

SAGE ADVICE COLLECTION

* YOU WILL NEVER RISE ABOVE THE OPINION OF YOURSELF.

- IF YOU DON'T LEARN HOW TO IMPROVE WHO YOU ARE, THEN WHAT YOU DO IS ALMOST IRRELEVANT.
- NO MATTER HOW MANY SKILLS YOU LEARN, IT'S STILL THE SAME PERSON WHO IS APPLYING THEM.
- IF YOU DON'T LEARN TO SHIFT YOUR AWARENESS BUT ONLY LEARN NEW SKILLS, YOU WILL SIMPLY FIND NEW WAYS OF REACHING THE SAME DESTINATION.
- IT'S A LOT HARDER TO LOOK IN THE MIRROR THAN IT IS TO LOOK IN A TEXT BOOK OR A "HOW TO MANUAL".

- IF YOU "KNOW IT" AND YOU'RE NOT LIVING IT; YOU DON'T KNOW IT.

- LEARN TO SHIFT DIFFERENT LEVELS OF AWARENESS.

LEVELS OF AWARENESS

TRANSFORMATION

NOT INFORMATION

- * INTELLECTUAL LEVEL OF AWARENESS - TO UNDERSTAND OR KNOW INFORMATION. ACCUMULATION OF KNOWLEDGE
- DOES NOT CHANGE BEHAVIOR. BREAKS SELF SAB HABITS. GET PAST THE GLASS CEILING. STOP PROGRAM - INATING
- NO MATTER HOW MUCH YOU KNOW OR THINK YOU KNOW, IT WILL NOT SHIFT WHO YOU ARE FROM A PLACE OF BEING.
- (m) ~~ACTION MANIFESTS BEING OF SELF IN PHYSICAL~~
INFORMATION DOES NOT GARANTEE CERTAINTY WORLD.

* EMOTIONAL LEVEL OF UNDERSTANDING: SAME INFORMATION YOU'VE HEARD BEFORE, BUT HEARING IT FROM DIFFERENT PLACE. MOVES YOU EMOTIONALLY. IMPRESSIONS CHANGE IN MOMENT BUT RARELY LASTS

- A SMOKER KNOWS THEY SHOULDN'T SMOKE. IT IS BAD FOR YOU. INTELCTUAL LEVEL OF AWARENESS
- A CANCER DIAGNOSIS WILL BRING IT TO AN EMOTIONAL LEVEL OF AWARENESS ABOUT DANGERS OF SMOKING. NOT SMARTER. NOT MORE EDUCATED
- MOST PEOPLE WHO QUIT BEGIN AGAIN. WHY?

* IDENTITY LEVEL OF AWARENESS: BECOMES PART OF WHO YOU ARE. IDENTITY IS THE STRONGEST FORCE IN THE HUMAN PERSONALITY, WHICH IS: THE NEED TO STAY CONSISTANT WITH HOW YOU DEFINE YOURSELF.

- VEGETARIANS DON'T EAT MEAT BECAUSE THEY HAVE DIFFERENT TEETH OR A DIFFERENT DIGESTIVE SYS.
- YOU WILL ACT DIFFERENTLY AS THE IDENTITY OF A SIBLING VS THE IDENTITY AS A PARENT.
- IDENTITY GOVERNS DIFFERENT ASPECTS OF BEHAVIOR, UNCONSCIOUSLY.

MY IDENTITY SAYS, "I AM A SMOKER" BUT MY BEHAVIOR SAYS THAT, "I QUIT." THE PROBLEM W/ THIS IS *IDENTITY BEATS WILL POWER OVER TIME, EVERY TIME. WILL POWER ALWAYS HAS A TIME LIMIT.

IDENTITY OF A PERSON WHO HAS QUIT SHOULD BE A NON-SMOKER - NO! I DON'T SMOKE. DECISION HAS BEEN MADE IN IDENTITY.

- * YOU WILL NEVER RISE ABOVE THE OPINION OF YOURSELF. *
- * WHAT HAS TO HAPPEN FOR ME TO RAISE THE OPINION OF MYSELF? *
- * WHAT IS STOPPING ME FROM HAVING A HIGHER OPINION OF MYSELF? *
- THE QUALITY OF YOUR LIFE IS ALSO LINKED TO THE QUALITY OF THE QUESTIONS YOU ASK YOURSELF.
 - * QUESTIONS ARE THE STEERING WHEEL OF THE MIND.
 - * QUESTIONS WILL DIRECT YOUR FOCUS.
 - MOST PEOPLE ARE ASKING THEMSELVES LOUSY QUESTIONS.
- YOU HAVE A MACHINE OF THE MIND, LINKED UP TO A SUPER COMPUTER CALLED THE BRAIN, THAT HAS A COUPLE OF PRIME DIRECTIVES.
 - ONE IS: TO FIND THE ANSWERS TO THE QUESTIONS THAT YOU ASK. IF YOU ASK, "WHY DOES MY LIFE SUCK?" THE BRAIN IS DESIGNED TO FIND AN ANSWER. BECAUSE YOU SUCK. BECAUSE YOU'RE NOT GOOD ENOUGH. BECAUSE YOUR TEACHER SAID... ETC
- * IF WE LEARN TO ASK BETTER QUESTIONS, WE IMMEDIATELY RAISE THE GAME IN TERMS OF HOW TO USE OUR MIND. & OUR BRAIN TO OUR ADVANTAGE.

THE MIND HAS A VERY SPECIFIC JOB TO DO THAT IT IS
EXREMELY SKILLED AT. TO JUSTIFY OUR DECISIONS
& OUR ACTIONS TO BE IN LINE WITH OUR CURRENT
EMOTIONAL STATE.

(M) THE MIND'S JOB IS TO THINK. OBSERVE. CONCLUDE. ACT
A POORLY TRAINED MIND IS A TOOL TO JUSTIFY ^{USED} ACTIONS
THAT GO AGAINST OUR CONFERENCE; AND
SATISFYING THE CURRENT EMOTIONAL STATE OF OUR EGO.

(M) A MIND CONDITIONED TO SOOTH THE EGO WILL DECEIVE...
FROM A PERFECTLY LOGICAL PERSPECTIVE ^{THE MIND (TYPE OF MIND)} RATIONALIZE
IT'S OK FOR YOU TO... ESCAPE... BECAUSE... SELF
INTEREST, PRIDE ETC...

