

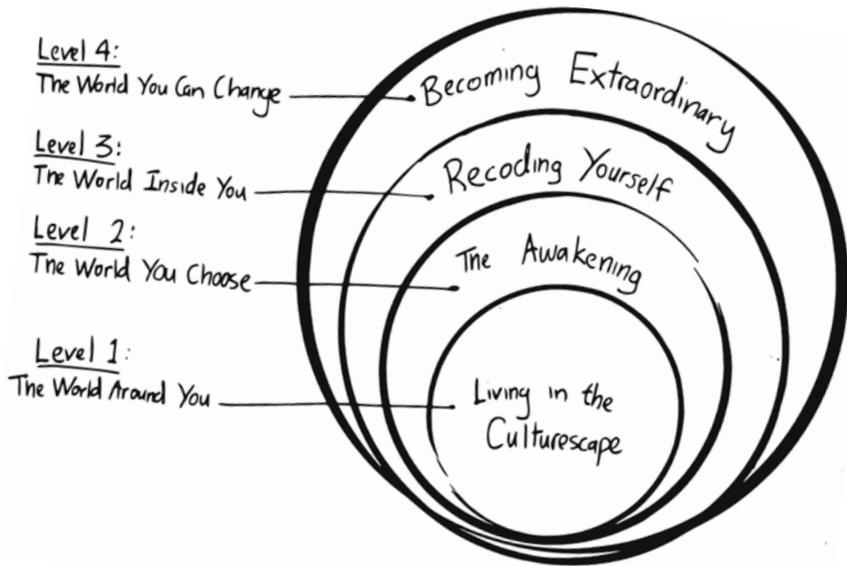
**10 UNCONVENTIONAL LAWS TO REDEFINE
YOUR LIFE & SUCCEED ON YOUR OWN TERMS**

THE
CODE
OF THE
EXTRAORDINARY
MIND

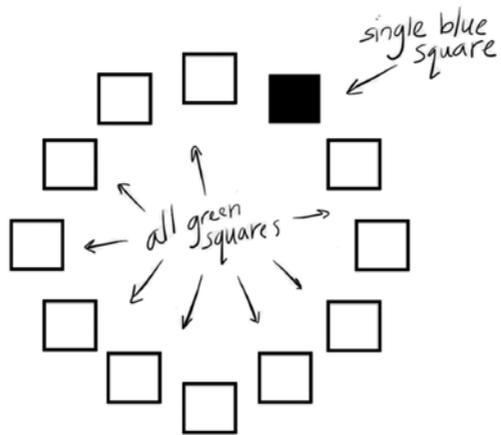
READ
BY THE
AUTHOR

VISHEN LAKHIANI
FOUNDER OF MINDVALLEY

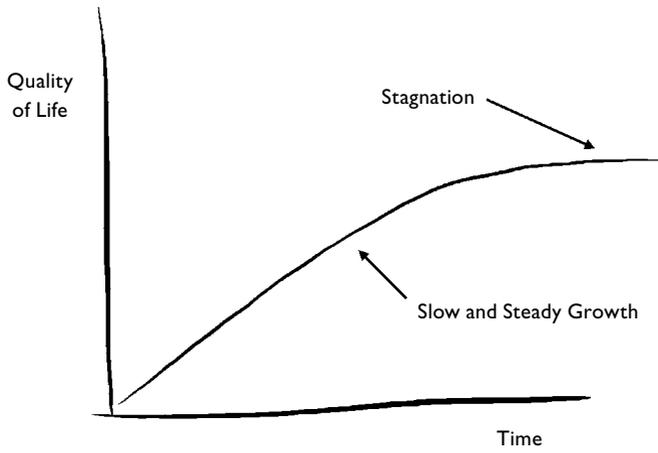
Four Levels of Awareness



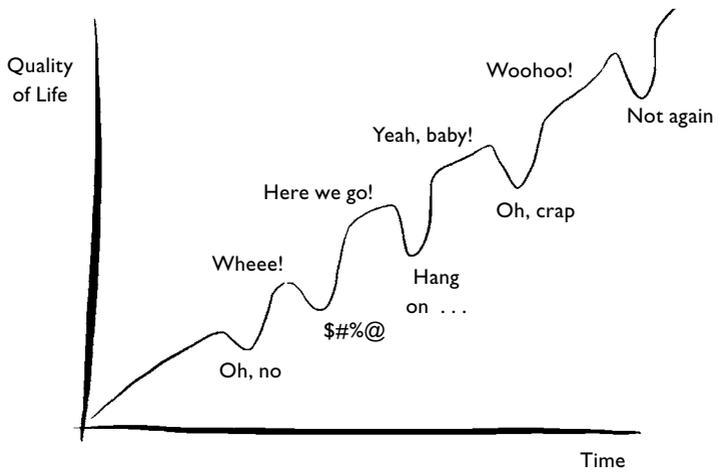
Circle of Squares



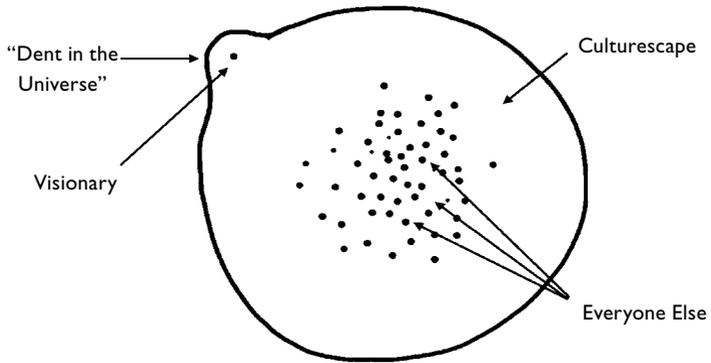
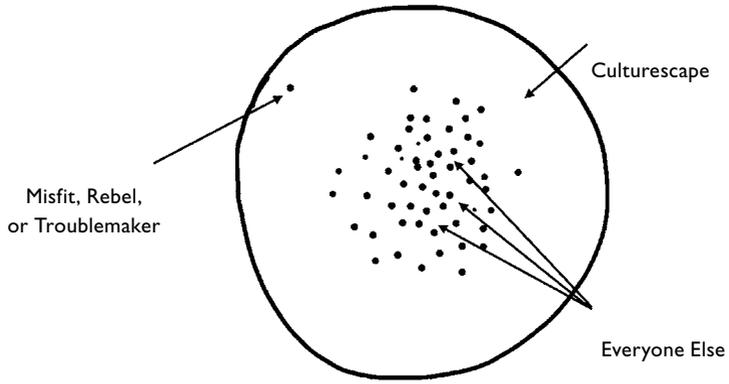
Stagnation



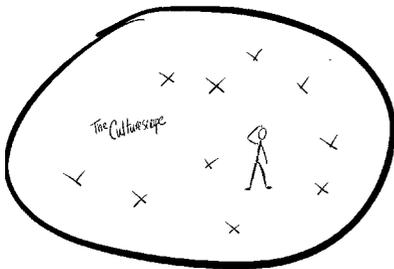
Life as a Beautiful Joyride



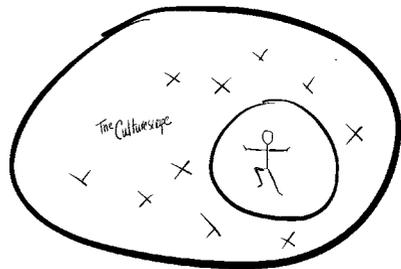
A Rebel in the Culturescape



Ascending to Level II of the Culturescape

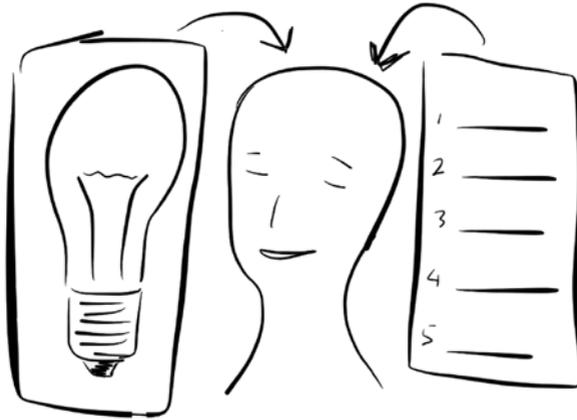


Level I:
Life within the culturescape.
The Xs represent potential Brules.



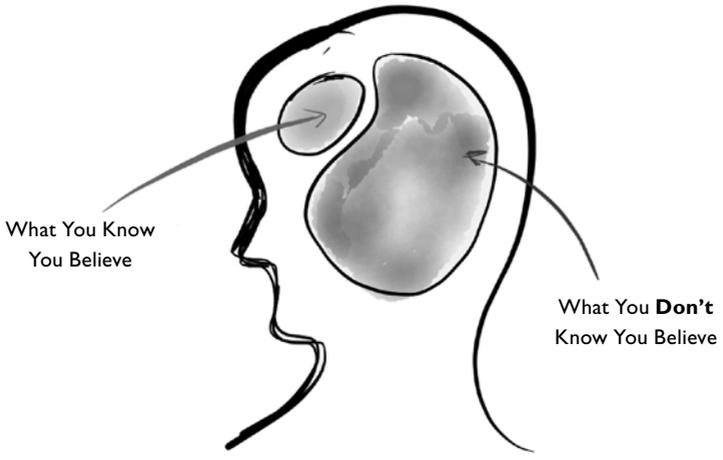
Level II:
You learn to create your own version
of the world within the culturescape.
Within your world (the bubble around
you), you can choose to eliminate
and filter incoming Brules.

