

Self-Discovery

– Know your Dharma

Purpose

1. To find out who you are and discover what life has prepared you for.
2. To give you a new perspective on your life from which you will be able to “connect the dots”.

Your self-discovery consists of having an honest look at your fascinating life and reflecting on what your experience has taught you. You will be amazed at how a systematic inventory and evaluation will bring clarity to the patterns in your life. This exercise will help you maximize the benefits from all your experiences (both successes and “failures”). It will give you some **clarity** necessary to solving problems. John Gardner explains why clarity is so important: “Most ailing organizations have developed a functional blindness to their own defects. They are not suffering because they cannot resolve their problems, but because they cannot see their problems.”

The systematic self-evaluation will give you some **perspective** about what has happened in your life so far, help you connect the dots and notice things that you may not have seen before. Noticing things from a new perspective is important because, in the words of R. D. Laing: “The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change; until we notice how failing to notice shapes our thoughts and deeds”; or, in Einstein’s words: “The significant problems we face cannot be solved at the same level of thinking we were at when we created them.”

The self-evaluation may seem like a selfish or self-centered thing to do, but actually you must begin with clarity about who you are and what your purpose is before you can realize your fullest potential and give your best to the world. Most people never do this and live their life following the crowd or doing what others want. This is a complete waste of time and it is very painful to watch and to experience. Living your Dharma is about knowing who **you** are and what **you** are here to do! What can you give the world and what does the world need from you? What did you come into the world to do? What do you need to do, right now?

“We all know in our hearts what our higher purpose is, but we often do not consciously acknowledge it, even to ourselves. In fact, most people seem to go to great lengths to hide it from themselves and from the

world. They fear and seek to avoid the power, responsibility, and light that comes with acknowledging and expressing their true purpose in life.” Stop avoiding your true purpose and look it in the eyes right now.

Method to access your own inner wisdom

You already know the answers to the important questions in your life. Remember this and never forget it.

You must resist the urge to try to find external “answers”, which are nothing but evasions preventing you from listening to and expressing your true self. Begin the process of answering key questions about your life and yourself by clearing your mind and taking the spirit of the Zen Buddhist: “It is quite usual for us to gather pieces of information from various sources, thinking in this way to increase our knowledge. Actually, following this way we end up not knowing anything at all. [...] Instead of gathering knowledge, you should clear your mind. If your mind is clear, true knowledge is already yours.”

To begin the process of self-discovery, do whatever you need to do to be completely relaxed. You might want to put some soothing music on, change to comfortable clothes, and make sure that you are not thirsty or hungry. When you are ready, set aside a good chunk of time and go to a quiet space where you can do this exercise uninterrupted.

You can also listen to [binaural beats \(www.purebinauralbeats.com\)](http://www.purebinauralbeats.com), which will put your brain into a deeper state that makes it easier to access your inner wisdom.

The answers to the following questions will come easily; don’t analyze or look for the right answer, just write down whatever first comes to your mind. **Don’t judge whether your answers are logical or possible; just write them down.**

Try and look at your (real) self as infinite consciousness and view the character you see in the mirror as a detached observer. Look at your life as if it were a movie on a screen and you are an observer of it all. This is extremely powerful and allows your higher self to guide you. The more perspective you have on your life, the easier you will be able to see what is really going on. Be non-attached and enjoy this process. Allow deep insights to emerge. There is no need to try hard...just relax.

THE PROCESS OF SELF DISCOVERY

I. Your Timeline.

In a peaceful, relaxed state, draw a graph with 'satisfaction level' on the vertical axis and 'time in years' on the horizontal axis. Recall your earliest memories all the way up until today as you are now. The aim is not to judge or analyze anything, but simply to review your life and make a note of the highest points (the times that you experienced harmony and effortless achievement), and the lowest points of your life (the times you felt most depressed, lost or confused, where you were not feeling the wonder of life).

