

TASTE of Excellence

a free multi-media gift from
award-winning authors &
internationally acclaimed seminar leaders
Ariel & Shya Kane



TASTE of Excellence

with Ariel & Shya Kane



Welcome!

Wherever you are on our lovely planet, we welcome you to our community of people around the world who are bringing awareness, enthusiasm and excellence to their lives.

This gift contains several resources - an article, video, a question from a community member which we have answered, plus an audio and two bonus videos - all of which will support you in relaxing into the current moment and discovering your own brilliance. Enjoy!



Warmly,
Ariel & Shya

**Feel free to [share this gift](#)
with your friends, family and colleagues, too.
The experience of Transformation grows as you give it away!**





ARTICLE: *Taking a Classy Ride*

By Ariel & Shya Kane

If you are here and paying attention, you can learn amazing things from unexpected sources. Great teachers are everywhere. Of course it requires being interested, taking the attention off of yourself, listening and having the willingness to see and admire the human spirit and heart. It necessitates being willing to know that all those around you possess the capacity for brilliance if only you have the eyes to see.

One night in San Jose, Costa Rica the two of us hired a new teacher. His name was Eduardo. We contracted him to take us to and from dinner in his taxi. What we received in reality was a series of sweet lessons. Usually taking a taxi is a means to get to a destination. In this case, going to our destination was actually a means to meet Eduardo. Our dinner and what we ate wasn't particularly memorable – Eduardo, on the other hand, was.

Initially we realized that there was a calmness to his demeanor that we found inspiring. Eduardo, a Costa Rican native in his late 30s, had been driving in San Jose for several years and over that time, he told us, he had noticed that there were more and more cars and no additional roads. Eduardo drove assertively when he could, when it was appropriate, but when it wasn't, he didn't stress himself – or us. He relaxed rather than tried to push in front of cars that had the right of way.

We were happy to discover that Eduardo's English was far superior to our Spanish and so we had no trouble chatting on the way to and from dinner. We found out that he had grown up on his father's farm near the Panama border and had moved to San Jose because there was "more opportunity" there. Eduardo had also lived in New Jersey for a year where he had studied English for a couple of months. Mainly he had worked in landscaping and doing road construction, driving a big machine. He said it was very hard, hot and tiring work but he had scrupulously saved his money and was able to buy his car and a small home upon his return.

TASTE of Excellence

with Ariel & Shya Kane



As he drove we discussed his home. In the back yard there was an orange tree, he said. In the spring he would wake to the sweet aroma of orange blossoms. The white-faced monkeys would chatter away and feast on the fruit. Toucans regularly sat in his yard along with a variety of other birds and he woke to a symphony of sound each day.

As we made our way along the congested roads, his cell phone rang. It was his 17-year old son. Ahh, being a parent to a teenager. We all agreed that at that age kids feel invincible and think they are adults when they really don't have the maturity to make informed decisions. It was obvious to us that Eduardo had the usual concerns about his children (he has two) and yet he was able to set them down along with the cell phone.

Being with him was a lesson in relaxing. It was a real life demonstration of knowing that you are going to get "there" anyway but there is no need to stress yourself or further stress the other drivers around you in the process. No need to stress your passengers either to prove to them that you are doing your job. It demonstrated that you can move with totality, alacrity and engagement when the circumstances call for it but that you don't need to push your way to get ahead and you can be respectful to others when the window of opportunity for forward momentum momentarily closes. Being with him was also a real time lesson on how to let go of things you cannot in the moment do anything about. As Eduardo drove the car, he was occupied with the act of driving, not pre-occupied with conversations in his thoughts about his family, his home or anything else that wasn't in his immediate surroundings. Nor was it filled with getting on to his next fare.

The streets of San Jose, Costa Rica are filled with car exhaust and diesel fumes. But in our transport it was as if there was a breath of fresh air. In the time we spent chatting with Eduardo, there was plenty to complain about should we have taken that "road". But our ride was complaint free.

Just two days before we traveled with Eduardo, we had been joined at dinner by a very wealthy couple. They were part of an elite group of individuals and the meal was liberally spiced with conversations about their servants and gardeners and theories about how "poor" people could eat well if they were to consume rice and beans and green plantains at each meal. The couple was dismissive, bordering on rude to the wait staff and the gourmet meal had been mentally dissected and found lacking. At one

TASTE of Excellence

with Ariel & Shya Kane



point, dabbing his mouth with his napkin, the gentleman of this couple inquired, "What class of people attend your groups?"

