

IT'S EASY TO BE  
A MASTER



*When You're Not  
Emotionally Involved*

By  
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This book is dedicated to  
All of the Masters in the World,  
Who in a flash of momentary insanity

*Lost their mind!*

Fret not, as it is just the joys of  
Wearing your skin suit,  
Playing the Human game,  
Here on Planet Earth.

For just as the insanity is momentary,  
So in a moment mastery will return.

So relax, breath deeply  
And allow freshness to arise.

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## INTRODUCTION

Over the last twenty-two years as a practicing Buddhist and the past four years of transformational work, I had begun to develop a fairly solid practice, which has at times, bordered on mastery. And in the process of this inner work, I have been fortunate enough to write 16 books on Transformation and Mastery, covering a wide variety of subjects. And I guess subconsciously, I started to consider myself a master, due in part to the fact that I had written several books on this subject.

The Universe, however, would appear to have a sense of humor. Just as I had seemingly surmounted most of my karmic conditioning, turning the corner into a life of excellence and extraordinary living, I was blindsided by one of the seeds of karma that I had planted o' so many years ago.

For Karma, (also known as the Law of Cause and Effect) is a debt that will always be paid. And if you are present to the signals that the Universe provides you, there is no need to suffer at the wheel of karma. But, be things as they may, though I might have been present to all of the domains of my life and having done deep inner personal work in most, there was still an area that I needed to learn a few lessons. And learn

them I would. For, as I mentioned above, the Universe has good comic timing.

Right after I had authored two new books on Maitre Healing (based on Loving Kindness), S-Alchemy, The Alchemy of the Soul, and having met my twin flame, the universe decided that it was time for me to pay the karmic debt that I had incurred many years before when I became involved with energy that wasn't serving me. Now usually, I am able to see through that energy either fairly quickly, or at least after a few rides on the roller coaster.

But, as I am sure that we have all experienced, there is always one area that we are blind to. And for me it was one particular domain!

Relationships!

Ahh, the domain of relationships. Isn't that one always an eye-opener!

Here I was, basically a walking Buddha, and yet I was still triggered like a wind up doll! So much for mastery, right! Well not really. Remember the mirror principle, nothing exists in our life that we haven't called forth in order to teach us a lesson, or to challenge us to rise into our higher selves.

Of course, that is easy to invoke when we are conducting the business of our lives, but not when we are in the emotional heat of a relationship. No matter how far removed that it might be, it still has the ability to trigger a part of our unconscious. And low and behold, today I was triggered. And not just a little bit. Here was a relationship that had ended almost two years before, and up until just recently, I was on fairly cordial terms

with her, as we shared joint custody with a small dog. (I loved that dog!)  
But, when we had a bit of a falling out over the dog, things were destined to change.

I just didn't know how much! But today I found out, and the energy that started to run was almost out of control. For a minute, I began to be in the place of the old energy that used to take me. And I began to imagine all of the ways that I could WIN in this Ego struggle. Because after all, that was what it was, wasn't it? Just a struggle to win, survive and be right. And now, looking back on the events of the day, I realize that the Universe had one more test for me before I could be christened a Master. And that was the ability to master my emotions when I was triggered by my Ex.

And so far, I have been found lacking.

But the good news is, each time I am triggered and am willing to sit with the energy that arises from that experience; and grow from it rather than avoid it, there is the possibility of mastery arising from the ashes of the house of consciousness that the Ego has just burned to the ground.



## CHAPTER ONE

### Co-Dependency

As we have evolved in life, there is a subtle sense of accomplishment as we navigate the torrid waters of existence. And in relationships, there is no exception. As a matter of fact, in time, we begin to consider ourselves adept at handling the intricacies of relationships. There might be a wild card that we aren't considering though. Are we factoring the concept of duality into our relationships?

For those of you that are asking the question, duality, what is he talking about? That is the conversation that I started with the first book in my series, 'Zero to Mastery in 7 Volumes' called 'Metamorphosis'. Duality is a phenomenon that is created in the physical plane of existence whereby the Ego appears real. And its struggle to survive is paramount. So, if we are functioning in our lower consciousnesses unaware of the concept of a Higher Self and duality, then most likely the relationships that we are having are either one of karmic-convergence or co-dependence.

So let's talk first about karmic-convergence. What in the world am I talking about? Karmic convergence is the principle of the universe sending us a relationship that is going to teach us something about ourselves. Because based on the Law of Attraction, we cannot attract someone into our lives that is not either a perfect match of our energy, or a perfect fit. (we will talk about that in a second). So the mirror principle says that the universe is sending us a mirror in order to see ourselves in.

These relationships are typically volatile, but the energy is always on. The sex is usually fantastic, as is the ups and downs of the roller coaster ride. The energy is most probably dark and the results are calamitous. If you haven't experienced a relationship like that one in your life yet, then good for you. Do all the work on yourself in order to realize your higher self before you manifest one. Because, based on Universal Law, it is only a matter of time. (See Overcoming the Ego in Appendix III)

Another aspect of Karmic Convergence is the relationship that was sent to you based on the effect of a cause that occurred in your past. Now that might be a relatively recent cause, (as in this life) or a long past cause. But either way, YOU called it forth in your life based on who you were being in the past. And this debt has to be paid, and you have to learn a lesson from it, because if you don't, the universe will continue to send the lesson to you in increasing doses until you do. So do yourself a favor and learn the lesson before it becomes two painful.