Review your life in three-year periods and make a mark of all the highs and lows. The times that score high, you put a mark high up on the scale and the lows you put low depending on how low or how high. Also write down what the event was and a word that describes how you felt. Don't go into analysis or expansion; just observe, make a note and continue on your journey. This may take some time. Give it the time it takes.

Once you have finished, look at the whole of your timeline.

Are there any themes that you can see emerging, if you can what are they? Make a note of any recurring patterns that have either taken you to great heights or into desperate lows.

Now that you are aware of these patterns, you can consciously choose to steer yourself away from harmful patterns and put your energy towards developing and cultivating positive ones! Having an awareness of this timeline will help you in further questions and provide evidence of what you really need to do with your life – and what you need to avoid...

Understanding Your Strengths

The following questions will help you clarify what your natural abilities, talents, interests, and values are. The importance of knowing your strengths is that you want to focus all your energy into developing them. Do not over think your answers; just write what immediately comes to mind.

1. What are the three main *qualities* or virtues that you admire in yourself (e.g. kind, patient, courageous, powerful, focused, relaxed etc.)?

In what circumstances have you demonstrated these qualities? Be specific. For example, list how one of your qualities ultimately led to a specific success (that you can pick from your timeline).

2. What are the three main qualities that your friends and family appreciate the most about you? Why do you think they appreciate these things about you? What effects do your qualities have on the people around you?

3. What are the main talents that you enjoy using? What are things that you are good at and enjoy doing? It could be cooking, writing, drawing, playing music, doing science, listening to friends, gardening, anything! Write down as many as you can.

4. Explain what makes you excited about expressing these talents. What is it you enjoy about using them? Do they may make you feel excited, full of energy, fulfilled, effective, or simply give you the knowledge that you are operating at your fullest potential? Are there any common denominators in your list of talents and reasons why you enjoy them?

5. Explain what **values** you demonstrate when you use your favorite talents. What values you are committed to, as your values determine your course of action. Values may include honesty, integrity, love, compassion, a commitment to Truth, a commitment to serving others; anything that is important to you. A value is basically what your value.

Explain a specific instance in which you followed your values, in spite of opposition pushing you in another direction. What values would you die for?

6. What activities or fields most **interest** you? In what **context(s)** would you like to **apply** your gifts and talents? The context includes the field (business, advertising, academic, etc.), the people-environment, the geographical place, and anything else that is important to you. Be specific.

7. If you could do *anything* at all, what would you do with your life that would give you a deep sense of nourishment, purpose and meaning? Allow yourself to **fantasize; dream big!** Do not rationalize anything or make excuses. What does your dream tell you about the deep yearning within yourself?

8. If **your life were to end right now**, how would **you like** to be remembered? What would be your main accomplishments? What were your greatest contributions to those around you? What would be the **one word** etched on your tombstone?

9. Now, you have gathered a lot of insightful information about your strengths, natural talents, and purpose. The essence of all this insight will best be seen, understood, and integrated into your mind through the construction of a **graphic representation** of how your qualities, values, interests, talents, and skills are interconnected and aligned with each other.

Do this on a separate sheet. Have fun with it – this is a picture of your own power and what you are called to. Enjoy.

Understanding Your Weaknesses

The purpose of this section is to make you keenly aware of what you need to watch out for to prevent yourself from doing things that are harmful to you and others. Remember the basic premise: Do what is good for you and STOP doing what is harmful to you. Despite having a range of strengths, if your weaknesses get the better of you, they will destroy your success. Find out clearly what they are so you can learn to love and overcome them.

Now, breathe deeply and calmly...

1. Throughout your life, what are the things you have done that have weakened and made you feel hopeless and lost? Name three specific instances where you felt this way. What did you do (perhaps inadvertently) that caused you to feel this way?

2. What do you regard as your three main weaknesses? What effect(s) do these weaknesses have on you and on those around you? In what context(s) do you exhibit these weaknesses? Be specific.

3. What are the main negative personality traits that others identify in you? In what context(s) do you exhibit these traits? Be specific.

