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## THE BIOLOGICALLY MAXIMIZED LIFE

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*“Two of the most important days in your life are the day you were born and the day you find out why.”* Mark Twain

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Prepare to transcend! Human potential is not limited to our DNA. It is actually based on how well you exploit the biological infrastructure all around us with which we have co-evolved to operate. A complex “machinery” has evolved to maximize all living systems for survival – including us. With a formulaic change to our modus operandi, our systems, circuits, and mechanisms are suddenly extended by counterparts in this maximizing machinery. From this simple change, we experience an exponential explosion in our potential.

New spontaneous-knowledge faculties. A more extensive information database beyond what you’ve collected from your five senses. A new directional guidance system which will have you moving in the ideal direction for your system and your goals yet entirely consistent with the direction of humanity and the world. There is no greater strategic advantage for product developers or world builders.

Altered and expanded consciousnesses will incite new states of knowing, information access, and uncanny predictive powers to enhance your decision-making and goal achievement. New mechanisms for creativity, innovation and invention will make even non-creatives creative world changers.

You will thrill to accelerated achievement through the dramatic increase of coincidences, breakthroughs, and epiphanies in your life. One coincidence can bypass hundreds of steps to catapult you to your goal. One

breakthrough can be life-changing and even world-changing. Imagine a lifetime of serial breakthroughs. What could you accomplish? What could your legacy be?

And what could you achieve with improvements to your cognitive skills: better abstract thinking, conceptual thinking, big-picture thinking, systems thinking, strategic thinking, mental agility, adaptivity, pattern recognition, trend perception, environmental scanning, problem re-framing, and ambiguity resolution, for example.

It is interesting that these are the very meta-skills we look for in our executives. Since few courses are effective in developing these cognitive strengths, the proposed formulaic change in modus operandi may be a new creator of executive talent.

Imagine the joy of a career driven by “paid play,” “paid growth,” and “paid learning,” or where discipline and the need to push yourself are replaced by the pull of addictive drives and emotional highs. Now you can accomplish more than you ever thought yourself capable by being paid to never work again. This is the aim of the biologically maximized career.

These *BioMaxed* articles will introduce you to your true *internally-externally-sourced potential*. Learn what is possible when you extend your capabilities with those of this maximizing machinery and all of the living systems it governs. The whole will exceed the sum of the parts. Yet there will be more.

Accelerated growth, ever increasing functionality upgrades, and the emergence of evolved states will continually increase your level of peak performance. What you could not accomplish yesterday could be effortless today. Internal potential may have limits. External potential, however, is infinite.

*BioMaxed* plays a pivotal role in the development of my science. As you may have gathered, all of my books – fiction and nonfiction – explore the new level of human potential possible through a partnership with the biological infrastructure of which we are a part and with which we have co-evolved to operate.

*Peak Evolution: Beyond Peak Performance and Peak Experience* (2001, 2010) is the primer where I first began defining methods for exploiting nature's maximizing machinery and describing what happens over time as one complies with its direction and wields its massive resources.

The peak evolution strategies arose from experimenting with and researching what I had learned from interviewing 300 accomplished change executives from global multinationals in a compressed period of time. What I observed was then colored by my degree in biological anthropology.

*BioMaxed* (2019) is a collection of articles I wrote in 2013 and 2014. They helped me to examine some of the latest scientific findings and my more recent conclusions, methods, and applications that had emerged to refine the 2001 peak evolution science.

For those who have read the primer, you will see a more powerful and profound methodology more simply stated from a more expansive perspective. It is an unfortunate challenge

*BioMaxed* was an important transition for me that you can observe in the progression of the articles. I grew from upgrading the science to applying it to various fields – to provide guidance on how people might apply the science to achieve specific goals.

*The Encore: A Transformational Thriller* (2018) was an exciting opportunity to reveal my more advanced understanding of the internal-external partnership in action through helping *fictional* characters to become heroic worldbuilders to save a planet. They comprise the supporting cast of the book's real main character, transformation.