- THIS TYPE OF MIND SELLS US OUT & MAKES EXCUSES
MADE COMMITMENT TO GO TO GYM AT 6:00AM. THE MIND
MAY FIND A PERFECTLY RATIONAL EXCUSE AS TO WHY
YOU FEEL LIKE STAYING IN BED & HITTING THE SNOOZE
BUTTON IS. TOO COLD, TOO TIRED, TOO DARK, TOO COMFORTABLE.

(M) THE MIND ^(BEHIND) CAN ALWAYS JUSTIFY. TWIST & CONTORT. THE
TRUTH (OF) YOUR WILL & INTENTION. THE POWER OF YOUR WILL.
IS DIRECTED TOWARD YOUR NEED TO STAY CONSISTANT
WITH HOW YOU DEFINE YOURSELF; YOUR IDENTITY.

- SELF HONESTY IS THREATENING TO THE EGO, SO
MOST PEOPLE HAVE A HABIT OF LYING TO THEMSELVES
IN BELIEVING "THEY CAN'T". AS SOON AS WE SAY "I CAN'T"
IT'S NO LONGER OUR FAULT / RESPONSIBILITY. WHAT
PEOPLE REALLY MEAN, WHAT THEY SHOULD BE SAYING
IS "I WON'T."

(M) A MIND'S FUNCTION MAY BE TO JUSTIFY WHY IT IS PERFECTLY
REASONABLE TO BLAME SOMEONE YOU FEEL ANGER TOWARD
& NOT APPALGIZE. THIS SIMPLY WHAT THE MIND DOES. ^(YOUR EMOTIONAL STATE)

- THE MIND WILL JUSTIFY YOUR BEHAVIOR. WHETHER YOU ACT ON THAT JUSTIFICATION IS ANOTHER MATTER ALL TOGETHER. THIS IS LINKED TO VALUE STRUCTURE, HABITS & DISCIPLINE.
- SO, ASK BETTER QUESTIONS.
- THE MIND IS LIKE A FAITHFUL LABRADOR. IF YOU THROW THE STICK, IT WILL GO GET THE STICK. SO THROW YOUR BRAIN SOME STICKS TO GO FETCH IN THE FORM OF BETTER QUESTIONS; IT WILL GO FETCH THE ANSWERS.

* WHAT IS PREVENTING ME FROM RISING ABOVE THE CURRENT OPINION OF MYSELF?

- SELF SABOTAGE & DESTRUCTIVE PATTERNS ARE BECAUSE YOU ARE PLAYING AN INAUTHENTIC GAME / ROLE DICTATED BY... YOUR BELIEF IN YOUR NEED FOR...

* THE GOOD OPINION OF OTHER PEOPLE OR

* G. O. O. P. *

* IF YOU SPEND YOUR LIFE IN GOOP, YOU WILL NEVER RAISE THE OPINION OF YOURSELF BECAUSE YOU ARE NOT LIVING AUTHENTIC... BECAUSE YOU CARE TOO MUCH ABOUT WHAT OTHER PEOPLE THINK.

* SO YOU TURN INTO THIS "PEOPLE PLEASEING ADAPTATION MACHINE" SEEKING ALL OF THE USUAL SUSPECTS; APPROVAL, VALIDATION, CONNECTION, LOVE

- OUR PERCEPTION OF WHETHER OR NOT WE HAVE RECEIVED THESE, SHAPES US IN TERMS OF HOW WE PROJECT OUR RELATIONSHIPS MOVING FORWARD.

* SO, HOW DO YOU THEN START ACTING FROM A PLACE OF AUTHENTICITY?

* THE MOVIE OF YOUR LIFE *

- EVERYONE OF US IS STARTING IN THE LEAD ROLE OF A SPECIFIC MOVIE CALLED "THE MOVIE OF OUR LIFE."

- YOU ARE THE ONLY ONE WHO APPEARS IN EVERY SINGLE SCENE OF YOUR MOVIE, SO THIS MAKES YOU THE STAR.

- UNFORTUNATELY, MOST PEOPLE ARE LIVING AS THE SUPPORTING CAST IN SOMEONE ELSE'S MOVIE.

- REALIZE OUR ROLE IS TO BE THE STAR OF OUR OWN MOVIE. AS THE STAR IN OUR MOVIE, THERE ONLY 2 OTHER ROLES THAT OTHER PEOPLE CAN PLAY.

1) SUPPORTING CAST: SPOUSE, SIBLING, POSI
COWORKER, BEST FRIEND...

2) FILM EXTRAS: VAST MAJORITY OF EVERYONE
ELSE. SOMEBODY YOU DON'T
THINK ABOUT ONCE THEY ARE NOT IN
YOUR CURRENT SCENE.

* FUNDAMENTAL ERROR IS, AS THE STAR OF OUR MOVIE,
WE THINK EVERYONE ELSE SEES US AS THE STAR
OF OUR MOVIE. BUT, THEY ARE ACTUALLY STARTING
IN THEIR OWN MOVIE. SO...

- EITHER WE ARE 1) SUPPORTING CAST 2) FILM EXTRAS
IN THEIR MOVIE. FOR VAST MAJORITY WE ARE
NO MORE THAN FILM EXTRAS IN OTHER PEOPLE'S
MOVIES.

* SO, WHAT DOES THIS MEAN IN RELATIONSHIP TO "THE
GOOD, OPINION OF OTHER PEOPLE"?

* MOST PEOPLE DON'T CARE ENOUGH ABOUT YOU, IN ORDER
TO GIVE AN OPINION. WHY? TO BOTHER.

* BECAUSE THEY'RE BEING TOO WORRIED, ABOUT WHAT THEY THINK YOU'RE THINKING, OF THEM.

- ...AND EVERYONE IS WALKING AROUND IN THEIR OWN "SELF IMPORTANCE BUBBLE" WORRYING ABOUT WHAT EVERYONE ELSE THINKS, NOT REALIZING THAT EVERYONE ELSE IS WALKING AROUND IN A BIG BUBBLE, BEING WORRIED ABOUT WHAT EVERYONE ELSE THINKS OF THEM IN THEIR BUBBLE.

* WHEN YOU CAN LET GO OF THAT; SHAM / LIE... IT DOESN'T EXIST, EXCEPT IN THE SELF IMPORTANCE OF YOUR OWN MIND THINKING THAT EVERYBODY SEES YOU AS THE STAR OF YOUR MOVIE, WHEN THEY DON'T.