Now what is the antidote to this kind of relationship? Why awakening to consciousness of course. Though no guarantee that you are completely going to avoid the land mines of Karmic Convergence, it will at least

afford you the opportunity to either see the effects or learn the lesson it was meant to create in your life.

Now we will talk about the next kind of relationship. That is a Co-Dependant one. This relationship is usually the most insidious, especially when we are blind to duality. For these individuals appear to be existing in a harmonious balance. Both of their lower selves are feeding off each other in perfect harmony, even though they are robbing each other of any possibility of realizing an extraordinary life.

For a brief recap, let us just say that the Ego, as a dependant arising, relies on outside energy for survival. In a co-dependant relationship, both of the egos are feeding off each other, seemingly in balance, yet holding each other back. As each individual is suffering equally, it appears to be the status quo and this relationship will survive right up to the grave, 'till death do us part!' Because there is not extreme trigger to upset the balance of this relationship, it will appear normal and healthy until something upsets the apple cart.

This event usually catches everyone by surprise when it does, as from the outside; they appear to be a perfectly healthy couple, at least to those who are asleep to the concept of duality. Duality and awareness to it, is sometimes the trigger that upsets the apple cart, as one of the partners in a Co-Dependant relationship wakes up to the concept of Duality, and understanding the prices he or she is paying to their immortal soul, makes a commitment to do whatever it takes to wake up and live a life of no regrets. While their partner, on the other hand, is comfortable living in the darkness and wants no part of this thing called 'transformation'. Now that can cause a problem!

Because, if the partner that is involved in transformation is committed to the work and the partner that is comfortable being where they are is resistant to the possibilities, then there is bound to be some sparks flying! And in this moment, the relationship transforms from one of Co-Dependence, to one of Karmic-Conditioning, as the mirror principle is finally in play. Damn I hate that mirror!

But it is in ignoring what is in that mirror that actually causes us all of the suffering that we have in our lives. Think about it, we want things to be a certain way, and our inability to accept the things the way they are is actually causing us to suffer! *That is all there is.* So when we become flexible enough in our lives, accepting of that which we desire, then and only then will our level of suffering cease or decline.

And most of all, if you have the willingness to look into the mirror with the realization that the reflections can set you free from suffering. If, and this is big, *if* you are willing to accept the results for what they are! Not what you are wanting them to be, or colored by your projections. Because your ego has insidiously pre-programmed you with a series of coping mechanisms and avoidance techniques to keep you from having to look at either your results or yourself with a sense of naked awareness!

And as you are your results, ultimately, you are avoiding looking at you!

So we run around pretending not to know that the most important things in our lives, with the greatest impact on our quality of life, either don't exist, or are someone else's responsibility. Because, after all, I had nothing to do with that, right? Well, just the willingness to ask that question, and the openness to the concept of duality will allow a new

possibility to arise in the seemingly impossible circumstances of your current either Karmic-Convergence or Co-Dependant relationship.



## CHAPTER TWO

### Being Honest With Ourselves

So we have awoken and found ourselves in a 'hell' of our own making. Now what? Do we just can the current relationship and move onto something that is serving us, or do we tough it out and suffer in the cosmic stew of our own making.

Well, actually, neither. For as Mahayana Buddhism teaches us, we adopt the middle way. Known as Madyamaka in Sanskrit. So, we analyze our situation, and ask ourselves a series of questions. Because, there is one thing I can assure you, *I don't have the answers for your life, but you do!* So with that in mind, take a look at **all** the relationships in your life and ask yourself the following question.

~|s this relationship working or not working!

Because if this relationship isn't working, then if we are coming from responsibility, it is up to us to do something about it! *Not the other person!*

Next, let us take a look at the relationships that appear to be working.

Ask yourself the following question.

~Is this relationship serving me or not?

Because this relationship may be working but not serving you! *And that is almost worse than a relationship that isn't working, because you are actually putting your precious energy into to it with no tangible results!*

Now, once you have made your list, it is time to ask yourself some more hard questions.

~What is the vision for your life?

~What are your principles?

~Where do you see yourself in five years~

After answering all of the questions, we will revisit the two lists that you made earlier. And the decisions that you make now will be some of the most important ones that you will ever make. *Because these decisions are made consciously!* Why does that make a difference? Well before, you were unconscious and on automatic. And the universe has a lot more tolerance for us when we are bumbling around in our lives, but when we wake up to duality and the concept of higher reasoning and the possibilities of the soul and the higher realms, now our decisions have very powerful effects. Both from the light, and the dark!

So let's talk a little about this topic, as it is so important in our path. The light and the dark, lower self and higher self, or the Ego and the Soul. What does all this mean, Unconscious or Conscious? Well to begin with, when we were born we were beings of light, love and laughter, nothing but pure souls in a human suit. And then we learned fear and judgment and developed our Ego's. Through time, we learned to survive in the world and our Ego's developed further, gaining us possessions and taking action in the world. All the while, we were unconscious to the aspect of our souls that were waiting to be acknowledged and for us to come back to the light!