How We Grow



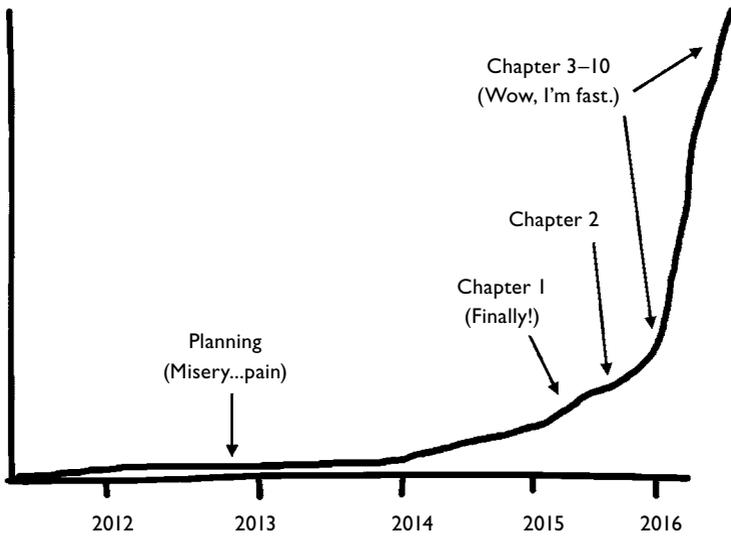
New Models of Reality
Growth through Belief Change

New Systems for Living
Growth through Habit Upgrade

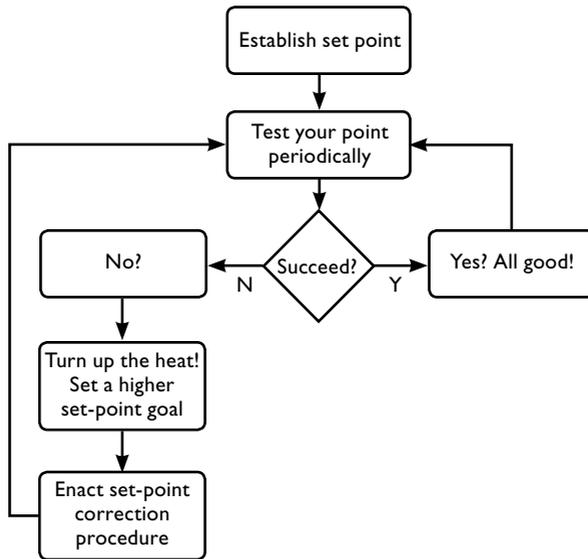


YOUR AWARENESS OF YOUR BELIEFS

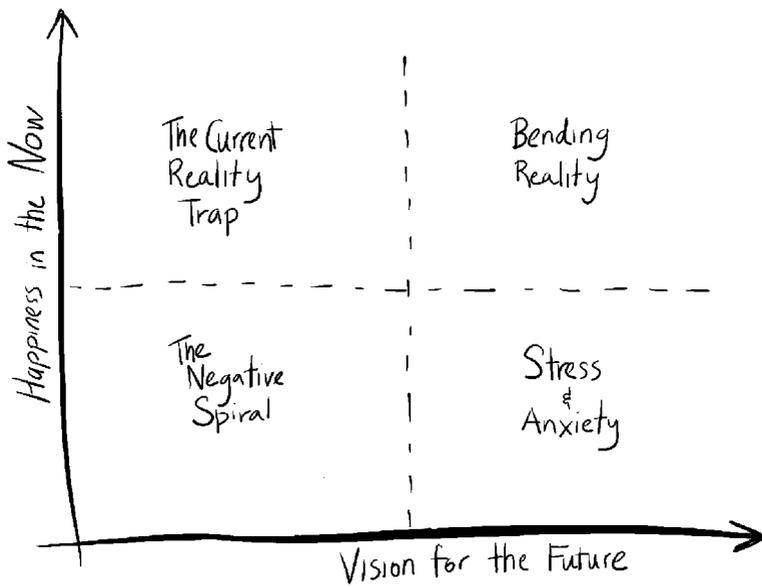
Exponential Growth



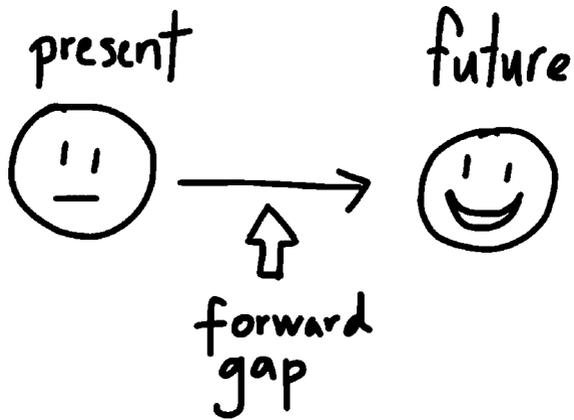
Mapping of Set Point System



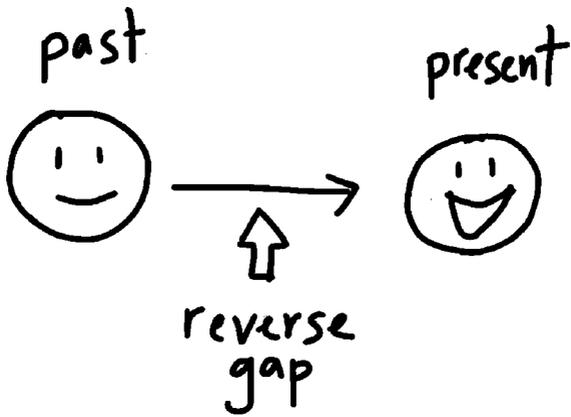
Four States of Human Living



Forward Gap



Reverse Gap



Twelve Areas of Balance

Your Love Relationship Your Friendships Your Adventures Your Environment	}	Experiences
Your Health and Fitness Your Intellectual Life Your Skills Your Spiritual Life	}	Growth
Your Career Your Creative Life Your Family Life Your Community Life	}	Contribution

Three Most Important Questions

Experiences	Growth	Contribution
<hr/>	<hr/>	<hr/>

FOLLOW THESE FIVE STEPS TO STAY ON TRACK. Use this quick guide to double-check your goals to see if they're in full alignment with what you really want. Mia Koning, our chief facilitator at A-Fest, designed these five steps, which added further clarity to the process:

1. Identify a goal.
2. Answer this question exhaustively until you have no more answers:
When I achieve this goal, I will be able to __, __, __, [etc.].
3. Answer this question exhaustively, until you have no more answers:
When I achieve all this, I will feel __, __, __ [etc.].
4. Identify the true underlying objectives of your goal, based on your answers to questions 2 and 3.
5. Compare these objectives with the original goal and ask:
 - Is this original goal the only way/best way to achieve these objectives?
 - Is this original goal enough to achieve them?
 - Can I achieve them in a more effective way?

When you do this, you will often find that what you think is an end goal is really a means goal. You will also get clarity on what the actual end goal might be. This will free you to ensure that you're really pursuing the right end goal.

WHAT TO DO WITH YOUR LIST. Stick it up on a wall where you can see it and keep consciously and subconsciously working toward your goals. Share it with others for all the reasons I mentioned. You'll be empowering others to grow and giving yourself new opportunities to grow as well. I cannot express how powerful this is as an exercise for companies. It's one of the most important exercises for cultivating great culture at Mindvalley, and thousands of companies are doing the same. Why not introduce it to your workplace?

THE GOOD NEWS

The good news is that you're already on your way. Something amazing happens when you set big, beautiful end goals. Your brain latches on to what you're seeing and feeling. It goes to work, hacking its way toward your goals. Steve Jobs said it wisely:

You can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. Because believing that the dots will connect down the road will give you the confidence to follow your heart even when it leads you off the well-worn path; and that will make all the difference.

When you ask the Three Most Important Questions right, you're "believing that the dots will connect down the road." You will start noticing and discovering the paths that bring you closer and closer to where you want to be. Scientists may call this one thing (such as the brain's reticular activating system); mystics may call it another (the universe, God, fate, synchronicity, the law of attraction, or thoughts create reality). Steve Jobs calls it "your gut, destiny, life, karma, whatever."

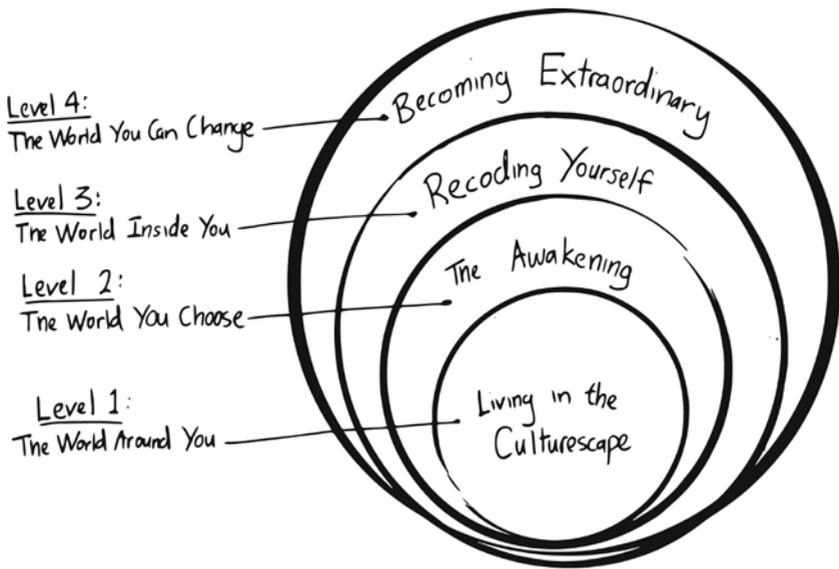
I call it the extraordinary mind.