The question caught us off guard. It came from so far afield.

"What?" one of us said, "Excuse me?" said the other.

"You know...Upper class, middle class?"

We were, truth told, shocked by the question. Our reply was something along the order of, "We work with people from all walks of life who have an interest in what's possible and are interested in living their lives with excellence."

Privately we thought about how we are delighted by the diversity in our courses and of those who tune in to our radio show and have joined our online newsletter, The Excellence Club. A flash of faces paraded past the window of our minds in an instant of many of the people that we have had the privilege to cross paths with over the years, individuals that this couple would dismiss through a whole host of standards that others could never hope to meet.

As we settled back into our seats and let Eduardo skillfully maneuver his way back to our hotel, we couldn't help but think about which of them was in possession of true wealth, which possessed the greater class. Our trip to and from dinner with Eduardo as our teacher, truly was a classy ride with a very wealthy man.



VIDEO: *Life is Knocking at your Door*

John relaxes and lets life in.



To view this video, click [HERE](#). You'll be directed to a web page where you can stream the video or download it to your computer - feel free to return as often as you like!

*To download the video file to your computer:

- From a PC: right-click on the link and select "Save Target As".
- From a Mac: open using iTunes or ctrl+click and select "Save Page As".

Then select the place on your computer where you would like to save the file.



Q&A: *What is Self-Criticism Saving You From?*

Rita from Bern, Switzerland asks about picking on herself when she makes mistakes.

QUESTION:

Dear Shya, Dear Ariel,

Every time I make mistakes I think for hours about it, sometimes even for days, that I should have done it differently. Then I feel guilty and I'm upset and I beat on myself. Even if I know I couldn't have done it different, my thoughts are so loud in my brain and my self-esteem gets lower and lower. So many things are getting better, since I began to work with you, but to pick on myself and to think I'm not good enough is always in my mind. How can I be aware of my thoughts and of all kinds of things I do, without picking on myself so hard all the time?

With much love,

Rita from Bern Switzerland

ANSWER:

Dear Rita,

What if these "hard on yourself" thoughts are not a problem but a solution? What if being racked with guilt, day and night, is actually saving you from something even more confronting, challenging or uncomfortable? Sometimes the familiarity of being upset can save us from starting an exercise program, dating, intimacy with a spouse, or new projects at work that have a creative element. Sometimes living the story of our life that we are doing things "wrong" saves us from the intensity of the moment or from confronting how great we actually are. What if it was as simple as having these

TASTE of Excellence

with Ariel & Shya Kane



berating thought loops as an activity so that you don't have to be active doing the dishes, making the bed, getting online and dating or finding a way to be physically intimate with your partner?

These thought loops are simply a habit. Don't judge them but ask yourself: Now what? You can think of it like a person who over the years has learned to slouch. It takes awareness to stand up straight once again — awareness and practice. Once you notice yourself picking on yourself and rehearsing the idea that you are not good enough you can simply straighten up and move on. It is as simple as that. And with practice this new "posture" will become a habit as well.

Warmly,
Ariel and Shya

TASTE of Excellence

with Ariel & Shya Kane



Bonus Videos!

To view these videos, click [HERE](#). You'll be directed to a web page where you can stream these videos - feel free to return as often as you like!

BONUS VIDEO #1:

Practical Enlightenment Includes...

What does Practical Enlightenment mean to you? Folks who have experienced Ariel & Shya Kane's seminars share personal and practical examples of enlightenment in their own lives.



