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The “Consciousness Age”

Humanity Evolves Beyond Force into Power

There have been many different “ages” that civilization has moved through over the past few hundred years. You will get different answers depending on who you ask, but it is generally agreed that since the late 1800’s we have moved through the *“Agricultural Age”*, *The “Industrial Age”*, *The “Technology Age”* and are coming to the end of the *“Information Age”*.

As an explorer and researcher of consciousness I see these different Ages we have moved through as a reflection of our level of consciousness as a whole. Humanity has made a lot of quick movement over the last 150 years and some people would even argue that maybe more evolution has occurred in the last 150 years than the 1000 years or more preceding it. Whether that is true or not is not the point. The point is that things are evolving quickly and now we can see it moving at an exponential rate. The rate at which our evolution is occurring is speeding up also. This explains why so many people in society are feeling overwhelmed. ***Things are moving really fast!***

If you begin looking at it in much detail you can see how the ages relate to our own consciousness, and it gets really in depth if you want to look that far into it. However, that is not the point of this article. I am clear that not many people see what the next Age is that we are moving into right now, at least the majority are not. It has

always been this way. *The importance of knowing this next Age we are moving into and aligning with it is striking as it determines how well you will succeed in life overall.*

The key elements of success include vision, timing and action. If a person sees where things are going and the direction they are headed in and takes action based on that knowledge...they can dramatically increase their success rate as a whole! Imagine if you had bought South Florida waterfront real estate in the 60's at a few thousand dollars a lot and had the vision of where it was going to be now! *Where would you be financially if you saw that vision and used the power of the timing in your favor?*

True Power is defined as being fully present and aware and having the ability to see where things can go (wisdom) and shaping the direction those things are moving in.

On the other hand, Force is the ability to apply a lot of effort to shape things after they have already shown up as something other than what you prefer.

Knowing the difference between the two and applying it in your life saves a person a lot of energy, stress and struggle!

Our ego/identity self operates from Force as it cannot remain fully present and be aware and direct the future. It

already has an idea of the future or the past and it continues to play that out over and over.

The true self, the soul, the higher self can see it all clearly and direct and mold it as it chooses – this is true power.

The visionaries who have molded the world as it is and *as it will be* have operated in this way.

Bill Gates, when interviewed by Larry King, when asked what the secret to his success was said: (paraphrased) *“Timing, Vision and Action. I saw the timing of the personal computer and the need for it to be easy for anyone to use. I saw the vision of how far it could go, and I took all out massive action on it”*.

Most people who try to duplicate this strategy fail or struggle a lot for a long time as Bill Gates did. There are some things missing in order to make the strategy highly effective: ***We must have an inspired vision, have a clear, committed intention to fulfill it, take full, all out inspired action on it and be able to identify and transcend the resistance that will naturally show up in opposition to our dream.***

The first thing to get is that when we have a motivation to attain or achieve anything, it is tied to an underlying desire to overcome a limitation. Knowing this we can begin to dig up the limiting beliefs that bind us to the limiting circumstances we are in...and the results are like letting go of the brakes on a car when headed downhill – *we start rolling forward easily and smoothly without strain or unnecessary effort.*

Most people currently do not have an effective strategy to manage their consciousness like one would drive a car or use a tool and the intrinsic need for this ability is the reason that we as a whole are moving into the “*Consciousness Age*”.

The Consciousness Age is about humanity discovering that with the ability to create true power....force becomes obsolete!

True Power is not about competing to out-perform others; it is about constantly out-performing yourself. True Power is not about forcing others to do your will through coercion or by controlling them through intimidation, manipulative persuasion or otherwise...*it is about cooperative, co-creative efforts that align everyone to create synergistically in evolutionary ways. It is about “win-win” solutions for us all!*

Mankind through pure necessity is moving into this new Age of Consciousness and it is the most powerful and amazing age we will have ever experienced! The limitations will melt away at unprecedented speeds and every problem we have will become an exciting challenge to overcome and we will have the full capacity to do so because we will have power over our own mind. *This is true power. Operating from the soul, from our center, and using our mind, body and emotions as tools to deliberately create our reality.*

A very small percentage of us have a highly effective strategy to do this already and are leading the way into this bold new Age of Consciousness.

If you do not see the timing and vision of what I am talking about...start looking beyond everyday survival and feel into the possibilities as they are unfolding right now and the only question that we need to ask is *how much time do we need to see the obvious?*

As Agent Smith in the Movie “the Matrix” said to Neo as he held him down on the subway tracks: *“Do you hear that sound Mr. Anderson? That is the sound of inevitability!”*

Exploration:

What beliefs do you have about this topic that are empowering?

What beliefs do you have about it that are limiting (doubts)?

What actions/efforts are you taking to align with your empowering beliefs?

Beliefs

Beliefs create our reality. If you don't believe that to be true, your beliefs will create evidence for you to validate that you are right - making the first statement true - that *beliefs create our reality*.

Beliefs filter our perception of reality within the infinite possibilities of pure awareness, leaving us with the evidence for whatever we decide to believe – as long as we believe it absolutely and have no conflicting beliefs (doubts).

People often have many different beliefs about a subject and this is why they experience a little of this and a little of that. ***Having beliefs that are in conflict is the source of stress and struggle and mis-alignment with one's self.*** Many people think that they can shift deeply held beliefs by “thought replacement” or “positive thinking”. This is an act of futility, a strategy that is guaranteed to fail in the end because thoughts are generated by identities which are deeply held beliefs that exist as contracted, energetic structures in the body/mind. Consciousness, in this regard, is much like the structure of an iceberg where only a small portion is revealed on the surface.

When beliefs have enough importance in them, enough judgment, a person begins to identify with them as their sense of self – their sense of identity. Identities are often **not created deliberately** and are “**default programs**” that run our lives when we do not. These identity selves

are often reactive and some are downright nasty and some are sick, and some are victims, etc., etc.

Being able to identify and manage one's beliefs and therefore one's identity is the most powerful ability a person can have, and yet, currently this is one of the least understood skills for humanity.

