



THE GILT FREE FIELD GUIDE

HOW TO LIVE BEYOND THE
GILDED CAGE USING **G.O.L.D.**

A STATE CALIBRATION TOOL
FOR MAKING DECISIONS TO
REMAIN FREE

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THERE IS NO PATH TO HAPPINESS. HAPPINESS IS THE PATH.

– Buddha

For all of us – there is this one manifestation, one desired result, we chased for a really long time. For me, it was marrying someone wonderful. How long I dreamed of a fabulous wedding! Why, from the mid 1980s on – it was such a major thing for me.

When it finally happened, decades later – it was magical, but it was also... a blur.

I remember almost nothing about my wedding – the manifestation I had worked toward for so long.

The photographs are stunning. Everyone says it was joyful, warm, effortless. I believe them. But when I try to recall a single, distinct moment – the vows landing, the music swelling, the conversations with friends – I come up mostly blank.

The day passed in a blur.

This is notable because I waited decades for that moment. My first marriage had no ceremony – just city hall. When I finally married Ryan, it felt like the long-awaited arrival.

It did mean something.

Just... not what I had been trained to expect.

The wedding was nothing but a ***gilded*** thing – shiny, celebrated, momentary.

The marriage is what is a ***gold*** thing... it is quieter, but it is **REAL**.

If you can relate, here is the moral of the story –



Whatever you are hoping to achieve, the belief that peace will finally arrive once that particular milestone is reached is a flawed premise.

Those moments of manifestation come and go because as soon as they arrive, the mind looks for the next door.

Not because the achievement wasn't meaningful. But because arrival was never designed to deliver what you were asking of it.

If you are here, you already sense this. You are no longer asking for a moment. You are asking to build **MARRIAGES** instead of **WEDDDINGS**. You are asking to build empires instead of a next gig. You are asking for money in abundance, not some temporary relief.

You are asking to remain free.

G.O.L.D. is how you do that.

This is the framework that is contained here for you. It is a state calibration tool and it will always show you if you are closer to manifesting something gilded, or something truly golden.

HOW TO USE G.O.L.D



Print this. Keep it nearby.

Before making a meaningful decision —
before sending the email, signing the contract, expanding the company, ending the
relationship, taking the stage, or stepping back — pause.

Pull this out and ask:

Am I deciding from G.O.L.D. or from fear?

Important:

G.O.L.D. is not about *what* you choose.

It is about *the state* from which you choose.

- If your internal state is unstable, your decision will carry instability.
- If your internal state is aligned, your decision will carry integrity — and integrity compounds into abundance.

G — GOOD ENOUGH

Everything begins here.

Good Enough means your worth is not provisional.

Not earned. Not revoked. Not renegotiated based on outcomes.

Ask yourself:

- Am I making this move/decision to prove something?
- To silence insecurity?
- To avoid being behind?
- To earn approval?

If so, you are not in **G**.

Without enoughness, nothing stabilizes.

With it, the floor beneath your life rises.

O — OPEN

Open becomes possible once worth is no longer on trial.

Open means:

- You separate fact from story.
- You tolerate discomfort without urgency.
- You gather information without drama.
- You can pause.

Ask:

- Am I reacting — or responding?
- Am I defensive?
- Am I rushing to relieve anxiety?

Fear is loud.

Openness is steady.

If you cannot breathe through it, your state needs recalibration.

L — LIT UP

Lit Up is not excitement.

It is aliveness.

It is grounded energy. Resonance in the body. A clean sense of expansion.

Ask:

- Does this expand my energy — or deplete it?
- Does this feel aligned in my body?
- Would I choose this if no one were watching?

Lit Up does not mean easy.

It means alive.

If you cannot access that aliveness, pause before proceeding.





D — DEVOTED

Devotion is disciplined integrity.

It is choosing alignment repeatedly — especially when prestige tempts you otherwise.

Ask:

- Is this aligned with who I am becoming?
- Would I stand by this choice a year from now?
- Does this deepen my character — or merely my image?

Devotion does not kill ambition.

It refines it.

It gives ambition a spine and a soul.



STRUCTURAL SUCCESS VS. VIGILANCE-BASED SUCCESS

Once you have cleared the checklist, scan your nervous system.

Vigilance-based success feels like:

- Hyper-responsibility
- Anxiety disguised as leadership
- Performance over presence
- Endurance mistaken for strength
- Constant optimization

It is frenetic.

Structural success feels like:

- Calm power
- Decisive truth
- Sustainable energy
- Clean integrity
- Quiet confidence

It is steady.

G.O.L.D. is the bridge from frenetic to steady.



WHEN YOU FEEL UNSTEADY

Use **G.O.L.D.** diagnostically.

If you feel **anxious** → Check **G**.

If you feel **reactive** → Check **O**.

If you feel **burned out** → Check **L**.

If you feel **lost** → Check **D**.

You are not asking, "Am I succeeding?"

You are asking, "Am I aligned?"

WHAT CHANGES WHEN **G.O.L.D.** BECOMES YOUR GAUGE

Arrival fallacy loosens its grip.

You stop confusing dopamine with meaning.

You stop organizing your life around recognition.

You stop mistaking force for freedom.

You understand:

- If peace is postponed, it is never coming.
- What remains is not resignation.
- It is reverence.
- And that is what it means to remain free.



IF THIS RESONATES

If this framework feels both stabilizing and confronting, I offer a limited number of private **Gilt Free Clarity Sessions** for leaders ready to implement this work structurally — in business, relationships, and identity.

In this session, we will:

- Identify where vigilance still drives you
- Locate your Upper Limit pattern
- Clarify your next aligned expansion
- Determine whether private work together is appropriate

BOOK YOUR GILT FREE CLARITY SESSION:

[BOOK HERE](#)

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