Use this weapon wisely.

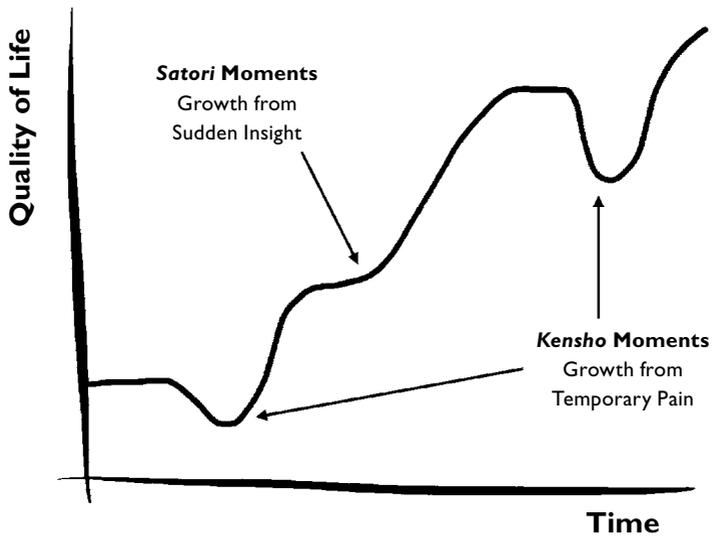
To provide you with additional resources for the Three Most Important Questions, Mindvalley has produced several short videos that you can access on www.mindvalley.com/extraordinary:

- A guided summary of the brainstorming process
- How to bring the Three Most Important Questions to your own organization: Watch how Mindvalley applies the process within its own organization. (I strongly feel every company should be doing this and every manager should take an interest in the blueprints for the soul of the people they lead.)

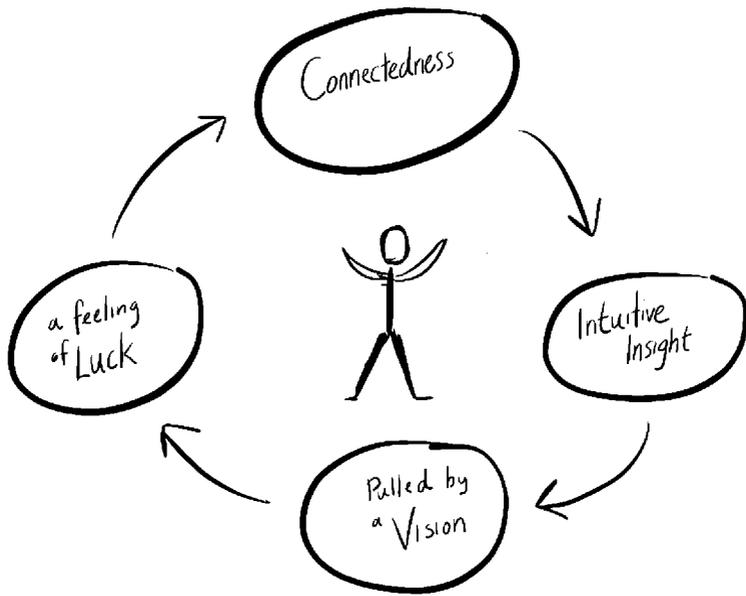
Progression of Expanding Levels of Awareness



Two Paths to Life Growth: Kensho and Satori



The Godicle Theory



APPENDIX

TOOLS FOR YOUR JOURNEY

Practice Transcendence: Where You Learn How to Integrate Key Systems from This Book into a Powerful Personal Practice

It seems to me, therefore, that educated people no longer have a right to any form of spiritual provincialism. The truths of Eastern spirituality are now no more Eastern than the truths of Western science are Western. We are merely talking about human consciousness and its possible states. My purpose . . . is to encourage you to investigate certain contemplative insights for yourself, without accepting the metaphysical ideas that they inspired in ignorant and isolated peoples of the past.

—SAM HARRIS, *WAKING UP*

WHAT IS TRANSCENDENCE?

Transcendence is the act of going beyond the physical world to embrace that which cannot be seen. In this book you learned about transcendent practices like gratitude and forgiveness. Here we'll go deeper and create a structured practice around these processes. You've learned a ton of new systems for living in this book. Here's where we bring it all together in one daily habit.

Often people ask me, "Vishen, what do you do daily to integrate these ideas—what is your daily practice?" In this section I'm going to share a transcendent practice that I custom-designed and use. I call it the Six-Phase.

The Six-Phase unifies several key ideas in this book into one integrated daily practice, that spans fifteen to twenty minutes and leaves a powerful mark on your state of being. You can use it as a meditation, though it's actually a lot more than meditation alone.

The Six-Phase is rooted in science and personal study. The Six-Phase will not just make you happier and less stressed but will also make you healthier and more powerful at living your quest. Several professional sports teams are currently using it as part of their mental training as are several major entrepreneurs.

Over the last ten years, I've built many of the world's top meditation programs and apps, becoming one of the biggest promoters of meditation on the planet. I taught classes in New York and London, launched several meditation brands such as OmHarmonics, and my meditation app Omvana, which became the number-one highest-grossing health and fitness app on iTunes in more than thirty countries. I share this so you know I'm not just a dabbler in meditation. I've been researching and innovating on meditation practices for a decade. Yet the Six-Phase is NOT meditation by conventional definition. I cannot stress this enough. People who get bored with meditation or who simply cannot meditate thrive with the Six-Phase. And many people who practice traditional meditation switch to the Six-Phase because they find that they get the same health results as meditation, but as a bonus they also see their performance at work and life soar. This is why I prefer to call it a transcendent practice rather than a meditation practice.

What I'm about to share with you is the VERY BEST approach to combining transcendent practices that I've discovered. I'll explain it and give you clear directions on how to experience it.

This practice will help you:

- Make Blissipline part of your daily life and extend your happiness levels throughout the day.
- Focus on your end goals and the steps you need to take to get there.
- Become unfuckwithable by clearing out anxiety and practicing forgiveness.
- Connect to your intuition and inner voice, find an optimal path to

your quest, and steer clear of Brules. Often during the Six-Phase, flashes of insight, ideas, and eureka moments will come.

- Gain resilience to move past the inevitable bumps on the road to your calling.

And that's just the beginning. You also get the benefits of a meditation practice. The sheer number of benefits of meditation are at this point so vast that I won't cover them here. Just know that as of the time this book was published, there have been some 1,400 studies done on the benefits of meditation.

THE PROBLEM WITH MEDITATION

There are thousands of different styles of meditation, but they all fall into one of two categories: meditation methods derived from monastic practices and meditation practices designed for the modern human being.

All meditation is beneficial, but unless you're a monk, you don't want to meditate like one. It's inefficient and slow. Many of these practices are still rooted in dogma and haven't been updated for centuries.

According to Emily Fletcher, who founded the Ziva meditation school in New York City, the biggest misconception about meditation is that its purpose is to stop your mind from thinking. Just try to stop thinking. Difficult, huh? As Emily says, when people try that, it's usually "the beginning and end of their meditation career." She continues:

But if we go into this thinking that the point of meditation is to get good at life—not to get good at meditation, and if we accept the reality that no one can give their mind a command to stop, then it's so much more innocent, so much more playful, and so much more enjoyable. Trying to give your mind a command to stop thinking is as effective as giving your heart a command to stop beating—it doesn't work.

The Six-Phase draws on many different methods to bring you an optimized meditation experience you can personalize to your schedule, needs,

and life. It's rooted in science and allows you to incorporate every idea of this book into your life in just fifteen minutes a day. And you won't be asked to clear your mind.

INTRODUCING THE SIX-PHASE

The Six-Phase is a mental hack to get you to the level of extraordinary faster than ever before.

Each phase of the Six-Phase is designed to enhance one of six key skills. The first three contribute to happiness in the now. The next three contribute to your vision for the future.

1. Compassion
2. Gratitude
3. Forgiveness



**Happiness
in the Now**

4. Future Dreams
5. The Perfect Day
6. The Blessing



**A Vision
for the Future**

Here's why we're focusing on these six phases:

1. **COMPASSION.** I believe that all human beings need love and compassion in their lives. This phase is about helping you be kinder toward others and kinder toward yourself. It's a powerful self-love tool.
2. **GRATITUDE.** We may have many goals, but it's important to appreciate and be happy about what we've accomplished thus far. Gratitude has a high correlation with well-being and happiness.
3. **FORGIVENESS.** Being at peace with the world and the people around you is one of the most effective ways to maintain Blissipline. Plus, it makes you unfuckwithable.

4. **FUTURE DREAMS.** As you learned in chapters 7 and 8, it's hugely energizing to have a vision pulling you forward—a picture of how you want your life to unfold in the future.
5. **THE PERFECT DAY.** This phase gives you a sense of control over how life unfolds every day. It translates your future dreams into actionable steps.
6. **THE BLESSING.** We need to feel supported, resting in the knowledge that whatever big projects we're setting out to do, things are going to be okay. This phase is about making you feel safe and supported in your quest.