* AND WHEN YOU GET THAT (NOT INTELLECTUALLY) BUT WHEN REALLY GET THAT, YOU CAN START TO RELAX.

* BECAUSE PEOPLE WON'T REMEMBER YOU THE SECOND YOU'RE OUT OF THEIR SCENE AS AN EXTRA. THEY DON'T CARE!

* LEARNING HOW TO LET GO OF THE GOOD OPINION OF OTHERS, IS A FOUNDATIONAL PART OF BEING ABLE TO RAISE THE BAR WHEN IT COMES TO YOU HAVING YOUR OWN LEVEL OF SELF ESTEEM.

- THIS IS A HUGE PART, OF MOVING FORWARD IN LIFE.

* LEVELS OF EMOTIONAL MATURITY *

- THE RES OF YOUR OWN OPINION (OF YOURSELF) IS ALSO LINKED TO THE LEVEL OF EMOTIONAL MATURITY.

- EMOTIONAL MATURITY & BIOLOGICAL MAJORITY ARE NOT LINKED.

- WE DON'T GET TO CHOOSE WHETHER WE AGE BIOLOGICALLY
* BUT WE DO GET TO CHOOSE WHETHER WE AGE EMOTIONALLY

- THERE'S A LOT OF EMOTIONAL TEENAGERS, RUNNING AROUND IN ADULT BODIES.

- FIRST LEVEL OF EMOTIONAL MATURITY

* YOU FINALLY BECOME OK WITH NOT BEING LIKED.

- YOU REALIZE THAT EVERYBODY IS ONLY PROJECTING FROM THEIR OWN MODEL OF THE WORLD, FROM THEIR OWN LEVEL OF CONSCIOUSNESS, FROM THEIR OWN MOVIE, IT HAS NOTHING TO DO WITH YOU.

- MOST PEOPLE ARE STRUGGLING ENOUGH TO LOVE THEMSELVES. SO, DON'T TAKE IT PERSONALLY IF THEY DON'T LOVE YOU THE WAY YOU WANT TO BE LOVED OR APPROVE OF YOU OR SAY SOMETHING NICE. THEY ARE DEALING WITH THEIR OWN STUFF.

- HERE YOU CAN HAVE THAT SENSE OF FREEDOM & EMOTIONAL MATURITY TO DO THE RIGHT THING / NOT TO DO THE THING OTHER PEOPLE WILL LIKE. OR LIKE YOU FOR.

- THE MOMENT YOU UNHOOK FROM THE NEED TO BEING LIKED, YOU WILL FIND A LOT MORE PEOPLE WILL START LIKING YOU, BECAUSE THE FREEDOM & ENERGY YOU HAVE IS ATTRACTIVE.

* BE THE EXAMPLE OF POSSIBILITY, RATHER THAN A CHAMELEON. THAT ~~CHANGES W/ THE WINDS~~. RESPONDS TO FIT IT'S ENVIRONMENT'S DICTATES & IDENTITY.

- LEVEL 2 OF EMOTIONAL MATURITY

* THE REALIZATION THAT LIFE IS A GROWTH CENTRIC EXPERIENCE, NOT A COMFORT CENTRIC EXPERIENCE.

- IF YOU BELIEVE WE ARE MADE FOR A COMFORT CENT. EXPERIENCE OF LIFE, YOU ARE GOING TO DO YOUR BEST TO AVOID DISCOMFORT. DECIDE FOR PATH OF LEAST RESISTANCE. NOT CONGRUENT W/ LIFE

- 2 LAWS OF NATURE - GROWTH & CONTRIBUTION

- WE HAVE A NERVOUS SYSTEM THAT IS HARPOINED FOR COMFORT. (COMMERCIALISM) SELLS COMFORT)

- NERVOUS SYSTEM IS USEFUL FOR SURVIVAL.

* YOU HAVE A SOUL THAT IS WIPED FOR GROWTH, & YOU ONLY GROW THROUGH CHALLENGE. CHALLENGE BY ITS VERY NATURE HAS TO INCLUDE DISCOMFORT.

- PEOPLE ARE TOO BUSY LISTENING TO THEIR NERVOUS SYSTEM & NOT THEIR SOUL.

* YOU ARE GOING TO RESENT THE WORKOUTS IN THE GYM (OF LIFE) IF YOU DON'T KNOW YOURS AN ATHLETE.

- THE IDENTITY OF THE ATHLETE IS PROUD OF THE UNCOMFORTABLE GROWTH.

* STOP LIVING LIFE FROM THE PERSPECTIVE OF THE MUSCLE FIBRE & START LIVING LIFE FROM THE IDENTITY OF THE ATHLETE.

* LIFE IS NOT A COMFORT CENTRIC EXPERIENCE. GO FOR GOLD! OWN THE IDENTITY OF...

* LIFE IS A GROWTH CENTRIC EXPERIENCE & PEOPLE THAT EMBRACE THE CHALLENGES OF LIFE, PEOPLE WHO GO WITH THE BENDS OF THE RIVER & ROLL WITH THE PUNCHES, TEND TO HAVE A FAR BETTER QUALITY OF LIFE ON EVERY LEVEL.

RECAP EMOTIONAL AWARENESS

* 1ST LEVEL - BECOME OK WITH NOT BEING LIKED.

* STOP VALIDATING YOUR SELF WORTH, BASED UPON THE PROJECTED JUDGEMENTS OF OTHER PEOPLE. THIS IS A FOOLS GAME YOU CANNOT ESCAPE IF YOU ARE STUCK IN G.O.O.P. SO LEARN TO STAR IN THE STAR OF YOUR OWN MOVIE, AND LEARN TO REALIZE THAT NOBODY ACTUALLY REALLY CARES. *

* 2ND LEVEL

* YOU REALIZE THAT LIFE IS A GROWTH CENTRIC EXP. NOT A COMFORT CENTRIC EXP.

* AND AS A RESULT, YOU WANT TO TAKE ON THE CHALLENGE. YOU'RE AN OLYMPIC ATHLETE TRAINING FOR GOLD. SHOW ME THE GYM I CAN HANDLE THIS.

* DON'T GET SUCKED INTO THE VICTIM STORY. NO WHERE ON PLANET EARTH IS THE ROLE OF VICTIM REWARDED.

