

TEN
TO THE
TENTH

An Exercise in Awareness

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Ten to the Tenth

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Special Thanks to my teacher Robert Nadeau and to his teacher Morihei Ueshiba, O Sensei the founder of Aikido

TEN TO THE TENTH

I. The Inquiry

**The Art
Pleasure and Pain**

II. The Principle

How we pay attention

III. Unfolding the Practice

**Felt Sense
Locating
Noticing How We Locate
Journal
Down The Scale
Alignment**

IV. The Basic Practice - Shifting

**The Plateau
The Next Number
Breathing and embodiment
Moving Up the Scale
Mastering the practice**

V. Ten to the Tenth: A Quantum Shift

**The next octave – up the scales
Revisiting the basic principle**

VI. Magnifying the practice exponentially

A new view of scale

Summary

**Implications / Applications
Application Exercises
Appendix**

I. The Inquiry

Ten to the Tenth is an awareness practice that changes how we pay attention. It is a discipline designed to enhance our ability to bring to the world the best contribution we have to offer.

Some days are better than others. On the good days we feel better and function more effectively. We accomplish a lot. We feel more is possible. We are creative in the best ways. We are willing to try things we usually wouldn't consider. We aren't afraid to dream the impossible. There are other days when it is hard to get going. On the bad days it is hard to get out of the house or even get out of bed.

How you feel affects how you think. How you think and what you choose to think about affects your actions. How you act affects what you accomplish. What you accomplish, what you do with your life affects how you feel. To describe how you feel, the combination of emotions, thoughts and actions, I use the term 'state of being'. When you are surprised or challenged notice your reaction. Notice if your state of being changes.

Have you had days where you felt weak, fearful, uninspired? How about days where you felt excited, enthused, unstoppable? What if good days and bad days don't just happen?

What if you could understand how your participation affects your experience? What if that understanding could change the proportion to more good days? What if it could make both the good days and the bad days better? Would that be worth a few minutes of your time?

That is what I'm offering you in the simple practice of *Ten to the Tenth*. You can change your relationship to life with a moment, some knowledge, imagination and clear intention.

- ◆ **Our State of being changes.**
- ◆ **Some days are better than others.**
- ◆ **You can affect the ratio of good days.**
- ◆ **You can even improve the quality of the bad days.**

**What we think is possible is based on our sense of our ability, our power.
What we think is possible frames how we play the game.**

The Art

The art of *Ten to the Tenth* teaches us how to function in as effective a state as possible, for the highest percentage of time.

Our state of being fluctuates from day to day and year to year. Most people see good days and bad days as fortune that befalls them due to the stars or biorhythms. Mood appears to us as a random circumstance. It happens to us. From this view of the world, we're at effect of the state of being that we find ourselves in.

Our state is critical to the way that we function. Many factors affect our state of being. Still, we are rarely as aware as we might be of how we participate and the influence our participation has in creating our state. How we identify, how we talk to ourselves about who we are and how we see ourselves defines our state of being. What we think is possible, is our set on how we play the game. The state of being that we function from is pivotal to how we interact in the world. Our engagement in the world changes through this practice of *Ten to the Tenth*.

- ◆ **We often unconsciously see ourselves as at effect of our mood.**
- ◆ **How we talk to ourselves about who we are defines our state of being.**
- ◆ **Our state of being dictates the way that we function.**

The Dalai Lama said, “We all share something in common. Everyone wants to feel better and no one wants to feel worse.”

Pleasure and Pain

Psychology teaches us among other things, that there are two basic driving motivators that affect decision-making. One is a desire for pleasure. The other is an avoidance of pain. What we mean by pleasure and what we mean by pain can be quite diverse things. But whatever we consider pleasurable attracts us. And whatever we believe causes pain repels us.

An individual drives oneself, acts or does not act; based on the beliefs they hold about whether an action will produce pleasure or pain. If we think we can get what we want, it attracts us. We try for it. If we believe we cannot get what we want, we see that as pain. In our thoughts and actions we resist and avoid the feelings of fear. We associate fear with pain. What we think might be possible is limited by our fear of pain. If we believe we can not get what we want, we don't even try.

We aspire to something or do not, based on our perception of whether we have or lack the power necessary to achieve our desired outcome.

Accepted psychological theory says that the avoidance of pain is a stronger driver than the desire for pleasure. Assuming there is truth in the theory, fear of pain controls us. Even at the cost of forgoing pleasure we protect ourselves from pain. The lack of belief in our ability to make it better becomes the limiting factor, governing what an individual will attempt in the world. What you would like to do in your life that you don't even try to accomplish because you don't think it's possible?

Intent is energy. Fear puts us in a mode where all our attention is consumed with what we don't want. We will not create the world and life we want from that state of attention.

Rather than focus your attention against what is; focus the power of your spiritual essence on creating what you want. The two may seem similar but they are not. One opposes that which is. The other creates that which is desired. Shifting intention to a positive outlook generates living in a creative realm, rather than a negative one.

When the belief of success becomes greater than the fear of pain, the ability to act is no longer stifled by that fear. One has gone beyond fear. When you finally sign up for the class you want to take or speak to a person you would like to get to know, you open a realm of possibility. *It's not that fear is eradicated – the fear still exists. But it does not control you.* It no longer limits your actions. Instead your energy going into fear it goes into creating what you want.

The practice of *Ten to the Tenth* develops the power to direct the focus of attention. The focus of attention generates our state of being. *Ten to the Tenth* empowers both our belief in our ability and our actual ability to succeed at any desired outcome. The ability to focus all our energy on what we want to do and create empowers us. When we courageously focus on living our dream we could call it “the Art of Peace”.

- ◆ **Pleasure attracts us. Pain repels us.**
- ◆ **Fear of pain stops our ability to act because it is stronger than our desire for pleasure.**
- ◆ **Ten to the Tenth empowers us to act in the face of fear.**

II. The Principle

Our state of being is the source of our power and is always changing. Unless we choose our state it chooses us. Our state of being dramatically affects our ability to act. *The power of Ten to the Tenth gives us the ability to shift from a state of being frozen by fear, to a state of dynamic action.*

How we pay attention

Ten to the Tenth is an awareness practice that changes how we pay attention. It enhances our ability to bring to the world the best contribution we have to offer. Power means the possibility to achieve one's potential in our own life and with a larger society. Power means ability, possibility, the capability to make one's desired contribution. When the power to achieve success outweighs the fear of failure and pain, one is free to explore their dreams.