As we move into the "Age Of Consciousness" this will quickly change and the right and wrong game humanity is currently compelled to play will unwind and an enlightened civilization will unfold on Earth.

Exploration:

What beliefs do you have that are empowering?

What beliefs do you have that are limiting?

What "evidence" for your beliefs has shown up in your life as a result?

The Power of Presence

The most powerfully transformational reality we can explore as humans is to be fully present with our moment-to-moment life experience; to fully acknowledge and be aware of our thoughts and emotions and physical sensations as they occur. When we embrace our life in this way everything begins to “flow” and transform in truly amazing ways!

The natural healing process of our body begins – and stored emotions and sensations that we formerly were unconscious of, begin to surface. As we become aware of them and allow them to flow without resistance, without trying to “fix” them or “process” them or analyze them or “do” anything at all to them - **just the act of passively observing them creates a miraculous transformation!**

The “charges” that were held in our body begin to dissipate much like discharging a battery and we free more of our attention to use as we decide. We can then live with more deliberation, self-determination and the result is more freedom and clarity in our life.

The law of least effort applies fully here. How much effort does it take for the grass to grow or for birds to fly or for the Earth to whirl at an incredible speed through space? How much effort do you want to exert to live your life? If most of us ask our heart this question we will hear the intuitive answer - effortless living. When we surrender to fully experiencing each moment, our natural

tendency is to live in this “eternal now” and life flows effortlessly - you meet exactly who you need to and experience exactly what you need to move your life in a more expansive and fulfilling direction...**serendipity becomes the norm.**

Some of us have struggled for so long that we believe it is the only way. We believe we deserve to suffer because we did not do what our parents or society programmed us to do exactly the way they told us too. **Far more fundamental to who we are - our heart yearns to be free and for us to fulfill our true desires and deliver our original and unique message to the world, our life purpose, to fully express ourselves as who we are.**

Most of us know all of this intellectually - the question to ask yourself is how conscious are you being? How much of the time are you being fully aware and present?

How about right now? Are you aware of the room you are in or your body or the thoughts you are having right now? Are any of your identities running you on automatic?

Is your mind “stuck” in the think, think, think mode with opinions about everything?

Observe it right now for a moment and see...

This is all you ever need do - practice being aware of yourself and observe yourself moment-to-moment . Choose to act only from inspiration and intuition and watch the miracles begin!

Exploration:

How does being present empower you?

What hinders/prevents a person from always being in the present moment?

Why are most people not living fully in the present moment all of the time?

The “Flow” of Life

When life is flowing naturally, we find serendipity to be our normal operating state. We notice the beauty of the world around us and experience the spirit within our self and others. We feel connected to nature and people while we move through our daily activities. Our projects and activities seem to flow with ease and everything we need to fulfill our hearts desires shows up as we need it to.

*We move **with** life when we are in the “Flow”, we experience life events in a natural, easy, effortless, sequential manner.* People who have experienced Flow will tell you that it is the most miraculous and joyful way to live!

This state of “Flow” is not an everyday experience for most people and certainly not common for our modern, fast-paced society as a whole. Many people believe Flow is a coincidence, a random event that they have no

control over, and of course - *whatever we believe we will experience to be true.*

People throughout the ages from many different fields of study and practices have described living in the Flow in different ways - It has been called living in grace, enlightenment, nirvana, self-realization, self-mastery, operating in the “zone”, etc., etc.

Many people have experienced Flow while falling in love or being in nature, or during a crisis when they had a sudden realization that all is going to be well.

There are many deeply ingrained beliefs in our modern society that are not aligned with living a life of easy, joyful success. Many people live in quite the opposite state of stress, struggle and confusion and *because it is so prevalent it is easy to buy into the idea that this sort of “mass neurosis” is the normal state of humanity.*

Once a person understands the “mechanics” of Flow and the fact *that it is possible to live in this state continuously*, there lies before them a wonderful new possibility of living in a state of grace. Developing this ability is a skill, *and as any skill it must be practiced deliberately in order to become second nature, to become realized as a firsthand experience.*

Flow is attained through living in the NOW moment all of the time. By living in the present and allowing life to unfold as it does without inner resistance.

The “physics” of Flow are that as long as our life force, our attention, flows our life flows. *This means that we must not be resisting our life experience by thinking about it or judging it as it unfolds, but rather by FEELING it experientially.* By fully experiencing our life - our emotions, sensations, judgments, in each moment as they arise without resistance - Flow occurs.

In the beginning while practicing this we will go through moments of pain, and unconsciousness and other resistance to Flow that we have created in some moment in the past. Eastern teachers call this “karma”. Karma is simply judgments, beliefs, resisted emotions and sensations that we have stored that we did not allow to flow freely and they are stuck in our body/mind as contracted energy. These beliefs attract experiences into our lives to match their vibration. This contracted energy does not feel good - we have labels for it like fear, pain, anger, depression, etc.

However, *any responsible person knows that whatever we sow, we must eventually reap.* We cannot continue to “put off” our karma for long - these resisted beliefs, pains, emotions and the experiences they attract/create. Putting them off requires a lot of our life force, our energy. *This process of putting off the resistance that we have stored from that past is the source of stress and struggle in our lives.*

By allowing each moment of our life to Flow and by being aware of our judgments and resistance to whatever we experience, we can reverse the process of storing

stress and pain and begin to expand our consciousness again. *And since our life is a reflection of our attitudes, our state of mind, as we expand our consciousness, we feel more clarity and in the Flow and our life gets better and better.*

The challenge that most of us face in this process is that there are currently not many “technologies” or spiritual paths that effectively support a person to **rapidly integrate** “miracle living” - living in the Flow. *Few people are really getting the result that their soul seeks.*

So many people are getting slow or limited results in their practice or path and this causes discouragement and dis-belief in miracle living to be prevalent in our society. Others settle for “positive thinking” and pretend in vain that they have it already!