* MISERY LOVES MISERABLE COMPANY *

* THE MORE YOU TALK ABOUT BEING A VICTIM THE MORE YOU WILL ATTRACT PEOPLE WHO ARE AT VICTIMHOOD WHO WILL AGREE WITH YOU BECAUSE BEING A VICTIM IS HOW THEY DEFINE THEMSELVES.

* GET OFF THAT GAME RIGHT AWAY!

80% OF PEOPLE DON'T CARE ABOUT YOUR PROBLEMS
20% ARE GLAD YOU HAVE THEM.

* SO GIVE UP BEING A VICTIM *

3RD LEVEL OF EMOTIONAL MATURITY - YOU REALLY
BEGIN TO UNDERSTAND HOW IT WORKS...

* OUR OUTER WORLD, FOLLOWS OUR INNER WORLD.

* MOST PEOPLE HAVE IT BACKWARDS. THEY THINK THE
OUTER WORLD IS "WHAT IS IS", & SO "I ADAPT TO IT"

- IN ORDER FOR YOUR FINANCIAL BANK ACCOUNT TO
RISE, YOUR EMOTIONAL ACCOUNT HAS TO RISE
FIRST. YOUR EMOTIONAL ACCOUNT IS A LEADING
INDICATOR. NOT A LAGGING INDICATOR.

- MOST PEOPLE SAY, "MY FINANCIAL BANK ACCOUNT IS
LOW, THEREFORE MY EMOTIONAL ACCOUNT REFLECTS LOW."
THIS IS WRONG.

* YOU ARE THE ORIGINATING IMAGE & THE OUTER
WORLD IS THE MIRROR, THE REFLECTION, NOT THE
OTHER WAY AROUND.

* MOST PEOPLE DON'T GET THIS AND MISS IT
BECAUSE THERE IS A DELAY IN THE REFLECTION.

- MOST PEOPLE ARE STANDING IN FRONT OF THE
MIRROR UPSET & FROWNING BECAUSE THE
MIRROR IS NOT SMILING.

* THEY SAY, "I'M UPSET BECAUSE THE MIRROR
IS NOT SMILING & WHEN THE MIRROR
STARTS SMILING, THEN I WILL CHANGE MY
ATTITUDE."

- AND BECAUSE IT DOESN'T, PEOPLE TRY TO GRAB
HOLD OF THE OUTER WORLD AND TWIST IT INTO SHAPE.
THEY DRAW A MARKER SMILE ON THE MIRROR.

- THIS IS TRYING TO CHANGE THE OUTER WORLD CIRCUMSTANCES WITHOUT CHANGING YOUR INNER WORLD ATTITUDES.

* YOU WILL NEVER RISE ABOVE THE OPINION OF YOURSELF *

- THE MIRROR CAN ONLY REFLECT WHAT IS PUT INTO IT. BUT THERE IS A DELAY. SO YOU SMILE & THE FROWN IS STILL IN THE MIRROR. WHY?

THE PHYSICAL WORLD - IS GOVERNED BY RULE SETS BY OUR 3 PREDOMINANT SCIENCES.

1) PHYSICS - PARTICLES
2) CHEMISTRY - MOLECULES
3) BIOLOGY - CELLS } SUBSET OF A GREATER REALITY

* NON PHYSICAL MATTER REALITY - CONSCIOUSNESS GIVES BIRTH TO THE PHYSICAL WORLD.

- WE KNOW THIS BECAUSE, "THE WAVE COLLAPSES INTO THE PARTICLE. THE PARTICLE DOES NOT COLLAPSE INTO THE WAVE." QUANTUM MECHANICS 101
PHYSICS

- SO THE SUPERSET IS THE NON PHYSICAL WORLD REALITY.

- SO IF WE ARE NOT ADDRESSING THE ISSUES OF THE ^{RELATED TO} SUPERSET, WE CANNOT EXPECT OUR PHYSICAL WORLD TO CHANGE WITHOUT FORCE & CONTORTION.

WE UNDERSTAND THAT IN THE PHYSICAL WORLD, "IF I PUT IN THE WORK, I WILL GET THE RESULTS." WHY NOT FOR THE SUPERSET, OR NON PHYSICAL WORLD?

YOU CAN'T OVERRIDE THE RULESET / THE RESULTS WILL TAKE TIME, BUT THEY MUST COME. IF YOU ARE PLANTING THE SEED.

- CANNOT EXPECT TO LEAVE GYM 20lbs UNDER WEIGHT. IT TAKES TIME AND CONSISTANCY, TO LOOSE WEIGHT. IN THE PHYSICAL WORLD.

- SIMILARLY, THE INNER WORLD WORK; CHANGE IS CERTAIN WITH PROPER PRACTICE, TIME & CONSISTANCY

* SO, IF YOU SMILE ENOUGH IN THE MIRROR, JUST LIKE IF YOU TRAIN HARD IN THE GYM, THE RESULTS HAVE TO COME. BECAUSE YOU CAN'T OVERRIDE THE RULES!

- IT TAKES TIME FOR THE QUANTUM WORLD TO FILTER DOWN "QUANTUM TO NEWTONIAN TRANSITION POINT" GOING FROM WAVE TO A PARTICLE AND CIRCUMSTANCE IN SYNCHRONICITY OF EVENTS IN OUR LIFE, AS LONG AS YOU ARE PLANTING THE SEED, ITS GOING TO COME. YOU CANNOT STOP IT.

* THE PHYSICAL WORLD IS LIKE THE SECOND HAND OF A CLOCK. THE ACTIONS THAT WE TAKE IN THE PHYSICAL WORLD ARE LIKE BEING ABLE TO SEE THE SECOND HAND MOVING. WE CAN'T REALLY SEE THE MINUTE HAND MOVING, AND IF WE STARE AT THE HOUR HAND FOR A MINUTE WE CAN'T SEE ANYTHING.

- IF THE SECOND HAND IS MOVING, DO WE KNOW THAT THE HOUR HAND IS GOING TO MOVE? ABSOLUTELY! JUST BECAUSE WE CANNOT SEE IT MOVING, DOESN'T MEAN IT ISN'T WORKING.

