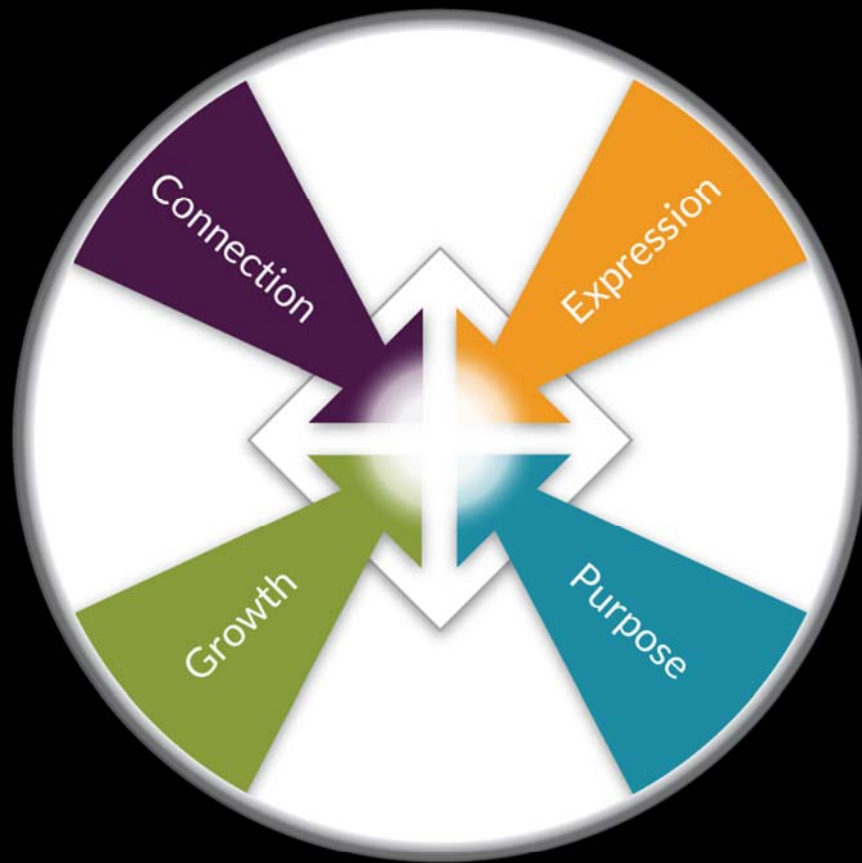


# The Four Forces

The Introduction - *an evolving draft*



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# Are You All-in?

## An All-in Manifesto

### **You don't want to make money.**

You want financial freedom and real wealth, doing the work you love, using your gifts and having a positive impact.

### **You don't want a relationship.**

You want a soul mate, not a romanticized cliché, but rather someone who challenges you to be a better version of yourself. A partner who is willing to open deeply, reveal themselves and really KNOW you. Someone who encourages your uniqueness and remembers who you really are even when you can't.

### **You don't want to get laid.**

You want to have mind blowing sex, be broken open and stretched at the edge of your capacity for love, pleasure and the divine.

### **You don't want 10,000 friends.**

You want a kick ass army of allies who have your back, encourage you to live big, and are there to help you create, mastermind, and bring into the world what you know is possible. And of course, who know how to have fun.

### **You don't want to lose weight.**

You want to thrive, love being alive and fully enjoy the pleasures of being in a body while remembering you are so much more than a body.

### **You don't want to be enlightened.**

You want to live fully in the world, awake, wide open and on fire. You want to explore the edges of consciousness while celebrating your humanness and embracing the rich spectrum of emotion and experience.

### **You don't want to get control of your life.**

You want to feel the excitement and challenge of evolving...the satisfaction that comes from growing, expanding and pushing yourself to new levels of mastery.

### **You don't want to change the world.**

You are in love with the world and know what is possible! You don't want to change people...you want to collaborate, cross-pollinate and evolve together. You want a world that's even better than you imagine. You want to be a full participant in life and its evolution.

***And most importantly, you don't want to pick one of these.***

***You want them all...***

## Living “All-in” at the Evolving Edge

Your deepest desires are calling you to an even greater possibility than you have yet to imagine. Not only can you have every desire in the above manifesto, in realizing them, you become a powerful agent of evolution. You step out onto the edge of our collective learning and claim your place as an impactful presence and pioneer in the world.

