

# MASTERY of LIFE<sup>SM</sup>

## AUDIO COURSE

10 AUDIO CDs & WORKBOOK

**A step-by-step  
process for  
having life  
work!**

*This course is about  
creating miracles.  
It's about learning, healing,  
taking action and  
developing the skills you  
need to have your  
dreams come true.*

A portrait of Bill Ferguson, a middle-aged man with short, graying hair, smiling and wearing a blue button-down shirt. The portrait is positioned on the left side of the advertisement, partially overlapping the title banner and the bottom name banner.

**BILL FERGUSON**

# MASTERY *of* LIFE

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## W O R K B O O K

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# MASTERY *of* LIFE<sup>SM</sup>

## A U D I O C O U R S E

A step-by-step process  
for having life work!

BY BILL FERGUSON

713-520-5370

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## ***How To Use This Course***

The Mastery Of Life Course can profoundly change your life. To get the most results, listen to the CDs in order. After you listen to each CD, read the corresponding section of the workbook and do the exercises.

***This course contains the following CDs***

- 1 – How we create our lives
- 2 – Get your power back
- 3 – The nature of core issues
- 4 – Finding & healing core issues
- 5 – Take charge of your life
- 6 – Heal difficult relationships
- 7 – Keep your love alive
- 8 – Create prosperity & abundance
- 9 – Find your life purpose
- 10 – Connect with your life force

## ***Introduction***

The opportunity of life is to create a life of love, to be free inside and to have life work.

When love is present, you are happy and alive. You feel good about yourself and good about life. You are confident, creative and naturally effective. Life works effortlessly and great things happen.

This is the experience of love. Ultimately, this is what we want in our relationships and in our lives. This is also the key to having your dreams come true.

The process of restoring this state and creating a life that works is relatively easy, but there are some steps that need to be taken.

Some of them are internal and some are external. On the inside, there needs to be a healing and a shift in how you view life. On the outside, there is specific action that needs to be taken.

The *Mastery of Life Audio Course* shows, step-by-step, how to create an incredible life. All you need is the desire and a willingness to take the steps.

Listen to the CDs, read the corresponding section in the workbook, do the exercises, and have fun.

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# Chapter 1 – Get Clear On What You Want

*There is no corresponding CD for this section.*

The first step in creating a life that works is to get clear on what you want. What are your dreams? What do you want to go for in life?

This is important because having a dream to go for gives spice to life. It gives you a reason to wake up in the morning. If you don't have a dream to go for, life feels empty and meaningless. So, if you don't have something to go for, find something.

Use the following exercise to get clear on what you want. Later, you will learn how to have your dreams come true.

## ***An exercise to discover what you want***

Take a few minutes and imagine your ideal life. How do you want your life to be? What do you want to accomplish? What do you want to have? What do you want to do?

Do some daydreaming. Then write down what you see. Describe your ideal life on the next few pages. Write down everything you can think of. Let the words flow and be as specific as possible. The clearer you are on what you want, the easier it is to have your desires come true.

Don't worry about whether your desires are realistic. This exercise is not about being reasonable or accurate. It's about getting clear on what you want. If you have a thought about something, write it down.

While you're writing, be sure and use the present tense. Say, "I have a great relationship," rather than, "I want a great relationship."

Make sure you do this exercise. It's hard to have your dreams come true if you don't know what they are.

Keep writing until you can't think of anything more to add.

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After you finish describing your ideal life, look over the following categories and see if there is anything you want to add.

**Relationships**

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**Prosperity and Finance**

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**Job and Career**

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## Health and Fitness

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## Spirituality and Personal Growth

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## Chapter 2 – How We Create Our Lives

Listen to CD #1

When you are in the experience of love, you are happy, alive and free. You see life clearly and are very effective. Solutions and opportunity present themselves. You have a very positive attitude and great things happen around you.

The opposite state is one of fear and upset. When you are in this state, you close down inside. You lose your ability to see clearly and become very negative. You also get tunnel vision.

This tunnel vision does two very destructive things. It destroys your ability to find solutions and it forces you to fight, resist, hang on and withdraw. Instead of resolving the problem, you magnify it.

Any area of life that isn't working is an area where this tunnel vision is present. Once you remove the tunnel vision, you restore your ability to see clearly. You see what needs to be done and this area of life clears up.

The state of mind that we have at any moment seems to be the result of what happens around us, but it's not. It's the result of how we relate to what happens. A good way to see this is to look at the nature of upsets.

### ***Upsets are not caused by what happens.***

Upsets seem to be caused by what happens, but this is an illusion. Upsets are not caused by what happens. They are caused by fighting and resisting what happens.

To see this in your life, select a recent upset. Now notice what would happen to the upset if, somehow, you were at peace with what happened. There would be no upset.

There would be no upset, because the upset wasn't caused by what happened. The upset was caused by fighting and resisting what happened.

The moment you take away the fighting and resisting, the upset disappears. You restore both your peace of mind and your effectiveness.

Now notice what would happen if someone spilled a glass of water on you. You would be wet whether you liked it or not.

If you were at peace with being wet, there would be no upset. You would have peace of mind. If you fought being wet, you would be upset, and the more you fought being wet, the more upset you would be.

Upsets are not caused by what happens. They can only exist if you fight and resist what happens. Nothing has the power to make you upset. Only you can do that.

### ***Resisting makes your situation worse.***

The moment you get upset, you close down inside. You get tunnel vision and lose your ability to see clearly. All you can do is fight, resist, hang on and withdraw.

This, in turn, destroys love and creates opposition and resistance against yourself. Almost anything you do in this state makes your situation worse. Resisting doesn't make your situation clear up. Resisting magnifies the problem.

Imagine four yellow balloons on the ceiling above you. Now, whatever you do, don't think of them. You just thought about them. Don't do that. Stop.

Notice what happens when you resist the yellow balloons. You keep thinking about them. In fact, you can hardly think of anything else.

Resisting the thought of yellow balloons gives the thought power and keeps it alive. The same thing happens with anything you resist. By your resisting, you magnify and give power to whatever you are resisting.

Let's say that you are married and that you have a fear of losing your spouse. The more you resist losing your spouse, the more you hang on and the more you push your spouse away.

Find a characteristic that you resisted in someone. What happened to that characteristic when you resisted it? It grew. It grew in your perception and it actually showed up more in the world around you.

Look at any area of your life that isn't working. This will be an area where you are resisting.

### ***The Law of Cause and Effect***

At any moment, you are totally, 100% at the effect of the world around you. No matter what happens around you, you will react accordingly.

At the same time, the world around you is totally 100% at the effect of you. Whatever you do, or don't do, the world around you will react to you. This makes you the cause.

You are totally at the effect of everything around you. You are also the cause. You are both at the same time. You react to the world around you and the world reacts to you.

Although you are both at the same time, you only experience yourself as one or the other.

When you experience yourself as being "at the effect," you become a victim of your circumstances. You have no power. Your confidence drops. Your energy drops and your negativity grows. You lose your ability to see clearly and you become very ineffective.



Any time you are upset or have an area of life that isn't working, you are "at the effect."

Being "at the effect" is a painful state. It's also something that we create. We put ourselves "at the effect" by fighting and resisting the truth of the way our circumstances are.

### ***We resist the truth.***

We go through life fighting and resisting, but what we fight is the truth.

At any moment, the people in your life are exactly the way that they are. You are the way that you are and your life is exactly the way that it is. This is true no matter how you feel about it.

Look at the areas of your life that work great. These are areas where you can flow with whatever happens. Now look at the areas of your life that don't work. These are areas of life where you are fighting the truth of something.

You may fight the way someone is or what the person does. You may fight certain aspects of your job or an unexpected bill. But no matter what you fight and resist, that aspect of your life is still the way that it is. Your feelings about it are totally irrelevant.

Effective action can resolve a situation, but resisting won't. Fighting the truth will only make your situation worse. Any area of your life that isn't working is an area where you are resisting.

Take a few moments now and look over your life. What do you resist? What are the areas of your life that don't work? Where can't you flow? Where do you get upset? Be specific. Use the next page to write down everything that you resist.

When you have finished, make a list of all your fears. A fear is created by resisting a future event. What future events are you avoiding and resisting? What are your fears? List them all.

While you are making your lists, notice how irrelevant your feelings are. Notice that what you are resisting is the truth.

***List everything that you resist.***

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***List everything that you fear.***

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## Chapter 3 – Get Your Power Back

Listen to CD #2

My wife and I have a black and white cat. No matter how much I want that cat to bark, it isn't going to. I can yell at the cat. I can bribe the cat and I can plead with the cat. But no matter what I do, that cat still isn't going to bark.

Whenever you have a relationship, or any other area of life that isn't working, you have a cat that isn't barking – and you are fighting it.

When you resist the truth, you lose your power. You destroy your ability to see what needs to be done and you make your situation worse.

**There are five ways you sabotage your life when you fight the truth:**

1. You create a state of upset that destroys your ability to see clearly.
2. You destroy love and create opposition and resistance against yourself.
3. You magnify and give power to whatever you are resisting.
4. You put yourself “at the effect” and lose your power.
5. You can't see the truth.

This last item may be the most important. When you can't see the truth, you can't see your situation for the way it really is. When you can't see the way it really is, you can't see what you need to do.

Attempting to handle a situation without seeing the truth is like trying to open a door when you can't see that it's locked. You may spend a lot of energy trying to open the door, but you won't be very effective.

Once you surrender to the truth, you see your situation clearly. You may not like what you see, but at least you can see it.

You can then put your focus on what needs to be done. Instead of trying to force open a locked door, you can put your focus on finding a key.

***See how resisting sabotages your life.***

Select an area of your life that isn't working. Then find the truth that you are fighting and write it down. What present circumstances are you resisting and what future events are you resisting.

For example, let's say that you have a relationship that isn't working. You may be fighting the truth that the person is not affectionate and is always late. You may also be resisting the possibility of losing the person.

Select an area of your life that isn't working.

