



Life Mastery 2

(SELF Mastery)

Introduction

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Introduction

General Information

Life Mastery 2 (*Self Mastery*) is taught in the same way as Life Mastery 1, in small groups via the internet, live group telephone conferences, and an online curriculum.

Regardless of your reason for continuing on with the Life Mastery series, I promise, (just as with ALL of our trainings), if you *fully* participate in this program you will most likely gain everything you're hoping for.

About Life Mastery 2 (Self Mastery)

Life Mastery 2 is different from Life Mastery 1 mostly in that provides Participants with tools that can alter their mental and emotional 'States' **instantly**, allowing them to create (and sustain) a more positive and productive 'Reality' *at will*, whereas, Life Mastery 1 focuses more on 'long-term' transformation.

A 'State' is that level of consciousness that has the greatest impact on your life at any given moment. It is the 'place' where your mind 'lives'... it is your *current* 'Reality'.

As you gain a greater and greater understanding of nature of 'Reality' it will be much easier for you to *alter* your 'States' in ways that better serve you and those you influence. Having been through our *Life Mastery 1 Course of Action*, you already understand the basic nature of Reality so you will be able to use this Session and Session #1, as a means to begin MASTERING the material.

Self Mastery was created for the purpose of helping you MASTER the teachings of Life Mastery 1, as one-time through isn't enough to master *any* course or process, and 'Life' Mastery is no exception. It was also created to help you more quickly and easily alter your 'States / Reality', as well as the states of your *family, clients and others*. Being able to *immediately* improve your mental and emotional wellbeing, will create greater joy and peace in your life, while increasing your Emotional Quotient (EQ). And as discussed in Life Mastery 1, EQ is far more important than IQ when it comes to leading a happy, fulfilling, and successful life.

The techniques you learn in Self Mastery, can be used in many scenarios, such as while giving or receiving a massage or facial, or while debating with a spouse or client.

Who

The Self Mastery techniques are best you on those who wish to feel happier, more peaceful, fulfilled and alive as well as those who are suffering from stressful, challenging or emotional issues in their life.

How

Self Mastery accomplishes this emotional transformation through gentle dialog and interactive coaching sessions. This dialog can be used on yourself, or with others.

Self Mastery benefits the practitioner by increasing your degree of contribution to others, as well as by improving your own emotional wellbeing and that of your family, friends and coworkers. Finally, you can quickly provide your clients, coworkers and family with deeper, more meaningful solutions to their challenges, leaving them happier and more at peace with their lives.

Self Mastery is a *form* of Life Coaching that I developed over a 20-year period. Self Mastery provides something that Life Coaching typically does not, and that is *immediate* results. Although *Life* Coaching can bring about meaningful change in a relatively short period of time, it isn't intended for creating *immediate* results. *Self* Mastery however, is designed specifically for those who wish to feel or perform better NOW. Whether they just want to begin feeling more peaceful, confident, or joyful, or they're suffering from strong negative emotions and need a way of letting go. Self Mastery can alter almost anyone's state in a matter of minutes. And since these treatments can quickly enhance the mood of *others* they're ideal for improving your family or corporate culture and morale. Self Mastery combines the best of many *proven* practices, principles and treatments, ranging from Cognitive Behavioral Therapy (CBT), traditional Zen & Tao teachings and meditations, Neural Linguistics Programming (NLP) and Hypnotherapy, as well as more conventional, but equally effective treatments.

“Life isn't about finding yourself... life is about *creating* yourself.”

~ George Bernard Shaw

What

The first thing you will do in this course is to get 'set up' so you can gain as much as possible out of the course. We are doing that NOW. Setting up includes:

- Enrolling others who will help you through the course (more on that shortly).
- Making sure you understand how to use our simple process:
 - Remembering to call in a few minutes early each week for your live session so you are ready to go, making it so we can always start on time
 - Remembering how to access the *recordings* of each session so you can go back and listen to them again if you like, or listen to ones you missed due to unavoidable circumstances
 - Remembering to contact others on your team so you can team up and support one another through the process

Next, you will revisit our discussions on ‘Reality’; it is crucial that you master your understanding of reality for Self Mastery is about ‘altering ones Reality’ and creating a Reality that better serves us (or those we influence) at any given moment in time.