The average person doesn't realize that they can change state at will. Through the focus of our attention our state of being shifts towards an empowered state or towards feeling stuck without options. In a challenge we can muster our resources or fall victim to our fear.

Though the possibility exists of functioning at different levels of effectiveness and power, little is taught in formal education about how to manage that possibility. Athletes talk about peak state and peak performance. Champions spend time learning to access it. They use visualization and memory of past successes to manage their state.

The practice includes the whole being; body, mind, emotions, and spirit in the experience. The word 'spirit' has been used in many ways and has many meanings. It has the same root as the word breath. When we see someone whose body and mind are in good relationship, good alignment, we might say they were in good spirits or of good spirit.

I use the word spirit to mean the spirit of our engagement in the world. Maybe attitude would be another word that we could use, but I prefer spirit. It implies something beyond anything any of us can understand. It implies the life force, the energy that activates all of life. Spirit, the breath of life, connects of our

body, mind and emotions. Spirit is the totality of them all working together. The quality of our energy, the quality of our life, is the spirit that we live in.

Life is a reinforcing cycle of energy. Energy makes life possible. Without energy there is no life. Our quality of life is dramatically affected if we are sick, hungry or tired. Our field of possibilities diminishes. When we feel more is possible our options increase. When we fall in love, get a new job or close an important deal our picture of ourselves changes. When our perception of who we are changes, what we think we can accomplish changes with it. The field of potential, the flow of life energy, is the source of what we can imagine and dream.

Our lives are created but by what we dream is possible. *Ten to the Tenth* focuses on creating the state of being that will create the life you want. From a state of power we dream the impossible. When we feel we have no power fear stops us from creating the life we would like to live.

By going beyond our beliefs and expectations, *Ten to the Tenth* rewards us with the fulfillment that come from exceptional contribution.

- ◆ **Power implies ability, possibility, and capability to make one's desired contribution.**
- ◆ **Positive spirit generates power.**
- ◆ **An empowered spirit makes the impossible possible.**

III. Unfolding the Practice

If I asked, "How are you?" You'd probably say, "Fine. How are you?" But if I asked again, "No, really, how are you?" and you began to think about it for a minute there is usually a lot more going on. Now if I asked you to explain it to me quickly by telling me where you are on a scale of one to ten, could you locate where you are? Let's say one is your least effective state and ten is your best operating place. Simply put, assess your good days / bad days on a scale of one to ten and compare where you are right now.

As an introduction to the process, in order to get in touch with deeper, subtler aspects of life and ourselves, we'll use the implicit practices of sensing, imagining & visualizing. If you are not practiced in these skills don't worry about how precisely you understand my directions. The skills develop easily through practice.

You can do this process in any way that works for you. We all approach and experience the skills somewhat differently. Like listening to music, it isn't important that you hear a piece the way someone else does. There is no one correct way to listen. Simply listen and let the music affect you. Do the same with these practices. You will gain much more in a playful spirit than by worrying or trying to hard to make sure you do it right.

Whatever you can do or dream you can, begin it. Boldness has genius and magic and power in it.

Goethe

Exercise 1: Felt Sense

The body communicates through feeling. Gendelin coined the term Felt Sense - to describe being in touch with our selves. We have learned to ignore our feeling. Getting in touch with how you feel is a source of wisdom and power.

Exercise 2: Locating

Do a quick assessment of your state of power how you are feeling right now on a scale from one to ten. When you tune into how you are feeling simply select where to locate your state of being on the scale. This doesn't need to be that precise; it simply offers a reference point.

Exercise 3: Noticing How We Locate

Then assess the number that you've given yourself by noticing more attentively how you chose that number. What is it about the state of being that you're in that made you rate it at that particular number? You don't have to have the right answer. Just explore the question and notice what comes up.

What is the experience that you're having? What are the data points of your experience that caused you to select the number that you selected? If you called it a three for instance, you might ask yourself what caused you to select three. If it was a nine – try and define why you chose that number.

“Well, I'm feeling pretty good here, but I'm tight here - things are going well - I'm happy about this - I'm sad about that.”

Exercise 4: Journaling You may want to record these criteria. Note whatever the stories are you tell yourself about why you rate your state as such and such a number. Capture the key words, so during future practices you can use them as a reference and build on what you have done.

The most important thing is simply that you notice your state of being. The number scale helps you calibrate where you are and what changes. Most people have no internal reference for their state except the results of their actions. That

is too late. Power exists in choosing our state of being before we act. With reference points that help you assess your state, you become increasingly aware that it changes. That is a first step in being able to choose to change it.