* SO... DOING THE ACTIONS THAT ARE REQUIRED: POSITIVE THINKING, AFFIRMATIONS, MEDITATIONS, GETTING OUT OF G.O.O.P. & GETTING INTO A GROWTH CENTERED EXPERIENCE WITH LIFE: THE WORK... THESE ARE LIKE THE SECOND HAND MOVING... SO... RELAX! THE HOUR HAND WILL MOVE, IT JUST WON'T MOVE AT THE PACE YOU WANT IT TO, BECAUSE YOU'VE BEEN CONDITIONED INTO INSTANT SELF GRATIFICATION & LACK OF PATIENCE.

* THE REASON MOST PEOPLE WANT IT NOW, IS BECAUSE THEY DON'T FEEL GOOD WITHOUT IT...

* THERE IS ONLY ONE GAME TO PLAY IN TOWN, THE MOST EFFECTIVE, & EFFICIENT, WHERE EVERYONE WINS...

* THE GAME OF "FEEL GREAT NOW" *

- MOST PEOPLE ARE PLAYING THE GAME OF "FEEL GREAT WHEN..."
I GET THE: JOB, BODY, CAR, HOUSE... THAT I WANT.

* IF YOU'RE PLAYING THE GAME OF "FEEL GREAT WHEN"
YOU ARE NEVER GOING TO HAVE A RELATIONSHIP WITH THE MIRROR THAT SUPPORTS YOU.

* IF YOU'RE PLAYING THE GAME OF "FEEL GREAT NOW"
YOU'VE ALREADY GOT WHAT YOU WERE LOOKING FOR,
WHICH IS A FEELING THAT YOU WERE TRYING TO GET BEFORE.

- INSTEAD YOU'VE NOW SHIFTED THE RULES AROUND
YOUR PERMISSIONS.

* THE GAME MOST PEOPLE PLAY... "WHEN I GET THE HOUSE THAT I WANT; AT THAT POINT I WILL GIVE MYSELF PERMISSION TO FEEL THE KIND OF FEELINGS THAT I COULD FEEL NOW SHOULD I DECIDED I WANTED TO."

- "WHEN I FIND THE PARTNER OF MY DREAMS THEN I WILL GIVE MYSELF PERMISSION TO BE HAPPY."

* THERE IS A HUGE DIFFERENCE BETWEEN A LIFE CHASING SUCCESS VS. A LIFE GOING AFTER FULFILLMENT

- THOSE THAT UNDERSTAND THAT DISTINCTION ARE OFTEN PLAYING THE GAME OF "FEEL GREAT NOW".

- YOU CANNOT PLAY THE GAME OF FEEL GREAT NOW IF YOU ARE FOCUSED FROM AN EMOTIONAL LEVEL OF MATURITY THAT SAYS, "INNER WORLD FOLLOWS OUTER WORLD."

- NOW YOU ARE RELYING ON THE OUTER WORLD TO FIT YOUR PICTURES IN A WAY THAT ALLOWS YOU TO GIVE YOURSELF PERMISSION TO BE HAPPY.

- THAT'S LIKE SAYING TO THE FIRE, "GIVE ME SOME HEAT, & I'LL GO FETCH YOU SOME WOOD."

- "GIVE ME THE STRENGTH, THEN I'LL GO LIFT THE WEIGHTS"

* MOST PEOPLE LIVE THEIR LIFE ^{THIS WAY} BECAUSE THEY ARE UNDER THE ILLUSION THAT LIFE IS A COMFORT CENTRIC EXPERIENCE. INSTEAD OF THE REALITY THAT LIFE IS A GROWTH CENTRIC EXPERIENCE. AND WHEN YOU ADOPT THAT IDENTITY OF "THE ATHLETE"... OR... YOUR IDENTITY YOU WANT THE CHALLENGES. TO COME.

* WHO YOU ARE! * THE FOUNDATION OF ~~FULFILLING WORK~~ FULFILLMENT IN YOUR WORK!

* NOW THE OPINION OF YOURSELF HAS GONE UP. NOT YOUR INTELLECTUAL CAPACITY FOR FOLLOWING INSTRUCTIONS. IN ORDER GAIN APPROVAL OR SUCCESS.

* ON RELATIONSHIPS w/ PEOPLE & THINGS

- THE CHALLENGE WITH RELATIONSHIPS IS MOST PEOPLE ARE RUNNING AROUND IN LIFE LIKE A HALF CIRCLE LOOKING FOR ANOTHER HALF CIRCLE TO "COMPLETE" THEM.

* "YOU COMPLETE ME!" NO YOU DON'T! YOU PUT ME INTO A RELATIONSHIP OF CO-DEPENDENCY AND FEAR OF LOSS.

* ONCE YOU BECOME THE FULL CIRCLE YOURSELF YOU'RE FREE TO ATTRACT ANOTHER FULL CIRCLE & NOW YOU CAN CELEBRATE BEING TOGETHER.

* NOW "1+1 = 11"

* IF YOU NEED SOME BODY, YOU CANNOT LOVE THEM. YOU CANNOT LOVE, THAT WHICH YOU NEED. OR SOMETHING OR IT.

- BECAUSE THE FIRST TIME IT LOOKS LIKE IT'S GOING TO WALK OUT THAT DOOR, YOU'RE GOING TO ADAPT YOURSELF TO BECOME IN-AUTHENTIC TO FIT WHAT EVER STRATEGIES YOU THINK WILL BRING THEM BACK.

- LET THEM GO, SEND THEM LOVE, WISH THEM WELL.

* ASK THE QUESTION WHAT IS PREVENTING ME FROM RAISING THE OPINION OF MYSELF? *

* IF YOU ARE DEPRESSED, RATHER THAN FIGHT THE DEPRESSION, WORK ON LOWERING YOUR RESISTANCE TO JOY. * (UNDERSTAND)

* WHAT IS PREVENTING ME FROM (FEEL GREAT NOW); OR LOWERING MY RESISTANCE TO JOY? *

answers: GOOP, LIFE AS COMFORT CENTRIC, NOT OK w/ BEING UNLIVED
TRYING TO FIX THE OUTER WORLD / RATHER THAN WORK ON INNER WORLD.

* LIMITING BELIEFS COME FROM: WE WILL MAKE DECISIONS & ACT OUT BEHAVIORS BASED ON UNCONSCIOUS DIRECTION THAT IS INFLUENCED FROM WHERE WE PERCEIVED WE DID OR DID NOT GET LOVE AS A CHILD FROM THE PEOPLE WE MOST WANTED IT FROM.

