

SUPERHEROTRAINING
UNCLE NICK'S
ULTIMATE POINTERS

Welcome to the training. Although there is a vast resource of extremely powerful information at your disposal the point is very simple.

You are not who you think you are. The original Matrix movie is an accurate metaphor of who you actually are. You are Neo awakening to your own power. By joining superhero training you have swallowed the red pill.

The archetype of the hero is a constant theme throughout all mythology and story. The often unwilling hero is always faced with overwhelming challenges and is obliged to cross initiatory junctures which demand him/her to access powers and virtues hitherto perhaps he/she had not demonstrated before. Every culture, every tribe has their own version of this perennial meta-theme.

Considering the nature of modern times we are all heroes just for showing up however we believe certain individuals are being called in the world today to undergo huge personal transformation in order to step into their true power. This is the archetype of the superhero and the journey you have just begun is a very powerful one indeed. I want you to really take the time to read the next few paragraphs and to print this out and stick it where you can remind yourself of it daily. The world is not what it seems and it is up to you to prove it.

Before embarking on this training consider the following:

The secret to your success lies in the continuity of your remembrance of who you truly are. If you can stay in remembrance all of the time then you have won the game. Constant focus is the requirement. Developing the basis of this certainty requires an unshakeable commitment to breathing consciously all the time.

Maintaining an awareness of the fact that you are not the physical body and that you are actually the awareness experiencing through the body is the foundation which will fast track your progress. We call this soul consciousness. The optimal attitude to accompany this awareness is one of gratitude and love. Your ability to maintain this attitude depends upon you being able to take responsibility for everything which happens in your life. That means everything. This may be a little challenging for you to accept or understand but we are not here to understand everything only to KNOW who we are. Knowingness already exists within you but in order for you to live with that confidence you need to exist from the depth within you where it already exists in its concentrated seed form.

“Unless a man first finds himself, finds his own essential nature and destiny, and begins from them, all his efforts and achievements will be built only on the sand of personality, and at the first serious shock the whole structure will crumble, perhaps destroying him in its fall.”

-Rodney Collins

If you can combine breathing consciously with soul conscious awareness, exist in a state of gratitude and love at all times then, your journey through the portals of your own becoming will be graceful and fluid.

Welcome to the real.

With much love and appreciation for you.

Dr Nick Good Kauai 2012