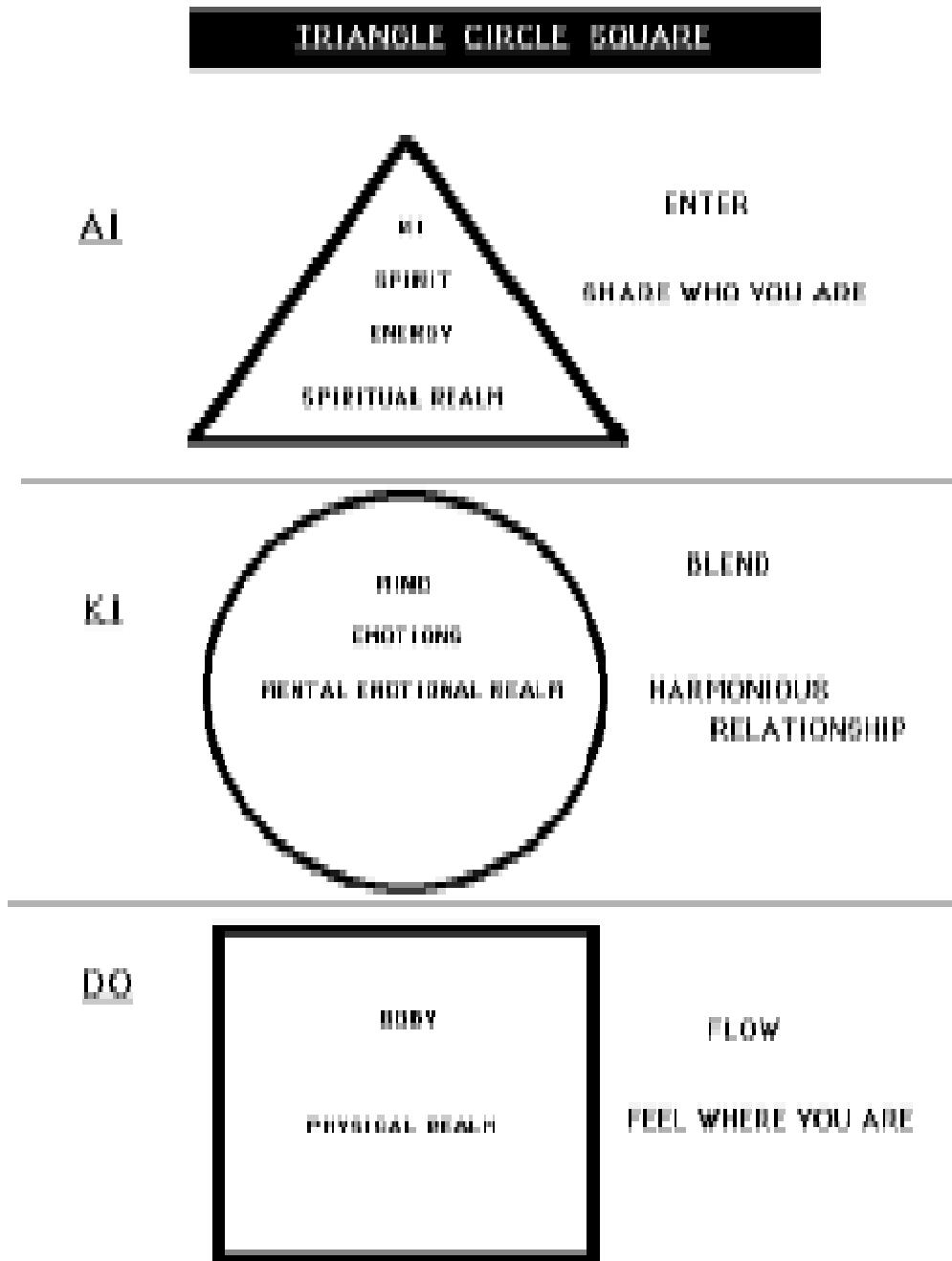
Whatever arises in consciousness, pay attention to those thoughts and feelings. There may or may not seem to be a particular reason for what you notice. There may be a reason that you do understand right now. Whatever you notice may or may not seem important but if it catches your interest that is enough. I suggest you jot down the key points. Another option is a tape recorder. Leave it on or use it to just catch the main ideas. Keeping a record matters more if you're working solo than if you do the practice with someone who can help you remember the important points.

Reflect on your thoughts and feelings. Staying with your experience is the essence of the practice. Writing it down helps you track the learning, if you are able to do it without losing your practice. If writing distracts your attention it could work better for you to sit and write as soon after your session as possible.

When you notice your state, especially if you notice it shift or imagine it moving to a different level, record a few things about what the difference is. Identify a few personal reference points to help you recognize where you are with yourself. I designed this exercise using numbers to develop our skill in recognizing the difference in states of being as they change. The numbers are simply an arbitrary and completely abstract assessment. They are personal. I find that how I use them changes from one day to the next.

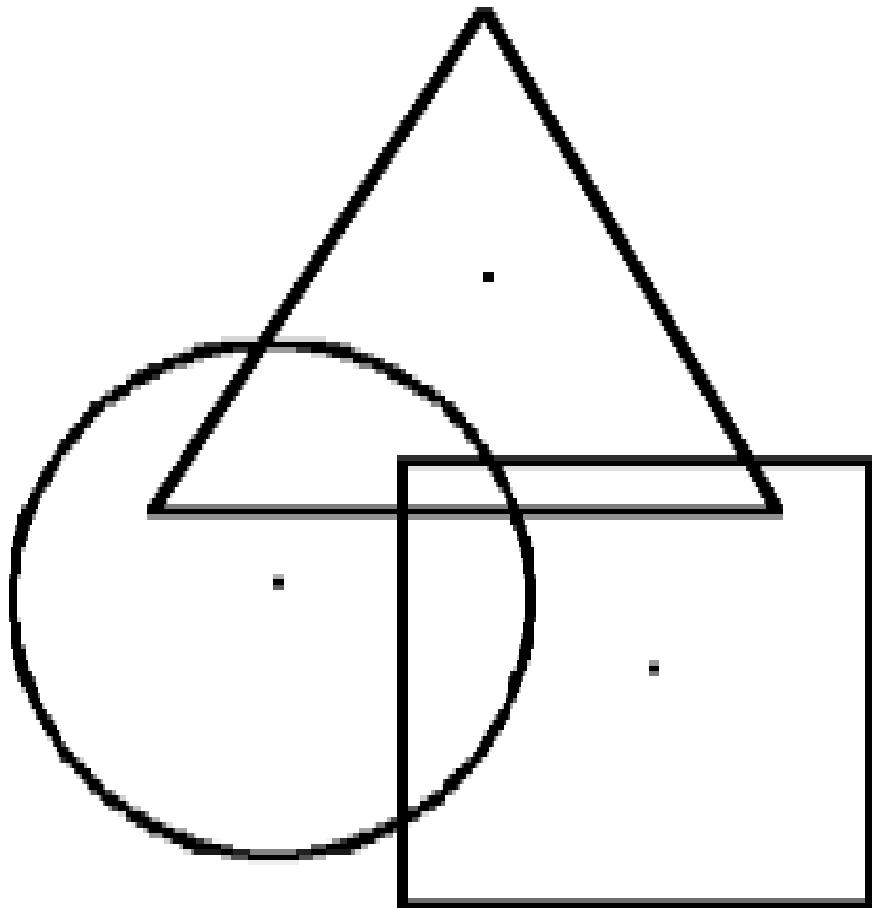
The numbers aren't particularly important. Their value is that they help us have a reference point. We can notice how we are creating or attuning our state of being from one moment to the next. We could use anything as a reference. We could use colors or words that describe the changes in feeling. Again, this is an exploration. There is no right or wrong here. There is no pre-set about how this practice happens. It's simply an experiment in awareness. It should be done as an exploration, in a playful spirit.

