

"The universe is transformation; our life is what our thoughts make it."
~ Marcus Aurelius¹

"Time is an obstructive illusion, and does not exist as an independent reality ... since all possibilities coexist."
~ Physicist Julian Barbour²

"A much needed change in the life of humanity will come about when the concept of Time has undergone a transformation. Today most people think of Time as an ongoing process, linking moments of action, whereas in truth Time is not a process but a state of mind. When we see this, we will transform our lives and enter into an altogether closer understanding of reality; a wonderful new freedom will become man's, and, no longer dogged by the limitation of Time, he will soar into his birthright."
~ The Master — through Benjamin Creme³

¹ www.wisdomquotes.com

² [The End of Time](#), Julian Barbour, (Weidenfled & Nicolson)

³ [A New Age Concept of Time](#) in [Maitreya's Mission Volume III](#), Benjamin Creme, (Share International Foundation, 1997) p. 529.

Published by Walking Slow, Get There Fast Press
P.O. Box 8038
Emeryville, California
94608, USA

Copyright © 2007 by Frances Oman
All rights reserved

ISBN: 0-9794091-0-1

Printed in the United States of America

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording or otherwise), without the prior written permission of the copyright owner and publisher of this book.

The scanning, uploading and distribution of this book via the Internet or via any other means without the permission of the publisher is illegal and punishable by law. Please purchase only authorized electronic editions, and do not participate in or encourage electronic piracy of copyrighted materials. Your support of the author's rights is appreciated.

To participate in seminars, workshops, individual consultation or custom-designed programs for business, group or team, please use the following contact information:

frances@ColoringOutsideTheBox.com

www.ColoringOutsideTheBox.com



This book is printed on 100% recycled acid-free paper.

Coloring Outside the Box

Frances Oman, M.A.

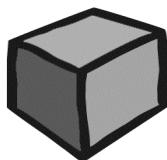
**As the Picasso of your own life, you can increase
your bottom line, free of the bonds of time.**

Inventing outside of what we consider the *reality* of who we are and what is possible, we move from the paradigm of *human doing* to *human being*, which is our natural, but not normal, state. In the realm of Being, many logical but time-consuming and ineffective modes of acting can be left behind, inside the box.

This book presents practical tools and a creative practice that support us to *color outside the box* in our day-to-day lives. As we learn to generate our own *ways of being* our lives can be the great art; our businesses can transform the world.

Table of Contents

“Sun on the Square, From Chaos to Beauty”	Frontispiece
Starting Outside	1
Color as a Tool	5
Infusing Your Intentions with Color	8
The Science and Art of Miracles	9
Access to Being Outside the Box	11
The Four Principles	13
Shifting the Paradigm	16
More Essential Principles From Artists and Masters	17
Stretching the Canvas	21
The Power of Colors	22
‘Being With Colors’ Exercise	23
Prismatic Color Boxes for the Color Exercise	24
From ‘Human Doing’ to ‘Human Being’	26
Scheduling Ways of Being, Not Doing	28
Colors for Generating Ways of Being	29
Artist’s Canvas Analogy for Your Project	30
Banish Time? Yes, ‘Now’ Is All There Really Is	33
How to Banish Your Time Issues	37
Keeping Your Word ... to Yourself	38
It’s Not Simply Willpower	39
Are You Driven or Inspired?	40
Anything is Possible	41
Time Banishment Possibility Pyramid	42
Nine Simple Steps to Results	43
Slow Down to Be More Productive	45
Time Out – An Experiment	46
Art in Life ~ Life As Art	53
The Development of My Current Work	58
Exercise for Disidentification From What’s Inside the Box	61
Picassos of Their Own Lives	62
Time Banishment System Tools	63
Time Banishment Project Planning Stages	64
One Week’s Pages from a Time Banisher	65
Time Banisher Rhythm Template	66



This little book is a bird's eye view of the work that Frances Oman offers. Future books and CDs now in production will soon provide further elucidation. Meanwhile those eager to delve more deeply now may do so in seminars, workshops, individual consultation or custom-designed programs for business, group or team. She is also available for speaking engagements. To find out more, please use the following contact information:

frances@ColoringOutsideTheBox.com

www.ColoringOutsideTheBox.com

Coloring Outside the Box
P.O. Box 8038
Emeryville, California
94608, USA