The elements of a highly effective, successful strategy to re-attaining Flow in our life are: *Developing the skill of present moment living, The ability to identify and create intentions aligned with the true self, the ability to identify and effectively release resisted beliefs, pains, sensations, etc. The ability to deepen our connection with the inner stillness of our soul, to become the “silent witness” of our resisted identity selves and to dis-associate from them.* There also are more intensive advanced skills that one can develop to rapidly speed up this process.

*Whatever path you choose, the most important element is your belief in the possibility of living in Flow, of living in grace. **Be determined to live as the total master of***

your life and the power of your intent will lead you to the experiences and resources that will support you to re-attaining your natural birth-right of miraculous, joyful living!

Exploration:

How is living in the “Flow” empowering?

What hinders/prevents a person from always being in the “Flow”?

Why is’nt everyone living fully in the “Flow” all of the time?

Attention!

Attention is everything. Whatever you give attention to grows in your life and becomes more real. Whatever you withdraw attention from withers and fades out of your life experience. “Neutral attention” is the flow of life force through us. Neutral attention is unconditioned and clear and is also called “unconditional love”. When alloyed with judgment, neutral attention gets contracted from wavelength into particles containing the specific energy and information of the judgment or thought one is focused on. Limiting judgments acts as “filters” that make our flow of attention “heavy” and this robs our life force as well as that of the people we judge in a limiting manner.

In eastern terms pure, neutral attention is called “Prana” or “Chi” or “Qi”. This neutral attention is the appreciative, compassionate attention that we have when we are present and aware without judgment.

Very few people live in this space of present moment awareness without judgments, this state of “bare mind” or “beginners mind” as the Zen call it is not at all a common experience in our modern world. Most people have a lot of mental chatter going on *and in most cases people identify with this mental dialog as their sense of identity.*

However, if we stop and relax for a minute we all know better...we know that there is something beyond our mind, the incessant mental chatter. *We experience this part of our self when we become still, peaceful and content.*

Some have called it “source”, others the “soul”, and there are many, many other word labels for this *true self*. It is more fundamental than body, mind or emotions and *it is who we really are at the deepest level*. It is the “silent witness” to our life and is in the background observing our life. It is also the “choice-maker” the part of our self directing our life decisions consciously when we relax the intellectual mind and allow it to happen. It is our intuitive, feeling nature. *As all the scriptures have said for thousands of years this source is infinite, all powerful and everywhere.*

It does not have to mentally think about things...your heart beats and trillions of chemical events happen every second just for you to exist and not one thought has to go into this. It is infinite intelligence. *Silent, still pure awareness is the source behind all the activity in the universe(s). It is the source of our life, our mind; it is who we truly are.*

When we learn to be present to each moment, to our sensory experience – the sights, sounds and sensations in each NOW moment, we operate from this “silent witness” and our attention is clear, compassionate and non-judgmental. *We feel life and operate intuitively and are guided through our life by infinite wisdom.*

This begins as a practice because we are so habituated to a noisy mind that we must practice daily to quiet it down and operate from our true self.

As we practice we can begin to flow life giving, pure compassionate attention to our friends, family and contacts and they begin to benefit from our presence, *the presence of unconditional love. Unconditioned attention is unconditional love.* A mind that is quiet and present allows the heart to shine forth and everyone benefits - *everyone and everything grows more alive and is energized when we are fully present with our moment-to-moment life experience.*

Sure we need our intellect to do math and certain other tasks...*but it was never meant to be our “center of operation”.* The intellect is a tool to serve our needs –

not our master. Our heart, our spiritual center is present when we relax the mind and get present to the NOW moment.

Attention that is alloyed with judgment is heavy and “sticky”. It steals life force from the one who is judging and the object being judged. *This is the ego/identity self’s standard operation tactic. It needs to constantly feed on emotional, judgmental attention from others so it creates dramas and self-importance to feed on the emotional attention it receives from this effort.*

The ego does not want clear, unconditional attention as this type of attention neutralizes judgments, which in turn dissolves the ego. *And since the ego believes in itself as a living entity, it wants to do anything to stay in control. The ego chooses suffering and struggle over love, ease and peace as a way of maintaining self-existence! We must believe in a power outside of our true self for the ego to maintain control over us.*

When defined by our ego, we think, think, think all the time - we are being run by our ego and attention is not free and clear. When we get fully present with nature, our loved ones and in meditation – *we are clear and our consciousness is expanding. Love is expanded awareness, fear is contraction of consciousness.*

Start observing your attention and what quality of attention you are flowing. Is it present and centered, clear and life giving? Or is it noisy and judgmental, heavy, emotional and life-robbing?

Just by taking a moment to get present and become aware of the quality of our attention throughout the day and *by relaxing and getting present to the senses – the sights sounds and sensations of the NOW moment, miracles begin to unfold in your life and the people around you.*

Exploration:

How does managing our attention empower us?

What prevents/hinders people from directing their attention as they choose?

In what ways could managing the flow of your attention be improved?

Living a Deliberate Life

Usually when we start out on a deliberate path of self – involvement, we do it for direct personal gain of some type, we often have an immediate need. Many of us have suffered and struggled our way into finding a spiritual path. We see the possibility of being without pain or suffering and a way to fulfill our unfulfilled desires.

This is all fine and well and as it should be. From the ego's point of view - If the ego/identity self was not suffering then why would someone take on the

responsibility and effort of attaining enlightenment? If the ego could not fantasize about glorious states of bliss or living as a “spiritual master”, or some other imagined ideal, then what would the whole point be?

As we mature in our practice we begin to see that the whole point of a spiritual path in the first place is **not** to avoid feeling something or experiencing something or to longingly look forward to something glorious – **rather it is to fully experience our life moment-to-moment just as it is.** Now, once the ego/identity self catches wind of this.....look out! *“If I knew I would have to experience suffering and not fulfill my fantasies then why am I doing all this extra effort in the first place?”* This is the ego’s point of view.

