TEN COMMANDMENTS OF

Power of Description for Personal Transformation

Bishop E. Bernard Jordan
10 Commandments of the Status of the Power of Description for Personal Transformation
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1st Commandment

How Do You Interpret Yourself?

A person who never made a mistake never tried anything new.

Albert Einstein

Power Truth

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2 KJV
Your Interpretation of Yourself

What makes us who we are, what determines our actions and words is how we interpret ourselves. This idea is often too hard to express. Our identity has emerged out of interpretations thus, making us able to recreate ourselves. How does that sound? Being able to reinvent yourself sounds interesting right? Take these questions as your guide: As you look back through your past, can you identify some important events that lead you to gaining your identity? How did you feel way back then? How were you able to interpret your thoughts and feelings that time? How would it make a difference knowing that you can reinterpret yourself? ¹

Controlling your interpretations is not magic. You can’t just wave the magic wand and pick out the interpretation. You can’t be a physician when you’ve been a mechanic all your life. There are still boundaries that limit those interpretations. Believing that people are who and what you interpret them to be, you are likely to see yourself as a possibility. You are likely to find openings rather than closures.

Your interpretations are considered facts. Use this as a way to enter into possibilities this world can offer. Begin the discovery of yourself as interpretation. John Hanley, author of *Lifespring -Getting Yourself from Where You Are to Where*
You Want to be, used a typical corporate illustration on how we perceive ourselves through interpretations: You get invited to a high-level business conference. Your initial reaction would be surprised because you were included. Then, you interpret your thought and feelings either consciously or unconsciously. You can either interpret it with “I am good at what I do,” or “I’m not really as good as they must think I am.” Finally, that interpretation becomes part of the road map of your identity – either you are successful or a counterfeit.

Your interpretations are considered facts.
Use this as a way to enter into possibilities this world can offer.

What Now

1. What qualities have you ascribed to yourself?
2. What interpretations are you going to reinvent in order to transform?
3. Are interpretations factual?
2\textsuperscript{nd} Commandment

What Is Leading You?

There is no happiness except in the realization that we have accomplished something.

\textit{Henry Ford}

Power Truth

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Corinthians 5:17 KJV

What is Leading Your Life?

Do you know what is leading your life? Are you aware
of your driving force? Are you living trying to please others? Is it pleasing your mother or father? Or are you trying to prove yourself to your colleagues? This is about personal transformation and reinventing ourselves leading to finding out what drives our lives. Leo Tolstoy said, “Everyone thinks of changing the world, but no one thinks of changing himself.”

“Everyone thinks of changing the world, but no one thinks of changing himself.” – Leo Tolstoy

Personal transformation includes every aspect of our lives – work, relationships, family, community, and even society. Warren Bennis captures this view in his self-reflective book An Invented Life. He states, “I believe in self-invention, have to believe in it…To be authentic is literally to be your own author…to discover your native energies and desires, and then find your way of acting on them.” We often live our lives recklessly. We find ourselves being caught up in situations we didn’t plan to happen. We just let ourselves be thrown like dice—we perform what’s at stake.

If we will take the challenge of self-invention, we will be journeying an unfamiliar road. Rather than being led by what was important for us in the past, we will find ourselves being what we are committed to and what we are standing for. Reinventing ourselves is about doing what it takes to excel in the areas of our lives that matter to us. This may include looking at the unfortunate scenarios and some of the worse things in us. These issues may be brought up for the sole reason of learning from those experiences. Remember that past
is history and what happened in the past will always be a lesson for us to be better in the present.\footnote{1}

Reinventing ourselves is about doing what it takes to excel in the areas of our lives that matter to us.

Be careful of what is leading your life. Some people go for the “someday” habit. They never have that sense of urgency when dealing with their lives. They embrace the “someday” principle which can be very soothing at the moment. But life doesn’t fit into this illusion. Tomorrow can be very unpredictable. And before we know it, we get robbed of our future plans and dreams. When we allow “someday” to take control of our lives, we separate ourselves from transformation. Someday may never come. There is only now. You have TODAY to transform. Asses what is leading your life right now.

What now

1. Who or what is leading your life?
2. What does it mean to reinvent ourselves?
3. Are you ready to take on the challenge of self-invention?
3rd Commandment

Understanding the Ontology of Human Beings from God’s Existence

It’s never too late to become what you might have been

George Elliot

Power Truth

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

2 Corinthians 3:18 KJV
Understanding the Ontology of Human Beings

Ontology is simply another perspective examining human nature. It examines the nature and function of being for human beings. One can explore the nature and function of human beings from various perspectives – from psychology, evolutionary theory, economics, and neuroscience. Psychological perspective examines the function of the mind. Evolutionary examines human nature from the evolutionary drive for survival. Neuroscience perspective examines from the function of the brain, and economic through production. To simplify, these perspectives make up the human being in which we are concerned about for transformation.