4. What are the three main activities that destroy your self-respect and sense of fulfillment? What are the activities that really make you feel terrible? What specifically about them makes you feel that way?

5. Looking at your timeline and referring to your experience, describe specific examples of self-sabotage; where you have created a situation harmful to yourself and others or prevented yourself from achieving success.

YOUR MISSION

Your own unique purpose in life

“Possibly the trickiest part of getting what you want in life is just figuring out what you really want! And yet it is certainly the most important part of all.” - Shakti Gawain

It is better to do one’s own dharma, however defective it may be, than to follow the dharma of another, however well one may perform it. Better is death in the doing of one’s own dharma: the dharma of another is fraught with peril.

~ Bhagwad Gita

There is something that *only you* can be and do. You are the best in the world at it and no one else can do it. It is something that you enjoy and are passionate about. Your destiny is something that contributes to a greater cause and is deeply meaningful to you. Something that will make you feel completely fulfilled. This is your true purpose. Your job is to detect it and make a conscious decision to live it.

Stop trying to be someone you are not. Following the dharma of another can never bring you joy.

Living your own true Purpose will not only feel Magical to you—it will benefit everyone.

When you are in tune with your true purpose, your feelings, thoughts, words and actions become one.

“Everyone has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone’s task is as unique as is his specific opportunity to implement it.”

-Viktor Frankl

“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

-Henry David Thoreau

Every soul has a unique role in this world drama. Your job is to clarify exactly what that your Purpose is, and become an embodiment of it. If you do not realize your purpose, your life will go to waste by following other people and conforming to culture at the expense of being and doing what you need to be and do!

Are you ready to take back your life into your own hands?

Finding and Clarifying Your Purpose (Dharma)

Breathe deeply and become totally relaxed.

1. Look at your complete graphical representation connecting your qualities, talents, values, interests and skills. **What can you offer the world that no one else can?** Your purpose is something that you detect, rather than something that you simply decide to do. In the words of Viktor Frankl: "Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is *he* who is asked. In a word, each man is questioned by life; and he can only answer to life by *answering* for his own life; to life he can only respond by being responsible."

2. What would be the consequences if you didn't fulfill your purpose? How would you feel? What would people around you feel?

3. What are the main things you need to do personally to make sure that you fulfill your purpose? This may be: making sure you get enough sleep, that you eat right, that you make enough time for your relationship with somebody.

4. What are the main things you need be around to facilitate the fulfillment of your purpose? This could mean surrounding yourself with inspiring people, art, music, and books.

Your purpose may evolve through time as you grow, learn, and become aware of how your talents, interests and passion can fulfill a need in this world. Do not expect to have everything sorted out right now. If there are questions remaining that you do not know the answers to right now, let them be. “Have patience with everything unresolved in your heart and to try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer. Perhaps you do carry within you the possibility of creating and forming, as an especially blessed and pure way of living; train your for that - but take whatever comes, with great trust, and as long as it comes out of your will, out of some need of your innermost self, then take it upon yourself, and don't hate anything.” –Rainer Maria Rilke

How to Create and Manifest Your Vision

Purpose

1. To develop a vision that is aligned with your Purpose.
2. To set specific goals on your path towards achieving your vision.
3. To allow the process of change towards your goals.
4. To understand and apply powerful methods to manifest your vision.

“All achievement, all earned riches, have their beginning in an idea. [...] Ideas are the beginning points of all fortunes. Ideas are products of the imagination.”

- Napoleon Hill

“Imagination is more important than knowledge.”

- Einstein

I. Developing your vision: Setting goals

In the previous section you have clarified your purpose. To summarize: your purpose is (1) something you are good at – possibly the best in the world at; (2) something you enjoy doing; (3) something your conscience tells you contributes to the well-being of other people and fills a need in the world.

