

SUPERHEROTRAINING

VISION

HOW TO THRIVE IN THE
“NEW PARADIGM”

In this article we will be covering:

- How to get out of your head and ego and into your heart
- The difference between the Old Paradigm and New Paradigm
- Powerful exercises to activate your Automatic Success Mechanism
- How to clarify your true vision for your best future ever
- How to guarantee you manifest your vision

The problem we face when going into the New Paradigm

There are many people who promote Vision Boards and Goal Setting as a means of manifesting their desires – with zero to minimal results. Then there are those without visions or goals who would rather just live their life drifting and reacting to everyone else's needs – like floating down a river stopping only when they bump into a rock. On the other hand, there are those who simply write down their goals with a clear vision and manifest hundreds of times more in their life – and that is wonderful.

But, it's not enough to just HAVE goals. The problem is most of these visions and goals are based upon an *old paradigm* that evolved out of necessity for survival restricted by dysfunctional conditioning and the limitations of the ego. They are not goals based on the *new paradigm*; the one that grows naturally from our heart's purist desires. Therefore, because they are not based on the latter and even if they are manifested, the ego-based goals will ultimately cause sorrow.

In this Article you will learn the difference between the *old paradigm* and the *new paradigm* and how to differentiate between performance goals and practical goals in attaining your highest vision.

Once you get super clear about the new paradigm in all areas of your life: your relationships, your health, your service, and your abundance, you can upgrade them all at any time. But, if your vision is skewed or cloudy so that you can't see it clearly, you will be limited to things remaining much the same as they are today.

Einstein said: "You cannot solve a problem from the same level of consciousness that created it. You must learn to see the world anew."

Dispelling the Doubt

Before we get into this process, I want to dispel the doubt many people have. Some people think, “Yes, this is great and it will work fine for everyone else, but it won’t work for me” or “I’ve tried this before and it doesn’t work.”

I want you to know this **WILL** certainly work for you if you follow these steps. Simply by reading this, you have attracted the support you need to make things happen. And, not only have **WE** manifested things consistently in our own lives; we have also helped many others to do the same. You **ARE** a superhero and your time is **NOW**.

Wealth Is Good For You

It is important to note that when it comes to wealth and material aspirations, there is nothing wrong with material wealth per se. In fact, when you look at it, spirit and matter are both **LIGHT** – they are but two sides of the same coin. You, the soul, need matter in order to express yourself, and matter needs spirit to give it life and meaning – all come from Source. The new paradigm is about abundance being a by-product of love and light, rather than the pursuit of abundance being the means to love and happiness.

Let’s get this **super clear**: Abundance and wealth are all good and healthy signs of spirituality. We are in fact ‘unlearning’ the distorted thinking that it is somehow noble and good to be poor and in poverty. The new paradigm is about true abundance and the truth about abundance.

The Old Paradigm Vision versus the New Paradigm Vision

Predicting Results

- In the *old paradigm*: your goals and aspirations are based on the ego's desires, society's conditioning and are primarily materialistic by nature. And, it's by that very nature, it is inevitable the results will eventually cause sorrow to you, to everyone else – and to the world. The striving energy required to manifest this way robs you of your joy; it causes you to compromise your values; it traps you in the matrix of illusion and causes problems for the earth when its resources are abused and wasted in the process.
- In the *new paradigm*: your visions and the manifestation of your visions are beneficial for everyone; it brings you joy; it brings everyone else joy and is hugely empowering for the whole world, as it creates abundance and is sustainable by *its* very nature.

Weighing Benefits

- In the *old paradigm*, sooner or later, your lifestyle brings you and everyone around you suffering and loss. It does so, because it is based upon ego selfishness, ingrained patterns and ideas formulated from a lower consciousness level.
- In the *new paradigm*, you live a lifestyle that brings joy and benefit to all. Each action brings you joy, bliss, a DEFINITE sense of peace and consistently makes you stronger. You are coming from a higher consciousness level, which is where these traits are found.

Success Redefined

- In the *old paradigm*, happiness is thought to result from first achieving materialistic success as the main aspect and first priority.
- In the *new paradigm*, the main aspect of SUCCESS is your *state of consciousness* and feeling state, which can be achieved immediately, resulting in immediate happiness.

In the new paradigm definition, you begin to experience *success*, or your primary achievement in life, as your *state of consciousness* rather than the *fulfilment of physical desires*. As you do this, you shift your perspective away from the manifestations of creation and to the Creative Force itself.

As this shift happens, you not only guarantee your future success, you also empower your self in the moment and experience a sense of fulfilment and achievement now no matter what is going on.

