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Follow the Lead of Your Genes

I could not believe that a key to sustaining a legacy would be found in a book on genes. But there it was: “Evolution describes nature’s past-how did living things arise? Variation describes its present—why do they look like this now? And embryogenesis attempts to capture the future-how does a single cell create a living thing that will eventually acquire its particular form?” This opened my mind to a great understanding of not only how our legacies form but as impactfully, how they are sustained.

Researchers, scientists and philosophers going back to Aristotle, back to Pythagoras and others, **linked our traits to our genetic past**. Whether it be the shape of the nose or eyes, whether it is a leaning towards finances, law, the arts or sports, links are found in threads to our genetic past. **In my family**, for example, without conversation, nudge or pressure to do so, for the past five generations, **the professions that are naturally gravitated to are law or finance**. One generation is drawn to the law profession, the next to finance, the third back to law, the fourth finance, and again, without conscientiously thinking about it, the fifth generation has gravitated to law. And again, like the **generation skipping propensity I eluded to earlier**, the same is true of sports and the arts. This genetic proclivity has been fostered without any pressure or conversation. As I have asked others about their genetic legacy, I was initially surprised, and now expect to hear about similar traits, across generations in their families, often skipping a generation. As one woman said to me: “My father and my son never met but their striking similarity is not lost on me when I hear my son laugh. It sounds just like my Dad’s laughter. And their humor is the same.”

One’s **genetic legacy is an important element** to understand and then to cultivate. Why? Because, if there is something fundamental that passes from generation to generation genetically, it should be recognized. Medicine is beginning to develop that mindset in “marking” genetic diseases.

The genes we receive from another are a fundamental part of who we are. When left untended, people thrive with great difficulty. When cultivated, our genetic makeup can become a pillar in and beacon to our lives.

What is the makeup of your genes, also known as your legacy? What is the legacy in your family that deserves to be cultivated and passed on to future generations?

Life is so much brighter when we focus on what truly matters...



This Month's Offer:

For those of you in the Legacy Focus programs, we will provide **an extra 20 minute call with Bhaj** for a question or concern you might have about building your own significance.

This is in addition to your regular September call with Bhaj

Contact grace@focusandsustain.com to take advantage of this exclusive offer.

This offer ends on **September 23, 2017**

We have heard the phrase *"live each day like it's your last"*. We updated it to *"live each day like it's your best"*.



September's Moments in History

- Inflation is still very low here but some still remember how it was in 1975, when in the UK, inflation hit 26%. Can you imagine what a fixed mortgage interest rate was? Yikes!
- Glass ceilings are meant to crack. And so it did for **Sandra Day O'Connor**. In 1981, she was appointed by then President Reagan as the **first woman in the U.S. Supreme Court**. As a moderate conservative, she served for 24 years with a swing opinion on many cases.
- Elvis Presley gyrated his hips on The Ed Sullivan Show in 1956, Chubby Checker had a hit with The Twist in 1961, Fiddler on the Roof opened on Broadway in 1964, the Beatles released Abbey Road in 1969 and we've been wiggling our hips ever since.
- For you electron-oids: ESPN debuts on Cable in 1979; Steve Jobs returned to Apple in 1997. Apple launched the ITouch in 2007

"You never know how strong you are until being strong is the only choice you have"

Bob Marley

Life Matters

Quick Tips

Life Focus

The most important element to living a meaningful life is **staying true to your values** and letting them be your “north star.”

It is so easy to let either your emotions or your logical selves prevail while your core selves, our values stay hidden.

The brain’s prefrontal cortex is where the rational thoughts are said to originate. But this area is not in full control. The more primal part of the brain is where feelings originate. But this area is not in full control either. They constantly vie for domination over each other rather than being cohesive.

However, **your values**, the core beliefs you live by, be they justice, love, wisdom, harmony, responsibility etc. are **the steady force that reset your life** to the course of most significance.

Know your values, understand what is important about them to you so you can be more easily guided by them and not by your prefrontal cortex or the primitive brain.



Legacy Focus

Once someone passes on, their stories and their accompanying wisdom disappear with them.

Who in your family is important enough to you to capture their story, the one your grandchildren’s grandchildren will benefit from?

Schedule a time to **discover what their meaningful story is**, the one that reveals how they utilized their core beliefs.

You will probably find some links and connection to what is most important to you as core beliefs. You can begin to **build bridges of understanding between generations** when you have this meaningful story.



Money Focus

When emotions come into play around money, **what was once rational, can become emotionally charged**. For example, how much to spend on a vacation, how much to budget for birthday, wedding, or other special gifts can quickly deteriorate from fun and logical decisions to emotional accusations like: “**You ALWAYS spend too much.**” or “You NEVER want to spend on fun.”

Remove the tension of these potential emotional outbursts by having conversations about potential special spending outlays **well in advance** of the event. Talk about what the event means to you and your partner. Talk about **how your individual values about money can be met** in these events before talking about their budget.



N. Cog Nito: The Heat Made Me Do It

It's hot! And for a stick in the mud like me, well this is the time of year I am careful to take care of my self and not let the oils between my veins evaporate. So I **escape into the world of electronics**. In fact, I just purchased a few "can't live without" that I will share with you. And because I don't want Bhaj to think that I am using her credit card on me, I started my purchases with an item for her. She has been a Plantronics headset user for a long time, so I just bought her the top of the line model for \$50k. Think she'll notice? Well until she does, I bought myself a few items as well.

As I am new to the smartphone world, I knew I **wanted an iPhone**. But I wonder if I made the right choice. I like that my new iPhone is rose gold and is **full of sparkling diamonds**,

500 of them. It's not the \$8 million that worries me, but I wonder: is an iPhone 4 really enough for \$8 million?

And what would help my social media sharing than a "**social**" **shower curtain**? I can now be connected while socializing with my shampoo and conditioner.

With all those soda cans I am using to quench my thirst in this heat, I can use the **4M Tin Can Robot system** and convert my empty cans into a robot or motorized monster. That should be fun.

But best of all, I can get ready the winter early, by tanning my feet with the Salafeet while I am using my iPhone 4 or watching my new Robot friend. **Who said I couldn't stay engaged in the heat?** Just don't tell Bhaj what I spent!

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"It is good to have an end to journey toward; but it is the journey that matters, in the end"

Ursula KLe Quin