As we well know, the ego self always had an agenda...to experience only what it wanted to and to escape experiencing everything else. **The ego wants a life that is always different than the one we have NOW. It wants a life that will be perfect “then” in some imagined future or to find some other way to resist, escape or deny what we are experiencing NOW. And deep down we all know that we can never escape our karma, our desired and resisted beliefs - only put it off for another NOW until it builds up and we have a life crisis.**

What drives this process? It is simple...the ego/identity self is a life force that believes in itself as a separate entity and of course because it believes it – it is true! **If it did not have the element of time the ego could not**

exist! This is exactly why when we truly commit to a meditation practice, “a spiritual path” that we get assaulted by the ego/identity self many times along the way. It simply wants to stay alive and stay open for business! Just like any creature/creation, it is determined to survive! This is why sometimes along the path it seems impossible to become free of being driven by the ego/identity self...it asserts itself and as much pain and temptation on us as possible, whatever is necessary in order to stay alive!

Maturity on our spiritual path has us surrender to exactly what we are living, what we are experiencing NOW in each successive moment of NOW. Willingly intensifying your NOW experience is the point and the process of enlightenment. This is all we ever need to remember as we practice and stay in the process. This is spoken of as “surrender” in all spiritual teachings. It is not an attachment to feeling good or not feeling bad, but rather feeling all of it equally as your own creations, owning and experiencing your “karma”.

This is known as “Karma Yoga” and “being the silent witness” in Indian Vedic traditions; “mindfulness practice” in Buddhist practices and it is called “self-observation” by some western teachers. It is simply practicing aware, deliberate actions, having our full attention in our life experience.

By taking on and living our daily activities fully and committing to taking the necessary actions to fulfill our goals - we accelerate the process and eventually we come

full circle and live without suffering and with easy success and the effortless fulfillment of our desires. The amazing thing about this is the simple fact that the identities that were resisting this process will not be there to experience it - the identity selves were the reason we were not free to live in serendipity and joy in the first place!

Exploration:

How does living deliberately empower us?

What prevents/hinders people from living deliberately as they choose?

In what ways could deliberately managing your own life be improved?

“The Time is NOW” – Our True Power

It is very common to observe people putting ideas of TIME into their life experiences. People who lack power generally tend to put off until later what they can do NOW. ***Power is the ability to remain fully present and direct one’s attention toward their intended outcome until it is a reality.*** Every time we put off something later that we could create/experience NOW we place a bet against our own power. We are literally affirming to ourselves: “I am not ready to create or experience this”. There is nothing inherently “wrong” about this - it is just

a good way to become aware of our own power, or our lack of it.

If you really want to see how powerful you are being - become aware of how many things you are putting off for later, observe your inner dialog and conversations with others and you will realize how often you are putting the past or future into your life. People are often busy putting off the life they always dreamed of. The fascinating thing you will notice is that the trade we are making for this “putting off” is usually for mundane survival tasks. We tend to mis-prioritize our attention and do things like put off that meditation session that we know that will make us more effective and peaceful because we had too many other mundane day-to-day things to do.

We dream about some experience that would really support us in gaining more joy, power and effectiveness and we let our ego talk us out of it because of a lack money, or time, etc. We say to ourselves we will do it “later”. *Some people live their entire life putting things off for a “later” that never happens.*

Time! Time! Time! The ego/identity self needs time to be in all of its creations. It does not have the time for NOW! **When we are being here NOW we are putting the ego and it’s insecurities and inadequacies off for later!**

When we live in the NOW we realize that whatever we are experiencing NOW we created in some other NOW moment and it needs to be fully experienced. This is the “karma” that eastern teachings mention...it equates to

putting time in our creations again! It was something we could have experienced in the NOW MOMENT that we created it in... instead of putting it off for later.

When we become more integrated with the NOW, the present moment, we realize we can steer our reality in each moment by shifting our attention toward where we are headed – toward our intended outcome. We create and experience it all NOW and do not put off anything for later. We begin to see the perfection of each NOW MOMENT and that people and experiences are reflecting back to us everything we need NOW. ***That it is all available NOW.*** That we do not have to wait until later or need to re-assert the past as an excuse for our lack of power NOW.

However, for true power to be realized, one must embrace everything they have created before this NOW. They must embrace all of their resisted and desired beliefs and identities. ***Only then are they present enough and attentive enough in this NOW to create the next NOW instead of regurgitating and repeating the past.***

So to simplify: **We must practice fully embracing the NOW – every thought, emotion, sensation and experience until we are one with the NOW.** Then we can begin to create a whole new NOW in each MOMENT of the present by directing our attention on the intention.

Powerful beings create and then experience with little or no time in the equation. This is true power. Some

highly enlightened souls can create what some may call “miracles” because they have integrated the NOW so deeply into their body/mind and they are fully present and clear and have no obstacles to creating their intentions, there is no time for them but NOW.

All time is created by the identity selves and their beliefs in inadequacy. Ultimately these beliefs are what separate us from being our true self – the aware, silent witness. As we practice awareness through meditation and present moment living, and as we learn effective strategies to peel the layers of beliefs away that define our ego and separate us from being this source - **then the time is NOW all of the “time”**.

Exploration:

How does living in the NOW empower us?

What prevents/hinders people from living in the NOW?

In what ways could living in the NOW in your own life be improved?

Meditation – The Art of Being

When meditation is practiced effectively - *it is the experience of being one with your reality - the experience, process of experiencing and the experiencer*

become one. When meditation is practiced at the deepest level - it is the experience of going beyond the mind and body and being united with the silent, still fundamental source - pure awareness, *the higher self.*

To truly understand *the highest purpose of meditation,* one must have a basic understanding of the construct of consciousness and it's source – *pure awareness, pure being* and some basic knowledge of the nature of their relationship.

According to the scriptures of the Vedic text of India and most spiritual teachings, the highest attainment for human beings is to attain a oneness with the source of creation and through practice to eventually be able to freely and deliberately express as a unique aspect of that source. It is stated in the Old Testament bible scripture: ***“Be still and know I am god”.***

The word “Yoga” originally was used to describe this state and is generally agreed to mean the “union” with the higher Self, the “true Self”. The ancient Yogi's practiced meditation and specific Yogic techniques to re-connect with the source and gain the value of this infinite supply of energy and knowledge in their lives and to eventually operate as a unique aspect of the source, the “cosmic mind”. This source is described by the scriptures to be *all powerful, all knowing and present everywhere.*

The experience of this infinite source is the silent, stillness of being, of pure awareness without form. Awareness is undefined – ***it is the “definer”, the “silent***

choice maker”, the “silent witness” of your life experience.