- THE PERCEPTION OF A 2 YR OLD (NOT REALITY) THE PERCEPTION THAT THEN BECOMES THEIR REALITY, IS THAT MOM & DAD HAVE WITHDRAWN THEIR LOVE, CONNECTION, APPROVAL, VALIDATION. OF COURSE THE PARENTS LOVE THEM UNCONDITIONALLY, BUT THAT IS NOT THE REALITY OF THE MIND OF THE CHILD & ONE HAS TO UNDERSTAND THAT, PERCEPTION IS REALITY.

- SO WE GROW UP WITH A MODEL, AS A CHILD, THAT SAYS "IF I BEHAVE" I GET APPROVAL, VALIDATION, SIGNIFICANCE & CONNECTION. WE THEN SPEND THE REST OF OUR LIVES PROJECTING THAT INTO OUR OWN RELATIONSHIPS AND WONDER WHY THEY'RE SO DYSFUNCTIONAL.

- SO, IF YOU'RE COMING FROM A PLACE, "I WILL ADAPT MYSELF TO MEET WHAT I THINK, ARE YOUR APPROVAL STRATEGIES, IN ORDER TO ACCEPT ME, AND NOT LEAVE ME..." "OH! JUST TELL ME WHATEVER I HAVE TO DO..." WELL, IF THE ANSWER IS BE ANYTHING THAN WHO YOU ARE AUTHENTICALLY YOU ARE IN ^{OTHER} THE WRONG RELATIONSHIP ANYWAY.

* ASK YOURSELF BETTER QUESTIONS *

- HOW CAN I GET RID OF WHAT IS STOPPING ME?
- HOW CAN I LOWER MY RESISTANCE TO FULFILLMENT?

* STOP TRYING TO CONTROL THE OUTER WORLD AND PLAYING THE GAME OF "FEEL GREAT WHEN"

- WOULD YOU WALK DOWN THE STREET TOMMOROW WEARING THE SAME CLOTHES YOU WORE WHEN YOU WERE 10 YRS OLD?

* MOST PEOPLE ARE WALKING THROUGH LIFE WANTING THE BELIEF SYSTEMS THEY HAD WHEN THEY WERE 10 YRS OLD.

- QUESTIONING OWN BELIEFS IS IMPORTANT.

* WHY DO I BELIEVE THAT?

- YOU LINK JUDGMENT AND EMOTIONAL PAIN TO (FILL IN BLANK) AND THEN MADE UP AN IDENTITY "(I'M NOT A...) BECAUSE TO DO THAT IT WOULD BE MORE PAINFUL."
YOU DEVELOPED A BELIEF BASED ON SOMEBODY WHO OFFERED AN UNQUALIFIED PROJECTION THAT YOU TOOK ON AS TRUE AND HAVE NEVER QUESTIONED SINCE.

* THIS NOT ABOUT HOW INTELLIGENT ~~THAT~~ YOU ARE. THIS IS ABOUT HOW PROGRAMED YOU'VE BEEN.

* ASKING QUESTIONS SUCH AS THESE WILL HAVE A FAN DSEPER IMPACT.

* WHAT IS THE MOST EFFECTIVE WAY TO RECOGNIZE YOUR OWN RESISTANCE?

- SEE WHERE YOU GET HOOKED EMOTIONALLY. WE ALL GET TRIGGERED, AND THOSE TRIGGER POINTS REALLY NEED TO BE LOOKED AT AS OPPORTUNITIES TO LEARN AND GROW.

- INSTEAD OF FOLLOWING THE TRADITIONAL EMOTIONAL ROUTE A THOUGHT, PRODUCES A HORMONE A NERVE PEPTIDE CHEMICAL SHIFT IN THE BODY, THAT IS THEN FELT AS AN EMOTION, THEN TRIGGERS THE MIND TO JUSTIFY MORE THOUGHTS THAT ARE IN LINE WITH THAT EMOTION, AND WE GO OFF ON A CYCLE.

* INSTEAD OF GOING DOWN THAT ROUTE OF DISCOMFORT, REACH FOR THE SHOVEL & START DIGGING w/ BETTER QUESTIONS

* THE MASTER SKILL OF RELATIONSHIPS IS LEARNING HOW TO REPAIR BREAKDOWN.

- 99% OF RELATIONSHIP COACHES WILL TEACH YOU HOW TO AVOID BREAKDOWN. BUT THE REALITY IS, THERE WILL BE BREAKDOWNS. YOU ARE GOING TO CATCH EACH OTHER AT A LOW SPOT. YOU ARE GOING TO CATCH EACH OTHER AT THE WRONG TIME. SOMETHING YOU SAY IS GOING TO GET TRIGGERED, THROUGH NO FAULT OF YOUR OWN, FROM SOME CHILDHOOD MEMORY OR WHATEVER IT MAY BE.

* LEARNING HOW TO REPAIR BREAKDOWN IS THE MASTER SKILL OF RELATIONSHIPS. IF DON'T CARE HOW GREAT THINGS ARE WHEN THE SUN IS SHINING / BUT WHEN THE STORM COMES CAN YOU KEEP THE BOAT ON AN EVEN KEEL AND LEARN TO RESTORE CONNECTION?

* ASK BETTER QUESTIONS! *

- WHAT IS IT ABOUT "THIS" THAT TRIGGERED ME?
- WHY DO I GET UPSET OVER THAT?

- START GETTING HONEST WITH YOURSELF.

- DO NOT REACH FOR AN ESCAPE OR EXCUSE. DO NOT SEEK TO BLAME.

* IT TAKES COURAGE TO SAY, EVEN IN THE MOMENT OF DISCOMFORT AND EMOTIONAL PAIN RIGHT NOW, I AM ABLE TO ASK BETTER QUESTIONS AROUND, "WHAT IS THIS ABOUT ME, THAT I CAN LEARN?" (CONDITIONING)

* FOCUS YOURSELF ON WHAT YOU CAN LEARN VS WHAT YOU CAN LOSE; IS THE DIFFERENCE BETWEEN A LIFE OF FULFILLMENT & A LIFE ON ANTE DEPRESSION

* FULFILLMENT IS ONLY FOUND IF YOU ARE PLAYING THE GAME OF FEEL GREAT NOW. YOU CAN'T HAVE FULFILLMENT PLAYING THE GAME OF FEEL GREAT WHEN.