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What are the specific circumstances that you are resisting?

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Now go over the list of specific circumstances that you are resisting and notice that each item on your list is the way that it is whether you like it or not. Let in how totally irrelevant your feelings are.

After you have done this, review the 5 ways that you sabotage your life when you fight the truth. Then take the area of your life that isn't working and see how your resisting sabotages your life. Do this with each of the 5 different ways.

Write down what you notice.

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Now notice what your life would be like if you were free of the resisting. Notice how much more effective you would be.

What would your life be like?

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Do this exercise with every area of your life that isn't working.

## ***How to let go***

The moment you let go of the resisting, all five of the ways you sabotage your life disappear. The fear, upset and tunnel vision lose power. You restore your ability to see clearly. You see what needs to be done and this area of life begins to clear up.

To see this in your life, find a time when you resisted something. Then you stopped resisting and made peace with this area of your life.

Notice what happened. Instantly, the fear and upset disappeared. You got your peace of mind back and everything looked different. Everything looked different because the tunnel vision was gone.

Now notice what happened to this area of life. It started clearing up. Life always takes care of itself when you get rid of the resisting.

So how do you get rid of the resisting? You accomplish this through a process called “letting go.”

To see how the process of letting go works, let’s look at the nature of fear.

Fear is created by avoiding and resisting a future event. For example, if you are married and have a fear of losing your spouse, you are resisting the future event called, “losing your spouse.”

The more you resist this future event, the bigger your fear. The bigger the fear, the more you get threatened. The more you get threatened, the more you get tunnel vision, and the more you hang on. This in turn pushes your spouse further and further away.

By resisting the future event, you create a state of fear, upset and tunnel vision that causes your fear to come true. This same condition is present in any area of your life where you suffer.

To have a fear lose its power, do the opposite of what creates it. Instead of resisting the future event, be willing for the event to happen.

Now this doesn't mean that you want it to happen or that you will stand by and let it happen.

"Letting go" is strictly a state of mind and is totally separate from your actions. Letting go is the mental process that allows you to discover what action you need to take.

Do everything you can to make sure that your fear doesn't come true, but in your heart, be willing for it to. If it happens, it happens.

Get to the place where you are willing for all your fears to come true and for your life to never change. Restore your peace of mind. Then take whatever action you need to have your life be great.

### ***Steps to letting go***

There are several steps you can take to make the process of "letting go" a lot easier:

- 1. Notice how irrelevant your resisting is.** Resisting doesn't prevent something from happening. On the contrary, resisting dramatically increases the probability that it will.
- 2. Trust that you will be okay no matter what happens.** Notice that you really will be okay no matter what happens. Just look at your past. You have had difficult times before and you have made it through all of them. If you are in a difficult time now, you will make it through this one too.
- 3. Give your situation to God.** If you are engaged in your spirituality, this step is very important. There is something magical that happens when you give your situation to God.
- 4. Be willing to feel your hurt.** This is important because all our destructive behavior is done in an automatic, subconscious attempt to avoid feeling our hurt. The more you are willing to feel your hurt, the need to avoid it disappears.



## ***Be willing to feel your hurt.***

On the surface, we resist certain circumstances, but at a deeper level, we don't resist the circumstances. We resist all the feelings and emotion that the circumstances reactivate.

The more you avoid your hurt, the more you fight, resist, hang on and withdraw. This in turn brings you more hurt. The more you avoid your hurt, the more hurt you are going to get.

So, instead of running from your hurt, run towards it. Go through life looking for opportunities to get that suppressed hurt out of you. As you do this, you become more able to flow with life. You heal more hurt and the times you get hurt become less and less.

A great way to learn how to heal hurt is to look at little children. Little children are masters at healing hurt. When a child feels hurt, the child cries. Then, after the child finishes crying, the hurt is all gone.

Little children are able to release their hurt because they do something that we don't notice. They feel their hurt willingly.

By feeling their hurt willingly, the hurt is able to run its course. It stays for a while, then quickly disappears. This is the natural process for healing hurt.

Find a time when you were hurt and you allowed yourself to cry. Then, after you cried your last tear, you felt a wonderful freedom. This is a time when you felt your hurt willingly.

Another thing to notice about hurt is that you don't have a choice about feeling it. You are going to feel it. When you are hurt, you are hurt. Your only choice is how you are going to feel it.

There are basically two ways to feel your hurt. You can either feel your hurt "at the effect" or "at cause." When you feel your hurt "at the effect", you are the victim of the circumstances. When you are in this state, you can cry hours a day for months and have little or no healing.

The other way to feel your hurt is to feel it deliberately and purposefully. Feel it willingly like a child. Feel your hurt because you want to, because you want to reach in grab it, and pull it out.

When you feel your hurt deliberately, your focus is on the emotion and pulling it out. When you do this, you feel on top of your situation. When you feel your hurt “at the effect”, your focus is on the circumstances and you feel like your situation is on top of you.

So dive into your hurt and feel it deliberately and purposefully. Feel it willingly like a child. Feel it because you want to. Reach in. Grab it and pull it out. Then go looking for more of it. Do everything you can to get this hurt out of you.

If there aren't any real tears, fake the tears. Faking the tears, coupled with an exaggeration of the emotion, can be just as effective as the real tears.

One of the most important keys to creating a great life is to feel your hurt because you choose to rather than because life is forcing you to. This allows the hurt to come and go. You also become more able to flow with life.

## ***Two types of hurt***

There are basically two types of hurt. There is the hurt of the circumstances and the deeper childhood hurt of feeling worthless, not good enough, not worth loving, failure, or some other form of feeling “not okay.”

It's the automatic, subconscious avoidance of this deeper hurt that sabotages our lives. It creates all our fear, upset and tunnel vision. It is responsible for all our destructive behavior and all of our suffering. Every area of life that doesn't work can be traced to the avoidance of this hurt.

Finding and healing this deeper hurt is one of the most important things you can ever do. Until you heal this hurt, you will be forced to repeat this past.

## ***Are you willing?***

The first part of your life has been spent running from your hurt. Are you now willing to spend the rest of your life running towards it?

Are you willing to feel all the hurt of your circumstances and the deeper hurt of feeling worthless, not worth loving, or whatever your hurt is? Are you willing to be hurt again and again?

You might as well. Avoiding this hurt won't keep you from feeling it. Avoiding the hurt creates more of it. So go through life looking for opportunities to find and heal more hurt.

Are you now willing to feel your hurt?                      Yes \_\_\_\_\_ No \_\_\_\_\_

Are you willing to let it come and let it go?                      Yes \_\_\_\_\_ No \_\_\_\_\_

Can you create the desire to look for, find,  
and heal more hurt?                      Yes \_\_\_\_\_ No \_\_\_\_\_

Once you have created the willingness and the desire to find and heal more of your hurt, go back to Chapter 2 and review your list of fears and the circumstances that you resist. See if there are more items you can add to the list.

Then, for each item, notice the hurt that is under your resistance. What is the emotion that you are avoiding? Find what it is and be willing to feel it.

Then notice that you are going to feel this hurt whether you are willing to or not. Your feelings about it are irrelevant. So you might as well feel it in a way that produces more healing.

In the next chapter, you will learn about the deeper hurt that creates the fear, upset and tunnel vision. In Chapter 7, we'll come back to your list of fears and items you resist. Then we'll walk through the process of healing each one.

## Chapter 4 – The Nature of Core Issues

Listen to CD #3

When you were a young child, you were pure love. You were happy, alive and free. Unfortunately, you were born into a world that suppresses this state. As a result, you got hurt and you got hurt a lot.

As a little child, the only way you could explain these painful losses of love was to blame yourself. In a moment of hurt, you created the belief that you were worthless, not good enough, a failure, not worth loving, or in some other way, “not okay.”

This wasn't the truth, but to a little child, this was the only explanation that made any sense at the time. You then hated the very belief that you created. "No one can ever love me if I'm worthless. Worthless is a horrible way to be."

Without knowing, you created a mechanism, or core issue, that would then sabotage the rest of your life. From that moment on, the underlying focus of your life would be to avoid this hurt.

Finding and healing this hurt is one of the most important things you can ever do.

### ***Finding the hurt***

This hurt will always be some form of feeling “not okay.” It's not the truth that you are this way. It's just an old childhood hurt. But it's a hurt that runs your life.

To find this hurt, look for the words of “not okay” that are the most painful. Are you worthless, not good enough, not worth loving, or a failure?

Remember, you are not looking for the truth. You are looking for the hurt. So don't look to see if it's true. Instead, notice how painful it

would be if it were true. The more painful the words of “not okay”, the closer you are to your hurt.

Now it’s time to get a general idea of what your hurt is. You are going to look for your hurt in more detail in the next chapter.

One of the best ways to find your hurt is to go back in time and put yourself in the hurt that you experienced as a child. Then ask yourself, according to the hurt, what would those circumstances say about you? For most people, the bottom line hurt is worthless.

Find the words that most accurately describe the hurt that you experienced as a child and write them down.

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Then list a few of the major upsets that you have had in your life. List some of the times you have been hurt, times you have been angry, and the major setbacks you have endured.

Then go to the hurt that is under each upset and ask yourself, according to the hurt, what do those circumstances say about you? You don’t need to spend a lot of time on this, just enough to get a general idea of what your hurt is.

What happened?

What does it say about you?

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## ***Make peace with these aspects of you.***

As children, we can't help but create the belief that we are not good enough, worthless, or whatever our core issue is. It's not the truth that we are this way, but in the eyes of a little child, it becomes our truth.

We then spend the rest of our lives fighting and resisting this hurt, but no matter what we do, we can't get rid of it. In fact, everything we do to get rid of this hurt gives it more power.

Do you remember the example of the yellow balloons? Everything you do to get rid of the balloons creates more of them. You can't get rid of them, but you can let them be there, and the moment you do this, they disappear.

The same thing happens with your childhood hurt. The more you fight it, the stronger it becomes. If you stop fighting it and let it be there, it disappears.