- ◆ **Noticing our state is the first basic to choosing one we like better.**
- ◆ **Locating gives us a point of reference to align our choice.**
- ◆ **Keeping a journal helps us differentiate to a finer degree.**
- ◆ **The journal gives us a record over time to relate back to and reassess our process.**

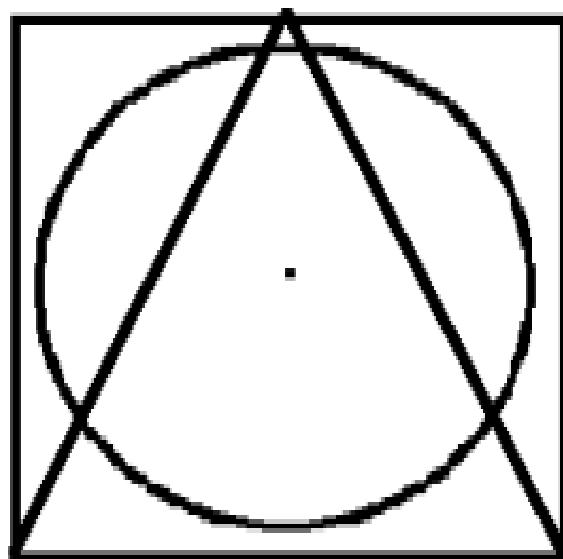


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A BAD DAY



A GOOD DAY



The Power of Attention

In my experience whenever I pay attention to how I feel, it changes. Simply by paying attention I notice my experience is in flux. Often, not always, when I begin to assess the state of being I'm in and then I begin to explore why, my mood improves. By bringing my mind and body - thought and feeling together, my state generally shifts. In terms of this exercise I tend move to the next number up the scale.

Example - Let's say I locate myself at five on a scale of ten. As I clarify the distinctions, the feeling experience I'm calling five, I'm more alert. In one case I may sense my balance front to back. As these two areas seem to equalize more I may begin to sense it as a six more than at five. I feel a little bit more relaxed. A natural alignment happens. By alignment I mean first coming into a clearer focus of what is. Then it means getting increasingly present with the moment or situation.

The process of bringing all these aspects into alignment, I call that “squaring away”. Squaring away changes who you are. You feel differently and see things differently. You make different decisions. It is a shift of identity and as such you create a different life and a different world. When I “square away,” I begin to feel more present. Perhaps my sense of wonder has increased. As I align, I go from six to maybe something that I'll call seven.

Presence in the moment increases awareness of what could improve and how. When we “feel where we are,” we tend to move automatically toward something that feels better for us. Ignoring feedback, denial, not paying attention keeps us stuck. Movement towards pleasure, what would feel better, is a natural principle of life. All the life force needs is the data to navigate the path to a better state.

The game can be played going the other direction. And we do. Often we're envisioning what could go wrong, what we did wrong in the past. *Imagining negative thoughts will change our mood and with it our power.* We speak to ourselves in ways that - if we're at five, make us feel more like a four. We set up a tonality that moves us down the scale of effectiveness diminishing our capability. State of being moves in either direction. We're always doing it. Most of the time we're doing it unconsciously. The practice is to choose to talk to ourselves in ways that move us from seven to eight, from eight to nine, from nine to ten.

Exercise 5: Down The Scale To make the exercise distinct, imagine what it would feel like to go down a number. Imagine pretend and make the shift. Notice the difference in what you would consider possible in the more empowered state of being compared to the lesser state. Gee, I don't know if I can do this - six to five. I'm afraid this won't work out right - five to four.

Notice that we can shift our state through attention, by how we pay attention to it? How we think about our experience creates the meaning we make of it. Meaning in turn defines our state. Our state, becomes our power, what is possible in relation to a situation. Any time, but especially when you have a situation to deal with, an important decision to make, a meeting, a conversation - you now have a practice to consciously choose to align to a better operating state.

- ◆ Awareness shifts according to how we pay attention.
- ◆ Resistance weakens our ability.
- ◆ Focusing attention improves our operating state.
- ◆ We can talk to ourselves in ways that constrict and debilitate our operating state.
- ◆ We can choose to align to a better operating state.

Alignment

The most important thing is that you notice your state of being! Staying with your experience is fundamental to the practice. Paying attention gives us the needed data of what can be improved and how. The movement up the scale seems to flow naturally out of that awareness. As you pay attention, as you notice where you are on a scale of one to ten, the body's natural intelligence begins to align itself. *Simply pay attention to how you are feeling and your system will come into its own natural alignment.*

Notice your posture. By simply paying attention to it, don't you sense an urge to adjust your body into better alignment? As we begin to do that the spine lines up to support the structure. The muscles relax. They are not needed to hold the body up. The skeletal structure will do that if the body is properly aligned. Tightness in the muscles limits physical movement. Tightness in the mind limits thinking. Tightness emotionally limits fulfillment. When we are tight we don't move, feel or think very well. As the muscles of the body relax, feeling increases. Every domain in our life follows the same pattern.

There is a natural movement towards what feels better if we square away and pay attention to the life force's natural inclinations. If we relax it frees up our movement. The same thing is true in the mental realm. As we start to notice where we are in a mental and an emotional state, a natural intelligence brings us into alignment there as well. Through focusing our attention on our state of being our alignment naturally improves. The improvement shows up in our capability and the possibilities that life holds for us.

Ten to the Tenth is an opportunity to experiment with enhancing the power of your contribution to your life and to life in general. Explore the 'spirit' of your engagement as an analogue for the energy that's available to your being. Ten to the Tenth, if you do the practice, develops the ability to bring the power that you truly are into active engagement in the world.

- ◆ ***The most important thing is that you notice your state of being!***
- ◆ **Attention enables us to correct the alignment of the physical, mental and spiritual aspects of being.**
- ◆ ***Simply pay attention to how you are feeling and your system will come into its own natural alignment.***
- ◆ **Proper alignment allows us to focus all our energy on our desired outcome.**

IV. The Basic Practice – Shifting State

Ten to the Tenth as a practice means combining attention with intention to develop a higher level of capability. Learning about the possibility of shifting state is a starting point. But it must be complimented by actual practice. If you just read the words not much will change. You have to do the exercise. The practice means sensing fully into the possibility you represent, choosing your state of being to reflect a truer expression of your power. What is deceptive about the practice is how simple it is. *Yet as simple as it is, the power of the practice comes from practicing. You have to do it for it to work.* The power of the practice increases from consistency in the practice. Let's begin.