- YOU WILL GET TO THE TOP OF SUCCESS MOUNTAIN & YOU'LL WANT TO HANG YOURSELF OR JUMP OFF. WHAT NOW?

- WORK SO HARD AT THE OFFICE FOR YEARS & THEY RUIN THEIR RELATIONSHIPS, THEY RUIN THEIR HEALTH, THEY MISS SEEING THEIR KIDS GROW UP, ALL SO THAT HOPEFULLY ONE DAY, THEY CAN GET TO A PLACE WHERE THEY'VE EARNED ENOUGH MONEY TO PAY FOR THEIR DIVORCE, TO HIRE A PERSONAL TRAINER, TO GET THEIR HEALTH BACK, & TO BUY THEIR KIDS LOADS OF STUFF SO THEY LOVE THEM AGAIN. THAT'S THE GAME PEOPLE PLAY. THEY JUST DON'T REALIZE IT.

* THEY ARE CHASING SUCCESS IN A WAY THAT IS SETTING THEM UP TO FAIL.

* WE ARE NOT HERE TO PLAY THE GAME OF "HOW CAN I ACCUMULATE THE MOST STUFF SO THAT I CAN BE THE RICHEST PERSON IN THE GRAVE YARD?"

* YOU ARE PLAYING THE GAME OF "HOW DO I BECOME A BETTER ACTOR, IN THE MOVIE OF MY LIFE?"

* IT IS A PROGRESSION OF CHOOSING

LOVE OVER FEAR IN EVERMORE

CHALLENGING CIRCUMSTANCES *! COOPERATION

WHY WE ARE HERE.

* COOPERATION'S LOGICAL CONCLUSION IS...

* LOVE *

WE ARE REALLY HERE TO LEARN HOW TO LOVE.

* IN THE MOVIE OF YOUR LIFE, THERE ARE "SCRIPT WRITERS" IN A BUILDING WITH DIFFERENT FLOORS REPRESENTING DIFFERENT LEVELS OF CONSCIOUSNESS.

- ON THE BOTTOM FLOOR IT'S A HORROR MOVIE, 2ND FLOOR A SOAP, 3RD DRAMA, 4TH ROM COM ETC.

- GET TO THE TOP IT'S AN ADVENTURE, A LOVE STORY SPECTACULAR.

* MOST PEOPLE ARE SPENDING THEIR LIVES ON ONE FLOOR ie ~~the~~ DRAMA, WONDERING WHY THEIR LIFE IS FULL OF DRAMA ALL THE TIME. THEY TRY TO FORCE THE PEN OF THE SCRIPT WRITERS TO WRITE SOMETHING DIFFERENT, BUT THE WRITERS ON THE DRAMA FLOOR ONLY WRITE DRAMA.

* DO YOU WANT A BETTER LIFE? IT'S SIMPLE. WALK TO THE ELEVATOR AND PRESS UP. GET OFF THE DRAMA FLOOR & WALK OUT ONTO ANOTHER FLOOR.

- THERE WILL BE TRANSITION PHASES BECAUSE OF CONTINUITY.

- WHEN YOU SHIFT PERCEPTION (CHANGE FLOORS) THERE IS CHAOS, THIS UNCERTAINTY IS A GOOD THING. DON'T RUN BACK TO THE SAME FLOOR THAT YOU KNOW.

* IF YOU HAVE SOME CHAOS IN YOUR OUTER WORLD BECAUSE YOU HAVE MADE SOME INTERNAL SHIFTS, THAT'S A GOOD SIGN!

* HOW DO YOU STAY MOTIVATED TO KEEP TRACK OF YOUR ACHIEVEMENTS?

- THE LEFT BRAIN IS INHERENTLY DOUBTFUL. IT DEALS WITH THE OUTER WORLD, SYSTEMS AND PROCESSES THAT ARE GOVERNED BY THE RULE SET.

- WHEN YOU DEAL WITH CREATING THE REFLECTION, RATHER THAN DRAW ON THE REFLECTION, THE LEFT BRAIN GETS CONFUSED BECAUSE IT CANNOT SEE IT, TOUCH IT, FEEL IT, SMELL IT ETC... BECAUSE IT IS WORKING IN THE SUBSET, PHYSICAL WORLD.

- THE RIGHT BRAIN IS WORKING IN THE SUPerset: NON PHYSICAL MATTER REALITY.

* SO, IF YOU KEEP A JOURNAL, THE MOST POWERFUL JOURNAL THAT YOU CAN KEEP IS A JOURNAL OF POSITIVE CONFIRMATION.

- SO THAT WHEN SOMETHING SHOWS UP THAT YOU CAN'T EXPLAIN; A COINCIDENCE, A SYNCHRONICITY, SOMETHING THAT YOU COULDN'T HAVE PLANNED THAT YOU COULDN'T SEE COMING, THAT USUALLY STARTS WITH, "WELL IT TURNS OUT THAT..."

- YOU WRITE THAT DOWN. THE MORE YOU KEEP A LIST OF THOSE THINGS; THE NEXT TIME YOU FACE UNCERTAINTY, YOU HAVE TO TRUST THE FLOW OF RIVER RATHER THAN CONTROL THE FLOW OF THE RIVER; SPEND YOUR ENERGY ON CONTROLLING YOUR POSITION IN THE RIVER, NOT THE CURRENT ITSELF (OUTER WORLD)



... - ... BUT IF YOU HAVE A LIST OF 20 THINGS, WHERE THE LAST TIME YOU LET GO OF THE NEED FOR CONTROL, SURRENDERED TO A HIGHER LEVEL OF INTELLIGENCE (GOD), THAT YOU REALIZED THE UNIVERSE (GOD) IS TAKING CARE OF YOU & IT IS NOT HOSTILE...

- IT'S A LOT EASIER FOR THE LEFT BRAIN TO UNHOOK ITS DEATH GRIP ON REALITY, & ALLOW YOU TO MAINTAIN THAT LEVEL OF CALM & SURRENDER.