TASTE of Excellence

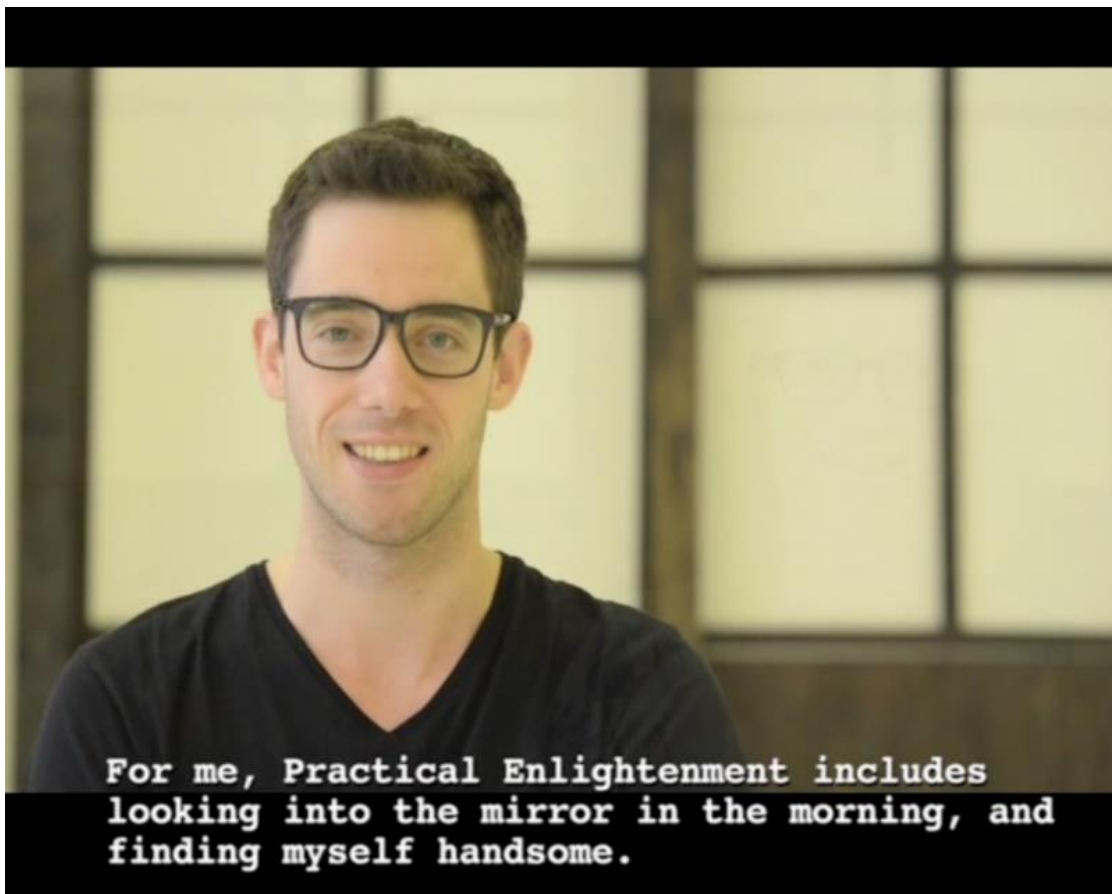
with Ariel & Shya Kane



BONUS VIDEO #2:

Praktische Erleuchtung Beinhaltet...

To celebrate the new translation of Ariel & Shya Kanes' book "Practical Enlightenment" in German, participants in their seminars share personal and practical examples of enlightenment in their own lives. This video is in German with English subtitles.



TASTE of Excellence

with Ariel & Shya Kane



Bonus Audio!

Click [HERE](#) to stream or download this special episode of our top-rated Internet radio show *Being Here with Ariel & Shya Kane*.



BONUS AUDIO:

Achieving Your Goals and Being in the Moment

Is it possible to be in the moment and still achieve your goals? Of course it is. In fact being in the moment allows realizing your goals to be seamless and effortless. Tune in to this illuminating episode of Being Here and find out how.

TASTE of Excellence

with Ariel & Shya Kane



Did you enjoy your Taste of Excellence free gift?
Hungry for more? Here are some options:

Join us for a Seminar in:



[New York City](#)



[Cambridge, England](#)



[Hamburg, Germany](#)



[Costa Rica](#)

Join The Premium Excellence Club:

With a yearly membership to this online subscription program, you'll receive a video "mini-session" in your inbox each week, plus an exclusive article each month. You can also submit questions for us to answer in a monthly Q&A. It is a terrific resource for expanding your experience of Instantaneous Transformation and having excellence in your life with consistency – all in an easy-to-access online format.

Click [HERE](#) to learn more or join the Premium Excellence Club.



Connect on the Transformational Moments Blog:

Join a community of passionate people around the world on our [Transformational Moments Blog](#).

*Transformational
Moments Blog*

TASTE of Excellence

with Ariel & Shya Kane



For more information about upcoming events, seminars, books,
our Internet radio show *Being Here* & more, visit:

TransformationMadeEasy.com

*If you enjoyed your free gift, feel free to [share this link](#)
with your friends, family and colleagues, too.
The experience of Transformation grows as you give it away!*

