

## **Things Marty believes to be true about life**

Become a good student of Len Leritz. Learn and use his levels of development: Enforcer, Scorekeeper, Peacemaker, Rebel, Generator. Create a safe environment. Attend to the obvious. Use some of the pearls he has discovered, including:

People do what makes sense to them to do. If they frustrate you, it is mostly an invitation to know them better historically and an invitation to somehow make what you need make sense for them to do.

People are not evil or against you. They are likely just doing what seems best to them.

We make the choice to understand or to be right every moment. We consciously or unconsciously choose one or the other, not both simultaneously. At any given moment, we are either trying to be right or trying to understand, and which we choose cultivates vastly different outcomes.

Our scarcity and abundance assumptions about life largely determine our outcomes. When we understand our deep-seated assumptions, we set the stage for lasting and meaningful personal growth.

When feeling stuck, always get on the same side of the table with your problem or adversary. Arrange data as cards on the table, honestly assessing and accurately understanding each one. Usually a solution or resolution emerges effortlessly

There is at least one pearl ---and often two--- in every unsolicited shovel-load of shit tossed at you. One is your recovery from the shit-tossing event. The other pearl is what you do for the universe as a result.

Every child is born in a state of absolute perfection. Then the world takes away realization of or permission to accept that perfection. One of our fundamental tasks on earth is to discover and embrace the perfection which was in us all along.

Find themes which have produced joy for you historically. Define them in their essence ---this part has vast importance--- and see how the themes in your life have interacted, positively and negatively. Live in constant scan mode for opportunities to cultivate those themes.

Always seek excellence in everything you do. Always seek excellence in everything you are.

Always look for the love in every situation.

Always try to change the mix and context in every situation, moving them toward love and understanding.

When some person, situation or cause speaks to you, act on your feelings.

Always take the time to listen and to be available. How well you listen and care contributes greatly to creating generative outcomes both for you and for those whom you love.

Pray. Love. Laugh. Learn. Live.

Love is the best and perhaps only meaningful revenge.

My daily prayer: May I not diminish anyone I encounter in my path today. By the way, I have never accomplished this fully. Sheesh . . .

Lead the way in conversation and action with obvious and truthful humility and chosen vulnerability.

The more you describe something, the more you diminish it.

In any form of art, no element should be included unless it contributes something essential. White space is art, and often it is the best part of art.

Consistency creates value. Staying with an endeavor, whether personal or professional, cultivates excellence and profits. The trick is to be both consistent and in scan mode enough to enjoy the profits from the one and yet not dismiss the opportunities from the other.

People are entitled to feel as they feel. We can argue about everything else, but we must agree on this point, and doing so often changes the conversation from one of needing to be right to one of needing to understand. Understanding one another in all our lame-ass-moron beauty cultivates solutions. Endeavoring to be right often cultivates black-white/right-wrong/win-lose/yours-mine results rather than just and lasting solutions and agreements.

The quality of our mercy, compassion and forgiveness determines the quality of our lives.

Every relationship ends terribly, or it would not end at all.

There is scarce distinction between loving and understanding.

Happiness simply occurs in the honest and active engagement of appropriate challenges.

Always remember that with all your limitations, problems and inadequacies, you are living a life of extraordinary abundance and privilege. Also, always remember that the world is generally populated with those who are immensely greater challenged than you. Therefore, be humble and be grateful.

Go Easy.