

“Do I sit, deformed, a naked egg, catching at Good-bye?”
– Poet, Wallace Stevens



It all started with a broken egg.

One day, I dropped the egg I'd been getting ready to crack into a skillet. The egg went splat in the skillet. Little pieces of shell swam in the pudding white.

I was picking shell out of my egg when I suddenly stopped and stared at the broken yolk and shattered shell.

Remember the old anti-drugs TV commercial from a few years ago where they showed an egg frying in a skillet and said, "This is your brain on drugs?" That fried egg popped into my head as I stared at my splatted egg riddled with shell pieces.

"This is your life on splat," I thought.

Once I got into the egg analogy, I was, excuse the pun, cooking. All those egg terms popped into my head:

"He's a bad egg."

"She's such a good egg."

"Last one in is a rotten egg."

Egg has been used for various kinds of people (good, bad) since Shakespeare's day. In 1864, *The Atheneum* defined "bad egg" as "a fellow who has not proved to be as good as his promise."

The schoolyard saying "Last one in is a rotten egg," doesn't have any historical significance that I can find—it just tends to be used as a way of urging others to join in or do something.

"Last one in is a rotten egg" got me thinking even harder. (I had a lot of time; the shell pieces were small and elusive.)

What if this egg in the skillet was my life?

And what if I, the egg, remained where it lay?

Many times in the last few years, as I've coped with the latest crisis or challenge, I've been tempted to give up. I just want to sit down and rest, I think. I'm tired of trying.

So what if I did?

Eggs, even good eggs, will rot if you leave them lying around. This is true whether they've splatted or whether they're still in the shell. Hence the

term, rotten egg. An egg left too long in its shell will go bad.

So this is you:



Even though you're wearing a smile, we can't really tell whether you're a good egg or a bad egg until you get opened up.

And if you're living, you *will* get opened up. Stuff happens. Shells break.

Chances are, you've already had your SPLAT moment.



What have you done since then?

Have you let yourself lie there and rot?

Or did you scramble yourself into something good?

This guide is about The Scramble—what it is, why to do it, and how to do it. If you learn and apply what this guide has to teach you, you can turn your failures into success and your struggles into triumph.

You will remove the word “lack” from your vocabulary. You will see yourself ... and everything and everyone around you in a whole new way.

The Scramble is a transformation technique ... and not just personal transformation. It's a world-changing technique. When you learn The Scramble, you truly can affect global change.

Before I tell you how, though, let's make sure you're really interested enough to actually do it.



Should You Keep Reading?

Before you go any further, let's be sure this guide's for you. Because it's not for everyone.

This is a little guide, but the ideas in it aren't small at all. They're BIG and they require BIG commitment on your part—BIG thoughts and, eventually, BIG action.

If you're not ready for all that big stuff, if you don't have the vision to see a new version of yourself *and* the world, you might want to stop reading now. If you can't summon the courage to be a different person in a world of your creation, this guide isn't for you.

This guide is for people who are willing to break their shells and go through all that inconvenient and messy shell-removal so they can scramble themselves into greatness. This guide is for "Scramblers," people who are ready to mix it up and turn themselves and the world around them into something new and amazing.

Scramblers come in many shapes and sizes and from all aspects of life.

Some are business owners, entrepreneurs building empires out of one idea and a lot of determination. Some are athletes who are pushing the boundaries of what the human body can do. Some are actors, dancers, artists, or writers who are expressing emotions that trigger evolutionary thought. Some are professionals nudging their industries into visionary action.

Some Scramblers are parents and teachers who know children's minds can expand far beyond the limits we often place on them. Some Scramblers are Baby Boomers and beyond who know that age can be an asset of authenticity.

The Scrambler way of life isn't easy. It tends to be a little chaotic at times ... or at least it feels that way. It's a life lived outside the comfort zone, so it's not for those who are too attached to their recliners.

But if you want to replace lack with abundance, it's the only kind of life to live. If that sounds good to you, keep reading.