The Plateau

As we begin I'd like to double check and see if simply 'Feeling where you are' has changed your location on the scale. If you adjusted your alignment in response to what you sensed, I imagine it already feels a little bit different. If it does, allow that to be so. Notice and perhaps take a few notes. I want to hold open the possibility that simply paying attention causes you to change your alignment. But at some point in my squaring away I seem to plateau out. As I square away it seems that that is about it. I hit a level of let's call it seven right now - and it just seems to hold there.

The Next Number

The practice takes form when I “call up the next number.” By doing that I initiate an observable shift in my state of being, mind, body and spirit.

Exercise 6: Calling up the next number Locate yourself on your scale. Square away to where you are. Imagine the next level. What might it feel like? How would you feel if you were at your next level? Stay with the practice for a minute. Square away to the new number. Notice what differences you imagine. Feel the shift as you imagine functioning from the next better operating space. Highlight changes in feeling, changes in awareness, changes in sensitivity. Take the time you need to make sure that you actually feel each distinction as completely as possible.

See if you notice changes in your ability to listen to your body, to your intuition. Do you notice an increasing of ability, possibility?

Breathing and embodiment

Breathing and feeling are key to actualizing the practice. As you're paying attention with your mind, it is important to keep the body active. In order to keep your body alert and awake, I'd like to invite you to breathe a little deeper than usual. That simple addition keeps the body part of the experiment. Since the physical is part of your being, keep it active as part of the exercise. To whatever degree is appropriate move and stretch the body as you breath and feel.

Stretch your arms out to your side, open your hands, move your torso a bit, twist your waist. Any way that you stretch the muscles brings attention into physical presence. Breathe and feel. Move your feet. Sometimes it's good to walk. Move around the room a bit as you feel the experience. The smallest movements in physical space help bring one's attention to the body.

Instead of disconnecting from feeling and drifting into thought about the exercise, the breathing and the movement, insures the connection of mind and body. It is attention that connects the mind and body so that we are present in the here and now. So breathing, stretching and moving are encouraged. Physical practice keeps us grounded in the moment. The degree to which you attend to feeling affects your state of being. As you play with this exercise the including the body as part of the whole attention focuses your energy, and unifies your being increasing the effectiveness of the exercise.

Moving Up the Scale

Imagine what it would be like if you were at the next number on your scale. If you've called up five, let's call up a six. If you've called up six, call up a seven. Notice what changes as you call up the next number for you. If you don't feel a distinct shift, start by imagining what the next better operating state 'might' feel like. Assuming I'm at seven, I say to myself, "what would eight be like? And then I simply relax and notice what I feel, what I imagine, what I sense.

As I start to imagine/pretend I am at the next level, something changes. In the physical realm it usually has to do with balance, posture, muscle tension, and breathing. In a mental realm it usually has to do with moving from a fixed mind set into toward a more open state of wonder. In the emotional realm I accept what I am feeling with less resistance. Get as present with your experience as possible.

The next step in the practice is 'calling up,' "what would nine be like?" Okay, let's call up nine. Breathe. Feel. Imagine yourself in the state of presence you would rate as a nine. Just imagine it. Play into it for a moment. Again don't allow it to just become an idea of nine. Breathe as a nine. Feel in the body how you would move at nine. Notice if your thoughts and feelings change at all. Do you sense new possibilities?

How good is good enough? After we've given the experience of 'shifting up the scale' a moment - for the first level of the practice that's good enough. There would be value and validity in experiencing each of these differences in state at a much slower pace. We could take a lot of time at nine. We could have taken more time to square away and get fully present with eight. Clearly the more time we take with each level the more distinct our experience. Certainly I don't want to just fly through different states and miss the differences or have them be only a thought. It is experiencing the process, mind, body and spirit, that affects our state of being. That's why I want to make sure the body moves.

If you feel like you've basically got the main distinctions as you shift state, that is all we need. So please continue until you've gone through your scale to nine.

Mastering the practice

Let's go to ten. I invite you to continue step by step until you reach ten on your scale by monitoring your state and choosing to call up ten as if it were possible, and as if it were happening.

Imagine what a ten would feel like. Imagine the possibility of a ten. Practice being at the level of ten. Ten doesn't mean you deny any of the negative things that are going on in your life. It means that even if you're grieving you're at ten - present with your grieving in the fullest, most honest and authentic way. Go to ten on your scale. Breathe it. Feel it. Stretch it. Like an actor playing a part or a child playing a game, play into it. How does breathing, stretching and moving into feeling ten affect your state of being?

Take an extra moment to complete this phase of the practice. Imagine yourself at ten on the scale. Experience it as if it were so. After I have a moment of the experience, I might even begin to notice what's different between ten and nine. Sometimes that has great value. Sometimes it's more of a distraction. If I'm relaxed - if I'm breathing comfortably and fully -if I'm stretching and open - I would let my intuition guide me as to how fast I should move, should I write it down. What would be the difference between ten on the scale and where you started? Play with imagine, pretend it.

Again, as you are “listening” to your own experience, make sure you move the body. Feel the emotional state that you're in. Pay attention to everything that's going on for you as best as you can. Stay with the breathing, the stretching, open into it. Feel what it is that changes as the number changes. Take a few minutes to breathe and stretch into the difference between how you are and the previous level.

As you go to ten, practicing your ability to be present, your dreams and visions take on a different level of reach. What you can imagine starts to change because you are at a different level of existence. How you dream, how you pay attention to things, what you call into your life, everything is affected by your state of being. We show up different at ten.

EX Visualize yourself at different numbers on the scale. See what you notice.

All we did in effect was say a couple of numbers and yet when I do it my state shifts. It seems too simple. Yet if you experiment fully I trust you experienced some difference however subtle or dramatic. It intrigues me that something does start to change if you play the game, if you open yourself to the experience of “going to ten”, here is the essential practice.

- ◆ **Our state of being may improve by simply paying attention however at some point it reaches a natural plateau.**
- ◆ **We can choose to intentionally move up the scale.**
- ◆ **Breathing and movement embody the practice and actualize it as a new state of being.**
- ◆ **Move up the scale step by step distinguishing the differences as clearly as possible.**
- ◆ **Declare for Ten.**

Now the magic!