We'll first review each phase so you can familiarize yourself with how they unfold. Then I'll share exactly how to perform each phase.

At the end of this chapter, I'll also make available an app and a video you can watch that will easily guide you through this meditation anytime you want.

Phase 1: Compassion

This phase is about feeling connected to others and feeling a sense of kinship with and kindness toward all of life, which we discussed in Chapter 10. In this phase, you express your intention of extending greater compassion and love to an ever-widening circle of humanity, starting with your family and friends and then widening all the way to encompass the planet. Compassion practices make you a better human being, and some studies have found that men and women found compassion or kindness to be one of the most attractive qualities in the opposite sex (so this might improve your love life, too).

Phase 2: Gratitude

Science shows that gratitude increases energy, reduces anxiety, improves sleep, and creates feelings of social connection—that's why several exercises in this book focus on it. In this phase, just think about three things you're grateful for in your personal life, three things you're grateful for in your career, and three things you're grateful for about yourself. This last one is important. Often we look for love from others but fail to truly love ourselves.

Phase 3: Forgiveness

As I shared in Chapter 7, forgiveness is critical to Blissipline and the peak states needed for extraordinary living. Here you'll incorporate the forgiveness exercise from that chapter into your daily practice.

Science is now showing that forgiveness can lead to profound health benefits, including reduced back pain, higher athletic performance, better heart health, and greater feelings of happiness. One study of a small group of people with chronic back pain showed that those who meditated with a focus on moving from anger to compassion reported less pain and anxiety compared to those who got regular care. Another study found that forgiving someone improved blood pressure and reduced the workload on the heart. Interesting that lightening the heart of negativity should literally help it.

Research on the impact of forgiveness by Xue Zheng of Erasmus University's Rotterdam School of Management showed that forgiveness makes the body seemingly stronger. "Our research shows that forgivers perceive a less daunting world and perform better on challenging physical tasks," said Zheng.

In one study, participants could actually jump higher after writing an account of forgiving someone who had harmed them. In another study by Zheng, participants who were asked to guess at the steepness of a hill described the hill as less steep after they had written down an account of an incident where they had forgiven someone. In a previous chapter, I described my own powerful experiences with forgiveness during meditation. That's why forgiveness is one of the components of the Six-Phase—it strengthens not only your body, but also your soul.

Phase 4: Future Dreams

Up to this point, you've focused on the present. In this phase, you express intentions for your future happiness. I credit this phase with the massive growth and joy I've experienced in my career. Years ago, I visualized the life I have today. Today, I visualize years ahead while still being happy in the now. Doing this on a daily basis seems to help my brain find the optimal paths to realizing my dreams.

When I'm visualizing my future life, I think three years ahead, and I

suggest you do the same in this phase. And whatever you see three years ahead—double it. Because your brain will underestimate what you can do. We tend to underestimate what we can do in three years and overestimate what we can do in one year.

Some people think that being “spiritual” means having to be content with one’s current life. Rubbish. You should be happy no matter where you are. But that shouldn’t stop you from dreaming, growing, and contributing.

Choose an end goal from your answers to the Three Most Important Questions in chapter 8 and spend a few minutes just imagining and thinking with joy about what life would be like if you had already attained this end goal.

Phase 5: The Perfect Day

Knowing what you want your life to look like three years from now, what do you need to do today to make this happen? This phase brings you to your perfect day—today—and you can see how you’d like your day to unfold: starting your morning alert and excited, having a great meeting with amazing colleagues, feeling full of ideas, nailing that presentation, meeting up with friends after work, having a delicious dinner with your mate, playing with your kid before bed.

When you see your perfect day unfolding, you’re priming your brain’s reticular activating system (RAS) to notice the positives. The RAS is that component of your brain that helps you notice patterns. In a common example, when you buy a new car, say, a white Tesla Model S, all of a sudden you start to notice more Model S cars on the roads. The same effect happens here. So, let’s say you imagine your lunch meeting today going well—great ideas, wonderful food, amazing ambiance. A few hours later, you’re actually at that meeting—and the waiter screws up your order. Because you’ve imagined a beautiful reality, your RAS is more likely to pay attention to the ambiance, the company, and the food than to the screw-up, because you told it to. You see? You’re training your brain to ignore the negative and embrace the positive. You don’t have to change the world. You just have to change what you pay attention to in the world. And that, it turns out, is hugely powerful.

Phase 6: The Blessing

You can do this final phase no matter what your religious or spiritual beliefs are. If you believe in a higher power, you imagine that you can tap into it, call upon it, and feel the energy of this higher power flowing down into you, through your head and all the way to your toes—you feel loved and supported. That’s it. It takes thirty seconds. If you don’t believe in a higher power, you can imagine that you’re rebooting yourself, fine-tuning yourself, or calling on your inner strength. Likewise, you feel this energy coursing through you. You’re now ready to hit the ground running to pursue your quest.

GOING BEYOND “MEDITATION” WITH THE SIX-PHASE

If meditation has so many benefits, why do only about 20 million Americans meditate daily? I asked this question of 70,000-plus followers on my Facebook profile, and many of you completed a survey. I found that if you’re not meditating daily, you’re likely to have one of the three outdated models of reality about meditation below. Here’s a snapshot of each and how the Six-Phase solves them.

I. “I’m Too Busy for This.”

I call this the busyness paradox because it simply does not make logical sense. It’s like saying, “I’m too hungry to eat.” People who meditate regularly like Arianna Huffington, futurist Ray Kurzweil, and I all know that the massive beneficial impact of meditation on your productivity makes up for the fifteen minutes a day you might spend meditating. And that’s not even counting other benefits such as the extension to life span, the boost in creativity and problem solving, or the fact that meditation makes you happier during the day. If I start my workday without it, I’m simply not going to be as efficient or productive. Yet many people buy into this paradox. The reason is not so much that they can’t spend fifteen minutes, but that they are unaware of exactly how they should be meditating or what to do. The Six-Phase adds hours to your day by priming your mind to be more productive and efficient. It’s not worth skipping.

2. “I Can’t Do It Right.”

The issue with meditation, unlike, say, jogging, is that with jogging it’s easy to know if you’re doing it right. You’ve gone from point A to point B in X amount of time. Yet with meditation, you might feel yourself fluttering from thought to thought, falling asleep, getting bored, or just waiting for it to end. So you may conclude that meditation is ineffective, but these things are only happening because you’re not using the right system. The right system—the Six-Phase—keeps you engaged, isn’t boring, and actually gives you specific milestones to reach during your fifteen-minute session. It makes a world of difference.

3. “That ‘Clear Your Mind’ Thing Never Works for Me.”

There’s an old Chinese saying: “The mind is like a drunken monkey always jumping from tree to tree.” This is true. Do not think that you must clear your mind in order to meditate. This is one of the biggest myths about meditation. It may have been easier for hermits centuries ago to sit in a cave and clear their minds. They didn’t have jobs, careers, families, kids, text messages, or Facebook alerts to deal with. Our world is different, and meditation needs to adapt. So I don’t advocate starting with clear-the-mind methods. The Six-Phase engages your mind. It can even be used for solving problems. If there’s a pressing problem at work or in your personal life, you can bring the thought of it into your meditation and turn the *problem* into a *project*. In this style of meditation, your mind is active—but you’re STILL in meditation and are reaping all the rewards of stillness.

Many intensely busy entrepreneurs and people with ADD who could never meditate before now do it daily, thanks to the Six-Phase and the common meditation challenges it solves. I get letters about it daily.

John Davy, a British entrepreneur who founded and sold the world’s largest comedy club, told me this the first time I met him:

I started doing the Six-Phase for about one hundred days straight. And then I felt normal, so I stopped. All of a sudden within weeks of stopping, my friends would come to me and go, “John, what happened? You’re all scratchy again. You’re all stressed again.” And then

I realized it. As I had been doing the Six-Phase, I was dramatically changing myself. When I stopped, some of the old stress and behavior came back. My friends thought I was off my meds. I'm now back to it. And I'm not stopping again. It's amazing.

Ready to begin?

HOW TO PRACTICE THE SIX-PHASE

There's a lot of freedom in how to do this method, but here are some guidelines:

WHEN TO DO IT. Typically it's easiest to do it in the morning or at night before bed. Some people can do it in their offices. The main thing is to find ten to twenty minutes of uninterrupted time. I like to do it in the morning because it charges me up for the day. But you can do it at night if that works better for you: Just visualize the next day unfolding, having an incredible sleep, and then exploding into your day.

HOW TO SIT. You can sit any way you want. There's no major method to it.

STAYING FOCUSED AND KEEPING AWAKE. A lot of people have random thoughts during meditation, or they drift off to sleep. The Six-Phase is geared to the way the mind naturally works—which is to always be active. You don't have to silence your mind. If a random thought arises, that's okay. Just push it aside. Or maybe you can use it in a later phase. Is there a goal you're excited about? Great! Save it for Phase 4: Future Dreams. Got a work meeting on your mind? Play it out in Phase 5: The Perfect Day. Are there things you're worried about? Pour the power of The Blessing over it all.

Many people doze off during conventional meditation because it gets boring. You're less likely to fall asleep during the Six-Phase because your mind is active. If you still have problems with this, fear not—you can download the audio (see opposite) and be guided through the phases.