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Personal transformation occurs for everyone since humans’ existence shouldn’t be considered unquestionable. The nature and functions of human beings are evident proof of the ontology of God.

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Sadly, the existence of God in some other parts of the world is still being debated. Saint Anselm, a theologian, philosopher, and a church leader once proposed an argument for God’s existence. Anselm argued that even those who doubt the existence of God should have their own understanding of why they doubted. They would understand God to be a being than which nothing greater can be thought. A doubter who denied God’s existence would be making a contradiction because he or she would be saying that it is possible to think of
something greater than a being than which nothing greater can be thought. And by this description, God really exists. 1

A doubter who denied God’s existence would be making a contradiction because he or she would be saying that it is possible to think of something greater than a being than which nothing greater can be thought.

What Now

1. What is ontology?
2. What perspectives can we explore on the nature and function of human beings?
3. Do you believe that God exists? What is the relation of the ontology of God to personal transformation?
4th Commandment

The Core of Personal Transformation

The greatest mistake you can make in life is to continually be afraid you will make one.

Elbert Hubbard

Power Truth

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Galatians 2:20 KJV
The Core of Personal Transformation

The core of personal transformation lies within a new consciousness. For many people, going through the daily routines in life becomes the substitute for discovery. Exploration of self has been replaced with monotonous work. Reinforced views of life had been deeply stored in the mind. Our daily tasks become mind-numbing and this expels our enthusiasm for self-discovery. Transformation of one’s self involves interrogating of self and it exists in the ongoing discourse to achieve a radical change. David Bohm and Mark Edwards explain:

“At this point, we can say that whenever something happens that causes people to question their thought seriously, for that moment they are beginning to awaken perception. They’re not just running the disks automatically. Up till now the disks ran automatically, producing the answers that would make people feel better.”

Though, there is still a constant tendency to prevent questioning because it might be disturbing. So the longer we wait, the greater the chance of self-deception.¹

Awakening to a newfound consciousness is the main facet of personal transformation. In building transformation, we make consciousness the central focus. This becomes the core which focuses on life’s purpose, seeing both objective and subjective points, and having an everyday conversation with self.
4th Commandment

Awakening to a newfound consciousness is the main facet of personal transformation. In building transformation, we make consciousness the central focus.

New consciousness takes place when question revolves around the relationship’s direction, purpose of being, and the results produced. You know that you have a conscious relationship when it exists for a purpose. Having conscious relationships with purpose and with direction creates a rewarding environment open for radical change.

What Now

1. What is the heart of personal transformation?
2. When does new consciousness take place?
3. What are the possible effects of having a conscious relationship with purpose?
5th Commandment

Breaking the “Fixed-self” Notion

*It is hard to fail, but it is worse never to have tried to succeed.*

*Theodore Roosevelt*

**Power Truth**

That precious memory triggers another: your honest faith—and what a rich faith it is, handed down from your grandmother Lois to your mother Eunice, and now to you! And the special gift of ministry you received when I laid hands on you and prayed—keep that ablaze! God doesn’t want us to be shy
Breaking the "Fixed-self" Belief

Is there something fixed or concrete in human beings, or is it possible for them to make significant shifts in their way of being? Realistically speaking, some people find it hard to change. But perhaps some of you will be thinking, “Who wouldn’t want change anyway?” Of course, everyone knows how good that sound is – transformation. It is oftentimes our skepticism which lightens up our philosophical dilemma.

Everyone knows how good that sound is – transformation. It is oftentimes our skepticism which lightens up our philosophical dilemma.

Transformation is only possible when we believe the consistency of transformation. Unfortunately, our understanding today which dominates the society is that, individuals are basically “fixed.” They possess fixed qualities and characteristics which affect almost a large proportion of how their lives turn out. We act like we were born of the characteristics we were used to portray. But that way of thinking doesn’t do much for us to achieve a breakthrough. This blocks the opening for possibilities of transformation.

Transformation is only possible when we believe the consistency of transformation.

How do you say that something is “fixed”? There are some things about yourself that you couldn’t change. For instance, you cannot change your history. It is already painted in the canvas of your life. At birth, you are faced with fixed set
of circumstances. You have no choice of your parents, gender, language, religion, nationality, and socioeconomic status. Given these fixed components of your being, you find yourself limited in terms of development. Yes, you cannot change the facts. But you can always change the essence of those facts in how you interpret them. The fixed components only present the possible interpretations available to you. How you interpret those facts is within your control. And it is up to you if you will use those facts to be limiting or empowering.¹

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You cannot change the facts. But you can always change the essence of those facts in how you interpret them.
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What Now

1. Why do some people find it hard to change?
2. How do you say that something is “fixed”?
3. What do the fixed components represent?
6th Commandment

Build a Life of Meaning

*A great pleasure in life is doing what people say you cannot do.*

*Walter Gagehot*

Power Truth

29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

*Ephesians 4:29 KJV*
Build a Life of Meaning and Purpose

Mark Twain quoted, “The two most important days in your life are, the day you are born, and the day you find out why.” The search for the meaning of life has bewildered people over the years. Long before we were born, some of our ancestors surely reached the point in their lives where they felt the need to find their significance. Until now, that search has been confusing people and the ultimate question of life’s purpose has remained unanswered. Why were you born? Are you living by it? Knowing your significance gives you a fuller understanding of why it is essential to transform.

