

How To Be A Genius In 25 Easy Steps



By Mark Shepard, C.S.P.G.*

Genius:

- 1. Exceptional natural capacity for creative and original conceptions.**
- 2. A person having such capacity.**
- 3. Distinctive character or spirit...**

I ALWAYS THOUGHT THAT A “GENIUS” WAS SOME KIND OF A SUPER HUMAN.

You know, someone who could read "War and Peace" (a long difficult Russian Novel that almost no one has ever read) in fifteen minutes and then recite it perfectly, at the same time they were beating a mainframe computer at a game of chess and leaping over a tall building in a single bound...

Then, I started to get to know some little kids.

They starting teaching me what real genius is all about.

So just in case you are interested in developing your own genius, I jotted down a few notes on what it means to me and how I'm allowing myself to become one.

More importantly you might just realize that you are becoming a genius too. Or maybe you'll recognized from this short treatise that you are ALREADY a genius!

There may be more to it or perhaps less to it. But being a perfectionist certainly is not one of the steps!

Feel free to e-mail me if you have your own ideas on how to be a genius. I'll be glad to add them in. I'd also like to hear your own stories of how you became (or are becoming) a genius.

Here they are in no particular order:

“How To Be A Genius in 25 Easy Steps”

1. **Think Like A Kid!**

Every kid starts out as a genius. It is only because we start to listen to well meaning adults around us who want to save us from disappointment that we start doubting our natural abilities. Ever ask a kindergartner if they are a great musician? Artist? Athlete? They will just nod and say “yeah I'm great at that!”. Because they haven't learned to be “modest” or to down play their talent.

2. **Be Curious!**

Follow the thread of your curiosity wherever it leads you. Being a genius is an adventure!

3. **Experiment!. Try different things.**

Feel free to drop stuff that doesn't continue to interest you.

4. **Be open to new ideas**

Even if they come from your parents or people that you don't normally listen to.. After hearing the options choose your own way. What is right for them might not be right for you. You might just find that their idea leads you to a totally new idea that is all yours.

5. **Accept that you are different.**

We all are you know! Being a genius doesn't make you better or "worse". And everybody is a genius in their own way anyway. Accept the fact that you are a genius in **your** own unique way.

6. **Eliminate the word "Problem" from your life.**

Resolve to erase it, delete it, uninstall it, expunge it, eliminate it, eradicate it, dump it, from your thoughts, your vocabulary and your awareness. **Replace it with "Challenge"!** Feel how different that is? "Um Houston? We have a "challenge" here..."

7. **There are no rules to being a genius.**

You get to make up your own or do without rules entirely. It's up to you! This just might be my favorite "rule". And remember that these 25 steps are NOT "rules". They're just steps in a particular direction that may make sense to you or not.

8. **Eliminate the words, "failure" and "mistake" from your being. Replace them with "Outcome".**

Because there really is no failure, only opportunities to learn why things didn't work out the way you expected them to. Be open to the idea that this unexpected outcome might actually lead you to a whole new idea.

9. **There are no rules to being a genius.**

(The fact that I repeated this here is not a "mistake". It's so important I felt like repeating it. And because there are no rules I can repeat it as many times as I want! Cool huh?)

10. **Follow the "links" in real life.**

The Internet is so successful because it simulates how geniuses make connections in the real world. Who knows! Your interest in skate boards could lead you into the:

Anatomy and physiology of the body (*why does it hurt when we fall?*),
Aerodynamics or the **physics** of flight (*How come I fell so fast?*).

Newton's Laws (*Why did I fall down instead of up?*).

All of which could lead you to ask the question:

"Why are Fig Newtons called "Fig Newtons?"

while you are waiting in the emergency room. While you're there you might even see what a cool thing it is to be a doctor or a nurse and save peoples lives...

11. **Allow for surprise learning experiences outside of the classroom, outside of school or maybe even outside.**

There are still lots of things about nature and the universe left to be discovered.

12. **Learn to laugh at yourself in a kind and gentle way.**

After all look at Einstein, he had a bad hair day every day! But he didn't let that hold him back now did he? He also couldn't remember his own phone number. "why bother with that?" he would say with mischief in his eyes, "when I can just look it up in the phone book?"

13. **Read.**

Read. Read. Read everything you can get your hands on. Be open to the new ideas you may come across.