Savanting is what I now call the methodology for exploiting the internal-external partnership. *Savanting: Outperforming your Potential* (2019) is a chance to see the same partnership in action in the lives of *real* people this time. First, the savants for which savanting is named are introduced. I then try to retrofit my science onto the careers of accomplished individuals whose lives are well known – entrepreneurial CEOs Bill Gates, Steve Jobs, Jeff Bezos, Mark Zuckerberg, and media mogul, Oprah.

Immediately after writing the *BioMaxed* articles, I tried to push the envelope on the science in an early draft of *Savanting*. It was originally to be a significantly more advanced sequel to *Peak Evolution*.

However, everything in my world and inside of me blocked my progress. The maximizing machinery was against it. After I had written all of the people analyses which you will still find in *Savanting*, ideas for *The Encore* plot just took over and were too compelling to resist.

My goal for *Savanting* had been to demonstrate how the maximizing machinery operates so that people would get to know their potential partner. However, the maximizing machinery seemed to favor my achieving this goal through fictional characters.

I feel I was only a co-author of *The Encore* thriller with its incredibly challenging mandate: the twists and turns of a thriller plot; the resolution of a very real threat to the survival of Earth and humanity; the transformational promise; the application of an extremely complex science which is not mainstream; as well as the development of characters which I loved and hoped readers would too.

With the magic of a plethora of incredible coincidences, breakthroughs, epiphanies, and creative inspirations, plus directional guidance, I feel this book was definitely co-authored by the maximizing machinery – or what I call in *The Encore*, “the bioflow” – which seemed to decide on the best story for me and for humanity. It was a magical experience which I never saw coming. I cannot wait for the next.

*The Encore* is the first of what I hope will become a transformational series of novels showing many different applications of the science from which practitioners may learn how to exploit the internal-external partnership. But more than this, I hope the series will help people to experience the evolved states that will emerge as one spends more time living fully integrated into the maximizing bio-infrastructure.

I am not only talking about the commonly acknowledged evolved states such as unity consciousness or those reverent states esteemed by religious or spiritual disciplines. The essence of nature and the universe is

endless creativity, adaptivity and advance. If you fully integrate into the evolutionary flow, this essence will emerge in you. The dedication I wrote for this book is an example of just such an evolved state I wish for everyone:

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*Dedicated to those who achieve sustained self-love through the pure creative self-expression of their essence in serial shared creations.*

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## ABOUT LAUREN HOLMES

All of Lauren's books speak to a new level of human potential possible through a partnership with the biological infrastructure of which we are a part and with which we have co-evolved to operate.

Lauren's education and career were designed to allow her to develop and test her achievement technology based on exploiting this internal-external partnership. She has a biological anthropology degree from the University of Toronto.

Lauren defines how to partner with this bio-infrastructure in her 2001 bestseller *Peak Evolution: Beyond Peak Performance and Peak Experience* and in *BioMaxed* (2019). She introduces a more advanced way to exploit the partnership through the lives of fictional characters in *The Encore: A Transformational Thriller* (2018) as they fight to save the planet.

She then attempts to illustrate the internal-external partnership in action through the lives of real people in *Savanting: Outperforming your Potential*. Here, Lauren retrofits the internal-external partnership onto the well-known lives of some rather successful entrepreneurial CEOs: Bill Gates, Steve Jobs, Jeff Bezos, and Mark Zuckerberg, Oprah, and others.

After first becoming a change leader in global banks, Lauren launched an executive search firm for change leaders for the boards and C-suites of large multinationals. This evolved into providing executive change leaders on contract before that field existed.

Recruiting executives evolved into coaching executives before that field existed. Coaching matured into co-creating new companies, ventures, projects, jobs and frontiers customized to client talents, passions, and strengths to ensure their success. Lauren has been the CEO of Frontiering since 2002. She may be reached through [laurenholmes.com](http://laurenholmes.com) or [frontiering.com](http://frontiering.com).