This means you have everything you ever wanted RIGHT NOW no matter what.

The Stronger Foundation

- In the *old paradigm*, the ego construct causes the projection of the old world which appears around us as one defined by a victim/oppressor dynamic. If ever this old way of being was appropriate it certainly is not anymore. Anyone living and upholding this old way of being is really swimming against the current of life and will suffer greatly because of it.
- In the *new paradigm*, the soul is only fulfilled by giving and this is a very important thing to register. In order for us to be able to give of ourselves fully we need to have developed that capacity within ourselves – this is achieved through forgiveness. Deep personal forgiveness, self love and acceptance dissolves every thing which is preventing us from expressing our essential inner power. Forgiveness is the core of compassion, which is the highest form of love.

Dissolving the old and instilling the new is a journey of feeling oriented by a MIND SET, which sees the situation clearly and stays focused on the job until it is done. To live in a 'soul conscious based' reality rather than an 'ego based' one makes for a stronger person, family, society and world.

Baby Steps toward Your Vision

Be realistic about how long things take to appear in their complete form. Some things simply take a certain amount of time to materialize and the fully manifested state of your highest vision may take time to arrive at. However, you can begin to create the most important aspect of your vision NOW using magnetism to attract it – even if every single tiny aspect of your perfect vision is not manifest physically,

Magnetism is all about feelings and in the words of Maxwell Maltz, *“What we feel we attract. What we think, we become.”*

Our Story

MICHAEL: I remember when I first had a vision of my higher self. It was deeply inspiring to me because I experienced a premonition of my higher state of consciousness, and a joy and fulfilment beyond anything I was used to.

This gave me courage to overcome my addictions to cannabis, alcohol and various other forms of temporary gratification in order to attain a state of purity and peace within myself.

I remember the voices and the challenges and temptations coming within my own mind as well as from people around me to continue in the lifestyle that I was previously leading. But, as I chose to go deeper into my spiritual practice and experience the joys that came through my own eternal grace, these other forms of pleasure and addiction naturally faded away.

Over the last 13 years I have had endless challenges and temptations. Sometimes I have chosen to follow these temptations and experience short-term gratification in various ways and at other times I have chosen to remain stable in my higher vision. Each and every time I've supposedly "failed" in my attempts to remain in a higher state, I have been humbled and this has made me appreciate even more the benefits of remaining stable and going deeper into the joys that lie within.

Every time I have maintained my stage and continued my daily rituals despite being tempted, I have experienced greater states of success and power.

NICK: Life for me is a constant series of initiations. Truly all things work for the good of those who love God. As long as we are committed in our hearts to keep getting back up after we fall then success is guaranteed. It takes tremendous courage and perseverance to overcome our inner demons and truly live the life we know we deserve. The main thing I have realized is that I cannot do it alone. In fact, none of us can.

The Challenge of the Superhero

It is not without challenges that we are able to create new ways of being and sustain new habits.

However, this is the main challenge of the superhero: to continue on this path of ascension despite short-term setbacks, addictions, mistakes and sparkly things that may distract us all.

Very often life's challenges are there to strengthen us and even if we do fall or succumb to the temptation which causes our suffering we can gain massive strength from the experience. Of course, when we do eventually overcome and liberate ourselves from this degree of suffering we become a tremendous inspiration to others. There is nothing like the fires of experience for forging a genuine hero in life.

If you can ask the question, you can find the answer

I'll share with you some powerful questions for you to get super clear on your highest vision so that you can then have the inspiration to pursue this vision and the power to sustain your practices.

Having a detailed, clear vision activates our own Automatic Success Mechanism, so whenever you ask yourself "how to" create _____, part of your unconscious mind goes to work on answering that question.

We are goal striving beings and we are here to manifest and experience the fulfilment of desires.

For example, if you ask yourself, "*How do I manifest my vision as quickly and gracefully as possible*" you will soon find the answer to that question.

On the other hand if you ask, "*Why is my life such a mess and why am I never moving forward?*" your unconscious mind goes to work on answering that question. It will come up with reasons why you're so messed up and why it's impossible to change.

Be careful what questions you ask, for in the asking is the receiving.

Therefore, it is extremely important to know how to ask those specific questions that activates within you the answer from YOUR HIGHEST VERSION of yourself, so you can manifest whatever it is that is in your hearts of hearts.

Exercise to clarify your vision

There are two parts to this exercise:

I. Getting specific about what your highest vision really is by asking questions and using backwards visioning statements to connect them to your life today.

2. Transforming the specifics of your highest vision into a vision board or statement that you can use to trigger the power of your vision at will and on a regular basis.