For the Ego casts a web of darkness over the light, in order for it to fully function as the power broker in our bodies. And, based on the results of the world right now, I would say that the majority if not most of individuals that are living or have lived are operating from this domain. *That of the Ego, and darkness!* Now I know that is a little difficult to swallow, but as long as you have not been present to duality, you have been coming from Ego, it's just that your ego may not look like what you have made up that an Ego is supposed to look like!

After all, this is the greatest trick the Ego has ever done, and that is convince us that it doesn't exist. So now that we are looking at the Ego and veil of darkness that it has cast over the light, it is up to us to remove the veil and discover the light within ourselves. My last book S-Alchemy, talks about the process of the Alchemy of the Spirit, and all of my other books talk about it to some extent, so I will not go into detail with it here, but I recommend that you actively participate in a practice of activation or transformation of your soul in order to reveal the light that lies within you.

For once we start 'Living in the Light', all things are possible, and our relationships will magically transform! How is that possible you say? How are our lives going to transform from simply removing the veil and living in the light? Well remember the mirror principle? Our lives are just reflecting back who we are actually being. So change the being and change the results. We will go into this in a little more detail in the middle of the book, but for now let us just suffice to say that all of life is a Be-Ing equation.

So before, when we were unconsciously Be-ing the darkness, coming from Ego, the Universal One, the 'All-that-Is' forgave us for our ignorance and did not assign as potent a level of Karmic tracing to our actions, as they were unconscious and retarded. Now for those of you that have energy on this word, I am not intimidated the use that many people use for the physically and mentally challenged, for they are truly angels of light amongst us, and my heart cries out for them every day. I am just simply using the word in the context of 'not forwarding'.

Now that we are conscious of duality the existence of spirit within us, if we then *choose* the darkness, and come from Ego, now the 'All-that-Is' assigns a much greater Karmic tracing to our deeds! Well now what? I get that I live in duality, but I am no master and sometimes I still get triggered. What do I do?

Well here is the good news. When you choose the light, not only does it dispel the darkness, but the karmic energy that it creates is as much as 1000 times more potent than the karmic tracing of the dark side! Hallelujah! We are saved!

Well almost. Just acknowledging the Ego and saying you are committed to 'Living in the Light' is not enough to get the work done. So let us take a look at how we got where we are, and maybe a way will open up to us in how to find our way home.



## CHAPTER THREE

### Transforming Your Life

In the last chapter we had some lists and some questions that we answered. Let's take a look at these and see if something opens up. First let's look at any blood relations. If they are in the not working list, excepting primary relationships, then we are not going to be able to eliminate them completely, but we can reduce the impact they have on our Be-ing. So the first thing you are going to want to do is slowly remove yourself from there circle of darkness. For I guarantee, that is what it is. *A circle of darkness!* I am not saying this is going to be permanent, but until you have accomplished your own transformation, they are keeping you back from what is possible in your life. So mother and father issues especially, remove the triggers from your life until such a time as the power that you are giving away in every event is returning to you and you feel the internal strength and guidance to re-engage.

Next we will look at the relationships that aren't working and aren't related. Simple, these relationships get to be eliminated from your life. You are a sum total of the 10 people that you hang out with. Every one of these people is having an effect on your life. And here is the beautiful thing about transformation from the darkness to the light. An interesting occurrence called the 'Draw or Drive Syndrome' will come about.

You will begin to draw other beings of light to you, like a moth to the flame. They will be supportive of your journey into your higher self and into the light. You will also drive away those beings who are uncomfortable in the presence of the light. Much like a small bulb eliminates the darkness in the largest room, so shall a little light in your life drive away those beings that are consumed by darkness. But be clear who they are, so that you can begin to make conscious choices that take you out of those environments as well. There is an old saying, 'If you don't want a haircut, don't hang out at a barbershop!' Allow that to settle into your life as you ask yourself those three questions again. Is what you are doing and who you are hanging out with serving your vision?

And if not, why are you still there? Either your vision isn't real, or you are B.S.-ing yourself about it.

Do these people share your principles? If not, why are you still associated with them? Either your principles aren't real to you, or once again you are B.S.-ing yourself.

And lastly, when you think of where you are going to be in 5 years, are these people and circumstances supporting you in getting there? This brings us to our last list. Remember the list of relationships that are

working but not supporting you? I'll bet a few more people just made the list! So look at that. See where you are giving your future, *your life* away for someone else's attention.

For that is what it really is, isn't it! You are giving your self worth and dignity away for attention or affection, instead of creating a life of no regrets that will ultimately serve you and everyone you touch so much more. These relationships will be the first thing that you start to see transform as you transform yourself, for they are a reflection of who you are.

As you become the light and stand in your higher self, they will be a reflection of that, or they will naturally fade. But be present to where that energy that originally wasn't serving you goes, because it typically finds another outlet somewhere else in your life. Because you aren't the only one that is transforming as you become present to your Ego. That's right, your Ego is transforming as well!

Gosh darn it! Now you tell me!

Well, imagine that you had a golf club that hit the ball into the hole every time you swung it. Golf would get kind of boring after a while, wouldn't it! Conversely, if your Ego simply wilted away once we acknowledged its existence, then life would be one of lightness, mastery and higher consciousness, and after a few eons, we as light beings, would get awful bored! And probably figure out a way to make it more challenging, and therefore more fun!