*Consciousness is energy and information and is **the created aspect of awareness.** To simplify it you could say God has two “faces” – the *un-manifest* and the *manifest*. The *un-manifest* is pure awareness, the light of the universe - pure, clear, lucid awareness without form or definition. The *manifest aspect* is consciousness (energy and information) and all of the infinite creations within that energy and information - such as the physical universe and every “thing” within it. All of physical creation is a “condensation” of specific energy and information (thoughts, beliefs) into the infinite different forms. Once we are clear about the “two faces of God” - we begin to see the value of transcending (rising above or going beyond) the created aspect (consciousness) and getting in touch with the *un-manifest, the transcendent aspect of pure being - pure awareness.**

In a deep experience of meditation we experience this un-manifest awareness as our own fundamental nature, our own being. The more one experiences pure being, pure awareness, the more their limitations are dissolved - by releasing their limiting beliefs, their judgments, and expanding their consciousness and integrating the higher Self’s qualities. The more we integrate these qualities into our life the more we experience being the creator of our own life; *we develop mastery over our reality.* The experience of enlightenment includes an ever-deepening bliss and freedom that is totally self-referral.

Enlightenment is a progressive realization of the true self

as our own self. It is said in the Ancient Vedic tradition of India that “*the more one knows Brahman, (source awareness) the more one becomes Brahman*”.

There are different “depths” of the meditation experience and for many beginners and intermediate meditators attempting to experience the silent stillness of pure being is fairly difficult if not seemingly impossible. *It is much simpler and more effective to begin with a more basic technique and work your way “inward”.* The first and most fundamental level of meditation is known as present moment awareness. This practice was called “mindfulness” by the Buddha.

This practice is simply being fully aware of and focused on the sights, sounds and sensations in each moment of the NOW. It is sensory awareness - to be fully aware of the experience of the senses moment to moment. *This quiets the mind and keeps us very focused in our experience.* It is a highly practical “technique” to practice as it develops our concentration, quiets the mind and allows us to be fully involved in whatever we experience. Also, it can be practiced while being fully active as in taking a walk or driving a car.

The next level of meditation is to become aware of our internal reality, self-observation - to “*witness*” your *thoughts, emotions and bodily sensations as they arise.* This gives one the experience of being the eternal, “silent witness” of their life and awakens this viewpoint of the higher self within them. The Buddha called this practice “Vippassana” and was what he practiced sitting under the

Bodhi tree when he attained enlightenment. As this practice deepens, one can focus a powerful concentration of attention in the body/mind that releases a lot of fixed energy and this may be accompanied by heat and other sensations - this is a very healing practice for the body and releases deeply held stresses.

Going even “deeper” into meditation is to be aware of the void, *the deep, silent, stillness of being* - at this level it is experienced as a dark, still, quiet “womb” while being very lucid and aware. It is a state of no effort.

And as a person practices this regularly and integrates the limiting beliefs, the construct of their consciousness, back into pure awareness - they will eventually begin to experience the clear light of pure awareness beyond the “dark void”. No words can describe this experience.

In the advanced stages of meditation (the deep Samadhi state) a person’s breath will still and they will “fuse” into oneness with the light, the infinite bliss of the source. Even a few moments of this experience forever transforms the consciousness into higher states. Integrating this light through practice gives the meditator the ability to transcend all obstacles and become capable of all possibilities. The abilities that unfold are not even considered believable by some people. **Total self-mastery is a certainty for people committed to this level of awareness practice.**

There are several practices that greatly accelerate this process if properly understood and taught – otherwise it

can take many years of meditation to attain the experience of the light and especially to maintain it. These techniques are specific breathwork (pranayama), bodywork (asans) contemplation, self-inquiry, creating intentions, (mantras) as well as other lesser-known practices. These practices were designed over thousands of years to support this process of integrating the light into one's consciousness ("enlightenment"). *Originally it was the sole purpose and goal of Yoga.* Many modern schools of Yoga have forgotten this "highest purpose" of Yogic practice. A teacher has to have realized enough enlightenment in their own consciousness to really be able to assist a student to have the enlightenment experience. *These Yoga teachers are not common.*

In the end everyone is drawn toward the source, the light of the universe, just as a moth is drawn to a flame - it is what is driving everything, the very impulse for evolution. As we become ready to let go of identifying with our limited self-definition, our ego/ identity self, we are drawn more quickly into this light. *Meditation, when practiced effectively with the intent to increase awareness and therefore free fixed attention from consciousness, is the direct, deliberate path back to this source.*

Exploration:

How does Meditation empower us?

What prevents/hinders people from meditating effectively?

In what ways could meditation in your own life be improved?

Honesty - Medicine for the Soul

Honesty is a delicate subject for humanity as a whole. Most people when asked if they consider themselves to be an honest person would say that they were in general - and that is the challenge with the subject of honesty. As a culture many of us were taught that it is weak and powerless to be wrong or caught in a lie, or to be vulnerable - *So, many times we are not being fully honest with our self (or others) regarding the topic of honesty!*

Honesty has been taught by all the masters throughout the ages as being really powerful medicine for the soul. Jesus said: “*Know the truth for the truth shall set you free*”. In order to really find our power and to heal or to have healthy relationships - we must be honest with our self and others. ***We all know that in order to be a truly healthy, powerful person we must be willing to be honest enough to admit it when we do make mistakes.*** This practice of self-honesty leads us to understand the amazing contradiction about honesty - *that honest vulnerability is the access to true power as a person.*

Self-honesty is the basic foundation of all self-mastery and enlightenment paths. One cannot truly find a

limitation that they have and transcend it, grow beyond it, if they will not be honest with themselves in the first place. Our ego is committed to keeping some things we believe about ourselves in the “closet”, this effort at self-denial is one of the most sabotaging patterns that people have. If we will not admit that there is a limitation that needs exploring – *how can we ever make progress on our evolutionary path?*

Some people even use self-help teachings such as “positive thinking” strategies to pretend and deny the limitations that exist in themselves. This is a temporary fix and certainly works well if our goal is to make the ego feel good. However, it is like putting a band-aid over a deep wound.