Let's Get Started

In this section I explain exactly what to do in each phase. If you're doing this process for the first time, start slowly. Begin with Phase 1 on Day 1. On

Day 2, do Phase 1 and add Phase 2. And so on, until by Day 6, you're doing the full Six-Phase Meditation.

Read the instructions below before you begin. If you'd rather listen to the instructions, I've put together a simple six-day course you can download for free that will train you from Day 1 to Day 6 to master the full the Six-Phase. By Day 6, you're running the full meditation. At that point you can continue with your practice by listening to the Six-Phase track provided in the final chapter of the course. The course is available at this site for this book's online experience www.mindvalley.com/extraordinary.

Now, let's explore exactly what you should do in each phase.

Phase 1: Compassion

Think of someone you truly love—a face or smile that makes your heart glow. For me, it's my daughter, Eve. At the time of this writing, she's two years old. Eve's smile is a question I could spend my entire life answering. I start by picturing her and her smile.

As you picture your loved one—a partner, parent, child, close friend, mentor, or even a pet—make a mental note of the feelings of compassion and love that well up. This sensation becomes an anchor.

Now imagine this love as a bubble surrounding you. See yourself in a white bubble of love.

Now imagine this bubble expanding to fill the entire room. If there's anyone else in the room, imagine their being included in your bubble of compassion and love.

Now imagine the bubble filling your entire house. Mentally project a feeling of love to everyone in that house. You could “feel” love sent to them. Or you could simply mentally repeat a statement such as, “I send you love and compassion and wish you well.”

Now imagine the bubble filling up your entire neighborhood or building . . .

Your entire city . . .

Your country . . .

Your continent . . .

And now the entire planet Earth.

For each, see yourself sending love and compassion to all living things within the bubble.

Don't get hung up on *how* you see or feel the bubble. Just the thought of sending love and compassion to all the citizens of Earth is enough.

You've just completed the compassion phase. Now on to Phase 2.

Phase 2: Gratitude

Start by thinking of three to five things you're grateful for in your personal life. It could be the fact that you have a warm bed or the fact that you have a terrific job. It could also be something simple, like the fact that you have a warm cup of coffee waiting for you in the kitchen.

Now think of three to five things you're grateful for in your work life. Perhaps the easy commute you have. Or that coworker whose smile always lights you up. Or a boss who appreciates you.

So far, so good.

Now for the most important part. Think of three to five things you're grateful for about yourself.

It could be the fact that you look so damn good in that favorite dress of yours. Or that you can really think on your feet in meetings. Or that you never forget a friend's birthday. Or your remarkable intellect and your knack for picking incredible books to read.

Self-appreciation is something we all need to do in abundance.

Phase 3: Forgiveness

Forgiveness is like a muscle: The more you flex it, the stronger it gets. Get it strong enough and you become unfuckwithable—negative people and events just won't affect you as much.

Start with the list of people or events to forgive that you made in Chapter 7. Each time you do the Six-Phase, focus on just *one* person or event. Keep in mind that the person could be you. You could be forgiving yourself for something you did in the past that still gnaws at you.

Next, bring up in your imagination the person or event.

You will now repeat the three steps we discussed in the forgiveness exercise in Chapter 7.

STEP 1 IS SET THE SCENE. Bring to mind the scene or image where you will do the forgiveness exercise. For example, when I was forgiving myself for a bad business decision that cost me millions, I imagined seeing a younger version of myself facing me in my office from 2005.

STEP 2 IS FEEL THE ANGER AND PAIN. For no more than two minutes (it's okay to estimate), allow yourself to feel the pain and anger. It's even okay to yell or pound a pillow. Let the emotions out, but don't spend too long on this.

STEP 3 IS FORGIVE INTO LOVE. Practice asking the questions I mentioned in Chapter 7: *What did I learn from this? How did this situation make my life better?* Also remember the idea of “hurt people, hurt people.” Ask: *What could have happened in the past to this person to cause them to hurt me so?*

As you start asking these questions, you learn to see the situations from another's perspective. The forgiveness may not come from one session, but no matter how grave the wrongdoing, the forgiveness can come. It just takes practice.

When the forgiveness comes, it often is so thorough and complete it can be surprising. As Khaled Hosseini wrote in the *The Kite Runner*: “I wondered if that was how forgiveness budded; not with the fanfare of epiphany, but with pain gathering its things, packing up, and slipping away unannounced in the middle of the night.”

And now you've wrapped up the first half of the Six-Phase. This segment should have taken six to fifteen minutes. I usually do it in seven. Now we move to Phases 4 through 6—all of which have to do with your vision for the future.

Phase 4: Future Dreams

Remember your answers to the Three Most Important Questions from Chapter 8? Here you start making use of them. Bring up one to three items from your list of answers.

Now just allow yourself to daydream. See yourself having the experiences, growth, and ability to contribute that you wrote on your list. Remember to take a longer-term view—I suggest three years.

Bring in emotions. Emotions are key. If you're seeing yourself visiting a new country, imagine the awe and excitement you would feel from making such a journey. Or imagine the pride and accomplishment you might feel as you easily pick up a new skill.

I like to spend three to five minutes on this phase. If you have problems visualizing, don't fret. Instead of seeing the goal, think about it using a

technique called lofty questions by author Christie Marie Sheldon. Here you phrase the vision that you want for yourself as a question in the present tense. For example: *Why am I so easily able to visit incredible countries? Why am I so good at making, keeping, and multiplying money? Why am I so successful in love? Why am I at my ideal weight?* For many people, the phrases are easier to do than the visualization. Or you could combine them. Ultimately it's having the thought that matters. Just so you can hear the idea, see the idea, even smell the idea . . . and it will all work out fine.

Phase 5: The Perfect Day

Here you start with a simple question: *In order for me to start achieving the items on my Three Most Important Questions list, what should I be doing today?*

Now think of your day unfolding—the commute, the morning huddle with your team, your noon assignment, then that lunch meeting . . . all the way to wrapping up at work, coming home, and meditating or reading before going to bed.

For each of these tiny slices of your day, imagine the moment unfolding *perfectly*. Author Esther Hicks suggests that if you're prone to skepticism or negative thoughts, start with the phrase, "Wouldn't it be wonderful if _____". For example, ask yourself: *Wouldn't it be wonderful if I had a stress-free commute, listening to my favorite songs?*

Do this for every segment of your day until bedtime.

As you do this, just imagine, just pretend, that you have power over how your life and day will unfold. Just pretending that it's so tends to give you more control and power and will lead to your having more positive experiences throughout the day, even if you're simply noticing positive experiences over negative ones.

Now we come to Phase 6.

Phase 6: The Blessing

Here you imagine that there's a higher power ready to support you on your quest. It doesn't matter if you're an atheist or what religion you subscribe to. Your higher power could be your cultural or mythological god, your saints or prophets, or even a spiritual or angelic being. If you're an atheist, your higher power may simply be your own inner reserves of strength and fortitude.

Feel this higher power flow from the top of your scalp down over your forehead, eyes, face, neck, shoulders, arms, abdomen, hips, thighs, legs, and feet.

Imagine yourself protected and surrounded by a force that's ready to protect you and keep you on the right path to your dreams.

Now imagine yourself thanking this higher power or energy, and see yourself ready to face the day.

When you're ready, open your eyes. And you're done.

THE RESULTS YOU SEE AND THOSE YOU DON'T

When you practice the Six-Phase, you start to reap all the benefits of meditation that you might read about. But since this system goes beyond just relaxation, you also reap the rewards of compassion, forgiveness, and much more.

The Six-Phase reminds you that you can be happy and peaceful—but that you can still be a force for positive change in the world. And that we should never, ever stop aiming for our beautiful dreams.

I consider the Six-Phase the most important thing I do every day. It's the number-one secret to my success and the most important skill I teach. I cannot emphasize enough just how *powerful* it is. I look forward to hearing how it has benefited you. Write to me at hellovishen@mindvalley.com and share your stories and experiences.

I update and refine the Six-Phase on average every six months. (That's my refresh rate for the Six-Phase.) I'm continuously experimenting and improving. So you might find that some older recordings of the exercise on the Internet may be slightly different from what's in this book. Know that the most updated and current version of the exercise will always be on Mindvalley's learning platform. Just sign up at www.mindvalley.com/extraordinary to get your free six-day course and guided meditation on the Six-Phase.

TOOLS FOR YOUR JOURNEY

Following the Code of the Extraordinary Mind

Here's a list of all the laws and major exercises in the book to use as a reference guide.

CHAPTER 1: TRANSCEND THE CULTURESCAPE

We live in two worlds. There's the world of absolute truth—the things we can all agree on (fire is hot)—and the world of relative truth—the ideas, models, myths, and rules we've developed and passed from generation to generation. This is where concepts such as marriage, money, and religion reside. Relative truths aren't true for *all* human beings, yet we tend to live by them as if they're absolute truths. They can be incredibly empowering or incredibly limiting. I call this world of relative truth the culturescape.

Law 1: Transcend the culturescape.

Extraordinary minds are good at seeing the culturescape and are able to selectively choose the rules and conditions to follow versus those to question or ignore. Therefore, they tend to take the path less traveled and innovate on the idea of what it means to truly *live*.

CHAPTER 2: QUESTION THE BRULES

Many of us live according to outdated rules imposed on us through the culturescape. I call them Brules. A Brule is a bulls**t rule that society adopts to simplify its understanding of the world. To question the Brules is to take a step into the extraordinary.