“The two most important days in your life are, the day you are born, and the day you find out why.” – Mark Twain

Many self-help books would tell us that we should start by looking at ourselves. Ask questions. One great story about his testimony of knowing his significance is an excellent writer, Roni Chambers. He said it took him years to fully understand his purpose. Joining the company Corporate America in 1990, his purpose became outshined by policy, procedure, and culture. Though he didn’t know why he’s working, he stayed with the corporation for a couple of years, thus delaying his ability to build a life of meaning. Then in 2005, he found himself a job aligned with his purpose. His superior was greatly impressed with his performance and commended him. He’s now on his 58th year of existence and his professional mission is to “inspire Americans toward their life’s work.”

The meaning of our lives is far greater than our fulfillment, accomplishment, and even
our happiness. It’s far greater than our
career and our wildest ambitions.

The meaning of our lives is far greater than our fulfillment, accomplishment, and even our happiness. It’s far greater than our career and our wildest ambitions. If we want to know why we were placed on this planet, we must begin with our creator. Another truth that can unveil our life’s meaning is through our creator. We were born by His purpose and for His purpose. Atheist Bertrand Russell said, “Unless you assume a God, the question of life’s purpose is meaningless.”

God’s purpose for our lives was planned even before we were born. We may choose our career, our passions, our partner, but we don’t really get to choose our purpose. Building a life of meaning motivates you to actually transform. When it is clear to you that you are created for a purpose, personal transformation would certainly follow.

What Now

1. Do you know your purpose in this world?
2. What are the advantages of knowing your purpose?
3. How does building a life of meaning affect personal transformation?
7th Commandment

Our Need for Coaching

*There are no secrets to success. It is the result of preparation, hard work, and learning from failure.*

*Collin Powell*

Power Truth

6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

*Philippians 1:6 KJV*
When Coaching Becomes Necessary

If you look at the different aspects of your life – about what’s really important to you, what can you see? Are you happy and content in those areas? Do you feel that you’ve reached the certain levels of happiness and contentment for those? Or do you feel lacking and aspire to be in a much better place? Are there difficult decisions or changes you have to make for yourself in attaining a positive life? Imagine working with your own self to pick that championship belt. Isn’t it tiring that no one’s supporting you all along? Coaching then enters the picture. You need to take that first step of breaking into possibilities but, accept the fact that coaching is considerable these times when you want a transformation.

“Our chief want in life is someone who will make us do what we can.” - Emerson

You need to take that first step of breaking into possibilities but, accept the fact that coaching is considerable these times when you want a transformation.

Why is coaching necessary? Coaching aims to draw out a person’s potential rather than acquire knowledge from outside factors. It develops rather than imposes. It reflects rather than directs. It gives opportunities for own personal way rather than authoritatively dictates. It enables rather than controls. It is not judgmental therefore, coaching is not making assumptions. It only helps the person seek his understanding of himself.

Coaching aims to draw out a person’s potential rather than acquire knowledge from outside factors.
Personal transformation can be seen in areas such as career, relationships, family, health and lifestyle, legacy, and spiritual. These common areas are where we can have the benefit to be coached, for these aspects of our life comprise our totality. For instance, most people spend roughly a third of their lives at work. And that fact alone should be enough to stress the importance of being happy with what you do. Another good example is our social interaction. This can require coaching because relationships are a source of tremendous pleasure or pain. It only depends on how you handle your own relationship.

What Now

1. Why is coaching necessary?
2. In what areas of your life do you feel the need to be coached?
3. At this moment in your life, do you feel lacking and in need of a support?
Success rests not only on ability, but upon commitment, loyalty, and pride.

Vince Lombardi

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Romans 12:1 KJV
Products of Coaching

One of the most powerful ways of understanding coaching is looking at our end points. If we are aware of what we are trying to accomplish, we can correct ourselves as we go along our own paths and we can gauge our success at the end of our journey. Coaching is more than an accountability partner that supports a person in reaching his goals or who changes his undesirable actions into a transformed being. Coaching goes beyond bigger than these factors. From other interpretations, coaching can be represented through products. James Flaherty, author of *Coaching – Evoking Excellence in Others* explains the 3 products as: Long-Term Excellent Performance, Self-Correction, and Self-Generation.