Oh wait. That's what we did already.

Now do you see the beauty in having such a 'Beast' of an Ego!  
Because it really is a cosmic game, this challenge that we accepted when we came into being in this reality. And we did choose it, because there is no other way to get here, first you must be chosen, and then you must agree to come. So relax, and enjoy the deliciousness of it all. The karmic 'surprises', as well as the delights of the Soul.



## CHAPTER FOUR

### Learning to Love Again

Now what exactly do I mean by that, 'Learning to Love Again'. Well it is rather simple really. Love as we have known it and as we currently either know it or will discover it, exists on four levels.

There is that magic number four again. What is up with that? Well, we will talk about that a little more at the end of the book, but for now just know that there is no accident.

The first love that we experienced was the act that conceived us, for no matter what story you have been told, or how you manifested into the world, it was an act of love-making that created you. And, the love that you projected back into this world was 'Un-Conditional'. That is the first level of love, and the purest. Have you ever been around a new born or a small child? That experience of love from them literally transforms all that are around it. Why do you think that women love babies so much? In our society, so ruled by the Ego, it is the only place that they can find the

Un-Conditional love that all of us has been longing for since we were born.

Then, as we grow up and we learn of hurt, pain and fear, our Ego is created. And around the age of six, we start developing a level of love I like to call 'Reasoning Love'. This is where your mind allows you to experience love based on conditions. These conditions are usually created by either your Ego or the Egos of the individuals that you are in relationship with. This is the strongest level of conditional love and the cause of most of our initial heart breaks. As we attach many conditions to this kind of love, most of which cause us to suffer. As we go through life, our conditions become firmer, our Egos become more defined and our level of reasoning in love becomes so detached as to almost become antiseptic. There is a cold, calculating nature to this level of love, and ultimately, there are losers in this process. All we have to do to see the impact that this level of love has done to our world is look at the current level of divorce among married couples today. It is approaching 80%, that is staggering. But not surprising in our modern, consumer driven, Ego fixated society in which the concept of spirituality has become so Taboo!

When an individual, or the society in which the individual functions, has become sufficiently damaged by the previous level of conditional love, and the prices that are being paid are too much to bear, then and only then is the process ready for a reversal.

And the first step in the process of 'Learning to Love Again' is the transformation of the conditional love, or 'Reasoning Love' back into a 'Feeling Love' or the love of the heart. Now most of you are probably already saying that you are feeling things in your heart. And that could

very well be true, but I will assert that there is a puppet master pulling on your 'heart strings', and that is 'Reasoning Love'. You are just feeling the effects of your conditional love, all of the strings that you have attached to your love in the organ of your heart!

That is not true feeling love. For feeling love requires that you don't 'think' love, you just 'know' love. This is a transformation out of the mind and into the body. Where you know in your heart when an act is pure and not self-ishly motivated, but self-lessly motivated. Where the pure delight in the act of love itself is its own reward, and the acknowledgment of the act is not required. The love is in the love, not in the return of the love. For those of you who are interested in a powerful book on this subject, I recommend 'The Mastery of Love' by the Nagual, Don Miquel Ruiz. He says it much better than I ever could, and to paraphrase him wouldn't do the work justice. But let's just say, that the mastery of this kind of love is something that could take a lifetime, and yet it will be the love of a lifetime that will transform your life and all in it.

In the process of transforming your love from a 'Knowing Love' to a 'Feeling Love', something extraordinary occurs. Your life will begin to have a richness and a meaning that was always there, but just out of your field of vision before. You will begin to experience a level of sadness and joy that will overwhelm you, and you will become moved to tears by the simplest gestures and sights of natural wonder. Your level of compassion for your fellow man and woman will swell as your capacity to love unconditionally swells until you feel that you literally have room for the entire world in your heart. All this is and more is possible when you overcome the Egoistic notioning of the mind and remove the veil of darkness and start 'Living in the Light'.

Of course, the voices in your head won't stop, for the most part they will only get louder, why are you crying, this person deserves their suffering, what's in it for me, and so many more reasoning rationalizations that are sent by the Ego to overwhelm your commitment to a new way of living that it will appear impossible to overcome. And so it is. So don't try to overcome the Ego, for that is how it wins, it draws you into the game! The only way to win at this game is *not to play!*

So when the barrage of thoughts and voices occur, just allow them to arise and fade naturally, and then acknowledge them simply by saying to your Ego, 'Thanks for sharing, but that is not the life that I am committed to living any more!'. And, if occasionally you find yourself running off with your Ego, and awaken to find yourself in bed with your old friend, forgive yourself for your momentary lapse of sanity, realize that you are still human, and it is one of the 'joys' of the earth plane, and get back into the game of your life.

*The one that you choose, the one of Unconditional Love!*

Some of you are probably wondering, did Niall forget how to count, that is only three levels of love. There is a level of love that is so deep in its unconditional nature that it attains the purity of the soul, or the level that you experienced right after you were born. It has a purity, a quality that cannot be described, it can only be experienced. I can say for sure, that when it is experienced, you will not have any question about what it was that you experienced, because it is so profound and deep and resonates in a place so deep in your mid-section, that it cannot be described as an area of the heart.