* KEEP A LIST OF THINGS YOU ARE GRATEFUL FOR. GRATITUDE LIST. GRATITUDE IS A VERY FAST WAY TO SHIFT & OVERCOME FEAR. YOU CAN ALWAYS FIND SOMETHING TO BE GRATEFUL FOR (USE CONTRAST FRAMES)

* KEEP A LIST OF MAGIC MEMORIES. TIMES THAT HAVE MADE US LAUGH OUT LOUD, TIMES THAT HAVE TAKEN OUR BREATH AWAY. CAPTURE THOSE BECAUSE MEMORIES SET ON THE SHELF AND THEY GET DUSTY. IF YOU DON'T TAKE THEM OFF & POLISH THEM UP NOW AND AGAIN.

* KEEPING * LISTS OF POSITIVE CONFIRMATIONS, GRATITUDE, & MAGIC MOMENTS, IT WILL YOU MEASURE SUCCESS AND KEEP YOUR FOCUS WHERE IT NEEDS TO BE.

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* THE PURPOSE OF THE GOAL IS NOT TO ACHIEVE THE GOAL.

* IT IS TO SEE, "WHO DO YOU NEED TO BECOME IN ORDER TO ACHIEVE THE GOAL?"

- THEREFORE

* WE BEGIN SETTING GOALS THAT ARE WORTHY OF US BECOMING GREATER.

- IF YOU ARE SETTING GOALS THAT YOU ALREADY KNOW HOW TO ACHIEVE, THEY ARE TOO SMALL, WHY?

* THE "HOW" IS NONE OF YOUR DAMN BUSINESS! *

* YOUR JOB IS TO ^{GET} EXCITED ABOUT THE FACT THAT, HERE IS SOMETHING THAT LIGHTS ME UP.

- "I DON'T KNOW HOW!"

* IF YOU ARE SETTING GOALS BASED OFF OF ~~IF~~ YOU THINK YOU CAN ACHIEVE THEM, YOU ARE ONLY GOING TO SET THEM WITHIN YOUR COMFORT ZONE OR ON YOUR RADAR. AND MOST OF THE ~~GOALS~~ STUFF THAT CAN GET YOU THE GOALS YOU REALLY WANT THAT CAUSE YOU TO BECOME GREATER THAN WHO YOU ARE, THE HOW IS OFF YOUR RADAR. YOU ARE NOT GOING TO SEE IT COMING PROVIDED YOU HAVE THE HEART AND THE MIND UNITED IN BEING HAPPY ABOUT THE GOAL.

* FEEL GREAT NOW! IF I GET THE GOAL, IF

I DON'T GET THE GOAL, I AM GOING TO GO SWING THE BAT. (SETUP - IT MIGHT NOT WORK.)

* I AM NOT LINKING MY SELF WORTH, TO MY NET WORTH.

* BEST GIFT YOU CAN GIVE CHILDREN IS SELF ESTEEM

- CREATES AN ENVIRONMENT OF LOVE THAT, A CHILD WHO KNOWS THEY ARE LOVED EVEN IF THEY HAVE MADE A MISTAKE.

- LEARN HOW TO REFRAME THEIR INSECURITIES FROM LOOKING ON BRIGHT SIDE, INSTEAD OF WRONG

- INTERRUPT PATTERNS OF THOUGHT THAT ARE TAKING THEM INTO A NEGATIVE DIRECTION & STEERING THEM...

... ELEGANTLY INTO A MORE POSITIVE DIRECTION,
CONSTANTLY.

- SET YOUR INTENTION + RELAX. YOU ARE GOING TO
MAKE MISTAKES.

* "IF YOU GET EVERY SINGLE ANSWER RIGHT IN
CLASS, YOU'RE IN THE WRONG CLASS.

- WE ARE DESIGNED TO LEARN AS MUCH FROM
THE WRONG ANSWERS WE GIVE, AS THE RIGHT
ANSWERS.

* THE UNCHALLENGED PERSON REMAINS JUVENILE.

* DON'T VALIDATE YOURSELF, BY THE ACTIONS OF YOUR
KIDS.

* BE ABLE TO PRIORITIZE YOURSELF FIRST, BECAUSE
YOU CANNOT GIVE AWAY WHAT YOU DO NOT HAVE.

- GIVE FROM OVER FLOW!

* NEVER QUESTION WHETHER YOU'RE A GOOD ENOUGH...
PARENT (OR...) EVER.

- THIS A GROWTH CENTRIC EXPERIENCE, WE ARE NOT
PERFECT.

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* 2 THINGS ARE GOING TO HAPPEN IN THE FUTURE:

CHALLENGE & OPPORTUNITY

- WHAT ARE PEOPLE LOOKING FOR? HOW CAN I ADD
VALUE? HOW CAN I CREATE OPPORTUNITY FOR
MYSELF? IN A WAY THAT TURNS THIS TO MY ADVANTAGE?
WHAT'S FUNNY ABOUT THIS THAT I HAVEN'T NOTICED
YET?

* IF YOU RAISE YOUR INNER GAME, THE RIGHT
PIECE OF THE OUTER GAME WILL FIND YOU.

- DON'T LOOSE FAITH IN SMILING AT THE MIRROR
BECAUSE IT'S NOT SMILING BACK YET.

* DO THE WORK! ASK BETTER QUESTIONS! *

* TRUST THE RIVER, EVEN THOUGH YOU CAN'T
SEE AROUND THE BENDS.

* MINDSET IS EVERYTHING. I DON'T CARE HOW
MUCH YOU INVEST INTO YOURSELF, YOUR SKILLS,
ETC...

NOTHING WILL GIVE A RETURN ON INVESTMENT
LIKE UP GRADING YOUR MINDSET. TO
SOMEBODY WHO CAN:

- HANDLE ADVERSITY
- DEAL WITH UNCERTAINTY
- WALK INTO A ROOM OF CHAOS & SAY, "MOVE!
I'LL HANDLE IT."
- & HAVE THAT SENSE OF KNOWING
- WHEN THE WORLD GOES TO HELL & A HAND DASHER
YOU CAN TAKE CHARGE & REMAIN CALM
& CENTERED.
- YOU CAN BE A PILLAR OF STRENGTH FOR THE
NEEDY & YOUR LOVED ONES & YOUR COMMUNITY.

* DON'T DROWN IN INFORMATION WHILE YOU
STARVE FOR TRANSFORMATION.

- YOU WALK OUT SOMEBODY DIFFERENT. SOMEBODY
BETTER, SOMEBODY UPGRADED, AND SOMEBODY
WITH...

A MUCH HIGHER OPINION OF YOURSELF. * !