Your **purpose** can be very broad and abstract; your **vision** consists of all the practical things that you will implement in order to fulfill your purpose. Your vision is an image of how you will feel, what changes you will see and what the world be like when you achieve your purpose. It is what you will specifically do to meet the needs of this world. In the words of Stephen Covey: “*Vision* is seeing with the mind’s eye what is possible in people, in projects, in causes and in enterprises. Vision results when our mind joins need with possibility.”

Relax, get comfortable with pen and paper and get ready to receive your vision.

Imagine for a moment that you have already achieved your purpose, you are already living your purpose

Note down what everything feels like.

- What thoughts and feelings are you experiencing?
- What is your role on the stage, and what are you physically doing?
- What is your environment like?
- How do you interact with living beings around you?
- How much money do you have?

This is your vision.

The path to achieving your vision can be broken down into several specific and sequential goals. A clear goal has following characteristics:

- **Well-defined:** so that you have a way to know when you have achieved it.
- **Realistic:** it must fit with your available resources and abilities.
- **Meaningful:** the goal must matter to you and mean something to you; it must “constantly kept in mind,” so that you give it positive mental energy all the time.
- You must establish a **clear plan of action** leading to the goal. The plan of action must be one that you are happy to execute.

Now, write down concrete steps (small goals) that bring you towards the realization of your vision. You may not figure out every single step of the way right now, but take the first step and **always keep the end vision vividly in your mind**. Focus your energy on what you want to see happen. Oftentimes, simply holding this vision and giving it mental energy will attract the means by which to achieve it. Remember to be flexible in working towards your goals, and be open to unexpected opportunities or different means to achieve them.

2. Allowing for change

“The only way that a goal can possibly be achieved is by allowing for change.”

- Ronald Shone

When you have a vision for a better world, you have to allow the world, and yourself, to change. Gandhi said: “We must become the change we seek in the world.”

“Insanity: doing the same thing over and over again and expecting different results.”

-Einstein

If you want different results, then you have to start doing things differently. If you envision a future state that is different from what you experience today, then **you must be willing to let go of your current habits of thinking and doing!**

As human beings we tend to be resistant to change, because of inertia, because change means moving into the unknown, and because each of us has constructed a **fixed inner self-image** that is a representation of the sort of person we perceive ourselves to be. We then behave in a manner that is consistent with this self-image, acting as if it were true.

You can achieve only what is consistent with your self-image. Thus, the first step to change is to identify the restrictive programming of the self-image and then use your imagination to change it. Examine and question your beliefs. Pinpoint the belief about yourself, the world or other people, which is behind your negative behavior.

It is difficult to change our self-image when we actually **identify** with this image, which is what we naturally tend to do. The key to remember is this: our representation of reality, and ourselves, is not fixed, as explained by Daniel Chandler: “The world as we know it is merely its current representation.” “You” are only your current self-representation, and **you** can change it if you want! By consciously dis-identifying with this projection and disengaging the ego, it is possible to change the self-image to one that is consistent with the achievement of your goals.

The process of changing our self-image is by imagining, experiencing and experimenting with new habits of thinking, feeling and behaving that are consistent with the achievement of your goal. It is wonderful to discover that your self-image is very fluid and that to a very great extent, you

naturally acquire those qualities which you behave “as if” you already had!

The more you experience yourself in a NEW way, with a new level of consciousness the more your external reality will shift. This works simply because as is stated in the law of attraction;

‘That which is like unto itself is drawn – so tell the story you want to live and you will eventually live it’ Abraham.

The speed with which we manifest a new reality is based upon the focus we have and the methods we use. If the method is flawed, then the results will be likewise.

3. Manifesting your vision

Every accomplishment begins as a dream. How does a dream manifest into reality?

“I have a dream that one day this nation will rise up and live out the true meaning of its creed: “We hold these truths to be self-evident: that all men are created equal.” I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.”
- Martin Luther King, Jr.