You can't get rid of this hurt, but you can take away its power. You can get to the place where you can say, "Yes, I'm worthless. So what? Worthless is just part of being human. I'm also worthy.

Unfortunately, you can't just jump to "So what?" You must first face the dragon and accept that this is indeed an aspect of you.

Remember, it's not the truth in reality, but it is the truth in your reality. It was created when you were a little child. Now it's time to own this part of you.

The moment you do this, you discover that the dragon is an illusion and has no teeth. Instantly, the hurt loses its power and you set yourself free.

As you face the dragon and as you allow yourself to feel the hurt of being this way, you automatically move to the place of "So what?"

As you heal this hurt, your whole life begins to change. You see life clearly and you become far more effective.

## ***The illusion of judgment***

You can search the whole world over for a “worthy” or a “good enough,” but you will never find one. If you found one, what color would it be? How much would it weigh? How big would it be?

You can't answer these questions because “worthy” and “good enough” don't exist as things. They only exist as thoughts. The same is true for all judgment.

Worthy and worthless, good enough and not good enough, are only opinions. They do not exist in the physical universe. They only exist in the realm of thinking. But in the realm of thinking, each one is very real.

## ***Worthy and worthless are two sides of the same coin.***

Judgment can only exist as a thought, and it can only exist if there is an opposite thought to compare it against.

For example, if you have “up” the ladder, you must also have “down” the ladder. Up cannot exist unless you have down to compare it against.

The same is true for worthy and worthless. Worthy cannot exist unless you have worthless to compare it against. They are two sides of the same coin.

You can never have only one side of the coin. You either have both sides or no coin at all. Worthy and worthless come in the same package. You can never have one without the other.

## ***Each side of the coin is total.***

When you are on the side of the coin called worthy, you feel totally worthy. Everything about you is worthy and this appears to be the absolute truth of the universe.

Then something happens and you get upset. Instantly, you move to the other side of the coin and look at your life through the point of view call called worthless. You then feel totally worthless.

One moment you feel one way and in the next moment you feel another way. Each side of the coin is total and each side appears to be the absolute truth of the universe.

### ***The hurt we run from***

We don't run from the hurt that part of us is worthless or whatever our issue is. We run from the hurt that our very soul is this way. We are totally, permanently, hopelessly this way. We always have been and always will be.

This is the hurt that runs our lives, and if you look at the times when you have been in the very depths of your hurt, this is the hurt you felt.

This hurt is so threatening subconsciously, we will spend our entire lives running from it. The automatic avoidance of this hurts creates the fear, upset and tunnel vision that sabotages our lives.

The avoidance of this hurt keeps us from having our dreams come true and it brings us more of the very hurt that we are avoiding. If someone is running from failure, that person will have a life full of failure.

Finding and healing this hurt is the key to having life work.



## **Chapter 5 – Find The Hurt That Runs Your Life**

Listen to CD #4

The first step in the healing process is to find as specifically as possible, what the hurt is. Ultimately, this hurt will always be some form of feeling “not okay.”

To find the hurt, look for the words of “not okay” that are particularly painful. Are you worthless, not good enough, not worth loving, or a failure?

Don’t look to see if this is true. It’s not. Instead, notice how painful it would be if it were true. The more painful it would be, the closer you are to your hurt.

While you are looking, notice if there are any words of “not okay” that you deny being. “I know I’m not worthless.” “I’m definitely not a failure.”

If you deny being a certain way, you have probably found the hurt that runs your life. You wouldn’t deny being this way unless you thought this was a horrible way to be.

You may find lots of these core issues, but for now, look for the ones that hurt the most. The following sections will show you where to look.

### ***How is your relationship with your parents?***

If you had a difficult relationship with one or both of your parents, this is probably where your hurt began.

To find this hurt, go back in time to the hurt you experienced as a child. Then put yourself in the emotion and ask yourself, according to the hurt, what do those circumstances say about you? What did your parents imply about you in their words and actions?

Did they say or imply that you were worthless or not good enough? Find the words that most accurately describe the hurt that you experienced as a child. Then write them down.

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Now notice how painful it would be if your parents were right about you. How would it feel if they were totally justified in how they treated you? They were justified because you are so worthless, not worth loving, not good enough, or whatever your issue is.

If this is particularly painful, this is the hurt that runs your life.

If you had a good relationship with your parents, go to whatever hurt you experienced as a child. Then look to see what those circumstances say about you.

***Make a list of all your major upsets.***

Every time you have been upset will be a time when your hurt has been triggered. That's why you got upset.

Write down every upset you can think of. List the times you have been hurt. List the times you have been angry, the setbacks, and the difficult times you have experienced over your life.

After your list is complete, go to the hurt that's under each upset and find what those circumstances say about you.

For example, if someone leaves you, this may say that you are not worth loving. If you are fired from a job, this may say that you are a failure or not good enough.

Look for a theme that runs through all your upsets. This will be the hurt that runs your life.

## What happened?

What does it say about you?

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

This image shows a full page of a document template designed for handwriting practice or general note-taking. It consists of approximately 28 evenly spaced horizontal dotted lines across the entire width of the page. There are no margins, headers, footers, or other markings present.

[illegible]

## What are your fears?

Make a list of all your fears, and for each fear, find the hurt that you are avoiding. What would it say about you if your fear came true? What is the hurt that you would have to feel?

### What are your fears?

What would it say about you?

This image shows a full page of white paper with horizontal dotted lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

## What are you driven towards?

We are never driven towards something. We are driven away from something. For example, if someone is driven to succeed, that person is running from failure. If someone has to be loved, that person is running from some form of feeling unlovable.

The same is true for anything you feel you need for your happiness. In reality, you don't need anything outside of you to be happy. Happiness can only come from within. The feeling of need is driven by our hurt.

Find what you are driven towards and what you need for your happiness. Then look for the opposite. What would it say about you if you could never get what you wanted?

Then notice how painful it would be if you really are this way. Write down the words of “not okay” that hurt the most.

## What do you need?

## What is the hurt?

This image shows a full page of primary-ruled paper. It features multiple horizontal rows, each consisting of two parallel dotted lines with a larger gap between them, creating a series of uniform writing spaces across the entire page.

***What are the areas of your life that don't work?***

Any area of your life that doesn't work is an area where you are resisting. You are resisting, because this area of life triggers your hurt.

List the areas of your life that don't work. Then find the hurt that's under your resistance. According to this hurt, what do those circumstances say about you?

## The area of life that doesn't work

What does it say about you?

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

## ***What do you resist in your parents?***

How do you feel at the possibility that you are just like your parents? For most people, this is a very uncomfortable thought. If this is true for you, you have found more hurt.

Any characteristic that you resist in another person is an aspect of you that you resist in yourself. List the characteristics that you resist in your parents.

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## ***Has rejection or abandonment been an issue for you?***

Would an incredibly wonderful person be rejected or abandoned? No, not according to the hurt. So what kind of person would this happen to?

For most people, the hurt under rejection and abandonment is the hurt of feeling worthless and either unlovable or not worth loving. Notice how painful it would be if this were true about you.

## ***A list of common core issues***

Look over the following list of common core issues and find the words that are the most painful. Read each word as though it accurately describes the very essence of you.



Find the words that most accurately describe your hurt.

unlovable	don't have what it takes
undesirable	incompetent
not worth loving	screwed up
not good enough to be loved	something is wrong with you
don't have what it takes to be loved	can't do anything right
not worth respecting	stupid
worthless	unstable
have no value	defective
have deficit value	not acceptable
no good	weak
not good enough	a coward
inadequate	irresponsible
inferior	unreliable
less than	lazy
useless	self-centered
a nothing	inconsiderate
insignificant	selfish
unimportant	dishonest
don't count	bad
don't matter	wrong
disposable	evil
a throwaway	repulsive
a nobody	heartless
a loser	a horrible person
a failure	ugly
underachiever	fat
don't measure up	a slut
can't cut it	just like your parents

Write down the words that are the most painful.

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## ***What is your hurt?***

Now go back and review your lists. See if you can get more insight into your hurt. Keep looking for the words that are the most painful.

You may discover that you have several different words that are painful. For example, you may have the hurt of feeling not good enough, not worth loving, and of being a failure.

You need to heal all of them, but for now, find the words that hurt the most. For most people, the bottom line hurt is worthless.

To describe your hurt more accurately, you may want to use a combination of words. Consider combinations like these: worthless failure, stupid loser, or hopelessly unlovable.

What is the hurt that runs your life?

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The next chapter walks you through the healing process and covers more of the material in CD #4.

## Chapter 6 – Walk Through The Healing Process

Listen to CD #4

Now it's time to heal the hurt that has been sabotaging your life. To heal this hurt you need to do the opposite of what creates it. Instead of fighting it, own and embrace it.

The process of owning and embracing the dragon is relatively easy once you know it's an illusion, but to heal this hurt, you still need to face it.

When you face the dragon, treat your hurt as though this is the absolute truth of the universe about you. You really are this way. This is important because down deep, in your reality, it is the truth. It was placed there as a little child. You have just been fighting it.

Now it's time to own this part of you and get your power back. It's time to face the dragon.

**There are three elements to facing the dragon:**

- 1. See all the evidence to prove that this is an aspect of you.** Put yourself in the hurt of the side of the coin that you are avoiding. Then, from that hurt, look over your life and see all the evidence to prove that you really are this way. There will be plenty of evidence if you are willing to see it. Be sure and remember that the opposite side of the coin is also an aspect of you.
- 2. Let in the “truth” that you are this way.** This is the opposite of fighting it. The more you let in the “truth” that you are this way, the more impossible it is to fight it. When you can't fight it, the hurt loses power and disappears.

- 3. Feel the hurt willingly like a child.** We avoid these aspects of ourselves because we don't want to feel the hurt. So, dive into the hurt and feel it willingly like a child. Feel it deliberately and purposefully because you want to reach in, grab it and pull it out.

