment is to see that life is also full when the chips are down. It’s the intense and critical times in your life that provide profound opportunities. I know this is another counterintuitive shift, but if you want to bring the “old you” to another level, the time for the “new you” to show up is when it’s hardest to appear. Don’t just try harder. Commit to making a deeper shift.

This area is the basis for much of your transformative work. You *must* be able to find the opposite side of the coin – the other side of the glass! So let’s go!

Prior to listening to this program, what would you have said the glass is – half-full or half-empty? Be detailed. Be specific. Why was that your truth?

Do you agree that the question is a “trick one” and that the real question is, “Who are you?” Why or why not do you agree?



Do you agree that a time of intensity or anxiety will potentially affect your half-full/half-empty position?

Yes _____ No _____

Write at least five of the most intense pains that you are experiencing right now.

1.

2.

3.

4.

5.

Now, what is the flip side of that pain? For each of those you listed, fill the glass half-full!

1.



2.

3.

4.

5.

To be fair – and to know how this does affect you – write at least five of your greatest pleasures:

1.

2.

3.

4.

5.

Now, what is the flip side of these pleasures? What is half-empty about each of these? For most people, finding the flip side of the half-empty is easier. So I will help you a bit to find the half-empty side of light and joy: What did your pleasure cost you?

What do you not have as a result of this pleasure? Too much pleasure is gluttony or hedonistic – have you crossed a line in your pursuit of pleasure? Why or why not? Is there a “rogue” program attached to your pleasure? What are the dark shadows of your pleasure?

1.

2.

3.

4.

5.