COMMON BRULES WORTH CHALLENGING

1. **THE COLLEGE BRULE.** We should get a college degree to guarantee our success.
2. **THE LOYALTY TO OUR CULTURE BRULE.** We should marry within our religion or ethnicity.
3. **THE RELIGION BRULE.** We should adhere to a single religion.
4. **THE HARD WORK BRULE.** We should work hard to be successful.

Exercise: The Brule Test

How can you quickly recognize a Brule? Ask yourself these five questions:

Question 1: Is it based on trust and hope in humanity?

Question 2: Does it violate the Golden Rule?

Question 3: Did I take it on from culture or religion?

Question 4: Is it based on rational choice or contagion?

Question 5: Does it serve my happiness?

Law 2: Question the Brules.

Extraordinary minds question the Brules when they feel those Brules are out of alignment with their dreams and desires. They recognize that much of the way the world works is due to people blindly following Brules that have long passed their expiration date.

CHAPTER 3: PRACTICE CONSCIOUSNESS ENGINEERING

Think of consciousness engineering as an operating system for the human mind—one that you control. Your models of reality are like the hardware: They're your beliefs about yourself and the world. Your systems for living are like the software: what you do to "run" your life—from your daily habits to how you solve problems, raise your kids, make friends, make love, and

have fun. We constantly upgrade our electronic models and systems, but many of us live with outdated beliefs and habits without even knowing it. When you swap out old, expired models and systems that limit you, you're elevating your consciousness and opening the path to extraordinary living.

Exercise: The Twelve Areas of Balance

For each category in the Twelve Areas of Balance below, rate your life on a scale of 1 to 10, with 1 being “very weak” and 10 being “extraordinary”:

1. **YOUR LOVE RELATIONSHIP.** This is a measure of how happy you are in your current state of relationship. Your rating: _____
2. **YOUR FRIENDSHIPS.** This is the measure of how strong a support network you have. Your rating: _____
3. **YOUR ADVENTURES.** How much time do you get to experience the world and do exciting things? Your rating: _____
4. **YOUR ENVIRONMENT.** This is the quality of your home, car, workspace, living space, travel accommodations, etc. Your rating: _____
5. **YOUR HEALTH AND FITNESS.** How would you rate your health, given your age and any physical conditions? Your rating: _____
6. **YOUR INTELLECTUAL LIFE.** How much/how fast are you learning and growing? Your rating: _____
7. **YOUR SKILLS.** Are you growing the skills that make you unique or are you stagnating? Your rating: _____
8. **YOUR SPIRITUAL LIFE.** How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful? Your rating: _____
9. **YOUR CAREER.** Are you growing or stuck in a rut? Your rating: _____
10. **YOUR CREATIVE LIFE.** Do you engage in any activity that channels your creativity? Your rating: _____
11. **YOUR FAMILY LIFE.** How's your relationship with your mate, children, parents, and siblings? Your rating: _____
12. **YOUR COMMUNITY LIFE.** Are you playing a role in your community? Your rating: _____

Law 3: Practice consciousness engineering.

Extraordinary minds understand that their growth depends on two things: their models of reality and their systems for living. They carefully curate the most empowering models and systems and frequently update themselves.

CHAPTER 4: REWRITE YOUR MODELS OF REALITY

It's up to us to choose what we want to believe about ourselves and our lives—and give our children the power to do the same. The exercises below will help you rewire your models of reality. Try doing them with your children, too—and if they can't think of something they love about themselves, tell them something you love about them.

Exercise: The Gratitude Exercise

Think of three to five things you're grateful for today—they could be as small as a shared smile or as large as a promotion at work.

Exercise: The “What I Love about Myself” Exercise

Think of three to five things you love about yourself. Perhaps it's a quality or an action that made you proud today. Or perhaps it's your sense of humor, your calm in a crisis, your hair, or your jump shot. For a few minutes each day, acknowledge just how great that “you” is.

External Models of Reality

Our internal models of reality, or our beliefs about ourselves, are hugely powerful. But our external models—what we believe about the world—are just as powerful. Here are four of the most powerful new external models I've decided to believe have added immense value to my life:

- We all possess human intuition.
- There is power in mind-body healing.
- Happiness at work is the new productivity.
- It is possible to be spiritual but not religious.

Exercise: Examining Your Models of Reality in the Twelve Areas of Balance

1. **YOUR LOVE RELATIONSHIP.** What do you expect from a love relationship, both to receive and to give? Do you believe you deserve to be loved and treasured?
2. **YOUR FRIENDSHIPS.** How do you define friendship?
3. **YOUR ADVENTURES.** What's your idea of an adventure?
4. **YOUR ENVIRONMENT.** Where do you feel happiest? Are you content with where and how you live?
5. **YOUR HEALTH AND FITNESS.** How do you define physical health? How do you define healthy eating? Do you believe you're aging well or poorly?
6. **YOUR INTELLECTUAL LIFE.** How much are you learning and growing?
7. **YOUR SKILLS.** What holds you back from learning new things?
8. **YOUR SPIRITUAL LIFE.** What type of spiritual values do you believe in?
9. **YOUR CAREER.** What is your definition of work? Do you feel you have what it takes to succeed?
10. **YOUR CREATIVE LIFE.** Do you believe that you are creative?
11. **YOUR FAMILY LIFE.** What do you believe is your main role as a life partner, son, or daughter? Is your family life satisfying to you?
12. **YOUR COMMUNITY LIFE.** What do you believe is the highest purpose of a community? Do you believe you're able to contribute?

Two Tools to Rewrite Your Models of Reality

Here are two instant techniques you can apply to remove negative models of reality that you might develop on a day-to-day basis. Both are based on

the idea of activating your rational mind before you unconsciously adopt a model. Ask yourself the following questions:

Question 1: Is my model of reality absolute or relative truth?

Question 2: Does this really mean what I think it means?

Law 4: Rewrite your models of reality.

Extraordinary minds have models of reality that empower them to feel good about themselves and powerful in shifting the world to match the visions in their minds.

CHAPTER 5: UPGRADE YOUR SYSTEMS FOR LIVING

Many of us are so busy *doing* that we never step back and think about *how* we're doing—or *why* we're doing it. Extraordinary minds are always looking to discover and refresh their systems for living. Then they evaluate to see how well those systems are working.

How well are your systems for living serving you? Is it time to upgrade?

Exercise: What's Your Refresh Rate?

Have you updated the systems in any of the Twelve Areas of Balance recently? I've listed the twelve areas below along with a favorite book or course for each that could offer a new perspective:

1. **YOUR LOVE RELATIONSHIP.** *Men Are from Mars, Women Are from Venus* by John Gray
2. **YOUR FRIENDSHIPS.** *How to Win Friends and Influence People* by Dale Carnegie
3. **YOUR ADVENTURES.** *Losing My Virginity* by Richard Branson
4. **YOUR ENVIRONMENT.** *The Magic of Thinking Big* by David J. Schwartz, PhD
5. **YOUR HEALTH AND FITNESS.** *The Bulletproof Diet* by Dave Asprey (for men) and *The Virgin Diet* by JJ Virgin (for women)

6. YOUR INTELLECTUAL LIFE. What better way to optimize your intellectual life than by learning to speed-learn and improve your memory? I recommend courses by Jim Kwik.
7. YOUR SKILLS. *The 4-Hour Workweek* by Timothy Ferriss
8. YOUR SPIRITUAL LIFE. *Conversations with God* by Neale Donald Walsch and *Autobiography of a Yogi* by Paramahansa Yogananda
9. YOUR CAREER. *Originals* by Adam Grant
10. YOUR CREATIVE LIFE. *The War of Art* by Steven Pressfield
11. YOUR FAMILY LIFE. *The Mastery of Love* by Don Miguel Ruiz
12. YOUR COMMUNITY. *Delivering Happiness* by Tony Hsieh

Exercise: Your Non-Negotiable Set Points

Once you refresh your systems for living, use non-negotiable set points to prevent backsliding and progress toward even higher levels of achievement.

Step 1. Identify the areas of your life where you want to create set points.

Pick a couple of areas from the Twelve Areas of Balance where you'd like to see progress.

Step 2. Determine your set points.

Set specific *achievable* goals in these areas.

Step 3. Test your set points and correct if you miss.

If you slip off your set point, initiate a set-point correction procedure (see Step 4).

Step 4. Turn up the heat—in a good way.

When you slip off your set point, set a goal to get back to your set point—*plus a little more*. Now you've not just prevented stagnation, you're actually growing.

The Systems of the Future

We pay far more attention to systems for taking care of our bodies than to systems that take care of our mind and spirit. We've created a society where it's considered normal to wake up with feelings of stress, anxiety, fear, and worry. But it isn't. We can install systems for living to be free of them. I call these systems transcendent practices. They include gratitude, meditation, compassion, bliss, and other practices. Just a few minutes each day will clear your mind and give you energy, optimism, and clarity for the day ahead.

Law 5: Upgrade your systems for living.

Extraordinary minds consistently spend time discovering, upgrading, and measuring new systems for living applied to life, work, heart, and soul. They are in a perpetual state of growth and self-innovation.

CHAPTER 6: BEND REALITY

As you start playing with consciousness engineering, questioning the Brules, and experimenting with new models of reality and systems for living, life starts to feel spacious and exciting. You're moving toward a powerful upgrade. I call it bending reality. There are two key things you feel in this state:

- You have a bold vision for the future pulling you forward.
- You're happy in the NOW.