### ***The healing process***

You have a unique opportunity to be free of the hurt that has been sabotaging your life. You can have a freedom and a peace of mind that you haven't experienced in years.

The process for healing your hurt and setting yourself free is relatively easy, but it takes some diligence.

Reading the workbook and understanding the process won't be enough to change your life. To change your life, you need to experience the healing deep inside.

You do this by walking through the healing process on an emotional level, rather than an intellectual level.

Recall the specific hurt that you are going to work with and dive into it. Allow yourself to feel all the hurt of being worthless, not worth loving, not good enough, a failure, or whatever your core issue is.

Put yourself in the emotion. Then use the following questions to heal your hurt. The more you are in touch with your hurt, the easier it will be to heal it.

Work with each question until you can say "yes" and mean it. Take your time and allow yourself to experience the truth of each answer. Let in the hurt and look for evidence to prove that you really are this way.

Now it's time to begin. Put yourself in the hurt and walk through the following questions:

## ***The questions***

- Notice the years and years of hurt associated with being this way. Isn't this a hurt that you would do almost anything to avoid feeling?
- Do you see the enormous amount of energy and effort that you have spent avoiding this hurt?
- No matter what you have done to avoid this hurt, doesn't this hurt keep showing up in your life, over and over again?
- Notice that the more you have avoided this hurt, the more you have had to experience it. Do you see that this is true?
- Would you like to heal this hurt?
- Are you willing to face the dragon?
- Are you willing to stop fighting this hurt?
- Are you willing to feel *all* the hurt of being this way?
- Are you willing to feel this hurt, willingly like a child, and let it come and let it go?

Notice that you don't have a choice about whether you are going to feel this hurt or not. You will. Your only choice is this: Are you going to feel it willingly like a child and let it go, or are you going to fight it and keep it inside?

Create within yourself a desire to look for more of this hurt so you can find and heal more of it.

- Can you see a lifetime of incidents where you have felt this hurt?

- Hasn't every incident been more proof that, down deep, you really are this way?
- Are you willing to discover that this is true about you?
- Can you look over your life and see a lifetime of evidence to prove it? Let this in.

This is the most important part of the healing process. To the extent you know that this really is an aspect of you, it becomes impossible to run from it. The core issue loses power and your hurt disappears.

Put yourself into the hurt of feeling this way and look over your life. Search for all the evidence to prove that you are this way. Look at all times you have been upset and all the times you have felt the hurt of being this way. Each incident will be more proof.

Let in the "truth" that you are this way and allow yourself to feel your hurt. Get to the place where you can see the evidence everywhere you look.

Take a few moments now and let in how incredibly worthless, *etc.* that you really are. Every time you have ever been upset will be proof that this aspect of you is there. Let this in.

The more you let this in, the more you heal your hurt. Do this now. Let the hurt come and let it go.

- Now that you look, isn't this an aspect of you?
- Notice how irrelevant your feelings are. Even if you hate it and deny that this aspect exists, isn't it still there? Isn't this still an aspect of you? Let this in.
- Would it be accurate to say that you have spent most of your life avoiding it and trying to make it go away?

- Do you see how much you have suffered and sabotaged your life in the process?
- Do you see that by your resisting this aspect of you, you have only made it stronger?
- Are you now willing to stop fighting this aspect of you? Are you willing to make peace with it?
- Do you now give this aspect of you full permission to be in your life?

Notice that once again, you don't have a choice. This aspect of you is going to be there whether you like it or not. You can either fight it and give it more power, or you can make peace with it and have it lose power.

- Are you willing to surrender to the truth of its existence?
- Do you now give this aspect of you full permission to be in your life and to never, ever, go away?
- Are you willing to be this way?
- Are you willing to be this way forever and to never change?
- Are you willing to be this way forever and still have a wonderful, love-filled life?

We think that our worthlessness and other aspects will keep us from having a great life, but they don't. In fact, it's the opposite. These issues are the key to a great life.

As you own these aspects of you, the ego loses power. You become an expression of love and life starts working for you instead of against you.

So, welcome your worthlessness and all the other aspects of you that you have been avoiding. Allow yourself to be human.

- Do you see that most of your life has been spent running from this aspect of you, doing everything you can to become the opposite?
- Now that you look, do you see how much you have suffered and how much you have sabotaged your life trying to be a certain way?
- Isn't it true that no matter how hard you have worked to become a certain way, you haven't gotten there yet?
- Do you see that you never can?

It's impossible. Having "worthy" without "worthless" is like chasing a rainbow. You can never get there, but you can certainly create a lot of suffering in the attempt.

- Do you see the enormous pressure you have put on yourself, having to be a certain way?
- Can you imagine the incredible freedom and relief you would have if you never had to be a certain way?
- Would you like to have this freedom?
- Are you willing to give up having to be a certain way? Are you willing to give it up forever and just be you?
- Can you give yourself permission to be human?

Do you feel a difference inside? Do you feel more freedom and peace? Do you feel more able to be yourself?



As you accept the “truth” that you really are this way and discover that being this way is truly “so what?”, you experience a wonderful peace. The dragon loses power and you become free.

Keep working with this until you feel this freedom. Get to the place where you can say, “Oh, how wonderful. I’m worthless. What a relief. I don’t have to prove I’m worthy. I can just be me.”

Take the time to do this exercise with all the words that you have found to be painful.

Remember that these are not the only aspects of you. They are just a few of thousands. You are also the opposite. You are also an incredibly wonderful person.

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To learn more about how to heal this hurt, read the book *Get Your Power Back* and do our weekend workshop, *Return To The Heart*.

You may also want individual support. Finding and healing this hurt is much easier when you have someone walk you through the healing process.

If you want individual support, or if you want to learn more about our books, CDs, DVDs and workshops, call us at 713-520-5370 or visit [www.masteryoflife.com](http://www.masteryoflife.com).

The next chapter continues to work with CD#4.

## Chapter 7 – More Healing Exercises

Listen to CD #4

To the extent that you own these aspects of you, they disappear. To the extent that you don't own them, they come back, and they come back in the form of fear and upset.

Every time you experience fear or upset, some hurt has been triggered. This provides a great opportunity for more healing.

**Use the following steps whenever you get upset:**

1. Find the specific circumstance that you are resisting.
2. Separate the circumstance from the emotion.
3. Dive into the emotion, feeling it willingly like a child.
4. Find what the circumstances say about you and let it in.
5. Restore your peace of mind and look to see what action you need to take.

***Stand on either side of the coin.***

The more you can stand on either side of the coin, worthy/worthless, success/failure, or whatever your core issue is, the more the coin loses relevance and disappears.

To help accomplish this, there is a powerful exercise you can do.

Get a pad of paper and write down all the evidence to prove how truly worthless, not good enough, *etc.* that you really are. While you are writing, dive into the hurt and feel it willingly like a child. Let the hurt come and let it go. Write down everything you can think of. When you finish, tear up the paper and throw it away.

Then write down all the evidence to prove how truly great you are. What are the qualities of you that you are proud of? What are your talents and accomplishments? Write down everything you can think of and let in the profound joy of being this way. When you finish, tear up the paper and throw it away.

Then write down all the evidence to prove how worthless, *etc.* that you are and let in the deep hurt of being this way. Then write down all the evidence to prove how great you are and let in the joy of being this way.

Do each side of the coin at least three times. As you do this, the coin loses relevance and loses power.

This is an important exercise. Make sure you take the time to do it. You can use the blank pages at the end of the workbook.

### ***Heal your fears and past upsets.***

Go back to your list of upsets and make a note of the ones that still have emotion associated with them. Then, work with each incident to remove the emotion.

Go back in time to the moment that the event took place. Relive the event and dive into the emotion. Use the same steps that you would use to release an upset.

List the past upsets you want to work with.

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### More past upsets:

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After you finish, go back to your list of fears. Then, with each fear, find the hurt that you are avoiding and dive into it. Do this until you are willing for each fear to come true.

Remember that willingness is totally separate from your actions. The granting of willingness, or letting go, is the technique that removes the fear, upset and tunnel vision so that you can see what action you need to take.

In your actions, do everything you can to make sure your fears don't come true, but in your heart, be willing.

Work with each fear until you are totally willing for the fear to come true. Get to the place where you are willing for anything to happen.

List the fears you want to work with.

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After you finish working with your fears, go to the list of items that you resist. Work with each item until you are willing for it to be in your life and to never, ever go away.

Treat this the same way that you would treat your fears and upsets. Find the hurt that you are avoiding and dive into it.

List the main items that you resist.

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The more you heal your hurt, the more you can flow with whatever happens. You see life clearly, you become very effective, and great things happen around you.

These exercises are powerful ways to heal more hurt. Make sure you do them.

## Chapter 8 – Take Charge of Your Life

Listen to CD #5

We all have certain areas of life that don't work. You may have a painful relationship or bills you can't pay. You may have a car that isn't working or a job you can't stand.

These conditions of unworkability may be as minor as a squeaky chair or as destructive as a contested divorce. But all of them pull you out of the light.

Whenever you are in the presence of an aspect of your life that isn't working, you lose your aliveness and your peace of mind. Just the thought of this area of life is enough to pull you out of the light.

If your life is full of these conditions of unworkability, your life will be painful and difficult. If you have very few of these conditions, your life will be productive and enjoyable.

Unfortunately, we don't notice that these areas of life are nothing more than conditions that need to be resolved. We relate to them as though they are something bad that is happening to us.

We become "at the effect" of these areas of life and as a result, we lose our power to resolve them. We also make handling these items a very low priority. We would rather suffer than take time to handle them.

### ***Set yourself free.***

Now it's time to end the suffering and take charge of your life. It's time to set yourself free of these destructive conditions.

The first step is to discover what they are. Use the categories in this chapter to take an inventory of your life. Make a list of every single thing in your life that isn't working.

If you have any upset associated with something, write it down under the appropriate category. Be as specific as possible. List the big items and the small ones. List the items that seem easy to handle and the ones that seem impossible.