That is known as the *dontien*. Or the root of your being, the cells that are at the tip of your umbilical cord. For even though the umbilical cord may no longer be serving its purpose for your physical body, it still has a function for your soul. And in this space, is where you will experience the purest form of love, the 'Love of the Soul'. For me, when I first experienced this, there was a deep knowing of things, a connection with 'All-that-Is' and an understanding of something so much grander than I had ever thought of before.

I realized that the smallness of my youth, and the self-aggrandizement of my young adulthood was mere child's play in the grander scheme of what was possible and what my purpose in life was. I also became empowered by this level of love, as it gave me access to resources that I had only dreamt of before, a reservoir of love that I could delve into whenever I needed.

This level of love was the ultimate, and I felt a bit like I was born again. Born again into spirit. My spirit. My soul.

Now here is the funny thing, or maybe not, depending on your sense of humor. Within hours of experiencing that, I found myself triggered by an effect that I created in my past, a form of karmic tracing that I will ultimately be unraveling for the remainder of my life I would imagine. So with my feet planted firmly back on the ground, and my Ego in full bloom, I realized in that moment, in a flash of clarity, not only was I human, but I was ecstatic about it! Because now that I knew the way into that space of the pure 'Love of the Soul', I was confident that I would find my way back! And yet again and again, for this is the path that we are ultimately invited

to take. And in so doing, to experience the Light of the Soul's Love. What a wondrous and splendorific event!

So turn on your 'Love Light', turn on the 'Love Light of the Soul' in your life and allow yourself to discover the purity that you were born with, that you have just forgotten after all these years. It hasn't been lost, it has just been covered up by a mountain of ka-ka. But pretending that you don't have a mountain of ka-ka in your living room is not going to have it go away. Burning some more incense or dressing it up in funny hats is not going to make it any more attractive.

So, much like a poor child would reason, with all of that ka-ka, there must be a pony in there somewhere! So let's get started. Let's roll up our sleeves and start digging in the ka-ka. Let's start looking for that pony, and in so doing, discover the 'Love of the Soul'.

Now that is an adventure worthy of Peter Pan, and I know that Tinkerbelle will be there to support you in times of darkness, do bring some joy to your life and make the road of transformation seem a little less rocky.



## CHAPTER FIVE

### Transforming Our Relationship

So now that we have transformed ourselves, and our capacity to love, how do we transform our relationship? Ahh, that is a good one. For we can't just trash every relationship that isn't working because it began as either Karmic-Convergence or Co-Dependency now can we! Or maybe we do, and that is why the Universe or 'All-that-Is' keeps giving you these relationships. First, to learn a lesson on a cellular level that you are either refusing to acknowledge or pretending not to know exists. And secondly; because until you really appreciate what you have, you can't transition to the next level in *all* areas of your life.

So that means, coming from responsibility, that if your relationships, any of them, are to work . . . . *it is up to you to have it work!* No one else! And all that avoidance does is prolong both your and everyone else's agony.

That's right, it prolongs your agony. Because you are just postponing the lesson that this relationship that you created was meant to teach you. Now, I can assure you, that if you feign ignorance, and move forward

when you aren't ready, you will source more suffering of a similar nature in some area of your life. *It is Universal Law!* And no one is above Universal Law, that is why it is called Universal Law. So, with this knowledge in hand, and the understanding that until you work through this blockage that you have created for yourself nothing will fundamentally change, how do we transform this relationship?

If you read my book, 'Creative Mastery', then you are already familiar with a process called 'Living Your Dreams' which is in one of the appendixes to the book. If you haven't then I have included it in Appendix I of this book. As a result of this process, you will define in terms of being, your higher self. This will allow you to create a mantra for your Soul. And using this mantra, you can trigger higher consciousness in your self, and in everyone around you. Even your relationship. For as your world is a mirror of your own being, as you step into Higher Consciousness, others around you will do the same.

And as this mantra is a key that you always carry with you wherever you go, you therefore have a 'Conscious Key' that will open the door to possibilities wherever you are. How cool is that! There is a catch, and isn't there always. You will be going against the tide of ego that is manifesting around you and through you, so be prepared for it to be uncomfortable, because if it was easy, this world would already be transformed. After all, this isn't new technology or new thinking, it has been around for thousands of years in one form or another, and has generated phenomenal results on a limited scale, but now it is time for these results to be replicated on a Universal Scale.

As you become comfortable with your mantra, you will begin to see aspects of your mates higher self manifest itself in ways of being as well. And the basis for a mantra for him or her will begin to form. Now this is obviously a lot simpler if they are open to the conversation of transformation. But then if that was the case, then most likely you would be walking the path together and most likely *not* reading this book! So I will make the assumption that only you are on the path of consciousness, regardless of the level and that your partner is for the most part, Asleep! Not right, wrong, good or bad, it is just what is! And the acceptance of that will actually allow you to begin to lay the foundation for something else.

So where were we? You were becoming comfortable with your mantra and using it in the world. And your partners Higher Self was communicating either his or her mantra to you. With that in hand, begin to picture them *only* in that light! For what you focus on expands and there is some evidence that our thoughts actually create our reality, so why would we continue to hold them in their past, or imagine them as their lower consciousness? That would be retarded, and it would not allow either them or you to exist in the higher dimensions. So hold them high, imagine them in the aspects of their mantra and allow them the space to show up transformed!