**Living all-in**, is more than just an ideal to strive for. It is the inevitable outcome of aligning with life through what I call The Four Forces: connection, expression, purpose and growth. It is embracing shifts in perspective and upgrading your skills and capacities.

These enhanced skills and capacities are the key not only to your own transformation, they are also what is needed to ride the edge of our current wave of collective transformation with more ease, creativity, impact, awareness and pleasure.

You are being called to become a different kind of participant.

## Shifting from Orchestra to Jazz Improv

Many of us have been taught that life is like an orchestra. There is a hierarchy and there are fixed roles. We are either the conductor or one of the players. We can decide to play the conductor’s song, figure out how to get to be the conductor, or take our instrument and go off and play alone.

It is common to feel at the mercy of others’ decisions, or the need to fight to get your perspective heard. As everyone tries to get their song played, all sorts of power dynamics, manipulations, politics and general chaos can emerge.

Even when you finally get your song played, it is often anti-climactic and you find others still don’t play it the way you envisioned!

What if there was a different way? What if life were more like a Jazz Improv Ensemble?

Each person has their unique instrument (Expression) which they are an expert in. Each player comes together with the intention of playing amazing music (Purpose), but rather than a fixed song, the joy comes from what emerges (Growth) as they lean into each other supporting “what the music wants” and each other in their solos (Connection.)

What is created is beyond any song we could have imagined. That’s the real magic. I believe that is what many of us have been longing for...

**There is a catch.**

In order to create music rather than chaos, the jazz improv approach to life actually requires upgrades in our perspectives, capacities, skills, structures and even our senses. It requires us to show up fully – to be “all-in.”

It requires **personal mastery**. You have to know what your unique instrument is and how to play it. You need to be able to play songs, be able to understand the elements of music and have a range of expression. You need to be

able to sense and follow, on multiple levels and be able to do more than one thing at a time, you need to know when you are “off” and how to get yourself back into flow. And most importantly, you have to be willing to learn, evolve and continue to expand your abilities.

It requires **collaboration mastery** and the skills to “play nice with others,” after you make the decision that you do indeed want to engage and not just play by yourself. You have to be willing to let go of your song and hold the both/and of your desires and what serves the greater good. You need to know when it is time for your solo and when it is time to support the other players. If your instrument is the cowbell and you want to ring your bell all the time, that’s not going to create music with a range of expression. You have to know when your instrument is needed. You have to say yes to whatever shows up and work with it, add to it, and let it influence you in return.

And as you grow your skills and perceptions, and expand, **collective mastery** develops to include the instrument and the music itself as active participants. Each part improves the others. You have to be comfortable with the unknown and willing to experiment and find the edges of what you know and what you don’t know. At the edges is where something completely new emerges. There is awareness of the life of the music and its evolution. You lose yourself in the leading and following and allow what wants to happen. You are part of the flow of something beyond the notes, and the music takes on a life of its own. All aspects of yourself are enhanced and enlivened. You are something much greater, you are pure creativity itself coming into the world.

While this is a simply analogy, what if this could be our experience of relationships? What if our work environments left us feeling this joy of being part of something greater than yourself emerging every day? What if collectively we could apply this approach to climate change? And wouldn’t it be amazing if instead of war we could create beautiful “music” together?

Sounds great right? But how do we make the shift?

## A Hundred Desires

Just like each person wanting their particular song played in the orchestra analogy, if you ask 100 people what the perfect life, or a better world looks like, you’re going to get 100 different answers. Some of these answers would curl your toes, and others would seem to you like heaven on earth. In fact, many of these visions would directly conflict with each other and more likely than not are impossible polarities that have winners and losers.

And yet, if 100 people read the above list of The All-in Manifesto, ninety nine of them say a big YES! Even if you didn’t agree with all of them, I’ve found that nearly everyone can relate to several of them with a tweak or two. (It has been fascinating to see which words people have issues with – mind-blowing sex, kick ass, army, and divine being the biggest disputed terms.)

However if instead I said:

You don’t want a relationship. You want a monogamous marriage that has traditional gender roles.

Or you want a polyamorous relationship with the freedom to love many.

Or even, you want a celibate relationship with someone that shares your love of god and wants to denounce all desire.

Just like before, I could ask 100 of you what does your perfect relationship look like and I'm going to get 100 different answers. I'm pretty confident that many of you have had the challenge of trying to agree on what a relationship should look like even with just two of you.