If there is an area of your life that pulls you out of the light, but you are not ready to handle it, that's okay. Write it down anyway. Get every item of unworkability out of your head and put it on paper.

Sometimes life feels like a bottomless pit of unworkability, but this is just the emotion. In reality, there is a very limited number of these conditions. Once you put them on paper, you see their limited nature and much of their power disappears.

After you complete your list, the next step is to start the process of handling each item. We'll talk about how to do this at the end of the chapter.

Once you handle an area of your life that hasn't been working, you experience such a freedom and relief, you wonder why you waited so long to handle it. We don't realize how much we suffer from an item of unworkability until it's no longer there.

Every time you handle an item, you experience more freedom and more joy. You feel better about yourself and better about your life. You have more energy, more creativity and more effectiveness. Life also becomes a lot more enjoyable.

Notice what your life would be like if you handled twenty percent of the items on your list. What if you handled fifty percent? What if you handled every item on your list? Your life would be incredible.

It is possible to have a life that is totally free of unworkability. Every area of your life can work effortlessly. This may take some work and it may take years to accomplish. But it can be done and every step along the way, your life will get better and better.

You have everything you need to have your dreams come true. All you need is the commitment and the determination to make it happen.

Use the following categories to review your life. Make sure every item in your life that doesn't work is listed somewhere. Don't leave anything out and be specific.

Start by listing the areas of your life that produce the most suffering.

## Major Conditions Of Unworkability

What are the specific areas of life where you suffer the most? List each one.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.



## Physical Environment

What aspects of your environment nag at you? Is there a light bulb that is burned out, but you never take the time to fix it? Do you have a closet that you hate to go into? Do you have a door that is always stuck? Is your car dented? Do you have a faucet that constantly drips?

List every item in your home, your work, or your car that needs to be cleaned up, repaired, or bothers you in any way.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

## Relationships

What relationships do you have that don't work? Who do you avoid or resent? Who are you unable to get along with? Who do you get upset about, the moment you hear his or her name? List the name of each person you are upset about.

List every relationship you have that isn't working.

[illegible]

## Guilt and Wrongdoings

What have you done in the past that still weighs on you today? What do you feel guilty about? What are you hiding? What don't you want people to know about you?

Take a blank sheet of paper and list every bad thing that you have ever done from the time you were born until now. After you complete your list, throw the list away.

Then write the list of guilt and wrongdoings again. This second list will be much shorter and will show you the items you need to work on.

List everything you have done that bothers you today.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

## Hurt From The Past

Make a list of every incident from your past that has any effect on you today. If you have any emotion associated with an event from your past, write it down. If you feel fear, anger or hurt when you think of an incident, write it down. Get to the place where you are totally free of your past.

[illegible]

## Job and Career

What are the aspects of your job and career that weigh on you? Do you have projects that are past due? Is your paperwork a mess? Are there certain conversations you need to have but have been avoiding?

Are you doing what you love or are you just enduring your situation? Maybe you need to find a different job or career.

List anything concerning your job or your career that weighs on you.

[illegible]

## Finances

Money upsets may seem to be due to a lack of income, but this is seldom the case. Most money upsets are the result of over-spending. When your expenses are more than your income, you can expect to be upset.

If your finances are a source of frequent upset, you may need to take drastic action to handle your situation. You may need to change your lifestyle and reduce your expenses. What action do you need to take?

Do you need some investment or tax planning? Are you preparing for your retirement? Do you need a budget or a new job? List everything you need to handle in the area of finances.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

## Legal

List everything of a legal nature that bothers you. Do you have a divorce or a lawsuit that weighs you down? Do you need a will? Do you have an unpaid traffic violation? Does your driver's license have an incorrect address? Do you owe back taxes? Is your insurance in order?

List everything of a legal nature that you need to take care of.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

## Health and Fitness

What bothers you about your body or your health? Are you upset about your level of physical fitness or your appearance? Do you need to change your diet or get more exercise? Do you have physical ailments? Do you need a physical examination? Do your teeth need work? Do you need a new prescription for eyeglasses?

List everything about your body and your health that nags at you or concerns you.

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## ***Miscellaneous***

List anything else that bothers you but doesn't fit under another category.

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After you list everything in your life that doesn't work, go back to each item and write down your plan of action. What action is needed to get this item resolved? Then start the process of handling each item.

When you discover new items of unworkability, add them to your list. When you handle an item, scratch it off. As time goes on, your list will get smaller and smaller, and your life will work better and better.

To be most effective, find a buddy to work with. Make promises to each other about what you are going to handle and by when.

A promise to a friend can give you the incentive you need to handle items you would otherwise put off. Group support is invaluable and can be a lot of fun.

Every time you handle an item, you'll notice a difference inside. You'll feel better about yourself and better about life.

Most of the items can be resolved with a little determination and effort. Some are more difficult.

### ***Handling the difficult areas of life***

The difficult areas of life are areas where you are resisting. You are creating a state of fear, upset and tunnel vision that is destroying your ability to see what needs to be done.

To handle a difficult area of life, you need to get rid of the tunnel vision. To do this, take the following steps:

1. Find the circumstance that you are resisting. Be as specific as possible.
2. Find the emotion that is under the resisting and dive into it. Feel it willingly like a child.
3. Let go. Be willing for your circumstance to never change and for your fears to come true. Restore your peace of mind.
4. See what action you need to take and take it.

The moment you let go of the resisting, the tunnel vision disappears. You can see what needs to be done and can take effective action.

Instantly, you shift from being “at the effect” to being “at cause.” Solutions and opportunities can then show up that would never be available in the tunnel vision.

You have the ability to create a life that will far exceed your dreams, but this won’t happen by itself. You have to take action.

The process of handling your life may take some time and some hard work, but the results will certainly be worth the effort.

Now it’s time to get started.

## **Chapter 9 – Heal Difficult Relationships**

Listen to CD #6 – If you haven't already  
heard CD #2, listen to it first.

If you have a relationship that isn't working, you have a condition of unworkability that is pulling you out of the light. This condition, like all conditions of unworkability, is created by your resisting.

You are either resisting the way the person is or you are resisting the loss of the person. Either way, your resisting is destroying the experience of love and fueling the conflict.

Here is how it works.

Love, by itself, is never enough to have a relationship work. The divorce courts are full of people who love each other. If you want your relationship to work, you need to make sure the other person feels loved.

This is true for any relationship. Whether you are husband and wife, brother and sister, or neighbors, the rules of relating are the same.

Every time you interact with another person, you either create the experience of love or you destroy it, and whatever you give, comes back.

You create the experience of love by giving the gift of acceptance and appreciation.

Just look at how you feel when someone genuinely accepts and appreciates you. Doesn't this feel great? Of course it does. You feel better about yourself and better about your life.

You also feel better about the person who accepts and appreciates you. Automatically, you become accepting and appreciative in return.

By giving acceptance and appreciation, you create the experience of love, and it comes right back.

Now notice how you feel when someone is critical of you or tries to control you. Notice how fast the experience of love disappears. Instantly, you get hurt. You get upset and close down.

You put up your walls of protection and automatically become non-accepting and critical in return. Then the other person gets upset, puts up his or her walls of protection, and becomes even more non-accepting towards you.

Then you get more upset. Your walls of protection get stronger and you become even more critical of the other person. Then that person gets more upset and becomes more resentful of you.

Without knowing, you create a cycle of conflict, a cycle of resisting, attacking and withdrawing from each other.

If you have any relationship that isn't working, this cycle is present. If you want to heal the relationship and end the suffering, you need to end this cycle.

Fortunately, all it takes is one person.

The cycle of conflict is like a tennis volley. Two people are needed to keep the cycle going. Only one person is needed to end it. When someone stops playing the game, the cycle is over.

You stop playing the game when you stop resisting – when you give acceptance and appreciation instead of being critical and resentful.

The process for healing any relationship is relatively simple, but you have to take the steps.

### ***Heal every relationship.***

Make a list of every relationship you have that isn't working. Then use the steps in this chapter to heal each relationship. Work with this until all your resistance is gone and you can treat each person with love.

[illegible]

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## ***Steps for healing any relationship***

### **1. Find and heal the hurt that has been triggered by the other person.**

Ultimately, the reason you are non-accepting is because the other person has triggered your hurt. To avoid this hurt, you resist. Once you are willing to feel this hurt, the need to resist disappears.

To be free of the resisting, find the specific hurt that you are avoiding. What do those circumstances say about you? Find the words of “not okay” that most accurately describe this hurt.

Then dive into the hurt. Feel the hurt of your circumstances and the deeper hurt of feeling worthless or whatever your issue is. Feel it willingly like a child, because you choose to. Get that emotion out of you. This is the most important part of the healing process.

### **2. Give the person full permission to be the way he or she is.**

Acceptance is nothing more than surrendering to the truth.

That person is the way he or she is whether you like it or not. Your feelings are totally irrelevant. Hating the way someone is doesn't change a thing. It just magnifies the problem.

When you are at peace with the way someone is, you see what needs to be done and can stop fueling the fire.

### **3. Forgive the person.**

Resentment is a subconscious tool that we use to avoid feeling our hurt. We forcefully blame the other person so we don't have to look at ourselves.

This blaming then sabotages our lives. When you resent, you destroy love and create opposition against yourself. You can never have a good relationship with someone you resent.

You also give that person all your power. You put yourself “at the effect” and make yourself a victim. Your walls of protection become thicker and you sabotage all your other relationships.

It is very important to be free of your resentment. You do this for your benefit, not for the other person.

The key to releasing resentment is to find the hurt that you are avoiding and dive into it. What do those circumstances say about you? Feel the hurt willingly and let in this aspect of you. The moment you are willing to feel the hurt, the need to resent disappears.

The next step in releasing a resentment is to notice that the other person is doing the very best that person can with his or her very limited ability and awareness. If the person was wiser and more aware, that person would act in a very different way.