Your vision is continuously pulling you forward—but it doesn't feel like work. It feels like a game, a game you love to play.

Exercise: The Eight Statements

The simple set of eight statements below will help you gauge where you are on the path to bending reality. There are no right or wrong answers. This is just for you to see where you are right now.

1. I love my current job to the point where it does not feel like work.

NOT AT ALL TRUE

SOMETIMES TRUE

VERY TRUE

2. My work is meaningful to me.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

3. There are often moments at work that make me so happy the time just flies by.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

4. When things go wrong, I don't worry at all. I just know something good is on the horizon.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

5. I feel excited about my future, knowing even better things are always on their way.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

6. Stress and anxiety don't seem to faze me much. I trust in my ability to attain my goals.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

7. I look forward to the future because I have unique and bold goals on the horizon.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

8. I spend a good amount of time thinking excitedly about my visions for the future.

NOT AT ALL TRUE SOMETIMES TRUE VERY TRUE

If you answered "Very true" to statements 1 through 4, you are likely happy in the now.

If you answered "Very true" to statements 5 through 8, you likely have a good vision for your future.

If you can answer "Very true" for all eight statements, you're likely in the state of bending reality.

Most people, however, find that they tend to be able to answer "Very true" to either the happiness-related statements or to the vision-related questions, but not to both.

Law 6: Bend reality.

Extraordinary minds are able to bend reality. They have bold and exciting visions for the future, yet their happiness is not tied to these visions. They are happy in the now. This balance allows them to move toward their visions at a much faster rate while having a ton of fun along the way. To outsiders, they seem "lucky."

CHAPTER 7: LIVE IN BLISSIPLINE

Did you know that there's a simple system for mastering happiness in the now and feeling truly joyous? I call it blissipline: the discipline of daily bliss. It consists of three key systems:

Blissipline System 1: The Power of Gratitude

Blissipline System 2: Forgiveness

Blissipline System 3: The Practice of Giving

Happiness is not some amorphous state outside of your control. It's a trainable skill. The exercises below are powerful pathways to blissipline.

Exercise: Daily Gratitude

Most of us look toward the future when seeking happiness. But happiness is right in our own backyard. Focusing on the good things that have already happened in our lives provides instant happiness in the now. Each morning and evening, spend a few minutes thinking about:

Three to five things you're grateful for in your personal life

Three to five things you're grateful for in your work life

They can be big or small—as long as they're meaningful to you. Spend five to ten seconds letting the positive feelings well up about each thing. Try sharing the bliss: Try doing these exercises with your kids or with your partner.

Exercise: Liberate Yourself and Truly Forgive

Letting go of grudges and anger is the single most powerful conduit to a relaxed, powerful state of mind. Like happiness, forgiveness is a trainable skill. It is key to mastering blissipline. Here is a simplified variation of the forgiveness exercise I learned at the program 40 Years of Zen.

Preparation

Make a list of people you feel have wronged you or situations where you've been hurt. This may not be easy to do, especially for a very hurtful

or longstanding situation. Be gentle with yourself. When you're ready, pick one of the people on the list and start the exercise.

Step 1. Set the scene.

With your eyes closed, for two minutes or so, feel yourself in the moment it happened. Picture the environment.

Step 2. Feel the anger and pain.

As you picture the person who wronged you, get emotional, but don't do this for more than a few minutes.

Step 3. Forgive into love.

As you picture that person, feel compassion for him or her. What pain or anguish might they have suffered that made them do what they did? Ask yourself: *What did I learn from this? How did this situation make my life better?*

Afterward, you should feel a slightly lesser negative charge toward this person. Repeat the process until you feel comfortable forgiving into love. For a serious offense, this could take hours or days. "Forgiveness into love" does not mean to simply let go. You still need to protect yourself and take action if need be. Criminal acts, especially, need to be reported to authorities. But with forgiveness, the pain of what happened no longer eats at you.

Exercise: Ways of Giving

Step 1. List all the things you could give to others.

Ideas include: time, love, understanding, compassion, skills, ideas, wisdom, energy, physical help, and what else?

Step 2. Drill down and get specific.

What skills (accounting, tech support, tutoring, legal assistance, writing, office skills, art skills)? What kinds of wisdom (career counseling; working with kids; helping others deal with an experience you've had, such as going through an illness or being the victim of a crime)? What types of physical help (fixing things, assisting the elderly, cooking, reading to the blind)?

Step 3. Think about where you could give help.

Within your family or extended family? At work? In your neighborhood? Your city? Local businesses? Spiritual community? Local library? Youth organizations? Hospitals or nursing homes? Political or nonprofit organizations? What about starting a group or raising awareness about an under-served cause??

Step 4. Follow your intuition.

Review your lists and mark the items where you feel a surge of excitement.

Step 5. Take action.

Put out feelers, watch for coincidences that bring opportunity your way, and explore the possibilities.

Law 7: Live in blissipline.

Extraordinary minds understand that happiness comes from within. They begin with happiness in the now and use it as a fuel to drive all their other visions and intentions for themselves and the world.

CHAPTER 8: CREATE A VISION FOR YOUR FUTURE

Most of us are asked to choose a career before we can legally buy a beer. How can we possibly know what we want from life at that age? But even when we try to be “mature” and systematic about goal setting, we may end up dissatisfied because most modern goal-setting methods are fundamentally flawed.

We’re trained to set “means goals”—goals that are a means to an end—and usually about meeting or conforming to society’s Brules. In contrast, “end goals” follow our heart, excite and inspire us, and put our ultimate target in our sights. Pursuing end goals accelerates our momentum toward the extraordinary. The Three Most Important Questions exercise can help you get straight to the end goals that really matter in your life:

Exercise: Ask Yourself the Three Most Important Questions

Question 1: What Experiences Do You Want to Have?

If time and money were no object and I did not have to seek anyone's permission, what kinds of experiences would my soul crave?

- **YOUR LOVE RELATIONSHIP.** Vividly imagine your ideal love relationship. Whom do you want to wake up next to in the morning?
- **YOUR FRIENDSHIPS.** Picture your social life in a perfect world—the people, the places, the conversation, the activities.
- **YOUR ADVENTURES.** What kinds of adventures would make your soul sing?
- **YOUR ENVIRONMENT.** Conjure up the feelings of being in environments you love. What would your ideal home, car, travel destinations look like?

Question 2: How Do You Want to Grow?

In order to have the experiences above, how do I have to grow? What sort of man or woman do I need to evolve into?

- **YOUR HEALTH AND FITNESS.** Describe how you want to feel and look every day. What about five, ten, or twenty years from now?
- **YOUR INTELLECTUAL LIFE.** What do you need to learn in order to have the experiences you listed above? What would you love to learn?
- **YOUR SKILLS.** What skills would help you thrive at your job? If you'd love to switch gears professionally, what would it take to do that? What are some skills you want to learn just for fun?
- **YOUR SPIRITUAL LIFE.** What is your highest aspiration for your spiritual practice?

Question 3: How Do You Want to Contribute?

If I have the experiences above and have grown in these remarkable ways, then how can I give back to the world?

- **YOUR CAREER.** What are your visions for your career? What contribution to your field would you like to make?
- **YOUR CREATIVE LIFE.** What creative activities do you love to do or what would you like to learn? What are some ways you can share your creative self with the world?
- **YOUR FAMILY LIFE.** Picture yourself being with your family, not as you think you “should” be but in ways that fill you with happiness. What wonderful experiences are you having together? What can you contribute to your family that is unique to you? Remember, your family doesn’t have to be a traditional family—define “family” as those whom you truly love and want to spend time with.
- **YOUR COMMUNITY LIFE.** Your community could be your friends, neighborhood, city, state, nation, religious community, ethnicity, or the world community. Looking at everything that makes you who you are, what is the mark that you want to leave on the world that excites and deeply satisfies you?

Law 8: Create a vision for your future.

Extraordinary minds create a vision for their future that is decidedly their own and free from expectations of the culturescape. Their vision is focused on end goals that strike a direct chord with their happiness.

CHAPTER 9: BE UNFUCKWITHABLE

Extraordinary minds are full of energy and are prepared to take on the world to manifest their bold goals and visions. If you want to do the same, you must step past your fears. Fortunately, like much of what you’ve learned in this book, becoming unfuckwithable is a trainable skill. It involves understanding two particular models of reality:

SELF-FUELED GOALS. These are end goals that you have absolute control over. No one can take them away from you. Example: to be consistently surrounded by love.

YOU ARE ENOUGH. Feeling that you must prove yourself will infect your life with the need to seek validation from the outside world. It gives away control over your life. Knowing that you are enough takes you from having a hole in your heart to being whole-hearted—and with your heart whole, you will have so much more to give to life, love, yourself, and the planet.

Exercise 1: The Person in the Mirror (for Creating Self-Love)

Stand before a mirror, look directly into your eyes, and repeat to yourself, “I love you.” Do this as many times as feels right to you.

Exercise 2: Self-Gratitude (for Appreciating Yourself)

Make sure you do the “What I Love about Myself” exercise every day (see Chapter 4):

Think about a quality or an action of yours that made you proud today. Maybe nobody else told you that they appreciated it, but it’s time that you affirmed it for yourself. Think about what it is about you as a human being that you can love. Is it your unique style? Did you solve a complex problem at work? Is it your way with animals? Your dance moves? Your jump shot? That awesome meal you cooked last night? The fact that you know the lyrics to every Disney song since *The Little Mermaid*? You can identify qualities that are big or small, but you must pinpoint three to five things every day that make you proud to be who you are.