Whatever we refuse to be honest about and become fully aware of has power over our life and we cannot master it. Attempts to “sugar coat” over a wounded part of our psyche with positive thinking is a type of “karmic deferral program” - the real challenge with that strategy is that whatever we put off for later grows until it becomes too big to deny anymore - then a crisis occurs .

The very energy we use to deny the resisted part of our self adds to the resistance, the denied pain, until we have a life crisis arise. People often get sick or have a divorce or some other shocking experience happen to them before they are ready for a real dose of self-honesty.

Sometimes, when we have worked very hard for a long time to deny something that we resist experiencing – we

have a shocking experience unleash itself as the build up of pressure erupts like a volcano! *For many this can have the affect of creating a “wake-up call”* letting us know that more self-honesty is needed...or for some people *they just work that much harder to deny the problem that they created in the first place.*

Why is it often very hard for us to be absolutely honest with ourselves and others?

The “shadow self” - the wounded aspect of our self with all of its fear and pain is the cause of this denial of truth. Most people were not born to a family who was free of this “shadow self” and therefore it is perpetuated from generation to generation as a mass “social hypnotism”.

Few people have an effective strategy to effectively cope with these intense emotions stored in the body/mind. Many have tried existing strategies with little or no relief and feel discouraged or even bitter - so denial is their only way to manage the busy, busy mind and the seething cauldron of pain and fear within them. Others pretend that there is nothing wrong, they hold up a strong, positive self-image to the outside world as they suffer in secret inside themselves accepting it as if it were natural. After all, are not most people in some kind of stress or struggle situation frequently in their lives? *Yes, but there is a much more joyful, peaceful and powerful way to live!*

There is a way out of the trap of pain and fear that creates a circular pattern of deny, protect, defend, assert, and pretend. *The most effective strategy for healing and growth must include learning the ability to re-connect*

with a deep level of our being – the deep, silent stillness of perfect intelligence within us. Our spirit, our true self is beyond fear and pain and is always peaceful, content and fulfilled. Masters, sages and saints throughout time have instructed us to return to this source, the silent witness within us as the way to heaven, nirvana, self-realization, etc.

Developing the ability to contact a deep level of being everyday through meditation is very powerful by itself, however, in order to expedite the inner healing process from many years down to months – we must also develop some other skills: *The ability to be present and live in the moment with sensory awareness, the ability to discover and effectively release limiting beliefs, the ability to intuitively connect with our hearts desires and effectively create the intentions to fulfill them, the ability to identify sabotaging identities and witness them, and to disassociate from them.* There are other more advanced skills that one can develop that speed up the process also.

Learning and developing these skills returns us back to living from our true self - the joyful, peaceful, aspect of our self that lives in the flow of life and meets any challenge with enthusiasm.

It all begins with the willingness to be very honest with one's self. Just by having the willingness to do this, the process itself supports us in developing more self-trust. *As self-trust grows, so does self honesty.*

Simply have the intention to be more honest with yourself. There is real healing magic in the medicine of self-honesty...

Exploration:

How does being honest empower us?

What prevents/hinders people from being honest?

In what ways could being more honest in your own life be improved?

Pranayama – “the Breath of the Eternal”

Thousands of years ago yogis who spent much time in silent meditation came to the firsthand realization of the source of life – pure awareness, the cosmic mind, *experienced as the stillness of pure being*. As their integration of the cosmic mind expanded, they realized that this source had two fundamental states – *absolute stillness* and *infinite dynamic activity*.

This led to an understanding of the “mechanics” of all of creation within the universe. These realizations were documented by the ancient sages and can be read about in the ancient *Vedic texts of India* and *the Yoga Sutras*

of Patanjali. They are also expounded in Taoist, Buddhist and other mystical teachings.

Throughout the Vedic texts it is taught that the source - ***pure being***, is silent, still awareness and it is the foundational source of all of creation. It is experienced as the infinite, silent awareness beyond the mind in deep meditation. When this infinite stillness becomes active at the most fundamental level of activity - this is known as ***prana***. Prana is known as “***chi***” by the Chinese and is spoke of as the “***Holy Spirit***” in Christian traditions. A simpler way to understand prana in western terms is the flow of neutral non-judgmental attention or as the pure energy that is the life force that animates all of creation.

One of the great gifts that we as human beings have is the ability to direct our life force, our attention, to exercise our free will. ***Pranayama*** is an ancient Sanskrit word from India that means “***life force control***”. ***To practice deliberately directing our life force is to practice pranayama.***

Since breathing is a fundamental function of life and is in itself prana control, one of the most effective ways to control our life force deliberately is through deliberate breath techniques. Other methods are creating ***mantras*** (intention) and the deliberate focusing of neutral attention in meditation. Through specific exercise and postures such as asanas in yoga one can accelerate and control the flow of prana also.

The ability to control one's life force is the most powerful skill one can develop as all creativity and expression are the results of this function. The ability to manage our life deliberately is a function of directing our attention, our life force as we decide to. Ultimately – our attention creates our reality as whatever we focus on becomes more real to us and the more we focus on it the more it becomes a part of our life. ***This is the creative process of the universe – to flow attention to and experience the object of our attention.*** This simple but profound realization brings one to managing their life by managing their life force.

It would be nice if just knowing this information would give us the ability to realize it firsthand as our truth and live it...however this is not the case. Pranayama is a skill and like all skills it must be practiced and developed for any true level of power to be realized. The first and most basic level of pranayama is to develop basic attention control. A good practice for this is present moment awareness. ***Focusing our attention on the sights, sounds and sensations of the “now” is a simple yet highly effective practice and produces quick results such as a calming of the mind.***

Another level of pranayama would be mindfulness meditation where one observes their thoughts as the silent witness. As this level of practice ***control of one's attention deepens*** and a more profound awareness of the total body/mind will unfold.