As I've navigated my own frustration and confusion around trying to reconcile what I saw as possible and what I perceived others wanted, I began to explore the idea that there must be SOMETHING that we could all agree on. Perhaps if I could identify more clearly what that was, then there could be a common foundation where we could meet and create together.

So what is it that the "all-in" desires are pointing to that is different and creates a common YES! with enthusiasm?

What I've found is that if you dig deeper, at the heart of every specific form of desire there are really only four.

## Our Four Common Desires

"What are we all really wanting and why? What is motivating us? What is underneath? What are the desires that call us to be our highest and best selves together?"

As I asked these questions I saw the four same desires come forward:

1. **Connection:** We all want to love and be loved and be part of something greater than ourselves.
2. **Expression:** We all want to express ourselves, be seen and be recognized as unique and special.
3. **Purpose:** We all want to contribute and feel our lives have meaning and purpose.
4. **Growth:** We all want progress and to have tomorrow be better than today.

What I also saw, was the wide variety of ways that these desires create patterns and "strategies" in people's lives as they try to get these needs met.

- We hold back expressing ourselves in order to be loved and accepted.
- We rebel or hold ourselves separate in the name of freedom and preserving identity.
- We give until we are burnt out and have nothing else to give.
- We strive for success, accumulate money and things, only to find we are not satisfied when we get there.

There are an infinite variety of ways we try to get these four desires met and in the process we create extremes and confusion. And this is not just in our personal lives. The impact of the motivation and misunderstanding about these desires, creates mass waves of imbalance such as:

- Tribal identity at any cost causing wars and enslavement (connection through sameness)
- Mass media focusing on extreme opinions and hyped up rhetoric (expression without purpose)
- Fundamentalists of all types, in the name of "the greater good" and a higher purpose, imposing their beliefs on everyone (purpose as dogma)
- Focusing on progress and money alone with no consideration of limited resources and the state of the planet (growth without connection)

***Our individual, cultural and collective worldviews are created by our beliefs, strategies, and experiences around trying to get these four desires met.***

We have also confused the deeper desire with the specific form or outcome that we want. And with that confusion has come the frustration of chasing something that cannot be created by its pursuit. We never quite get the satisfaction and completion that we expect.

As I've worked with these desires over the last fifteen years, it is my experience that love, money, power, pleasure, happiness, and enlightenment are not the goals but rather the byproducts of a deeper understanding and application of these desires as forces.

I've come to realize while as simple as they seem, understanding their true nature and how they influence and move us is a profound and vast teaching which is still unfolding. It's what I call The Four Forces.

## Principles of The Four Forces

So much more than a simple list of needs we are trying to get met, as you dive into The Four Forces they reveal a rich world of new perspectives, experiences, capacities and skills. Each of these simple desires is in fact a movement, a force towards something much greater than we consciously realize.

In contrast to Maslow's Hierarchy of needs, these four forces are not sequential nor hierarchical, instead they work together and the more we can do them ***at the same time, and as deeply as we can***, the more we can engage in creative, conscious evolution.

The Four Forces are at the core of all imbalances in our individual lives and in the world. They are also the solution and the key to unlocking more love, pleasure and satisfaction than you can imagine.

But most profoundly, they are what life itself wants for us. They are currents, influences and forces that are moving us whether we know it or not.

It has been my experience that this work is fractal in nature, with infinite complexity that is self-similar no matter what scale you are exploring. As you deepen your understanding, the elegance and never ending pattern emerges. With each rotation around the spiral of the four forces, you add more facets, skills, and layers of perception. It both gets more complex and rich at the same time, affirming it's simple, iterative and fractal nature.

Ultimately these forces are one many faceted movement that is both creating and experiencing itself at multiple scales.

### **Summary of the Foundation Principles:**

- Every desire, at its essence can be distilled down to one of The Four Forces.
- We all have the same four fundamental desires.
- All problems are caused by a misapplication/misunderstanding of the forces and an over emphasis or repressing of one or more of the forces.

- Everyone has strategies to try and get these four desires met. Strategies by their nature block you from a satisfying and authentic life.
- All solutions come from deeper application of all 4 forces – *at the same time*.
- Everything is conspiring to move you deeper into alignment with The Four Forces.
- At their deepest expression and embodiment, The Four Forces become one multifaceted movement of creative, conscious evolution.