Three Pivotal Thoughts To Keep In Mind

I'd like you to keep three things at the forefront as you read this guide.

1. Nothing is as it seems to be.

Everything you see in the world is filtered through your judgments.

It is what you think it is because you've decided that it is what it is.

But it's not what you think it is because it's just energy in expression. It's without meaning, without significance.

YOU are the person who assigns meaning and turns your world into something different than reality.

A few years ago, I was driving home from the store and I saw, at the far edge of the dirt and gravel parking lot of a church, a sprinkler watering a bare patch of dirt. The dirt wasn't in a planter or a garden, so what I was seeing seemed utterly absurd, not to mention wasteful.

The next day, I drove by the church again, and I saw workers digging post holes where the sprinkler had been set up the day before. Aha, I thought. It wasn't absurd at all. Once the wet ground was put in context—they were softening it for easier digging—it all made sense.

Most of what we see in the world isn't in context. We see snippets of reality, and we spin whole scenarios around it. We make judgments and assumptions and snap decisions.

To do what this guide teaches, you have to be ready to give up all that meaning that you attach to what you see. You have to understand that nothing you encounter is as it seems.

2. What seems lousy now will someday be a fond memory.

The judgments we make about the world are most powerful in our own lives. We constantly evaluate our current and past circumstances. And we usually evaluate them incorrectly.

When I married my first husband, Brad, he and I moved into a small two-bedroom apartment and started law school. We were on a tight budget, and we worked hard in school. It seemed like tough times.

Now, I look back on those times and see what they really were. They were the launching pad for the rest of my life, and they were exciting and expansive. We may have had little money, but we managed to have fun with what we had. And we may have worked hard, but we had few

responsibilities and worries. All we had to do was study. I was more carefree then than I've ever been since.

The ability to understand that in every moment you're creating a fond memory is essential to learning to be a Scrambler. The best thing you could do is throw out the word, "lousy."

3. Your worst moments are the foundations for your best moments.

Often, the truly awful things in our lives turn us into the people we need to be to do what we want to do. Even if that isn't the case, every bad thing that's happened in your life has, at the very least, fertilized the soil of your soul. Struggle opens us up ... even when we try to close ourselves off from it.

Four years ago, my husband, Tim, suffered a head injury that wiped out

95 percent of his lifetime memories. Having a husband who suddenly couldn't remember how to do his work or who the people in his life was definitely a bad moment ... for Tim and for me.

The head injury, though, has brought us closer together than ever before. When all of Tim's life fell away and what remained was his solid and unwavering love for me and his commitment to the life we're building together, he found an anchor he'd never had before. And for me, seeing him discover the world anew everyday (he has no memory of history or culture) has connected me with that eager childlike part of me that delights in the wonders of the world.

When your life feels like, uh, cow dung, say thanks. Because that cow dung is going to help you grow some great qualities and experiences.



Possible Side-Effects Of This Guide

So scrambling up your life to create success out of failure sounds good. And changing the world sounds good.

What's the downside?

Well, there are a couple little side effects you might experience from reading this guide and putting what it has to teach you into action.

1. You could have a little trouble turning your brain off for awhile. This guide is all about creating new pathways in your brain, revealing aspects of you and the world you've never noticed before.

This tends to rev you up quite a bit at first. The energy rush can make you feel less like a good egg and more like a soda that's been shaken up inside the can. Your brain goes a little fizzy for awhile (not fuzzy—fizzy).

It's not permanent. You'll settle into your new way of thinking, and calm will return.

2. You might make some people around you a little unhappy ... and you might even lose some friends.

It doesn't happen to everyone, but it happens to many. When you refuse to remain hooked into the old way of seeing the world (the "there's something wrong and it needs to be fixed" way), people who are attached to their pain and lack and judgment find you rather annoying.

Or you find that you just don't enjoy these people anymore. You're living in a new world, and their world feels dark and harsh.

Don't worry though. When old relationships fall away, new ones sprout up.