V. Ten to the Tenth: A Quantum Shift

Assuming you have followed the teachings and done the practice, you can now call up ten and change your state to one of greater possibility. Imagine you've been practicing this for a while, living at ten. Every morning you get up and do this exercise - this is where you live. You're used to being at this state of ten. This is your plateau, your baseline. When you wake up on an average day, this is now where you start. Ten is where you live. When someone asks you a question, when you have a job to do, you function at ten without even thinking about it.

Take a minute with this image. Square away to it. The quantum shift begins when we call this level of functioning one on a new scale, the next octave as it were. Take an extra moment to make this shift. Feel attentively into a full state of being, calling this a one on a new scale of *Ten to the Tenth*. What was ten is now one on this new scale.

If this were one on the scale, what would two on this scale be like? When you feel you've come to full presence at one, go to two on the new scale. Imagine what two would be like on this larger scale. The being creating the scale is on a new level. So imagine each increment as equal to ten times each shift on the old scale. Let it be an experience that includes the body and the mind. Give yourself the time you need to breathe, feel, stretch, move, walk. Imagine it. Breathe it. Feel it. Stretch into it. Square away to it.

Now imagine this was your baseline on the new scale and when you are ready, call up three. Imagine what it would be like to go to three on the new scale. It should be beyond what you can imagine so simply play the game of 'what would three on this scale be like?' Imagine yourself acting from this state as opposed to where you were when we started the exercise. Take a moment and close your eyes and visualize how you would interact with the challenges in your life from the different levels of state you have experienced. Pick a particular situation that you're facing. See if you sense a difference in the way you think about it. Notice what shifting your state does to the spirit of your engagement in the world.

(I suggest you don't go on reading until you have done the visualization and have some imagination of functioning beyond your old norm. It is not just feeling differently. When you feel differently you function differently. So begin to visualize possibilities you might not have considered)

How perfect is perfect enough? Depending on how long you've got, you decide. You could stay on three longer, then call up four. When you feel it's enough, when you feel you began to identify as the new state and you feel okay, this is four, a sense that I'm here - this is what it would feel like - then call up five. At whatever pace is appropriate for you, call up six. Call up seven. Square away to it to make sure you are moving, breathing and feeling. Activate the physical to make sure it is not just a mental thought that fails to include the mind/body continuum. Keep the body actively engaged by movement and feeling. When you are ready go to eight, then nine and finally ten.

- ◆ **What was Ten on the old scale becomes One on a new scale.**
- ◆ **Move up the steps of the new scale.**
- ◆ **Declare for Ten on the new scale.**
- ◆ **Visualize engaging from this state to handle the most challenging situation you face.**

The next octave – up the scales

Start the process again. Once you reach ten and square away to a new level of feeling that now becomes one on your new scale and the increments increase dramatically. Repeat *Ten to the Tenth*. Once you've squared away to ten call it one. Start a new scale. When I feel like I have now identified in this new state - this is where I'm at - I then call up what would it be like to be at the next number up to ten. Call it one. *Ten to the Tenth*. Sweet, simple.

At some point in this cycle, sometimes sooner but usually by around the third time I've called my ten - one, the changes become harder to define. They may seem vast, imaginary or vague, meaning hard to perceive. They are beyond what I can clearly sense. That's okay. Take an easy approach. Play with squaring away without having to understand what that change is. Simply open to it. Allow it to affect you.

Focus, pay attention to everything you can notice. Continue to be attentive to that which is just coming into awareness as you play with going up this scale. Go through it step by step, all the way up to ten on each new scale. Take a minute and stretch into it. Feel it. Don't worry about whether it's right or wrong. Thinking like that takes you in the wrong direction on the scale. Just play with the idea of what it might be like if you shifted ten to the tenth. Imagine, pretend and call this one on a new scale.

So locate where you are on a scale of one to ten, call up the next better state, one at a time on your scale until you reach ten. Go to ten. Call that one on the scale. Identify, act as if, feel yourself change to the new state, or imagine what it might be like if you did. Just play with the ideas and stretch and breathe feeling the changes, real or imagined, through the body. Once you reach ten that now becomes one on the new scale. Repeat *Ten to the Tenth* and start at a new scale.

Pick up the pace of the practice and call up ten. Just call it up, right now - ten. Let that become your mantra. Call up ten. Call it one. Call up ten. Call it one. If you have the time, move slowly through each of the steps of the scale. The more complete the process, the more time the attention focuses on the experience, the more power the process has to change your state. If you have the time and inclination to stop and jot down anything that's important to you, the clarity it engenders can be valuable.

- ◆ **Declare for an exponential shift.**
- ◆ **Go to Ten and call it One.**
- ◆ **Repeat the practice up the octaves.**

Revisiting the basic principle

I want to highlight the principle again. Our state of being fluctuates to states of greater and lesser empowerment. We are always affecting our state by how we think and talk to ourselves. How we talk to ourselves trains us to make meaning out of life's experiences. How we program our state of being sets up the level of engagement through which we will live out our lives. We usually do it unconsciously. *Ten to the Tenth* empowers you to choose your state of being. The important thing is that you choose to not to be a victim to outside circumstances, to the habitual forms through which you make meaning. Of course things affect us and the practice is to bring our best to each of those challenges. Rather than being at effect of how you feel about things you can affect your state, mood, attitude and spirit.

You can see already that the practice has a surprising effect. Our state of being, the state we operate from is mutable. We can change it through intention. Changing our state affects the way that we interact. At three, a parking ticket can be a big deal. When you're at ten a parking ticket is a learning experience. You pay more attention next time you park and there's no more energy wasted on it. Power means we can learn. Anger and frustration are states that arise from not having enough power to do something more positive. We can choose to live in our best state and bring our greatest contribution to the world. So go to ten. Call it one. Begin the process again. This is the practice of *Ten to the Tenth*.

State is mutable. We can affect it.

- ◆ **Choose to choose your state of being.**
- ◆ ***Ten to the Tenth* creates a state that sources creativity and courage.**
- ◆ **Don't cheat yourself and the world out of your contribution.**

VI. Magnifying the practice exponentially

A new view of scale

Here's the last piece of the practice. As you play with shifting your state of being up the exponential scale take note of the time. I'm guessing you've been doing this now for a some minutes. The affect increases tremendously over time. Once you feel like you're moving well with the practice, you can magnify the effect on your state by imagining you've been doing it for extended periods of time.