## A Brief Overview of the Individual Forces

### Connection

At its most human, Connection is the desire to love and be loved. It is our longing to belong and to be part of a tribe, of something greater than ourselves. As our perception of connection grows, our version of tribe shifts from those like us to all of life. Ultimately, connection is consciousness itself and our ability to perceive and sense what is already there. Love, Oneness and Enlightenment are byproducts of ever expanding capacities for connection.

When connection is overemphasized at the detriment of the other forces we get: Codependence, Spiritual Bypass, Conformity, Cults

### Expression

As much as we want to belong, we want to be separate and unique. We all want to be seen, heard, and recognized as special. We want freedom, and free will to choose what we want. At its core, it is the desire to be known and to know ourselves. It compels us to create our world around us as a reflection through our personal style, homes, art, communications and even the groups we identify as the “same” or different than us. Through “the other” we get to experience our individuality, our sense of self... our identity. As we more deeply align with this force our identity becomes fractal – with the ability to experience ourselves at multiple levels, including experiencing ourselves as a unique perspective of the universe/consciousness wanting to know itself and to experience everything.

When expression is overemphasized at the detriment of the other forces we get: Narcism, Warlords, Shock Media, and Psychopaths

### Purpose

“What is the meaning of life?” has been asked ever since humans became aware and “What is my purpose?” is a popular question of modern life. Purpose helps us to make sense of the world through story and creating meaning. It helps us feel a sense of order and control. It is the desire to contribute, to feel significant and valuable. It is the beliefs, rules, roles and definitions we take on in order to navigate the world and make sense of it all. As our relationship with purpose deepens, it becomes synergy and the understanding of how our individual choices contribute to the collective. It is the dance with form, and the understanding that life is constantly evolving towards ever increasing orders of complexity, synergy, and awareness. As full participants in evolution, we get to choose what forms and meaning we are creating and in doing so, we contribute to the collective.

When Purpose is overemphasized at the detriment of the other forces we get: Dogma, Bureaucracy, Stagnation, Evangelists

### Growth

Growth is the basic human desire that we want tomorrow to be better than today and to have mastery over our world. We want to feel progress and improvement. Our modern life is filled with metrics to track growth –

economic, productivity, profits, and success. At its most material definition it is accumulation and “more.” Often confused with security, growth is pursued as a form of safety against chaos and the unexpected. As you deepen your perception of growth, it is the force of emergence. It is the coming into being of that which was not there before. A growing plant is physically creating more of itself. Growth stirs in us the movement towards the new and towards our nature as creators. It is learning, experimenting and consciously stepping into the unknown to bring into the world new ideas and forms. It is the desire of life to generate variety, and to learn and evolve.

When growth is overemphasized at the detriment of the other forces we get: Cancer, Greed, and Exploitation.

## The Byproducts - Love, Money, Enlightenment

My experience is that love, money, power, pleasure, happiness, and enlightenment are all byproducts of moving into deep alignment with The Four Forces., To achieve this you first must clear away misunderstandings and the traumas related to them, and embrace a new set of skills and perspectives as you learn to do all four of them as one fluid dance.

If we look at the Four Forces Manifesto again, we can see that each of these is actually the outcome of a deeper understanding and application of The Four Forces, and learning how to combine them into richer life experiences.

For example:

### **You don't want to make money.**

You want financial freedom (expression) and real wealth (growth), doing the work you love, using your gifts (expression) and having a positive (connection) impact (purpose).

### **You don't want a relationship.**

You want a soulmate (connection), not one of those romanticized clichés, but rather someone who challenges you to be a better version of yourself (growth). A partner who is willing to open deeply (connection), reveal themselves (expression) and really KNOW you (connection). Someone who encourages your uniqueness (expression) and remembers who you really are even when you can't (purpose).

### **You don't want to be enlightened.**

You want to live fully in the world (growth), awake (expression), wide open (connection) and on fire (purpose). You want to explore the edges of consciousness (growth and connection) while celebrating your humanness (expression) and embracing the rich spectrum of emotion and experience (growth and purpose).

## Come Play with Me!

I've created The Four Forces Framework Book Series as a way to share what I've learned and to provide the catalyzing perspectives, principles, and practical tools that support living “all-in.”

Let's play and bring into reality a collective vision of the future – one that honors the truth of our interconnection and at the same time celebrates all of the various forms of expression and uniqueness that life has to offer.

Let's create extraordinary music together.