The time we spend on Reality will only be 1/3rd the time we spent during the Life Mastery 1 training, making this more of a ‘condensed review’ of what you’ve already studied, thus helping your focus on the most critical and salient aspects.

And for the rest of the training, you will learn how to use much of what you’ve already learned in ways that Shift your States (or the States of others), while *mastering* the underlying principles you’ve already been learning.

I have studied the most highly effective methodologies known for Shifting (altering) States for many years and discovered that there is no, one, single, perfect tool for doing so. Some approaches work better for certain situations than others, some work better with certain people, and some work better when used together. As a result of this discovery, we will be teaching you a new method of ‘Shifting’ each and every week, allowing you to practice and build an extensive repertoire of skills and options. By the end of the 13 sessions, you will have learned as many ways of Shifting States as you are likely to ever need in your personal life or career.

Not only will this course teach you, your clients and loved ones a series of different ways to ‘Shift’ your ‘States’ at any given time, (so you can almost instantly find peace and joy in any given situation), you will then be able to offer your skills to others.

As with *all* our programs, Self Mastery utilizes the best of past and current discoveries, knowledge, and insights involving human nature and behavior, and ways to use these insights in order to impact and improve upon the lives of those who apply it.

And as with Life Mastery 1, our approach is much like that used by the acclaimed martial arts master Bruce Lee, who was believed nearly invincible in competition as a result of combining the best of all top martial arts practices into one flowing and nearly flawless system. *Our* program has accomplished something similar by combing the old with the new, including practices based in Tao, Zen, CBT, NLP, NVC and many others (to be further explained and addressed in this program).

The process we teach applies to *all* areas of life, from career, health and relationship issues to conquering fear, problem solving, and overcoming overwhelm.

After taking this course, you will see things differently. Your view of your problems...even your reality will be transformed, as consequently will your feelings, your *behavior* and the *results* your feelings and behavior generate.

It isn’t magic; we don’t use crystals or magnets or voodoo dolls (although some of these approaches may one day prove to have power), in the end, you will find everything we teach and do to be based on good old fashion common sense and *proven* science.

Course Objectives

- Dramatically enhance your (and others in your life), ability to cope with the chaos of continuous and unsolicited challenges and changes in life
- Offer you (and others in your life), greater control over your life, happiness, sense of freedom *and* fulfillment
- Create lives that are healthier, more productive and more prosperous on all levels
- Incorporate empowering principles in your *workplace* (where applicable) for increased *employee* performance and effectiveness by helping you and your coworkers better manage their states throughout each day
- Generate immediate and measurable improvements to your life and the lives of others

Helpful Hints

- The amount of time you spend in this process is ultimately up to you.
- Each week you will want to do everything in your power to read the current week's lesson on the *day of* your weekly team meeting so you will have the full week to apply it to your life and work on the assignments.
- As with Life Mastery 1, every student of this course ultimately falls into one of three categories:
 - Those in the top 1/3rd generally 'play full-out' the entire time; they do all the exercises, take on the assignments with gusto, carefully read every lesson, attend weekly meetings fully prepared, and frequently interact during the weekly calls. These are the people whose lives are enhanced the most.
 - The middle 1/3rd *usually* comes prepared but not always, they do the exercises and assignments *most* of the time but not consistently and they interact from time to time during calls but tend to hold back. This group will still get much out of the course but not *nearly* as much as they could.
 - And the lower 1/3rd typically only glances at the lessons, they miss sessions and frequently come unprepared. They often skip exercises and assignments and they rarely participate during weekly sessions or when they do it is more often than not off topic because they don't really know the material being covered. And although even this group gains significant growth from the course it is nowhere near what those even in the *middle* 1/3rd achieve.
- So decide *now* which group YOU will be in, and then consider making a commitment to yourself and asking others in your life to hold you accountable in regard to this commitment so you can get the absolute most from this experience.

A Little Inspiration

In this program, you (and ultimately your clients, coworkers, friends and family) will discover *specific* ways to gain greater control of your life. No matter what level you've reached in your career or what success you've achieved in your personal life, you will find effective ways to accomplish even more; and more importantly, ways to ENJOY your life regardless of your challenges.