First imagine the state you would be in if you've been doing *Ten to the Tenth* with your full attention for an hour. Now call up the state of being that that would create. Like we call up ten, simply imagine what it would be like. Then act the role, become the player of the part, imagine, pretend. Keep the body engaged. Stretch, breathe and move.

Imagine now that you've practiced for a whole day moving consciously up to ten, calling it one. There's been eight hours of this. We've been resting when we need to. It's been a relaxed experience squaring away to each new level of *Ten to the Tenth*. Imagine consciously experiencing this new state as if it had now fully become your baseline. Take the time to fully visualize and fully enter the changing experience. Soak in it until you feel differently.

Now, what state would you be in if this had been going on for a couple of days? Imagine you've just come back from a weekend retreat of two plus days of practicing this shift all day. You had a coach helping you stretch into experiencing ten, calling it one. Stretching, breathing, feeling, imagining, pretending, experiencing ten on the next scale. Calling it one. Imagine the state you'd be in from that experience. I want to coach you to take the time again you need to feel and experience this newly imagined state. "Square away at each level before you move to the next.

Now if you've been practicing like that for a long time, imagine your baseline. What if you'd been practicing for a year and most of our free time was spent on this exercise? Imagine the state of being you'd live in. Now imagine pretend that you'd been disciplining yourself to the practice of *Ten to the Tenth* for years.

Imagine if you had done this practice, you'd gone to a monastery for years and all you had done was this practice of ten to the tenth for years. You've lived in a monastery for 100 years where all everyone does is this practice. Imagine if you had done this practice, breathing, feeling and stretching under the worlds best coaches, guiding you and coaching you to fully engage in the experience of opening into the full potential of *Ten to the Tenth*. You can imagine you had reincarnated for endless lifetimes of practicing in these monasteries. See what that does to your state.

This is the last beat, the outcome of the practice. Imagine that you've now developed the practice to such a level that subconsciously even when you are not paying attention *Ten to the Tenth* is always going on. Instead of talking to yourself in ways to take you down the scale, you are always moving to ten. Even when you are not thinking about it, you subconsciously move to ten. And you call it one. And you start the process again.

Imagine in your life that *Ten to the Tenth* has become an integral part of who you are. **It's like your heart beats *Ten to the Tenth*.** Your spirit does *Ten to the Tenth*. That's the person that you can be if you'd like to. That's the identity that could choose to engage in the world at that level of spirit of power and ability.

- ◆ **Imagine your state after practicing for a prolonged period of time.**
- ◆ **Imagine your state after practicing for a lifetime.**

Summary

Ten to the Tenth, the essential practice. **Notice** – notice your state of being. **Locate** - Locate where you are on your scale of one to ten. **Assess** - Assess how you selected that location. Pay attention to what kind of data did you use in defining your experience. **Square away** - ‘Feeling where you are’ begins to square you away to where you are, which often begins to move you to the next level of presence. Identify it as the new location. **Plateau** - Continue to square away until you reach a plateau where your state just seems to hold. **Choose to call up the next number** - Call up the next number. Choose to intentionally move up the scale step by step until you reach ten. **Embody** - Always keep the body engaged by movement, by stretching, by breathing and feeling. **Ten becomes one. Repeat the process exponentially. Picture the practice prolonged through time.**

As you slow it down you will begin to notice more and more happening at each level, at each shift. As you spend more time at each level you'll notice things you hadn't noticed before. Understandings emerge that were unimaginable at earlier stages in the process. So pay attention. Time is well spent moving through each shift attentively. Spend enough time squaring away. Let your intuition guide you as to how quickly or slowly to move through the practice.

We create our state of being and our identity simply through an ongoing process of repetition. It's done like breathing. If you have more oxygen, your system works better. If you're coming from ten your system works better. Unless we have trained we don't breathe consciously. Unless we have trained we don't locate consciously.

You are a miracle. Accept the warrior's challenge to call up ten and call that one. If we let go of each passing instant and enter the unfolding future, which is always unknown, the door opens to another state of being. Each shift into increased presence supersedes the state from which we previously functioned. These openings take us to places we could not have imagined. Continue shifting through the exponential levels into the realm of the unknown. Entering the unknown means we have no idea of what can and can't happen. Entering the unknown you can erase the limits of what you think is possible and dream worlds that were previously unimaginable.

Enjoy your journey.

Implications / Applications

The implications of ten to the tenth apply throughout our lives. When we face any challenge we immediately assess whether we have the ability to respond to the challenge effectively. Being able to access and engage from our best operating place produces our best performance. As we develop our skills in noticing our state of being we can locate where we are on our scale of one to ten or any scale that we choose to use. Noticing allows us to locate. Locating allows us to shift intentionally.

Top athletes and performers study how to access a peak operating state. Athletes use exercises to improve the state of being they operate from. To achieve peak performance athletes are taught to visualize positively. They learn to access their best past performances and remember the feeling of the state they were in. Facing an important challenge they are taught to visualize having achieved the goal, receiving the metal, enjoying the celebration at the party. Thinking positively sets up the expectation of success. With the expectation of success the mind-body system releases the chemicals and electrical charge that go with a state of peak performance.

What someone holds in their mind powerfully affects their ability to perform. Most of us are not aware of the unconscious visualizations and self-talk that alters our state. Learning to be aware of self-talk and choose positive images on purpose empowers our ability. Training one's ability to seek their best operating place and to continue seeking an operating state that supersedes the previous one is the power of ten to the 10th.

The practice itself is simple. Its simplicity is its power. We can do the exercise in a matter of seconds. We can shift to a better operating place and be more effective in our interactions in the world by simply noticing, locating and shifting. We can go beyond the beliefs that limit our ability to function beyond what was previously possible. We can reach levels of ability that we never imagined. Ten to the tenth can change the quality of our lives, our interactions with other people and the dreams that we allow ourselves when we are alone. As a result of proper practice our ability to handle challenges takes on a new level of power. The risks that we feel comfortable taking and the contributions that we make increase exponentially.

We're always talking to ourselves, thinking to ourselves and talking to others. By doing so we are affecting our operating state. We do it by habit. We do it unconsciously. Too often we do it in a way that dis-empowers our ability to dream and act. Through the practice one raises this activity to a conscious level. Ten to the tenth enables us in our lives to seek beyond what is possible. As a friend of mine used to say, "if it was possible I wouldn't even be interested. "

You can apply ten to the 10th any time, anywhere, in any situation. To anchor the practice and make it part of your daily experience it's important to find ways to practice repeatedly. Once a practice is established like any other habit it tends to stay with you.