Once a student has attained a fairly stable ability to be the witness of the body/mind it is time to learn ***breath control pranayama***. This should only be taught by a master or one of his students who are in the advanced stages of yoga practice as breath control can be dangerous for anyone not properly instructed.

Many times people are instructed by people who are not enlightened and they start pranayama breathwork without this ***foundation of being the silent witness*** and the results are not very effective. It can give a person a good “oxygen high” - but ***that is not the purpose of pranayama***.

The purpose of life force control is to accelerate the releasing of the judgments stored in the body/mind that block the flow of life force (prana, chi). When properly understood and practiced pranayama greatly accelerates ones expansion of consciousness and integration of the stillness of pure awareness (enlightenment).

Exploration:

How does prana (Life force) control empower us?

What prevents/hinders people from effectively directing their life force?

In what ways could directing your life force be improved?

Creating and Experiencing

When you really look at the “big picture”, the simplicity of life, there are only two things we humans can do – *create and experience*. Everything in life falls under these two categories. From the cellular level where our body is creating new cells constantly, to the mental and emotional level all the way down to how we use our creative life force.

When we think - we are *creating* our thoughts, which are specific energy and information. If we focus on a specific thought with enough attention, we will begin to experience judgment. A feeling of liking or disliking what we are judging begins to unfold. Again, through our own effort we have *created* this judgment.

If we continue to give these judgments energy - attention with judgment, emotional charge, they will eventually gain enough importance that they will create attitudes, behaviors and actions that will all end up *creating* a specific result in our life experience.

This creative process applied in reverse is *experiencing*. To experience an emotion, or attitude that one has already created, they must simply become aware of the attitude or judgment and as they become fully aware of it - feel whatever comes up without judgment. As the creation is observed with passive, neutral attention - the emotional “charge” is released. As the charge is released, the belief, the judgment, may be released also.

The process of *creating* and *experiencing* is really very fundamental and simple - We either add energy, our own judgment, to a thought (*create*) until we feel it as strong and real, until we *believe* it; or we observe (*experience*) an existing belief, judgment or emotion with neutral attention until the charge “flattens out” and we can let it go. *CREATE AND EXPERIENCE. Managing our consciousness deliberately in this way is the only way to true self-mastery!*

So few people are really deliberate about the process of managing their consciousness and therefore they get limited results in their lives. People tend to not be deliberate about this process and therefore they are not deliberate about their attitudes, beliefs, and judgments nor have the ability to experience their emotions effectively. This results in a life that has seemingly random events happening “to” us – A life where being a victim of circumstances seems to be real to us.

We, in fact, always have the power to determine our life path through our decisions - mainly by deciding to deliberately create specific beliefs, attitudes and behaviors that empower our life. The other half of the *create/experience* “formula” is to fully experience and release the judgments, emotions and beliefs that hinder us.

Many times people use the process of *create* and *experience* backwards and create more thoughts and judgments when they have a feeling come up that they decide they do not like. By “creating over” our existing

thoughts and emotions we are resisting our thoughts and feelings, we contract our power, our life force, and this results in fatigue, stress and if continued for long as a pattern, disease. Many self-help, “positive thinking” schools teach this strategy – it is limited at best and has very temporary results that will eventually lead to a stress crisis or disease from denial of our resisted feelings.

When we feel resistance, emotions or sensations that do not feel good, the most effective strategy is to fully allow the feelings to arise, to flow through us until they release and we feel clear again. *Again, experiencing our feelings without resistance releases the charge, the stress.*

When we want to *create* an ideal such as a goal or deliberate attitude or belief, we give it deliberate attention and really connect with the feelings that empower us regarding the goal or intended creation. The more we give it attention the more we will create the right attitude, behavior and actions to get the results that we desire.

When we align with the creative process *which is a skill that must be learned and practiced* – we are aligning with the very forces of nature and seemingly “good luck” abounds.

As we start to gain experience with this process we will begin to experience “flow” in our life and serendipity becomes normal. People, events and circumstances will meet our heart’s desires in seemingly magical ways. But, it is not magic; it is simply the power of our own belief

mentioned in all the mystical, spiritual and philosophical teachings throughout human history.

There are three critical components to a strategy that will support you to live a miraculous life – *One must develop the ability to operate from their true self, from their “center”, the aware, “silent witness”. The next requirement is that they must learn to live fully in the present moment and experience their feelings and sensations fully **without resistance**. This includes the judgments and beliefs that have been repressed and stored in the body/mind. Also, they person must learn to create intentions deliberately to align with their hearts desires, their ideals.*

The great majority of Humanity does not operate as their true self which is known as “enlightenment” or “self-mastery” and there are not a lot of highly effective paths or technologies available that teach a person to re-attain this state. This is why so few people are really living a miraculous life, a life of joyful success and self mastery. *Luckily, there is now a direct and effective way to do just that!*

Exploration:

What beliefs in this article do you find to be empowering for you?

What prevents/hinders people from being the master of their life?

In what ways could managing your consciousness improve your life?

Living Their Ideal Life...

The following pages contain interviews with people of different backgrounds who practice the Self Discovery Techniques.

Name: Allegra S.

Background: Marketing, Training.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I create my reality and I am no longer at the effect of my life circumstances. I have had a major breakthrough with my health and now get greater results in my life and my work with less effort.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: It is a “bottom line” technology for re-claiming yourself, for experiencing a quiet mind. From that space I create my life.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self

Discovery Techniques different from other things that you have experienced?

A: It is an effective efficient technology that allows me to create a safe space in order to experience the limiting beliefs that keep us stuck, from moving forward quickly.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I was very skeptical. I had done so many other things before that I believed this was a going to be a repetition. I didn't want to be disappointed. I definitely have not been.