Are you now willing to feel all the hurt from what happened? Are you now willing to forgive the person for not being wiser and more aware? Are you now willing to forgive the person for whatever damage was done?

You might as well. Resentment doesn't change what happened. It just changes you.

#### **4. Accept full 100% responsibility for the loss of love.**

A cycle of conflict cannot exist with only one person. Two people are required. Once you see your role in the problem, you can turn your situation around.

Now this can be very threatening. We don't want to see our role in the problem. If we are responsible for the mess, this would prove that we are worthless, not good enough and so on. In an automatic attempt to avoid this hurt, we blame.

Unfortunately, the moment we blame someone, we give that person all our power. That person may be 100% responsible for the conflict, but so are you. Each person is 100% responsible for the presence or absence of love.

When you point at the other person's 100%, you are saying that you are not responsible. When you are not responsible, there is nothing you can do. You put yourself "at the effect" and you make yourself a victim.

To get your power back, find your role in the problem. You can do this by noticing the following:

- You did not make sure the other person felt loved, accepted and appreciated.
- You were judgmental and critical of the person.
- That person got hurt, put up his or her walls of protection, and gave it right back to you.
- Your actions single-handedly fueled and maintained the cycle of conflict.
- All the negative things the other person did to you are a direct result of the negative things you did to that person.

Once you discover your role in the problem, you can do something about it.

## **5. Let the person go.**

When you hang on to someone, you create an environment where the person feels controlled and suffocated. You force the person to fight for breathing room. You push the person away. Look at how you feel when someone tries to control you.



Hanging on doesn't make the person want to stay with you. Hanging on makes the person want to leave.

Hanging on also destroys your aliveness and mental well-being. You become consumed by fear and upset. You get tunnel vision and you interact in a way that constantly makes your situation worse.

For the sake of your relationship and your sanity, let the person go. Stop hanging on. To do this, be willing for the person to leave. You don't have to like it or want it to happen. Just be willing.

To be willing, find the hurt that would get triggered if the person left. What would those circumstances say about you? For most people, this is the hurt of feeling worthless and not worth loving.

Dive into that hurt and feeling it willingly like a child. Own that part of you. Let the hurt come and let it go.

When you become willing to lose someone, you greatly increase the chances of the person staying.

## **6. See that you are just like the other person.**

Any characteristic that you can't stand in another person is an aspect of you that you can't stand in yourself.

Would it be painful if you were just like this person? If this is an uncomfortable thought, this is an aspect of you that you are not at peace with.

You may not have done the same things that this person has done, but the characteristic is still in you. It's in all of us. It's part of being human. Notice that this is indeed an aspect of you. You don't have to like it, just own it.

Once you own this characteristic in you, your resistance towards the other person gets replaced with compassion. You also become more at peace with yourself.

## **7. Notice that under all the hurt, you still love the person.**

The love that was present at the height of any relationship never goes away. It just gets buried by all the distance. Notice that under all your hurt, you love the person. You may not want to live with the person, but notice that the love is still there.

When you interact out of the love, you create more love. When you interact out of the fear and upset, you create more fear and upset.

## **8. Get with the person and clean up your relationship.**

The next step is to get with the person and clean up your relationship. Tell the person that you've had some major self-discoveries and that you want to make amends.

Take full responsibility for what happened and ask the person to please forgive you. If you have been hanging on, give the person freedom to leave.

Say whatever you need to say to clean up your relationship. Then follow your statement up with action. Make sure the other person always feels loved, accepted and appreciated.

## ***Heal all your relationships.***

Every relationship you have that isn't working is a condition of unworkability that pulls you out of the experience of love.

Go over the list of your relationships that don't work. Then use the steps in this chapter to heal every one of them.

If you want to learn more about how to do this, read the book, *How To Heal A Painful Relationship* or call us for individual support.

## Chapter 10 – Keep Your Love Alive

Listen to CD #8

The key to maintaining the experience of love in any relationship is to make sure the other person feel loved, accepted and appreciated.

You accomplish this in three ways:

- Accept the person just the way the person is.
- Be willing to lose the person. Don't hang on.
- Don't allow distance to accumulate.

We have already discussed the first two. Let's look at the third.

### ***Don't allow distance to accumulate.***

If you get upset at someone, you can't be with the person. There will be miles of distance between the two of you. If you get upset again, there will be more distance. Then there will be more distance and more distance.

Eventually, there will be so much distance, it feels like you don't love the person any more. But the love hasn't gone anywhere. It's just buried by all the distance.

If you want to keep the love alive in your relationships, don't allow distance to accumulate. Whenever you get upset, communicate it.

Have you ever been upset and gotten it off your chest? What happened? The upset and distance went away, and the love came back.

If someone is upset at you, do everything you can to pull out that person's upset. Even if the person is attacking you, pull the upset out.

You don't have to like what the person is saying and you don't have to agree with it. All you have to do is receive the communication. As you receive the communication, you take away its power.

If someone is attacking you verbally, it's more important than ever to hear what the person has to say. Listening to the person and hearing what the person has to say takes the wind out of the person's sail.

If you fight the communication, you magnify the person's upset and you lose a great opportunity for healing. So do everything you can to pull out the person's upset.

### ***When you get upset***

When you are the one who is upset, the rules change. Since the other person isn't actively trying to pull out your upset, it's important how you get it off your chest.

Make sure you communicate your upset in a way that doesn't put the other person on the defensive. If you communicate for the purpose of blaming or changing the person, you can expect that person to fight you.

To avoid this, communicate for the purpose of removing the distance. The best way to do this is to communicate the hurt that's under your upset. "I feel sad that you did what you did. I feel like you don't love me like you used to."

When you communicate your hurt, you get to the heart of your upset and quickly take away its power. You also make the other person more interested in making sure the event doesn't happen again.

If you communicate for the purpose of blaming or changing the person, that person will get upset and you increase the probability of the event happening again.

The ability to listen is one of the most important ways to maintain love in a relationship. Here are some others:

## ***Ways to maintain love in any relationship***

- 1. Make sure the other person feels loved & appreciated.** Love is never enough to have a relationship work. The key to having a relationship be great is to make sure the other person feels loved. As you do this, you create love and it comes right back.
- 2. Be willing for the person to never change.** That person is the way that person is whether you like it or not. If you can't be at peace with the way that person is, you are guaranteed to destroy love and sabotage your relationship.
- 3. Focus on the love, not the form.** When you focus on the love, one human being another, and don't worry about whether you are together or not, everything else will take care of itself. If your relationship is a fit, you will come together like magnets.
- 4. Bring your happiness to the relationship.** It's not the other person's job to make you happy. It's your job to get your happiness from your life and from inside you. Create your own happiness. Then bring it to your relationship.
- 5. Be willing to feel your hurt & be hurt.** The more you are willing to be hurt, the more you will flow with life and the more you will be able to create love in your relationship.
- 6. Be willing to be vulnerable.** As you allow yourself to be vulnerable, you make it safe for the other person to do the same. As the walls of protection come down, you create a profound state of love in your relationship.
- 7. Flow with whatever happens.** When you fight what happens, you get upset and destroy your ability to see clearly. You then act in a way that makes your situation worse. When you can flow with whatever happens, you see clearly and become very effective.

- 8. Look for your role in any problem.** If there is a problem in your life, you have something to do with it. When you look at yourself, you can do something about your situation. When you blame, you become a victim and stay stuck.
- 9. Be willing to lose the person.** The more you need someone for your happiness, the more you hang on. This in turn pushes the person away. So be willing to lose the person, not in your actions, but in your heart.
- 10. Remove all distance.** If you are upset at someone you will have major distance in your relationship. This distance tends to grow. If you communicate your upsets and get them off your chest, the distance disappears. So communicate your upsets and encourage the other person to do the same. Just make sure the other person feels empowered in the process.
- 11. Be a good listener.** This makes it safe for the other person to communicate his or her upsets. Listening also makes the other person feel special and it prevents arguments. You can never have an argument with someone who listens.
- 12. Give up being right.** You can either be right or you can have love, but you will never have them both. When you are being right, you invalidate the other person and you destroy love. When you have love, it doesn't matter who is right.
- 13. Ask for forgiveness.** It's hard to be upset at someone when that person asks for forgiveness. Asking for forgiveness is a great way to remove distance and restore love in a relationship.
- 14. Be free of resentment.** You will never have a good relationship with someone you resent. Resentment destroys love and creates conflict. It takes away your power and keeps your hurt in place. Resentment is very destructive. If you have any, let it go.
- 15. Speak positively.** When you talk about what a great relationship you have with someone, that becomes your reality. You then act consistent with that reality and life responds accordingly. You then get a great relationship.

**16. Have two separate lives in partnership.** Two columns leaning against each other creates a very unstable structure. It's the same in relationships. Two people needing each other creates an unstable relationship. So have your own life and support each other in having your individual dreams come true.

**17. Have a purpose bigger than the relationship.** Have your life be about serving and making a contribution. As you do this, the ego loses power. The relationship works better and you have more love.

**18. Seek God & the light.** When you connect with God, you become an expression of love. You see clearly. You have direction. Your life works much better and so do your relationships.

### ***How effective are you in maintaining love?***

Now go to each of the 18 ways to maintain love and see how well you are doing. For each of the 18 ways, judge yourself on a scale of 1 to 10. If you rarely follow an item, give yourself a 1. If you follow it almost always, give yourself a 10.

Then add up your score and see how well you do. If your score is over 150, you are in good shape. If your score is between 150 and 100 you are average. If your score is under 100 you need to do some work.

What is your score?

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# Chapter 11 – Create Prosperity & Abundance

Listen to CD #8

Most of us sabotage our own prosperity. We limit our financial growth and we push our dreams away. We create lack and we set ourselves up for financial suffering.

Our level of prosperity is determined by our prosperity consciousness. If our consciousness is one of abundance, that's what we'll get. If our consciousness is one of lack, that's what we'll get.

One way to see this is to look at the law of Be-Do-Have.