Long-Term Excellent Performance means that the person reached the target standards of the field where coaching is occurring. Standards are the set objectives that can be observed by any competent individual. Say, hitting a home run in baseball and checkmate in chess are what we define as objective standards. You must have knowledge of the game for you to be able to observe the results as favorable.

If we are aware of what we are trying to accomplish, we can correct ourselves as we go along our own paths and we can gauge our success at the end of our journey.

Self-Correction takes place when clients are able to observe when they are performing well or when they are not.
They can independently make necessary adjustments. With these, coaches can avoid becoming indispensable; instead they’ll work to develop the competence of their clients.¹

Improvement is everyone’s goal. We continually find ways to do so. We can always improve, and well-coached people know this. This process is **Self-Generation**. We seek activities that will enhance our competence even more. We strive to practice and see other people perform. We aim to generate ourselves into a better individual – an individual evident of transformation.

**What Now**

1. In your own perspective, how would you define coaching?
2. What are the products of coaching?
3. Are you striving to develop your competence? In what ways are you striving for improvement?
9th Commandment

Make Your Life Matter

_The act of taking the first step is what separates the winners from the losers_

_Brian Tracy_

Power Truth

15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15 KJV

Every Life Matters

There are two ways on how people see their lives. One in which life shows up as an experience, and the other one in which life shows up as a representation or a concept about the
experience. We further name these two as the ontological domains of distinction in our day-to-day living. The experience is the current occurrence in life. On the other hand, representations of these experiences refer to the memories, concepts, and descriptions of life.

There are two ways of how people see their lives. One in which life shows up as an experience, and the other one in which life shows up as a representation or a concept about the experience.

Another way of illustrating it is when something happens and we make assessments at the time. We believe and consider them valid. We think our conclusions are sorts of sudden realization. We rely on these assumptions as realities within ourselves and not outside of us. We also plot our future plans into it. It contributes reinforcement in us. However, the disempowering thing about this happens when these interpretations collapse. These realities are just the products of the descriptions we give to the events happening in our lives. We immediately assign interpretations, thus collapsing of this descriptions can easily incur.

Our life stories represent the richness of what it means to be human – there is power, value, and validity. Being in the presence of life is more empowering than being in the concept of it. The downsides of life usually occur when not in the presence of it. Our interpretations keep us stuck and we don’t get anywhere far. We become detached from the possibilities of transformation.¹

Have you tried asking yourself if your life matters? Our stories and our interpretations are clear manifestations that our lives matter and that we are born to transform. Jane
Wright, Landmark Forum leader, testifies that knowing our stories produces an access, a portal to a third domain – the domain of being. Possibility exists in the third domain where we are able create something out of nothing. It is where we can distinguish one that is transformational because it shifts the horizon of what’s possible.

When something happens and we make assessments at the time, we believe and consider them valid.

What Now

1. What are the two ways on how people see their lives?
2. What is present in the third domain?
3. Have you asked yourself if your life matters? What answers were you able to generate?
10th Commandment

Rewriting Your Future

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

Power Truth

10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

Colossians 3:10 KJV

Rewrite Your Future

Throughout history, a few exceptional people have produced results that left others wondering about what
happened. Mostly, their followers couldn’t surpass what they had done, making their efforts seem unusual. But in reality, we can all be like these exceptional leaders. We just need some more improvements and revisions as we consider it.

Descriptions are powerful for personal transformation. Language transforms the future.

Descriptions are powerful for personal transformation. Language transforms the future. Future-based language, also known as generative language, has the power to create new futures and visions. It eradicates the barriers which hinder people from seeing possibilities. It doesn’t describes how a situation occurs, rather, it transforms how it occurs. This is how we can rewrite the future. Focus not on the situation but on transforming the situation.¹

Future-based language, also known as generative language, has the power to create new futures and visions. It eradicates the barriers which hinder people from seeing possibilities.

Does money make you happy? In this question, you can definitely see the power of the future. Many people would say no, but the answer to this query is really complicated. For instance, let us compare two families. The first family made $200,000 income the previous year and the second made $50,000. The next year both families are expecting to receive $100,000. In this scenario, the second family is happy while, the first is unhappy. Why? Because realistically speaking, it is not your actual money today that makes you happy. It is the money that you are expecting to have that actually makes you happy. The principle here – people live into the future they see
coming at them, not the actual future they’ll get to someday. This is the default future. It consists of our expectations, fears, hopes, and predictions all from our experiences in the past. Without the generative language, people attempt to fight the future. Remember that whatever we resist, persist. Unless we do something in this default future, it will be inevitable. Transform your future through your descriptions.

Remember that whatever we resist, persist.

Unless we do something in this default future, it will be inevitable.

What Now

1. What is generative language?
2. How do descriptions become powerful for personal transformation?
3. How can you rewrite your future?
More Resources


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