Martin Luther King Jr. had a dream for the future, but he was able to experience it as if it were real “*today*”, right now. Furthermore, he was able to communicate his dream to thousands of people and engage their thoughts and feelings towards the realization of this goal. Seeing, feeling, believing and “acting as if” your vision has already been accomplished is the key to the process of manifesting your vision into reality. This is a FACT. Everything that ever has manifested began on the planes of imagination and feeling.

“Seeing, feeling, believing” works because it is a simple and extremely powerful truth known to psychologists and many top athletes, as stated here by Maxwell Maltz: “Experimental and clinical psychologists have proved beyond a shadow of a doubt that the human nervous system cannot tell the difference between an actual experience and an experience imagined vividly and in detail.”

This is amazing because significant behavioral and physiological changes can occur when you simply visualize and experience the goal you set yourself as if you had already achieved it. In the context of performance or sports, visualization can be even more powerful than actual practice, because you can't fail in your imagination! For visualization to be most effective, it is necessary to be in a **relaxed** state and enjoy the vision. Don't do it with heaviness and desperation for things to change, do it for the sheer JOY of the experience with no attachment. This is a secret key to manifestation. Enjoy the feelings for their own sake because in the end, what we all want most if to FEEL complete and full. We want to feel.

It is also important to:

- create **vivid** images that involve combinations of sight, smell, sound, touch, and taste;
- **experience** and **participate** in the image, becoming **emotionally** involved and connected to the scene you are visualizing. To facilitate this, imagine a time when you experienced pure joy, bliss, and fulfillment. Memorize this feeling and then use it to strengthen the images you create in your mind.

What to do: The Basic Manifestation Process

1. Sit or lie down where you can be completely peaceful and relaxed. Make sure you are doing this at a time where you are in your highest state. If morning is best for you do it in the morning, if evening is better then do it at that time. If you feel best while you are enjoying a relaxing bath, then do it in the bath!

Take a few deep breaths and imagine what the realization of your purpose would look like. See it clearly and enjoy it as if it is there before you, as if you are looking at it with your own eyes. *Experience* your vision vividly in your mind's eye, with all the sights, sounds and feelings. Feel what it is like to be doing what you are doing. Make it easy, effortless. Just enjoy it – let the vision take whatever form it needs to.

2. Imagine yourself after the vision has become manifest. Experience gratitude that your vision has come into physical reality. Believe that you have attained what you desired; you are living your purpose. You have attained everything. The experience of feeling complete attainment and fulfillment is what has the most power.

“There is a difference between WISHING for a thing and being READY to receive it. No one is ready for a thing, until he believes he can acquire it. The state of mind must be BELIEF, not mere hope or wish. Open-mindedness is essential for belief. Closed minds do not inspire faith, courage, and belief.”

- Napoleon Hill

3. Have a timetable for your mind. We often have a routine for our activities throughout the day, but our thoughts are influencing everything we do, so having a programme for our minds is one of the most effective ways of changing our thoughts, feelings, and actions. What this means is to STOP what you are doing, and get your mind (thoughts, feelings and perception) in check. Be clear what you want to think and what you don't.

Remember: Every thought is leading to a feeling and a reality... so choose wisely.

4. Do activities that inspire you. Spend time with people that inspire you and bring out the best in you.

5. Experiment by simply observing and becoming aware of your feelings and thoughts. Give energy to positive thoughts by verbalizing them and acting on them. Starve negative thoughts of energy by refusing to verbalize them.

6. Use the power of your imagination to visualize and experience vivid images of your success. Behave **as if** you had already achieved your goal, or behave **as if** you already possess the qualities you aim to develop, such as courage, patience, confidence, or discipline. By acting as if you have the quality, you will soon acquire it.

7. Create a **vision board**. A vision board is a graphic representation of the vision you are making manifest. The board can be a combination of photographs, drawings, and words that mean something to you and make you feel like you have attained the things depicted. The most important feature of the vision board is that it evokes the experience of the realized goal. Make sure to include yourself in the picture. Show yourself being, doing, or having your goal. The vision board may take a little time to create, but it is worth it. Just spend a little time every day looking and experiencing this future reality. Keep that vision with you all the time. Enjoy it, add to it, and refine it.