## ***Be-Do-Have***

If a little girl wants to be a dancer, the first thing she will do is to get the clothes and shoes that a dancer has. Then she will do what a dancer does. She will practice and practice, hoping that someday she will “be” a dancer.

This is the way we normally attempt to create. We go from “Have” to “Do” to “Be.” You “have” what a dancer has. You “do” what a dancer does and then someday you will “be” a dancer.

This is the process we use, but it doesn't work. The flow of creation is not from “Have” to “Do” to “Be.” It's from “Be” to “Do” to “Have.” If the little girl “is” a dancer, she will naturally “do” what a dancer does and she'll automatically get what a dancer “has.”

The same thing is true in the area of prosperity. If you “are” prosperous, your actions will be consistent with being prosperous and you get what a prosperous person gets.

One way that we sabotage our prosperity consciousness is by the way we handle money. Most of us overspend.



## ***We overspend.***

When we get upset about money, we think that the problem is the lack of income, but this is seldom the case. Most of the people in this world would love to have your level of income. The problem is how we handle the money that we have.

We overspend. We use every resource available to raise our standard of living, and when credit is available, we use that too. The result is a lifestyle where expenses equal or exceed our income.

When this happens, you can expect to be upset. No matter what your income is, it will soon be gone. You will never have enough. You will constantly experience fear and insufficiency.

This experience of lack creates a consciousness of lack. You then act constant with being someone who lacks, and guess what you get? More lack.

Now notice what your prosperity consciousness would be like if you took 10% of everything you earned since you were eighteen years old and invested it wisely. What would your prosperity consciousness be like?

You would be very wealthy. You would have a large estate and you would experience abundance.

So why don't we do this?

Instead of saving at least 10%, we take this money and spend it. We spend and spend. We'll do this in an attempt to get more of what we want. But no matter what we have, it will never be enough. We'll always want more. We are driven by our wants. Our wants are insatiable.

If you made a list of everything you wanted and received everything on your list, before long, you would have a new list of wants.

You can never get enough of what you want, because the void you are trying to fill isn't outside of you. It's inside. And it can only be filled from within.

Ultimately, we overspend in a subconscious attempt to make our life be a certain way. We do this to avoid feeling our hurt from the past.

Until you heal this hurt, you will automatically overspend. You will sacrifice both your happiness and your prosperity. Instead of building an estate and creating a life of abundance, you create a life of fear, upset and lack.

To heal this inner void, find and heal the hurt that drives your insatiable wants.

### ***Find the hurt that fuels your overspending.***

The hurt that drives your overspending will always be some form of feeling "not okay." For example, to avoid the hurt of failure, someone would overspend to feel like a success.

Unfortunately, the feeling of success is only temporary. When you have trouble paying the bills, failure comes back even stronger than before.

To find your hurt, notice the feelings and emotion that would be triggered if you had to substantially reduce your standard of living. What would you have to feel if you lost everything?

What would it say about you if you lost your job, your home and all your possessions? Would you have to face being a failure, worthless, or not good enough?

Find the word or words that hurt the most.

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Then allow yourself to feel all the hurt of being this way. Look over your life to see all the evidence to prove that this is indeed an aspect of you and let it in. Let the hurt come and go.

Work with this until you are totally willing to feel the hurt and can honestly say, "Yes, this is an aspect of me. So what?"

Then be willing to lose everything.

***Be willing to have nothing.***

Make a list of all your financial fears. Do you have a fear of losing your home or your status? Do you have a fear of people no longer respecting you?

Write down every financial fear you can think of.

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Then be willing for every one of your fears to come true. Get to the place where you are willing to lose everything. Be willing for anything to happen.

Remember, willingness is just a state of mind and is totally separate from your actions. Willingness is what removes the fear, upset and tunnel vision so you can see what works.

If you can lose all your possessions and still be happy, you will have control over both your wants and your spending. You can then do what works. You will be more creative, more effective, and far more able to have your financial dreams come true.

Are you willing to lose everything? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you willing to be homeless? Yes \_\_\_\_\_ No \_\_\_\_\_

What would you have to experience if you lost everything? What would this say about you?

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Work with this until you no longer need anything outside of you for your happiness.

### ***Appreciate what you have.***

Once you are truly willing to lose everything, something very special happens. You become very thankful for everything you have.

This energy of appreciation then magnifies and brings you more of whatever you are appreciating. It's similar to the energy of resisting, but the energy of appreciation is very positive.

True prosperity is appreciating what you have.

When you are full of appreciation, you are guaranteed to create a life of miracles.

***Create a plan to reduce your expenses.***

Now it's time to set up your finances so that your prosperity consciousness can be one of abundance. Create a plan where your expenses will be at least 10% less than your income. Then invest the balance.

What do you need to do in order to accomplish this? Do you need to move or sell some property? Do you need to restructure your debt? Do you need to get a new job? What steps do you need to take?

### What is your plan for lowering your expenses?

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The moment you create a plan and commit to it, you get power over your situation. You still may have lots of work to do, but committing to a plan gives you the sense that this area of your life is now handled.

Committing to a plan moves you from being “at the effect” to being “at cause,” and the problem, that before may have been a monster, is now just something that needs to be taken care of.

When you start saving at least 10% of your income, you will be surprised at how quickly you feel prosperous.

### ***Open your capacity to receive.***

Every one of us has a limited capacity to receive. If something comes along that is outside your capacity to receive, it will soon disappear from your life.

The majority of people who win the lottery lose every penny of it within five years. This is because it's outside their capacity to receive. If you are in a relationship and you think the other person is too good for you, that person will soon leave.

You can only receive the treasures of life to the extent that you feel deserving of them.

### **There are several things you can do to open your capacity to receive:**

- **Heal your core issues.** If you are worthless, not good enough or a failure, you certainly wouldn't be entitled to a wonderful life.
- **Be free of all guilt.** If you did those horrible things, that proves you are a horrible person and a horrible person shouldn't have a great life.
- **Practice receiving.** Whenever someone offers you something, unless it's unethical, accept it. If someone complements you,

don't push it away. Let it in. The more you stretch to receive something, the more you open your capacity to receive.

### ***Go for your dreams.***

Review the first chapter and get back in touch with what you want. How do you want your life to be? Spend some time with this.

Then select the item that you want the most. What is the dream that you want to come true? What do you want to show up in your life?

Write it down.

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**Then take the following steps to have your dream come true:**

- 1. Get clear on what you want.** It's hard to have a dream come true if you don't know what it is.
- 2. Be willing to never get what you want.** The more you need something the more you will push it away.
- 3. Let go of any belief that says you can't have it.** Find your negative points of view and let them go.

- 4. Create the knowing that your dream is on the way.** This creates the “Be” that makes your dream come true. Use the visualization exercise in the CD to accomplish this.
- 5. Speak positively about your dream.** “My dream will come true.” This is another way to create the “Be.” It creates your reality, shapes your actions, and determines what happens.
- 6. Take the next step and the next one.** Keep taking the next step and don’t ever quit.

If it doesn’t seem like your dream is on its way, do the visualization exercise again. Keep the “Be” alive. Know that your dream is on its way and keep taking the next step. Eventually your dream will come true.



## Chapter 12 – Find Your Life Purpose

Listen to CD #9

Every one of us is created with a unique set of gifts, talents and abilities. Life purpose is the full expression of these gifts.

When you are living your life purpose you are expressing the very essence of you. You are good at what you do and you love doing it. In fact, you love it so much, you would pay for the privilege of doing it.

When you are living your life purpose, you feel fulfilled. You know you make a difference. Your life has meaning and direction. You are empowered by your work and couldn't imagine doing anything else.

Life purpose is the natural expression of who you are. It is what you were created to be. Until you find your purpose, there will always seem to be something missing in your life.

Unfortunately, finding your life purpose is much easier said than done. You can't go on the Internet and look it up. You won't find it in the want ads.

Life purpose is something you create. It's something you bring forth out of your commitment and determination.

### ***Find your life purpose.***

Although you can't look up life purpose, there is a path where it can be discovered and brought forth into your life.

The first step in the search for life purpose is to find your passion.

What do you love to do? What are you naturally good at? What turns you on? What could you throw your heart and soul into? What do you love doing so much, you would pay for the privilege of doing it?

We will look at this more later in the chapter.

The process of discovering your passion can take months of active looking, so be patient. Keep asking yourself the question, "What do I love to do? What is my passion? Keep asking and keep looking.

While you are in the process of looking for your passion, look for the contribution that you want to make. This adds joy to your passion.

Do you want to teach people how to love? Do you want to clean up the environment or show people how to have fun? How can your passion make a difference in people's lives?

When you can live your passion, and at the same time make a difference in people's lives, you gain a power that can move mountains. You also gain a wonderful sense of fulfillment.

Albert Schweitzer once said, "Those among you who will be truly happy are those who have sought and have found how to serve." He's talking about life purpose.

Serving is a key element of life purpose.

### ***Have your life be about serving.***

When your life is about serving, your ego stands aside and you become an expression of love. You also tap into a power much greater than you.

Serving is one of the keys to having life work. When your life is about serving, your needs will always be met. When your life is about obtaining your needs, your needs will always elude you.

Look at how you feel when someone is very giving towards you. Don't you feel like giving in return? Of course you do. Now look at how you feel when someone is always trying to get something from you. How do you feel about giving to that person? You don't want to.

The same thing happens with life itself. The more your life is about serving, the more life takes care of you. When your life is about getting, life takes away from you.

No matter what you do for a living, you can either have your life be about giving or getting, and whichever you choose, life will respond accordingly. So have your life be about serving.

Once your passion and your contribution are the same, you have found your life purpose.

### ***Find how to express your life purpose.***

The next step is to find a way to live your passion full time and still pay the bills. This may seem impossible, but it's not. There is a way to do what you love. Your job is to discover how.

Constantly ask yourself the question, "How can I earn a living doing what I love?" Explore every possibility and turn over every stone. Keep searching for a way.