Name: Herb F.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I am able to spend more time living in the present and I am a lot clearer about why I have had some many problems in the past. I'm now getting real results in all areas of my life.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: It gives you an experiential understanding that you create the problems in your life and also the solutions to living a happier, more successful life.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: Most paths teach only about the positive aspects of consciousness. This work gives you the ability to confidently manage the negative, limiting aspects of consciousness.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I was initially afraid I would meet another dead end, but I was pleasantly surprised. This is the fastest, most sensible way out of the trap of our limiting beliefs.

Name: Roberto S.

Background: Corporate executive, trainer.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: 1) A quiet mind. 2) Creating and progressively fulfilling my vision. 3) Eliminating resistance and sabotage patterns. 4) My life works. 5) I have my ego under control. 6) I'm able to witness the negative limiting patterns in my life with a detached, neutral viewpoint.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: The techniques allow you to create and fulfill the life that you always dreamed of with ease and joy and without years of effort.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: I am now self referral and am able to locate and release limiting beliefs. Nothing else had effectively given me the ability to do this.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I thought my life was already transformed and that I already had an effective technology. I now know better. Try it You will like it!

Name: Tobi S.

Background: Doctor of Chiropractic, Network Spinal Analysis

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I now have a consistently increasing self-awareness and I am deliberately directing my attention as I chose. I feel that I can be present with absolutely anything. I have become free of being the “victim” and feel peace as my foundation – no matter what comes up.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: Presence. Step by step accessible enlightened awareness.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: It tangibly gives someone the ability to be present. Not to pretend or imagine, but to be fully present.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I wondered if this was just another tool. I felt that I couldn't create the life that I dreamed of. This is no fluff – it is as absolutely an easily doable strategy that is now the foundation of how I live my life.

Name: Dawn O.

Background: Advanced Registered Nurse Practitioner.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I now have close, satisfying relationships with my boyfriend, my family, my co-workers, my supervisor at work and my friends. These relationships continue to improve. I am also feeling stronger, more confident, peaceful and happy. My work has become easier, more effortless and enjoyable.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: It provides a way to become happy and peaceful with more consistency. I feel like I am floating through life and yet I am feeling more powerful.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: For twenty years I've been involved with many other practices and techniques. The difference is that these techniques really work! They work faster and the results are permanent. My life continues to improve. There is no limit!

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: My skepticism had me thinking this was another “sales pitch” to take my money. After I experienced the results so quickly, it became the best thing I’ve ever spent my money on.

Name: Dr. Barry W.

Background: Doctor of Chiropractic, Author, Speaker.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I now experience the clarity and peace in my daily life all of the time that I experienced before only when I was meditating. I have increased creativity, intuition and my connection with others. I have a strategy to handle challenges, insecurities and limitations when they arise.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: It gives them the ability to handle limiting beliefs that inhibit them from living their full potential and the “tools” to access and express their life purpose and create the reality they prefer.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: It is experiential and immediate. People experience results immediately. It is a simple process that gives profound results.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: There is no risk Give it a try.

Name: Rich A.

Background: Education.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: A life that continues to work better and better and WOW!

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: It gives a person a way to move quickly to levels of consciousness that historically have taken years of work.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: It is clear that the Self Discovery techniques are the next step that a person is looking for in their spiritual exploration.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I was skeptical until I put the Techniques into practice on a regular basis.

Name: Stephanie S.

Background: Attorney at Law.

Q: What benefits have you derived from practicing the Self Discovery Techniques?

A: I am living a more aware, happy, peaceful life knowing that I create my and attract the experiences

and people in my life and I can change my experiences! I have the solutions in me and another valuable benefit is that I love myself.

Q: Based on your experience what would you say is the most important thing that the Self Discovery Techniques can do for people?

A: People learn how to get in touch with their true self and hear the inner voice that comes from the heart. You can shift the focus away from the voice in your head.

Q: Without being critical of other techniques or paths what, if anything, would you say makes the Self Discovery Techniques different from other things that you have experienced?

A: It is more intense and focused in its method, which accomplishes faster and more direct results.

Q: Most people have skepticism about something they have never explored before. What skepticisms did you have and were they overcome? If so, what would you say to others about their skepticism?

A: I was hesitant about the resisted stuff, the “shadow” that would be exposed and how I would react to it. During the workshop I overcame my initial reaction of rejecting the shadow within myself and found positive aspects of my “shadow self”.

About The Self Discovery Techniques:

The Self Discovery Techniques are the most direct and effective method available to explore and manage consciousness and operate as the true self, the silent, aware witness.

This gives a person the ability to manage their choices, their beliefs, and the identities they choose to operate as resulting in a life created by self-design. The Self Discovery Techniques support a person to re-attain and expand their ability to create their life in a very deliberate and effective manner in order to create joyful success - however they may define that to be.

The Self Discovery Techniques support you to re-attain, expand and deepen these abilities:

- **The ability to be present and aware and remain living in the moment.**
- **The ability to direct one's attention at will; to make decisions from clear, intuitive guidance.**
- **The ability to operate from inspiration and creativity.**
- **The ability to create one's reality as they prefer.**
- **The ability to create a deliberate identity to operate from in order to experience maximum effectiveness and enjoyment in all areas of life.**
- **The ability to operate from the deep stillness of pure awareness as the sovereign source of one's life.**

- **The ability to be a powerful contributor to the enlightenment and self-mastery of the human race.**
- **The ability to discover and release sabotage identities/patterns and limiting beliefs in order to create desired outcomes.**
- **The ability to live a life of ever-increasing expansion, love and creativity.**
- **The ability to be a powerful and highly effective human being at whatever you undertake.**

What the Self Discovery Techniques are NOT about:

- **It is not part of a cult or religious group.**
- **They are not the same as other things you have done before or are doing now.**
- **It is not expensive to learn them nor do you need to commit a lot of time practicing them.**
- **It is not like anything else “out there”.**

If living a life by self design is important to you – this is exactly what you have been looking for!

To find out more come to our **FREE Introduction Events** and explore consciousness and the Self Discovery Techniques, visit our website and explore interesting articles, testimonials, upcoming events, and more:

SDLifeMastery.com
(888) 360-2221