That is the key, *allow them the space to show up transformed!*

For irrespective of where you are holding them, if your level of patience won't allow for the space, or a clearing for consciousness to arrive, then it will be D.O.A. (dead on arrival). Ahh, the patience word. Another big stretch for us in the domain of ego. First we must let go of judgment, as in

not holding people in their past, and then we must be patient enough to allow them to show up in their greatness. Arrgh, why does this have to be so hard. Well, it just does, for in the space of allowing and patience, freshness will come into your life and creation will blossom where control has reigned supreme, . . . up until now!

Once you have practiced manifesting greatness in both yourself, and your relationships, you will begin to notice it show up in the other domains of your life as well. This will encourage you to continue your practice and deepen it. And in this initial phase, your growth will be profound, and the light will replace the darkness in your life. Eventually, there will be a trigger or a plateau that will send you back into your stuff. This is the natural order of things. For in the falling, and the act of getting back up, you will become stronger and more aware of what tripped you up.

In order to support you in the area of your primary relationship, where most of the powerful triggers will occur, I have developed another technique that will support you in creating a space for the light to show up.

Remember the mantra that you have created for your partner? When the trigger is profound, and chanting your mantra is only just allowing you to tread water and your partner appears either content or determined to be their lower selves (Ego), start looking at their mantra and see how you can evoke those ways of being in your life. After all, based on the mirror principle and the concept of responsibility, in order for your life (and your partner) to be a certain way, first that must exist within you. So access your partner's mantra and find the transformation for either him or her inside yourself!

This is a profound technique, for remember, due to either Karmic-Convergence or Co-Dependency, the two of you manifested each other in your life. And most likely, the ways of being of your partner's mantra will be very supportive to you as well!



## CHAPTER SIX

### The Law of Attraction

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

You have drawn towards you everything and everyone who is in your life. You send out into the ether the story of your patterns, emotional energy, mindsets, and denials, likes and dislikes. People who do not resonate on our frequency simply are not attracted to us. The vibration you emit is made up of your conscious and unconscious energy, some magnetic, some repellent and some neutral. Like attracts like. Qualities such as love, kindness, delight or generosity transmit a high frequency and magnetize people with similar energy. The universe provides mirrors for us to look into. Our underlying beliefs attract people and situations to us. If you think negative thoughts you attract negative people and situations to you. Whenever something is not materializing, as you would like it, examine

your underlying feelings and change them. The inner attracts the outer. If something in your outer world is not what you want it to be, look inside and shift how you feel about Yourself. You will automatically attract different people and experiences to you. Remind yourself of your good qualities. Send out positive light and wait for a miracle to be drawn towards you. You are a magnet: you attract like to you.

It is impossible for the relationship you currently have to NOT be in your life based on who you are being! And unless you want another relationship JUST LIKE THIS ONE, then do the work IN this one in order to manifest a new being to BE in relationships. This relationship that you are currently in is actually a gift from the Universe and 'All-that-Is' in order for you to manifest your greatness and have the abundant life that you were destined to from before birth.

So, relax, breathe deeply, and let out all of the energy that you have been holding onto regarding the relationship that you are currently in, and realize that it is the vehicle to your freedom!



## APPENDIX I

### LIVING YOUR DREAM

How many of us have woken up one morning and looked around and wondered where we were!

Some even surprised by our current condition and circumstances!

So happy were we, just a few scant moments ago in dream land. That euphoric state suspended between immortality and this life on earth.

And then, as reality sets in, we feel the heaviness of our present moment awareness descend upon us.

And along with that awareness, the to do's, concerns and have-to's of everyday existence.

Now this will be different for everyone. Some will be frantic with concern, and others nonplussed with the daily trappings of the drift. But all of us live with it to some degree.

So here's the question!

*Do we choose this reality, or did it choose us?*

I wonder.....

There are many wise sages through the ages of many traditions that hypothesize that our time and place of birth, our parents and the events of our lives are pre-determined by prior causes, or karma.

*This is known as the Universal Law of Cause and Effect.*

However, when the universe was created, way back when, there was a wild card built into the equation called *free will*.

So what is actually at work, is it the Law of Cause and Effect, or is it Free Will?

The answer is....

***BOTH!***

There is another interesting effect at work in the physical plane, this effect is called duality.

Duality manifests itself through us in the form of EGO and SPIRIT. Or what I like to call our lower self and Higher Self.

The second that we are born into this world, we begin to become conditioned by the events of our lives, and a belief system arises out of that series of events that shape our personality, or EGO.

But what about the unborn essence that we brought with us into this existence,

*Our soul!*

This luminous and pure, sparkling being of light, love and laughter.

What has occurred to that essence, that possibility?

It has become buried by the vicissitudes of life. As we navigated our way through the challenges and painful learning experiences of our lives, we lost our connection to this unborn yet inscrutable essence that is our birthright.

But, it remains yet alive, living out its possibilities, deep in our dreaming minds.

Here is the good news, as it is unborn, it therefore cannot die.

So no matter how far you've wandered, the possibility exists to discover your Higher Self,

that unborn spirit known as, *your soul*.

Now, this is where most of us get stuck,

for we are at a loss about how to go about this discovery.