You can practice this simple self-affirmation in the morning when waking up or just before going to sleep. For me, it’s helped me heal much of what the monk in the hot tub pointed out to me.

Marisa Peer suggests that all of us have a child within who never received all the love and appreciation we deserved. We can’t go back and fix the past. But we can take responsibility to heal ourselves now by giving ourselves the love and appreciation we once craved. You can help heal your own inner child.

Exercise 3: Becoming Present (to Remove Sudden Fear and Anxiety)

Use present-centeredness to pull yourself out of stress and anxiety and return to happiness in the now. Simply spend a minute or so focusing on a specific detail in the present moment: the way the light is falling on an object, the beautiful design of your own hand, or the rise and fall of your breath.

Law 9: Be unfuckwithable.

Extraordinary minds do not need to seek validation from outside opinion or through the attainment of goals. Instead, they are truly at peace with themselves and the world around them. They live fearlessly—immune to criticism or praise and fueled by their own inner happiness and self-love.

CHAPTER 10: EMBRACE YOUR QUEST

When I think about the extraordinary people I know, their uniqueness is that they're driven by a vision so big that they're operating beyond the con-

ventional limitations of work and life. Their energy is inherently positive, and they pour it into a mission that they're passionate about.

The most extraordinary people in the world do not have careers. What they have is a calling.

A calling is your contribution to the human race. It's something that helps us leave the planet better for our children. It can be a book you're working on. It could be dedicating your life to raising remarkable children. It could be working for a company with a mission to change the world in a way that resonates with you. When you pursue a calling, your life is filled with passion and meaning. With the right practices, anyone can reach this stage of supreme fulfillment.

Discovering Your Quest

How do you get started with finding your mission? There are two approaches I know of: the approach for the brain and the approach for the heart. You can also combine both.

Author and speaker Martin Rutte, creator of projectheavenonearth.com, suggests you ask yourself these three questions in order to help you identify your calling—fast.

The first question is: Recall a time when you experienced Heaven on Earth. What was happening?

The second question is: Imagine you have a magic wand and with it you can create Heaven on Earth. What is Heaven on Earth for you?

And now the final question: What simple, easy, concrete step(s) will you take in the next twenty-four hours to make Heaven on Earth real?

Law 10: Embrace your quest.

Extraordinary minds are motivated by a quest or calling—a drive to create some positive change in the world. This drive propels them forward in life and helps them to gain meaning and make a meaningful contribution.



TRANSCEND THE CULTURESCAPE
QUESTION THE BRULES
PRACTICE CONSCIOUSNESS ENGINEERING
REWRITE YOUR MODELS OF REALITY
UPGRADE YOUR SYSTEMS FOR LIVING
BEND REALITY
LIVE IN BLISSIPLINE
CREATE A VISION FOR YOUR FUTURE
BE UNF*CKWITHABLE
EMBRACE YOUR QUEST



THE CODE OF
THE EXTRAORDINARY MIND

THE CODE OF THE EXTRAORDINARY MIND:

The Online Experience

Create Your Account to Experience a Book Like Never Before. Free with this Book.

THE APP: GO DEEPER INTO TOPICS YOU CARE ABOUT

This book comes with its own custom-designed app with hours of additional content, practices, training, and more. Do you especially like a particular idea from one of the thinkers I mention in the book? You can use the app to dive in deeper and listen to my full interview with them. Inspired by a particular technique I share? The app will let you play a video of me guiding you through the technique. You'll find gorgeous images, photos, ideas, and more, all on the Online Experience available for Web, Android, and iOS. You can therefore read this book in a few hours, or you can choose to spend days exploring and deep-diving into the full content. Access it from www.mindvalley.com/extraordinary.

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GLOSSARY

BEAUTIFUL DESTRUCTION: A situation where a part of your life is destroyed, only to make way for better and bigger things to come to you.

BENDING REALITY: The idea that our consciousness can shape the world around us and that luck is within our control.

BLISSIPLINE: The discipline of daily bliss. The process of consciously raising one's happiness level by adopting specific systems for living, including transcendent practices. See also Transcendent practices.

BLUEPRINT FOR THE SOUL: A person's written answers to the Three Most Important Questions.

BRULE: A bulls**t rule. An element of the culturescape that an individual has decided to ignore or dismiss as untrue or irrelevant to that individual's worldview.

BUSYNESS PARADOX: The fallacy of thinking one is too busy to meditate—similar to saying, "I'm too hungry to eat."

COMPUTATIONAL THINKING: A process that generalizes a solution to open-ended problems. Open-ended problems encourage full, meaningful answers based on multiple variables, which require using decomposition, data representation, generalization, modeling, and algorithms.

CONSCIOUSNESS ENGINEERING: A method to optimize learning and hacking of the culturescape by gaining awareness of the models of reality and systems for living that may have intentionally or unintentionally been adopted from the culturescape.

CULTURE HACKING: The technique of changing the culture (beliefs and practices) of a group (as in workspace, company, family, school) by using tools to create positive advancements in the group culture. It's applying consciousness engineering within a group to allow the members to grow and work together better. See also Consciousness Engineering.

CULTURESCAPE: The world of relative truth, which is made up of human ideas, cultures, mythologies, beliefs, and practices.

CURRENT REALITY TRAP: The state of feeling happy in the now but without a vision for the future. While this state may bring temporary happiness, it won't bring fulfillment.

DO-DO TRAP: The condition of being so busy *doing* that there is no time to step back and think about *how* and *why* one is doing things.

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END GOAL: An ultimate aim or destination—often discerned by following one’s heart and feelings; the opposite of a means goal. See also Means goal.

FOUR STATES OF HUMAN LIVING: Four conditions of life, each having a different level or balance (being pulled forward by a bold vision for the future and being happy in the now): 1) the negative spiral, 2) the current reality trap, 3) stress and anxiety, and 4) bending reality.

GODICLE THEORY: The idea that human beings are particles of God and are thus endowed with certain God-like abilities such as the ability to bend reality.

HUMANITY-MINUS COMPANY: A business whose product may fill an unsustainable or artificially-created demand and that leaves the world and the human race worse off.

HUMANITY-PLUS COMPANY: A company that pushes the human race forward; for example, companies focusing on clean, renewable energy sources, companies that promote healthy living, or companies working on new ways to live on the planet.

KENSHO: A gradual process of positive personal growth that often happens through the tribulations of life. This positive growth may not be noticeable while it is happening. See also *Satori*.

LOFTY QUESTIONS: A method of asking positive questions during a transcendent practice as described by author Christie Marie Sheldon; an alternative to affirmations and problem-focused personal growth practices; for example, *How am I finding so many ways to give and receive love?* instead of *Why can’t I find a love relationship?*

MEANING-MAKING MACHINE: A syntax in the human brain that attempts to attach meaning to situations that often are random, have no implied meaning, or do not have the meaning that has been attached.

MEANS GOAL: A goal (sometimes a Brule) mistakenly identified and pursued as an end in itself, when in fact it is simply a means to a larger, more fulfilling end. See also Brule and End goal.

MODELS OF REALITY: Beliefs about the world that play out in one’s experiences of the world, unconsciously or consciously; analagous to hardware in a computer. See also Systems for living.

NEGATIVE SPIRAL: The painful state of not being happy in the now and not having a vision for the future.

PRESENT-CENTEREDNESS: Becoming focused on the present as a technique for finding happiness in the now and raising one’s happiness set point.

REFRESH RATE: How frequently a person updates his or her systems for living.

RETICULAR ACTIVATING SYSTEM (RAS): The component of the brain that registers patterns; certain transcendent practices prime the RAS to notice the positives over the negatives in life situations.

REVERSE GAP: As explained by Dan Sullivan, the space, or gap, between the past and the present and the events that fill it—the best place to focus on when

GLOSSARY

- practicing gratitude and a far more reliable source of happiness than focusing on the forward gap (anticipating happiness in the future), as most people do.
- SATORI:** A sudden spurt of positive personal growth that happens by awakening; a life-changing insight that occurs without warning and lifts a person immediately to a new plane. See also *Kensho*.
- SET POINT:** A non-negotiable benchmark that is easily measurable and helps you measure your level of growth or maintenance.
- SIX-PHASE MEDITATION:** A meditation program rooted in science that takes just fifteen minutes a day and draws on many different methods to bring practitioners a rewarding and optimized meditation experience they can personalize to their own schedule, needs, and life.
- SYSTEMS FOR LIVING:** Structured habits and processes for living aspects of life, from play to work to growth. A repeated (and, ideally, an optimized) pattern for getting things done; analogous to software in a computer or apps. See also Models of reality.
- THREE MOST IMPORTANT QUESTIONS:** Three pivotal questions for setting expansive, fulfilling goals on the path to bending reality.
- TRANSCENDENT PRACTICES:** Optimized systems for living that nurture the mind and spirit and take practitioners beyond or above the range of normal or merely physical human experiences. Examples include exercises in gratitude, meditation, compassion, and bliss. See also Blissipline.
- TWELVE AREAS OF BALANCE:** Twelve key domains of a balanced life: your love relationship, your friendships, your adventures, your environment, your health and fitness, your intellectual life, your skills, your spiritual life, your career, your creative life, your family life, your community.
- UNFUCKWITHABLE:** According to Internet memes: “When you’re truly at peace and in touch with yourself. Nothing anyone says or does bothers you and no negativity can touch you.”

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