Imagine looking forward to every day; 'being in control of how you feel each and every moment', and using that control to turn every day of your life into a unique, one-of-a-kind experience! THIS is the life awaiting you when you master these principles.

“NOW is the most important moment of the rest of your life...
for in this moment you hold the key and the power to everything!”

~MF

Are You Ready to 'Play FULL-OUT'?

Are you ready to commit... NOW... on a level unlike you've ever 'played' before?

Depending upon how great your commitment and how much *effort* you put into this course, the next few weeks could *easily* become the most productive, exciting, liberating and rewarding of your entire life!

This course will introduce you to such powerful tools that mastering any one of them will significantly transform your life. Some of these principles may at first seem foreign and even difficult to accept, such as the notion that **we can 'choose' how we wish to feel at any time, about anything, regardless of the circumstances.** This principle is based on the knowledge that there is no *true, fixed, absolute* 'reality' and that with practice; our *individual* reality can be instantly altered at any time to provide us with whichever reality offers us the most power and reward. Once you are able to fully understand and apply *this* principle alone you will have greater control over all aspects of your life, including your relationships, your job and your future.

Imagine a State of consciousness where spontaneous joy, balance, peace and serenity flourish; where it is impossible to remain angry, sad, upset or worried; where problems, disappointment and fear cannot endure; where isolation and self-doubt are replaced with self-love and confidence... it is possible for virtually *anyone* to experience and share this extraordinary State. It takes time and effort to get there and even then you will still have better days than other, but the good ones will far outnumber the bad and the bad times won't last nearly as long!

How to GUARANTEE the life you desire

Let's once again use our little test that allows you to predict how successful you will be in creating your ideal life through this course.

Please check the box indicating how much you would like to gain from this course:

I would like to GAIN:

NOTHING A Little An Average Amount A LOT! ALL that is *Possible!*

Next, check the box indicating how much effort you are willing to put into this course:

The EFFORT I am willing to put forth is:

NOTHING A Little An Average Amount A LOT! ALL that is *Possible!*

Once again, compare the two boxes. The box you checked above needs to match one below. If they do not, please change either the box in the 'Gain' category or the box in the 'Effort' category, depending upon whether you are more committed to getting greater *results*... or more committed to avoiding *effort*. Keep in mind 'effort and intention' are key determining factors of your future. **The secret to *guaranteeing* incredible results from this course is that 'you will get out of it exactly what you put into it' (just as in Life).**

As we discussed in Life Mastery 1, studies have shown that the single most important character trait/asset behind *success is perseverance*... thus the level of *effort* you put into this course will determine everything, which is ideal, because of all the aspects involved in creating a better life, your *effort* is the one thing over which YOU have TOTAL control.

Possessing a tremendous intellect, good intentions or a multitude of resources is not enough because nothing in this course will matter unless you *apply* it, and even then, it will have only a modest impact on your life in comparison to what you can do once it becomes a *habit*.

Weekly Assignments

And as with Life Mastery 1, one of the most helpful aspects of this program will be via our 'Weekly Assignments'. It is here that you will have an opportunity to physically apply each lesson you have learned to your *real* life (which is not only how you generate *tangible results*, but it is also in part how you will *master* each lesson *and* acquire the hours needed for certification). You will want to apply these assignments to your life daily, because it will be through your 'daily efforts' that most of your gains will occur from this course. Remember, just as in sports, the performing arts, or any other skill...you can't master a principle or convert it into a habit with only a few minutes of exposure per week! Athletes know that it isn't during a game that they master their skills, it's during practice. Think of this course as your 'training camp for life.'

Other Support Tools

We have created a series of related books, CD's, Cards, DVD's, and other tools for supporting and reinforcing many of the principles taught in this course. Just visit the Center for Empowerment Store or Catalogue.

Terms & Conditions

This course was not created as a replacement for psychotherapy nor was it intended to treat those with serious mental, emotional or physical illness. If you are concerned about your safety or wellbeing or that of another please contact a licensed physician or psychotherapist, or dial 911 for help.