A MIND MOVIE can be created as a way of doing this. Moving images can be a perfect way to reprogram yourself with what you want to manifest.

We you will have access to a mind movie template on the Superhero web page.

Remember: there is no relationship between effort and effectiveness, so work smart – don't work against yourself. Do what makes you happy, remember the 80/20 law and make sure you are in the 20% that matters most.

For a clear-guided meditation on this you can try the INNER SELF IMAGE meditation. This goes into the depth of manifestation and takes you on a journey deep to your inner core where you can manifest best.

Overcoming Your Obstacles / Ego

Purpose

1. To become aware of the obstacles and ego driven desires that exist within you
2. To create and implement an action plan to overcome these negative traits to be able to live your life's true purpose.
3. To master the art of reframing: you cannot change all circumstances and you certainly cannot change people, but you **can** change your **relationship to them**.

I. What are your limitations and where do they come from?

There are endless definitions of the ego / dark side / limitations etc. For the purpose of explaining this part the ego is basically a survival mechanism that is innately selfish. This has some degree of benefit under certain circumstances, but for those who wish to go beyond survival mode and embrace the full potential of the human soul, the ego is something that needs to be transcended...with love. In Indian mythology, Maya is seen as the illusion that the ego casts over our perception and to make you believe things are not what they really are and attract you toward limited goals and distract you from your true path. Maya (ego) is a personification of everything that will stop you fulfilling your highest purpose, and is in this sense, your greatest enemy. It is your own inner enemy. In essence, Maya represents self-sabotage that prevents your success while dressed in an attractive disguise. Maya is an illusion that prevents you from discriminating between what is good for you and what is bad for you.

Maya / ego means identifying with anything external, including (but not limited to) your physical body, your past, your feelings, your thoughts, your achievements and failures.

Once you are free from the influence of Maya you will live a peaceful life of freedom. Conquering this is your greatest achievement and also the most loving thing you can do for the world and all those around you, because freedom from the vices and limitations of the ego means a life of happiness, peace and love.

“Freedom comes with self-knowledge, when the mind goes above and beyond the hindrances it has created for itself through craving its own security.”

-J. Krishnamurti

Your ego is your own creation, and you are ultimately more powerful than it is. It only exists within the context of you, as an eternal being. If you did not exist, neither would the ego, similar to a cancer cell.

To accept the existence of this ego / Maya and to become very clear about the traps it sets means to begin the process of living your true purpose in life and come into truth.

2. How can you overcome / transcend the ego

Shakti Gawain refers to obstacles as “blocks that hold you back from attaining your highest good. Amazingly enough, it seems to be the process of pinpointing the constrictive belief and accepting the feelings you have around it which works magic; the difficulty almost inevitably dissolves and disappears eventually once you’ve understood and accepted yourself.

The trick is to simultaneously *love and accept yourself* compassionately for having this belief, and at the same time see *clearly that you are ready to let go of it* because it is limiting, destructive, self-defeating, and *untrue*.”

When we experience pain, need, or emptiness, we may believe acquiring material goods will make the pain or need go away. Unconscious, we respond by doing more of the same: to feed the monster more and more, each time hoping that it will be fulfilled. This only enlarges the problem, and makes the ego bigger. This is a false paradigm of cause and effect. The truth is that the more we feed the needy monster, the hungrier it gets; the more material things we acquire because of the monster, the more we become attached to them and the more we need. The truth is that we already have everything and we *need* very little. Our unconscious reaction to the feeling of pain and neediness does not solve the problem, but makes it grow larger.

To overcome Maya we need to become aware of the true law of cause and effect: by acknowledging our painful feeling without judgment, we create a space to suspend mindless reaction, and instead discover the truth: this feeling is just a state of mind, to which we are free to respond any way we **choose**.