Like you, I was once unconscious to the ravages of the EGO, and the possibilities of my Higher Self, until I discovered that there was a

### *Formula For Success!*

(I have a secret).

I am a closet analyzer. And as a Mathematician, I love formulas!

Thankfully, this formula is simple. Because the one thing that I have learned in my life, is that if something is more than 3 steps long, humans, (myself in particular) will figure out a way to complicate it!

I mean, I still have trouble trying to do the '*Texas 2-Step*', which is supposed to be a simple dance!

For some!

So here is the **Formula For Success**:

1. **Be your Higher Self.**
2. **Be Aware of you lower self.**
3. **Be your vision for the world.**

Now I know, I haven't given you a lot of directions here and you are probably thinking to yourself that seems pretty simple.

But remember, we are going to complicate this, a lot!

### Step One.

The first thing to do is identify your ego conversations. Those little voices in your head that stop you short of success every time.

You know the ones, the committee, the monkey mind, that undisciplined, indiscriminate judge that is so merciless!

And once you have 3 aspects to that lower self, *WRITE IT DOWN!*

Because just like Obi-wan in 'Star Wars', your EGO will pull the Jedi mind trick on you faster than you can say, 'who's your daddy'!

'You don't need to remember that, that is negative energy', it will say to you.

And for those of you, who are saying that you don't have a little, voice, welcome to your EGO. What do you think was just saying that anyway?

### Step Two.

Next, pick three world leaders that you have always admired, they may be living or dead, known to you, or someone that you personally have read about.

Now make a list of their admirable character traits.

Once you have compiled this list, select 5 adjectives out of the list that resonate with you in your *'intuitive mind'*.

For those of you that are asking, what is an intuitive mind?

Well, it's *NOT* between your ears. That's where your beliefs and your *EGO* reside!

And it's *NOT* in your heart. Even though it is the source of love, and reputedly the seat of the soul in some cultures.

*Your intuitive mind is in your solar plexus!*

Hence the expressions, 'gut reaction', and 'gut feelings' and 'I knew it in my gut'!

Out of those 5 adjectives, select the 3 that resonate with you the deepest and try them on in an affirmation.

Say,

I am a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (woman / man).

Go with what makes you *FEEEL* good in your intuitive mind!

Now you have an affirmation, or a mantra that represents your higher self.

This is something that you can use as an antidote to your lower self, whenever you see those character traits that you previously listed, arise.

### Step Three.

And now, lastly, how can we live our vision, or more exactly *BE* our vision as listed above.

*That is easy; you are already living it in your dreams!*

First, keep a journal by your bed, and every morning upon awakening for a month, write down what you remember of your dreams.

You will start to see a common thread, or pattern occurring.

If not, give it some more time, as you might have some external pressures that are blocking your soul from communicating with you through the vehicle of your dreams.

Now take that thread, and create a world of selfless action and service to humanity out of it,

and ta-da, *You have a vision!*

Your vision will sound something like,

'I am committed to creating a world of.....'

So in closing, when you take this formula, combine it with *Universal Law*, and apply it to the eight domains of your life,

You will find that you cannot help but be successful,

You cannot help but live your higher purpose,

*And you cannot help but live your DREAM!*



## APPENDIX II

### OVERCOMING THE EGO

There has been much written about the trials and tribulations of overcoming the ego. The following quotes have been attributed to the task of overcoming the ego by several spiritual aspirants over the ages:

*"It is easier to conquer a city than it is to overcome one's ego"*

*"It is easier to squeeze an elephant through the eye of a needle, than it is to realize the higher self"*

With words like that, it almost makes the prospect of becoming self aware a daunting task that is not worth of the effort.

Trust me, that is exactly what the ego is counting on. And in some way, the past, even your past lives, have led you up to this moment in time where you have the opportunity to overcome your ego. This combination

of opportunity and the readiness of the spirit to undertake this journey of self realization is not to be wasted!

And if this journey is to be successful, there are several practices that will support you in overcoming the ego.

First, we must address the conversation of what we are up to, transformation or change.

The western paradigm of psycho analysis would have us believe, with the right amount of therapy, that we can change.

That is however, a misplaced belief. For the good news and the bad news are both the same, *and that is that people never change!* Hmmm. Wow, that stings a little. And a couple of you are resisting that, I am sure.

But think about it. That would require that we go back into the past and change the events that shaped our beliefs. Because that is what constructed our Ego conversations.. These events created our belief systems which are operating without our awareness in the background chatter of our sub-conscious minds.

Now that seems a little mysterious, but really there is no mystery behind it what-so-ever.

Remember, it was when we were very little, that our belief systems were created.

We were little and the world was large, and these belief systems were put into place to protect us from a world that seemed quite frightening. The problem is, we didn't get a new set of beliefs when we grew to adulthood, so that these outmoded beliefs are still operating, *in spite of the fact that they don't work!*

So now you ask, if people don't change, *what is the point of even doing the work of personal development.*

Well that is because, you weren't born with these belief systems (or your ego as it is commonly referred to) which represent your lower self. You were born as a pure manifestation of spirit and light, known as your soul, or your higher self.

So this means that you actually exist in duality.

And as such, though you can never change, you can choose which self you are going to operate from.