Decree

By taking this course I acknowledge the above disclaimer and agree to hold harmless the creators, instructors and facilitators of this course for any actions that I might take or recommend which have negative consequences as a direct or indirect result of this course. I am aware that I always have the ability to choose for myself which actions to take or recommend and that doing so is always of my own accord and free will.

I also accept that this course is protected by copyright law and agree not to forward the lessons or materials (in any format) to others who have not purchased the program.

Goal Guide

As with Life Mastery 1, you are asked to list three 3-Month Goals, along with a *weekly* goal for each of your 3-month goals, which you will email to your Team Leader no less than 24 hours before each of your weekly one-on-one coaching sessions.

The goals will cover three areas of life: Personal / Career / Altruistic ('Doing Good'). If you are involved in this training through an organization, the organization may require that you include one of *their* goals as well (which will replace your 'Career' goal).

These goals do not need to be the same or even similar to the goals you set in your Life Mastery 1 course. Or you can completely start over on the same goals if you wish.

In addition to having three, 3-month goals, you will also have three, weekly goals (one *weekly* goal for each *monthly* goal). These weekly goals will be used to help you stay focused and on track for your monthly goals, and you will share them each week with members of your support community, including your Team Leader just as you did in Life Mastery 1.

You will adjust your weekly goals regularly as you gain additional insights and skills, and as you learn from your mistakes and accomplishments. You may even wind up changing your 3-month goals as you learn more about yourself and your capabilities.

When you fill out your Goal Guide (in the ‘Downloads’ section), make sure they are:

- Short enough to memorize (and easily describe to others)
- Beyond your current reach, but possible
- Fun, exciting, important, or something you are passionate about

Remember to update your Goal Guide and email it to your Team Leader each week no later than 24 hours before your one-on-one session.

Summary

My goal is very simple I want these principles to become such a deep habit for you that you live and apply them automatically.

I also want you to learn so many different ways of ‘Shifting States’ that you are always able to do so or help others in your life do so, regardless of the person or circumstances.

I would like to acknowledge you for your commitment to creating a better life through this course and for your desire to pass it on to others. This commitment places you among an elite few people on earth who are taking such responsibility for their lives.

My *hope* is that after taking this course, you will never again look at another human being as either the *cause* of your pain and suffering or as the *solution* to your happiness and fulfillment, but rather, you will learn to look ‘within’ where you will find virtually unlimited power over your life. And I *guarantee* that if you apply the lessons of this course consistently, you will succeed in doing so. This course *will* work...if you will.

**We are giving you a course of rules, a formless rock and a bag of tools.
Now, you must make of seeds we’ve sewn, a stumbling block or a stepping stone.**

(See next page for Assignments)

Assignments

Assignment #1:

Enroll as many people as possible to work with and support you in this process (including family members). For starters, just tell them you are involved in a ‘personal development and coaching’ course and you need people who will allow you to contribute to them and / or practice on and share what you are learning with them so that YOU can better learn it.

As with Life Mastery 1, building this Support Community is an ongoing process, you won’t enroll everyone you want immediately, however, the sooner you get started building this community the better off you will be. This is not an ‘Optional Assignment’ you must have others in your life who are aware that you are taking this course and who are willing to let you ‘practice’ with them.

Assignment #2:

Follow our system! Do the assignments... don’t take shortcuts. You may be tempted to leave things out, or modify the process, but this is what gets nearly everyone into trouble. The universally accepted formula goes like this:

If you absolutely **MUST** alter the system in any way, wait until you have first **MASTERED** it. Chances are, once accomplished you will realize that the system was created in this specific manner for a very good reason and you won’t *want* to alter it, or if you do, you will then be qualified to do so.

Assignment #3:

Attempt to get on the call for next week’s session from 1 to 3 minutes early in order to get in the habit of doing so. While waiting for the session to begin, introduce yourself to the others on the call and begin sharing who you are, why you are in this course and what you hope to accomplish. In future sessions, you will talk about the lessons you’ve been learning and applying through the course and you will share a personal ‘story’ each week demonstrating how you applied your lessons for that week.

Assignment #4:

Fill out your Goal Guide and email it to your Team Leader before the next session.

Congratulations once again and WELCOME...
to

Life Mastery 2 Self Mastery