The first step is to acknowledge our feelings, to openly accept our experience of pain or neediness without judgment. Sometimes just the accurate identification and awareness of the feeling will make it dissolve

or lessen. Even if the feeling does not change, our awareness of it empowers us to choose an appropriate response. Choose the radical response: do not feed the monster. Simply by suspending our reaction and cultivating awareness, the monster's grip lessens. Patiently, we develop the habit of freedom.

“Most of us walk through life inattentively, reacting unthinkingly according to the environment in which we have been brought up, and such reactions create only further bondage, further conditioning; but the moment you give your total attention to your conditioning, you will see that you are free from the past completely, that it falls away from you naturally.”

- Krishnamurti

Experiment with the radical response. The next time you feel angry, choose not to express the anger; instead acknowledge the anger, but in your actions, express love and blessings anyway. Experience the monster creating painful feelings inside, but refuse to indulge it in your *external* behavior anyway. Acknowledge and accurately identify the feelings, but do not allow the monster to control your *actions*.

If you practice this detachment consistently, you will discover a Magical thing happening. The monster will lose power. It will quiet down. You will find it easier and easier to acknowledge your internal experiences but not react to them – instead you will freely choose how to respond. This power over the monster does not come from reacting to it, but from watchful, consistent, detached observation and a resolve to do nothing: to consciously suspend your reaction.

You will become aware that pain does not come from external circumstances, but from the deluded internal monster's reactions to circumstances. Refuse to identify with your internal monster. Understand that it is a mind habit that does not accurately represent reality.

You must be wary: if you lessen your vigilance after winning a battle against the monster, it will quickly reappear in full force. Be grateful for the monster and for the difficulties you experience. The monster attacks your weakest points: this is a great help in identifying your weaknesses and working on them. Turn your monster into your best friend. Use it to guide your path to liberation.

Finally, do not get discouraged! Being true to yourself is a difficult path to follow, but ultimately is the most satisfying and fulfilling thing you can do for yourself. It is also the most benefit you can give the world.

Most people have (with the help of conventions) turned their solutions

toward what is easy and toward the easiest side of the easy; but it is clear that we must trust in what is difficult; everything alive trusts in it, everything in Nature grows and defends itself any way it can and is spontaneously itself, tries to be itself at all costs and against all opposition. We know little, but that we must trust in what is difficult is a certainty that will never abandon us; it is good to be solitary, for solitude is difficult; that something is difficult must be one more reason for us to do it.

-Rainer Maria Rilke

“The down cycle is absolutely essential for spiritual realization. You must have failed deeply on some level or experienced some deep loss or pain to be drawn to the spiritual dimension. Or perhaps your very success became empty and meaningless and so turned out to be failure.”

- E. Tolle

“Failure lies concealed in every success, and success in every failure.”

-E. Tolle

“Remember, too, that all who succeed in life get off to a bad start, and pass through many heartbreaking struggles before they ‘arrive.’ The turning point in the lives of those who succeed, usually comes at the moment of some crisis, through which they are introduced to their ‘other selves.’”

- Napoleon Hill

“One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat.”

- Napoleon Hill

WHAT TO DO

Be still and relax...allow your body to become quiet and your mind to open peacefully and non-judgmentally... Remember that you are a Magical being of light and the world exists only within your own mind.

1. What is the monster preventing you from achieving at the moment?
2. When, where, and in what form(s) does the monster appear in your life? In what situations is the monster most likely to attack you?
3. In what circumstances is the monster most likely to win? What can you do to actively avoid those situations?
4. What are the signs that your monster is about to interfere with your thoughts, words, and actions?

Remember: Focus your energy on what is good for you and STOP doing what is harmful to you!!

WHAT NEXT?

Turn this information into a MIND MOVIE that clearly shows your best life ever.

This will include your vision of your life on all levels with words, images and sound that reinforces your good feelings.

Take your time to do this very well, as it will profoundly impact your life!