Therefore, transformation is actually just the process of choosing which self you are going to be..

Now, overcoming the ego is going to be a bit of a challenge. Conventional Buddhist texts dictate that it will take just as long to deconstruct the ego as it took to create it.

And for the most part, that took four years of your life to construct.. That means using conventional techniques and due diligence, overcoming the ego would take approximately 12 years with the appropriate study.

That is not a prospect that is very encouraging,, so I have undertaken to create a series of processes that will speed up this transformation..

First, transformation of your results in life is going to require a transformation of your being. Because you're underlying thoughts create the results that are showing up in your life, through the Law of Attraction most recently made famous by the movie "The Secret".

And in order to transform your thoughts, you get to transform the underlying being that is generating those thoughts.

So that means that you get to choose which being you are going to be coming from, your higher self or your lower self.

So ultimately, you can't change, but you can choose.

That is the underlying basis for transformation, choice.

Now that choice is going to require continued presence to who you are being, for if you are not conscious, you will go on automatic, and start being your ego, which has become a habit over the past 20-30 years.

So a series of practices are going to be required in order to overcome this addiction to the ego that we all suffer from.

First, I start the day with a little process that I call, "**The Attitude of Gratitude**".

Now this process has been talked about by many different individuals over time, but I have created this special process that will allow everyone to create their own reality.

First, early in the morning, before the rest of the household has awoken, find a comfortable place to sit in gratitude for all that life has provided to you.

Assume your meditative posture, *and choose to be grateful for five things for a full one minute each.* This will take five minutes to complete, and then begin your normal meditation practice.

Then when you are complete with your meditation, say the **“Prayer of Non-Judgment”**

*“Today I pray not to judge anything that occurs or anyone that I encounter”*

Only for today, because I am addicted to my ego, and as such I know that I am an ego-holic and it is one day at a time.

Now we have a much better foundation to go through our day and we will create extraordinary results for the day.

At the end of the day, there is a period of reflection, where we look back on the events of the day *and validate who we were being.*

Now, it is not possible to be being your higher self and your lower self at the same time. So every event will be either a creation of your lower self or of your higher self.

So, without judging yourself, just notice the event, and see whether your higher self created the event and validate it by saying, *'Yes, that worked, let's duplicate that'*.

And equally without judgment, notice whether your lower self created the event and validate it by saying, *"Yes, that didn't work, let's avoid that."*

Now you have the foundation of awareness of your lower self beginning to flower, which will eventually lead to ownership of your lower self.

Now you have to ask yourself, what are the ingredients of transformation.

And after a while you will come up with **focus and commitment**. Focusing on your higher self, and a commitment to stay there and avoid going on automatic and becoming your lower self. Now, when you distill down the words focus and commitment, you get rigor.

That's right, rigor. And rigor is an interesting word, one that has undergone its own transformation over the ages. For some it means discipline. For others it means stiffness and bearing. I take it to mean the level of awareness of being, that I am creating from in my life.

And I look at rigor a little differently than most. I look at the individual letters and the words that they imply.

Responsibility.+ Integrity= Generates Outrageous Results.

The first two words being controlling and having everything to do with transformation.

**Responsibility.** That is a word that has undergone its own personal transformation through the ages. As a matter of fact, if you look that word up in a dictionary, the definition will change with every edition that you read.

With most of the definitions of the word beings something onerous and heavy. This is a far cry from the original definition of the word which simply meant *the ability to respond*.

And yet, we have made up something completely different regarding the word.

And second the word Integrity. Another word that's definitions have changed remarkably since the days of Rome when the word arose.

For some it is come to mean character or qualities of honor and truthfulness. But the origins of the word are much simpler than that. The origin of the word is integer, which is just the first number, one. And the word was integritas, which simply meant whole and complete. Nothing more, or less.

So then I ask you, given the definition of the word as you now know it, blended with the definition of the word that you currently hold, who do you know that represents integrity for you?

He or she can be either living or dead, someone that you know or have read about.

So now, we can see both responsibility and integrity for what they really are,. And that is just simply the ability to respond and to be whole and complete. When you combine this with the standards held by the individual that you picked, now you have a barometer for the transformation that you will undertake.

On some level, the ego will be quick to respond, “well you are no (whoever you picked) *and it will be right!* But you can certainly aspire to be like that individual, and use them as the level 10. So on the scale that you have chosen maybe you are only being a 4 today, but you can aspire to a 5 tomorrow.

And using RIGOR, mainly rigor with your EGO, you can continually rise up the scale every day until your life has forever changed. And now, by the Law of Attraction,, you are attracting different circumstances and people into your life *because you have become a different person.*

Not by changing, but by choosing, with every event that occurs, to be your higher self. And the choice has always been yours, but many of us have forgotten that we have a choice, a choice between something magical, and something very ordinary.

So given the choice, what do you choose?

Because if you keep doing what you keep doing, you are going to keep getting what you keep getting. And if you are open for different results

in your life, there is another way, but it will take real work, because just like the opening lines of this discussion, this will be no easy task, but the rewards for overcoming the ego are the most delicious and everlasting fruits of any life.

And you can rest in the knowledge that all of the other souls in the astral plane are standing with you, shoulder to shoulder, creating all of the support that you can ever need.