PART 1:

GETTING SPECIFIC ABOUT YOUR HIGHEST VISION

Power Activating Questions:

What are three things you do that bring the most joy, freedom and fulfilment – and don't leave you experiencing any coming down phase or feelings of withdrawal (all weirded out or sick afterwards)?

What is your ideal feeling state, as in how do you feel in your peak moments?

What is one thing you've been putting off over the last year that you'd love to do but for some reason you've not got around to doing it?

What would you do if you had all the time and money in the world and no fear?

What is new and different now that you are fully empowered and doing your ideal lifestyle?

Describe your perfect day. What do you do morning to evening, including how do you serve others – the new paradigm is based on service and adding real, heartfelt value to other people's lives?

Why You Need to Define your Real Goals

Once you have clear goals in mind, you set in motion a powerful process within you to fulfil your goals – the more detailed the better. Otherwise, you will inevitably be using all your creative power to keep yourself stuck where you are now. You'll have all of your attention and energy invested only on the here and now, rather than moving towards the future.

Simply by having clear, meaningful goals you take the first step to activating your own potential.

Backwards Visioning Statements

In this next exercise you will open your heart to receive a premonition of your future by making statements about yourself from a certain viewpoint. You will make these statements as if you are one year into the future, and your most profound life has already happened – you are remembering what you have already achieved.

This is the process of backwards visioning. Visions are really premonitions of what is to come, simply because past, present and future all exist simultaneously.

Let us begin:

Looking back over the last year, describe what have you achieved on these different levels of your life.

During the last year...

STATE OF BEING: I have been feeling _____

SERVICE/DHARMA: My contribution to the world, my service was

WEALTH/ABUNDANCE: I have attracted \$ _____

TRAVEL: I have travelled to _____

RELATIONSHIP: My relationships were _____

STUFF: I have acquired _____

FUN: For fun I _____

Now here is the magic.

CONNECTING YOUR GOALS to your life TODAY!

If what you are doing this minute is not connected to fulfilling your goals, you will remain stuck. If more than 50% of the time you are really doing things and/or thinking thoughts that are moving you towards your goals you will get there – fast.

Simply answering this question will help you make quantum leaps in your consciousness:

Is what I am doing right now connected and moving me towards the manifestation of my goal(s)?

Make sure 50% or more of your time is connected to your goals and you are golden!

PART 2:

TURNING YOUR HIGHEST VISION INTO A VISION BOARD

Once you have identified what your highest vision is, the next thing is to turn all of this into a simple picture, a written statement or symbol(s) to represent this new reality to you now.

- Get a big sheet of paper and put a photograph of yourself in the middle of it.
- Next, take all of your backwards visioning statements and write them down all around your picture. You will then have a very clear vision map, feelings and all, of what you have achieved, or what you are about to achieve.
- Once you have done this, place this vision map above your bed and look at it daily. Feel it... experience it as REALITY. View it as if you are in the future and all these things have ALREADY happened.

This image is your premonition of your future and it will have profound effects on your unconscious mind to make sure that it happens.

The Importance of Daily Practice

Living in the new paradigm is a lifestyle. To look back on your life with pain and regret by ignoring these daily practices and consequently not arriving at your goal would be infinitely more painful than any discomfort you will experience in the moments you apply these things.

Short-term discomfort as your ego flares up a little bit is to be expected. The long-term result is profound peace, love, perfect relationships, joy, fulfilment, and enlightenment.

On the other hand short-term gratification by freely fulfilling your ego's desires or remaining lazy may give you some immediate experience of temporary pleasure but in the long run it robs you of the real success your heart desires.

For this power to work you need the daily discipline of:

1. Seeing & feeling your full vision as if it has already happened EVERYDAY for at least 15 minutes. This is especially powerful when you awaken and before you go to sleep at night. Take the time to re-connect to this vision each day. No matter what. No excuses. 100% of the time.

2. Asking yourself the question many, many times each day, "Is what I am doing right now connected and moving me towards the manifestation of my goal?"

If you do these two things – magic and synchronicity will surely happen. If you don't you are likely to be where you are today in a year... or considerably worse. Take this seriously and see the magic.

Stay Grounded

Let's remember that if you have activated your hero's journey it is extremely important that you begin to act and apply the practical tools and techniques in your life and sustain certain daily rituals that bring you into states of higher consciousness grounded in the world. In order to move forward, your daily practices are what make all the difference.

We will be sharing more details on this process in the superhero training. However, what you have learned here is by far more advanced than what I (Michael) used to get from a sad life in England to a happy one in Hawaii.

Do these steps and make it happen!

Much love

Michael & Nick

For more information go to: superherotraining.com