The process of discovering and finding a way to live your life purpose may take years, but if you have the commitment and the determination. You will eventually make it happen.

The key is to keep looking, keep taking the next step, and never quit.

Pray for guidance and follow your intuition. Maybe you need to get a different job or go back to school. Trust yourself and keep taking the next step.

Once you find a way to earn a living doing what you love, your life will never be the same. You will be able to spend the rest of your life having fun instead of working.

You also become very effective at what you do and eventually, if you want, you can provide a good income for yourself.

The following questions can give you some insight into your life purpose. Write down every thought you have in response to a question. Let the words flow. Keep writing until there is no more response.

***What are you good at? What are your gifts, your talents and your abilities?***

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***What do you love to do? What makes you come alive?***

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***What were you doing when you were the happiest?***

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***What have you done that you are proud of?***

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***What aspects or characteristics of you are you proud of?***

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***When you were young, what did you know you would do when you grew up?***

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***When you are on your deathbed, what would you regret not having done?***

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***If you could do absolutely anything in your life, without any restriction, what would you do?***

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***If you could make any contribution to the world, what would it be?***

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***What is your passion?***

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***How does your passion make a contribution?***

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***What is your life purpose?***

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Life purpose is the key to life itself. By doing what you love and finding how to serve, you add a very special joy to life.

Keep looking for your passion and the contribution you want to make. Keep taking the next step and the next one. Eventually, you will find your life purpose.



## **Chapter 13 – Connect With Your Life Force**

Listen to CD #10

In one of our workshops, we do an acknowledgement exercise where participants create a cycle of loving, supporting and empowering each other. Then they walk through a process where they actually experience God in each other.

The result is a very profound state of oneness. People experience a connection with each other and with life that is beyond words. Upsets and problems disappear. All that exists is a deep state of love, freedom and inner peace.

Then we look at the nature of this state. People discover that, in this state, the circumstances of life have no power. Fear and upset cannot exist. Judgment disappears and the past has no relevance. Even the ego and the concept "me" disappear. All that exists is love.

To the extent that you live in this state of love, you are happy, alive and free. You can flow with whatever happens. You are confident, creative and very effective. Great things happen.

You also experience a profound connection with God. You feel guided and taken care of.

The Bible refers to this state as "of the spirit." When you are in this state of oneness, you are living in the light and life works effortlessly. This is the realm of love, joy, peace, happiness and miracles.

Living in this state is the essence and purpose of spirituality.

The opposite of this state is the realm of circumstances. When you are in this state, all the focus is on trying to force life to be a certain way. This is the realm of fear, upset and suffering.

When you are in this state, you are living in the darkness. The Bible refers to this state as "of the world."

There are two different realms, but more accurately, there are two different directions. You can either have your life be about going towards the light or going towards the circumstances.

When your life is about the circumstances you can expect suffering. You will fight, resist, hang on and withdraw. You will destroy love and create opposition and resistance against yourself.

When your life is about living in the experience of love, you can expect a life of miracles.

To have your life be about living in the light, you have to let go of your demands and expectations for how life should be. Be willing for your life to never change and for anything to happen.

Give your life to God and listen for what you need to do. The more you do this, the more your dreams will come true.

To say this another way, you have to give up your life to get it.

So what is your life going to be about? Is it about living in the light or is it about the circumstances? What is your choice?

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## ***The awakening***

Obviously, the opportunity of life is to learn to live in the light.

Unfortunately, we live in a world that makes this very difficult. All the focus in our culture is on the circumstances. We then get caught up in the circumstances and lose the experience of who we are. We don't even notice that the light exists.

Fortunately, the light does exist and it is available for everyone. You just have to want it.

The first step in experiencing your spirituality is to discover, very profoundly, that there is a state of oneness. Once this happens, your life will never be the same. You will always know that joy is available, regardless of your circumstances.

You may still get caught up in the circumstances, but they will never have the same power. Even when you are in a state of fear and upset, you will know that the light is always there waiting for you.

There are many ways to gain this awakening. Our weekend workshop, *"Return To The Heart"* is a quick and easy way to get grounded in this state.

Other people discover this state through profound spiritual experiences. The key to gaining this experience is to want it, ask for it, and seek it.

For years, I had a prayer. "Take me, God, I'm yours. Take me, God, I'm yours." I would say this over and over, always adding at the end, "If you are there."

I didn't know if there was a God, but if there was, I wanted God to take me. Eventually, my prayers were answered.

Give your life to God and ask for a relationship. Your prayers will be answered and the relationship will come.

### ***Stay connected.***

Once you have experienced the light, the next step is to discover ways to keep the experience alive and to have it grow.

This is important because the world of circumstances will pull you out of the light. When you have ways to get back in the light, you can stay connected.

Some people get back in the light by listening to certain music, reading, or being in nature. Some get restored by participating in

religious services. Others make the connection by praying and meditating.

I make the connection by going to a small Catholic mass during the week. During the mass, I go into a meditative state and experience the presence of God. I also listen to certain music. This restores my love and inner peace.

What are the ways that work for you? Find what they are and write them down. Then look for more.

***How can you make the connection? List the ways.***

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Making this connection is like recharging the batteries to your soul. The more you make this connection, the more your life works. Make this connection as often as you can.

## ***Create a personal relationship with God.***

The next step in your spiritual evolution is to create a personal relationship with God. To make this connection, you have to want it and you have to seek it.

Imagine being in a large room. Then you notice someone you want to get to know. The best way to meet this person is to go over and introduce yourself. If you wait for the person to come to you, you may wait for a very long time.

The same is true in your relationship with God. If you want the connection, take the initiative. Ask for a relationship and seek it. Eventually your prayers will be answered.

## ***Prayer works.***

Prayer is another great way to connect with God. When you pray, you create a relationship with God. And the more you pray, the stronger the relationship becomes. Prayer keeps the relationship alive.

Connecting with God is like exercising a muscle. The more you connect with God, the stronger the muscle becomes.

Prayer can also produce miracles in your life. There are many studies that prove the power of prayer. Prayer works.

Share your fears and concerns with God. Ask him for what you need and thank him for the gifts you receive.

At first, the conversation may seem one sided, but eventually, you get responses and guidance.

You hear the voice of God most clearly when you are still and at peace. When your mind is racing, you can't hear the voice from within.

There are several ways to still the mind. One way is to let go. When you are resisting, your mind goes ninety miles per hour. When you stop resisting, your mind becomes still.

Another way to still the mind is to meditate. Get in a comfortable position and close your eyes. Create the feelings of joy. Then bask in the love and the presence of God. Allow your thoughts to have their say and then be still. Move towards the silence.

In the silence, you can communicate with God. Speak and listen for the response. Listen for your guidance.

One day my brother was meditating and had an experience that changed his life. While he was praying, he felt something take his hand and lead him to his desk. He then wrote a letter, but he wasn't the author.

Here is the letter.

"Dear Randy,

Trust me. I will guide you. You don't know and I do. I love you more than you know. I am the source of all you desire. You can only succeed by surrendering to my will. You think you know the way, but you don't. Learn to listen to me. Only I am the source of joy and fulfillment. You will never truly get what you want on your own. I am what your heart yearns for. Serve me. -- God."

Here is a message that I received in a meditation.

"I wait upon you. For I know within your heart is the desire to know me. And I am always here. When the desire to know me becomes stronger than the desire to produce a better way from the self, then you will know me. But as long as you decide the better way, I will wait."

These messages speak a profound truth. We think we know the way, but we don't. Believing that we know keeps us stuck. By giving your life to God and listening to God's guidance, you can be led to a life of love, joy and fulfillment.

You can experience a confidence and a peace that you never dreamed possible. You can feel fulfilled and have a life of meaning and purpose.

All of this is possible when you let go of your life and put your focus on restoring love and connecting with God – Your life force.

So, let go and trust.

- Put your focus on seeking and creating a relationship with God.
- Learn to live in the experience of love.
- Follow your guidance and go for your dreams.

Everything is possible when you have God on your side.

## Chapter 14 – As You Go From Here

*There is no corresponding CD for this section.*

You can create a life that will exceed your dreams, but it won't happen by itself. You need to take action. Fortunately, the process is relatively simple.

If you have listened to all the CDs, read the workbook and done the exercises, you have already changed your life.

You have an awareness now that makes it impossible to live your life the same way. But completing the *Mastery of Life Audio Course* is not the end. It's the beginning.

Now it's time to take what you have learned and put it into action.

### ***Take these steps:***

- **Listen to the CDs and read the workbook over and over.** Do this as often as you can. Every time you work with the material, you take it a little deeper and it becomes more a part of you.
- **Find ways to reconnect with the light.** Do this as often as you can. Do this at least twice a week.
- **Develop your ability to flow with whatever happens.** The best way to do this is to work with your upsets. Use every upset for more healing.
- **Welcome opportunities for more healing.** Instead of running from your hurt, run towards it. Get that hurt out of you.
- **Live your life “at cause.”** Whenever you find yourself “at the effect,” identify the specific circumstance you are resisting. Make peace with the truth. See what needs to be done and take action.



- **Clean up your life.** Make a list of everything in your life that pulls you out of the light and handle each item.
- **Have your life be about serving.** When your life is about serving, your ego loses power and life takes care of you.
- **Find your life purpose.** Discover your passion and find a way to live it full time. Keep taking the next step.
- **Go full speed in having your dreams come true.** It's more important to have something to go for than it is to have your dreams come true.
- **Give your life to God.** Pray. Allow yourself to be guided and have your life be about serving God.

If you take these steps, you can't help but have an incredible life.

You have the ability to create a life where miracles are common, but you have to take the steps. Do this course over and over. Grow in your awareness. Heal more hurt and take action.

Life is too short to have it be anything less than wonderful.

Thank you.

I love you.

Bill Ferguson

For individual support, schedule a consulting session  
with Bill Ferguson or a member of his staff.

For more information give us a call.

**713-520-5370**

We also have workshops and courses to support you in your life.

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