One simple practice is to go to ten whenever the phone rings. In the beginning you might want a reminder on phone's handset. You could write the number ten and tape it to the phone. Or something as simple as taping a red dot placed in the center of the clock or the corner of your computer screen can serve as a reminder to go to ten. Once you have established a habit of shifting your state of being consciously, moving up the scale becomes a natural reaction any time you need to operate from a better location.

The added bonus is that since we are affecting the people with whom we interact, with this practice we affect them differently. It allows us to give to them in a way that empowers their lives also. I would rather live in a world of people with who felt capable of satisfying their own needs than people operating out of fear. When we operate out of fear we think only of ourselves. When we are capable, when we believe in ourselves and our abilities, we think about contributing to our society and the lives of others.

Application Exercises

Anytime you face a challenge you can use *Ten to the Tenth*. One technique is visualization. Here is a way to use it.

Take a moment, sit down and close your eyes. Imagine how you usually interact in a situation that is important in your personal or professional life. Then imagine doing *Ten to the Tenth*. Go several factors/octaves up the scale. Then visualize your interaction in the same situation and see if anything is different. Repeat as needed until you reach a state that divines a satisfactory strategy. Then take it another level and see what emerges beyond satisfactory. Continue until you perceive a quantum shift.

After a while you can locate a sense of where you are with something besides numbers. You can use feedback from the people you interact with. The input of others may have a different valence for you. Identify and develop your own personal set of indicators. Use them like the indicators on your dashboard that tell you when to add fuel and oil. By checking your indicators you'll know when you need to do *Ten to the Tenth* to enhance your capability. You can do it several times in a moment or two and completely change your state of being. Continue until you reach enlightenment. Then, call it one. Go to ten. The practice of *Ten to the Tenth*, if you do it, will change the way you interact in the world.

**Don't give up
Don't give in
Change your state
Share your love**

**Go to ten
Call it one
Go to ten**

**Just keep swinging
for the fences,
because whatever happens
between now and then,
it's the way to live.**

A Quick Review

I. The Inquiry

- ◆ **Our State of being changes.**
- ◆ **Some days are better than others.**
- ◆ **You can affect the ratio of good days.**
- ◆ **You can even improve the quality of the bad days.**

The Art

- ◆ **We often unconsciously see ourselves as at effect of our mood.**
- ◆ **How we talk to ourselves about who we are defines our state of being.**
- ◆ **Our state of being dictates the way that we function.**
- ◆ **Ten to the Tenth creates our state consciously.**

Pleasure and Pain

- ◆ **Pain repels us.**
- ◆ **Fear of pain stops our ability to act because it is stronger than our desire for pleasure.**
- ◆ **Ten to the Tenth empowers us to act in the face of fear.**

II. The Principle

How we pay attention

- ◆ **Power implies ability, possibility, and capability to make one's desired contribution.**
- ◆ **Positive spirit generates power.**
- ◆ **An empowered spirit can make the impossible possible.**

III. Unfolding the Practice

- ◆ **Noticing our state is the first basic to choosing one we like better.**
- ◆ **Locating gives us a point of reference to align our choice.**
- ◆ **Keeping a journal makes us differentiate to a finer degree.**
- ◆ **The journal gives us a record over time to relate back to and reassess our process.**

The Power of Attention

- ◆ **Awareness shifts from paying attention.**
- ◆ **Resistance weakens our ability.**
- ◆ **Focusing attention improves our operating state.**
- ◆ **We can talk to ourselves in ways that constrict and debilitate our operating state.**
- ◆ **We can choose to align a better operating state.**

Alignment

- ◆ ***The most important thing is that you notice your state of being!***
- ◆ **Attention enables us to correct the alignment of the physical, mental and spiritual aspects of being.**
- ◆ ***Simply give feeling your attention and it will come into its own natural alignment.***
- ◆ **Proper alignment allows us to focus all our energy on our desired outcome.**

IV. The Basic Practice – Shifting State

Mastering the practice

- ◆ Our state of being may improve by simply paying attention however at some point it reaches a natural plateau.
- ◆ We can choose to intentionally move up the scale.
- ◆ Breathing and movement embody the practice and actualize it as a new state of being.
- ◆ Move up the scale step by step distinguishing the differences as clearly as possible.
- ◆ Declare for Ten.

V. Ten to the Tenth: A Quantum Shift

- ◆ **What was Ten on the old scale becomes One on a new scale.**
- ◆ **Move up the steps of the new scale.**
- ◆ **Declare for Ten on the new scale**
- ◆ **Visualize engaging from this state to handle the most challenging situation you face.**

The next octave – up the scales

- ◆ **Declare for an exponential shift.**
- ◆ **Go to Ten on call it One.**
- ◆ **Repeat the practice up the octaves.**

Revisiting the basic principle

- ◆ **State is mutable. We can affect it.**
- ◆ **Choose to choose your state of being.**
- ◆ ***Ten to the Tenth* creates a state that sources creativity and courage.**
- ◆ **Don't cheat yourself and the world out of your contribution.**

VI. Magnifying the practice exponentially A new view of scale

- ◆ **Imagine your state after practicing for a prolonged period of time.**
- ◆ **Imagine your state after practicing for a lifetime.**

Appendix

One version of the journey to ten.

1. Oh No!
2. I hate this
3. Do I have to?
4. Again?
5. OK
6. Let me improve this
7. I can perfect this
8. I can sense the whole
9. I move as the whole
10. The whole moves as itself

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The Extraordinary Listening & The Quantum Edge are dedicated to increase human wealth through extraordinary communication. Aikido of Marin is the dojo –the school where we practice

We are a network of consultants specializing in executive coaching, leadership and team development, mastery training and mediation. Our training and process work are drawn from and explore the disciplines of Aikido and Dialogue. Our coaching and training has been delivered primarily in high-change environments. We have worked with fast-paced start-ups within the telecommunications industry, large utility firms, the banking industry, and a number of high-tech corporations. We also contribute in the arena of international peace building, having worked with the Institute for Multi-track Diplomacy, Harvard Negotiation Project, Conflict Management Group and the Fulbright Commission.

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