14. **Listen. Really Listen.**

To older people. To younger people. To the wind. To the gurgle of a stream. To the hum of a refrigerator. To that weird guy on YouTube with the funny accent that your friend Binky listens to all the time... or that weird chick that channels the entity named "Bob." Who knows you might learn something.

15. **Touch, touch, touch.**

Touch things and feel them. Just make sure before you touch stuff that it isn't a live electrical wire or a poison dart frog. Most stuff is safe to touch. Just be a "smart" genius. No need to try to get a "Darwin Award".

16. **Look. Really Look.**

Look at stuff upside down. Look at how things are built. Look at tiny details that most people ignore. Look beyond the surfaces of things.

17. **Write.**

Communicate.

Tell Stories.

Teach what you've learned about what you love.

I finally realized one day that I wasn't suffering from A.D.D. I just hadn't realized yet that my songwriting, my teaching, my writing, my painting, my curiosity, my speaking, my studying of so many different things was all the same thing... Transformational communication. I observe and learn then I process what I've learned through my neurology and communicate my own take on that in whatever format feels appropriate. Maybe you don't write as well as you talk. So record your thoughts and have them transcribed into text. Just get the ideas out in a way that enables you to step back and evaluate what you just thought/said/wrote.

18. **Move.**

Explore being in your own particular body. Don't worry too much if you don't look like the people on TV or in the movies. Most of them don't look like that either (a lot of their good looks are done with special effects & make-up). It's not what we look like that's important in the genius business, it's what our bodies allow us to experience that matters. I'm experimenting with standing up while using my computer. I'm making up my own Tai Chi style movements. I'm walking around barefoot in my back yard. I'm riding my bike. I'm experimenting with "Slow Burn Fitness" techniques. Moving my body makes me more creative than I ever thought possible in my couch potato days. :o)

19. **Get rid of your TV.**

Unless of course, your genius dream is to learn how TV affects people, how TV shows are created, how ads are created, how creativity is used to create them etc... You can learn a lot about our culture from watching TV. But there are enough TV sets blaring in places where you can't avoid them for you to get the idea. I've been TV free for over 20 years now... I dare you to give it a shot.

20. **Find a mentor.**

Be on the look out for people who know stuff that you want to learn. For example: I learned how to play the Irish Bodhran by calling a guy who I knew in town who played the bagpipe. I didn't want to know how to play pipes but I figured he might know someone who played the Irish drum. He did. So I called the guy he recommended, George MacAnaspie, who came over to my house and taught me the basics. He refused to take any payment! If you find a person like this be sure to thank them and find a way to pass on to someone else what they so freely gave to you.

21. **Be a Mentor.**

What continually amazes me is how much I learn from the people who ask me to teach them something they want to learn. It's a two way street.

22. **Be persistent.**

Example: after I took my one and only Bodhran lesson. It took me weeks and weeks to get it. I took the drum with me everywhere. I picked it up when I was put on hold on the phone. Every free moment I worked at it. Then one day it just flowed. A lot more practice followed and I'm still learning more about it each time I play.

23. **Take action on a new idea right away.**

Don't assume you'll "get to it later." Pounce on the idea and put it into practice right now. BTW that's what I'm doing with this "special report." I had the idea and now I'm typing away at it. In fact I snuck this one in while I'm making a fabulous gourmet meal for lunch... the idea popped in and so I followed my own advice and came in here and wrote it out... Now I have to go check on my cauliflower.

24. **Know when to set stuff aside and focus on something else for a while.**

Example: When things were not going well with learning the Irish Bodhran, I set it aside for a few days. The average kid genius has what the "experts" call a "short attention span". The truth is it is not natural to just do one thing all the time, particularly after it is no longer fun.

25. **Give More Than What You've Been Paid For.**

It not only feels good for you and the other person, but it opens up the door in your neurology for more to come in. I used to be concerned that if I gave stuff away, then I wouldn't be able to pay my bills. Lately I find the opposite to be true.

26. **Pay attention to details:**

Thank you so much for taking sometime to explore these ideas with me.

If you would like to hang out with me and some other cool people who are all exploring how to access more of their inner “Modern Jedi Mind Master”

Or, If you would like to explore my music,

Or, my paintings

Or, my books

Or my videos

Or my blog posts, podcasts and various napkin doodlings

Check out <http://MarkShepard.com>

A handwritten signature in black ink that reads "Mark". The letters are bold and stylized, with a long, sweeping tail on the 'k'.

Thanks!

