

The Fundamental Law of Evolution

Every action has an equal and opposite reaction.

We've already seen how this effects us in life via the homeostatic effect. We won't start to take an action until we hit our panic point, once we do start to take action, the closer we get to our acceptable point the less our desire to do the action required to maintain progress and so the more we self sabotage.

The problem is made even more profound because most of us believe this simply doesn't apply to us, that we can somehow avoid the most fundamental of Mother Nature's laws.

The truth is simpler...

There are no High Priests, there is no Black Magic, there is only cause and effect.

Chance is simply misunderstood cause and effect. Look I'm not singling you out in this as humans we are very bad at understanding cause and effect if it is not instant.

The only doctors who improve on the job without additional study are surgeons. Why? Because for most doctors the time delay between cause and effect is simply too long to provide effective feedback.

Say you go to your GP with a cold and he gives you some pills the next time they see you to get feedback on that action may be 6 months later, way too long for the feedback to be an effective teacher.

If surgeons make a mistake on the other hand they get instant feedback as the person dies right there on the table in front of them.

This inability to link cause and effect when it's separated by more than a few minutes in time follows us through life and can have devastating consequences if not fully understood.

Wy believe that 1 beer at lunch time won't matter, or eating a crappy lunch won't matter...despite the fact that in the afternoon you're a lot less productive, which means you have more to do tomorrow which makes you more likely to go for another beer at lunchtime which causes you to get even further behind...you also start to gain weight which has knock on effects on your health and your energy levels which makes you even less productive and reduces your willpower making you more likely to say yes to another beer.

Ok great so you get this on a conceptual level but what does this have to do with this program.

This program is more than anything else a change agent, and when we want to change ourselves if you don't understand this it is made more difficult because as we start becoming what we are not our homeostatic system kicks back in to keep us as who we were. Not allowing us to become who we are becoming.

As soon as we make a little progress toward our goal we get comfortable with the progress we have made, relax the very things we are doing which are causing us to make that progress and drop back into our old ways, just like your bank account or your waist line.

Once you understand the cause of all conflict is the battle between who you are and who you want to become)in other words when your current state doesn't match your blueprint for what our state "should" be) you have 2 choices, you can accept your current state and settle, or you can fight to achieve your desired state. I'm assuming since your on this program your going to fight.

There is only one way we can ever achieve our desired state and the this by understanding and adopting:

The Fundamental Law of Evolution.

Let's say your current state is you are pasty white and your desired state is you want to look like a bronzed adonis. Your hypothesis might be you should go sunbathing. You take action and go and lie on the beach for 1 hour, you see that it has moved you closer to your goal state and so believe your hypothesis was true and repeat the action until you reach your goal.

The only way anything can affect conscious change is to identify a desired state which is different from its current state (so by definition there is a gap in between the current state and the desired state). To bridge the gap a hypothesis is made, action is taken on the hypothesis, the result of that action is measured in terms of whether it has moved closer or further away from the desired state, the hypothesis is adjusted based on this feedback and the process repeats.

The equation thus becomes:

Beliefs > Actions > Results > Feedback

This is the only way ANYTHING grows or affects change. It really is that simple.

You must intercept your own algorithm at the beliefs stage, take massive action with your new beliefs, experience your results, listen to feedback and then iterate your beliefs and actions again and again each time to perfect the process.

This is how we set up a feedback loop and leverage the 80/20 principle for MASSIVE change.

Now there are several stages this process can go wrong.

1. No desired state is envisaged or it is hazy.
2. No hypothesis is made.
3. No action is taken on the hypothesis.
4. No feedback is taken from the results of the action.
5. The hypothesis is not adjusted based on this feedback.
6. The action is not repeated.

And we as humans fail at nearly every one of these points. The 2 big ones I see all the time occur at step 3 and step 6. No action is taken at all or even if all the other steps are taken people try once and then decide it doesn't work and so give up. Ask yourself in the past when you've tried to make a change in your life and it hasn't worked which of these steps have you failed at?