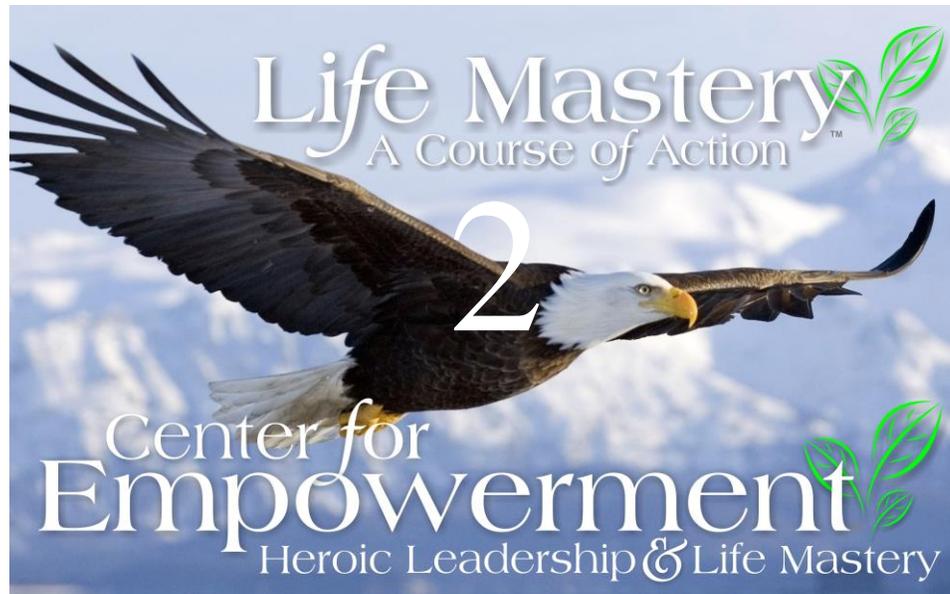


# Life Mastery 2



## Session 1 1 The Glass Box

By Mark Fournier

- **The Glass Box**
- **The Shift**
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# The Glass Box

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## Overview

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This Shift has a few similarities to those of the Bright Train / Dark Train Shift in as much as it gives you yet another way of seeing reality and ways of altering your points of view.

It also incorporates some of the principles found in the Observation Shift. And from that point on, it becomes a unique and powerful Shift that can change your world forever.

This Shift is most powerful of all when used for creative problem solving, overcoming fear and anxiety, and especially... understanding the realities of others.

Although you have studied The Glass Box in our LM-1 course, you're in for a real treat, for the *Shift* version of this story not only takes you deeper... it shows you how to use this metaphor to instantly alter your states of mind, which isn't covered in LM-1.

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## The Glass Box

### Seeing *through* our Illusions

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Before getting to the actual 'Shift' steps, let's revisit the lesson we learned in LM-1 to get you back in the right frame of mind:

Imagine... your *preexistence* ...

As your consciousness drifts blissfully through 'space and time' it is protected by a clear Glass Box. From this transparent habitat you observe *everything* exactly as it REALLY is.

You have no *opinion* of the celestial wonders scattered across the vast canvas of space... no *judgments*...only a peaceful sense of awe and possibility.

And then one day...

...you are born... and from this moment on, you begin sensing your environment... experiencing conscious and subconscious thoughts and feelings about your world.

And for each thing you experience or observe, you make up a little story and paste a mental image of it on the inside of your Glass Box so you won't forget what you've discovered. This process is much like putting drawings on a bulletin board or refrigerator. At first, the stories you post are simple comparisons such as "Being Hungry is *Bad*,"; "Being Fed is *Good*,"; "Being alone is *bad*,"; "Being held is *good*,"; "Being held *and* fed is even better,"; "Being held, fed, rocked and sung to is better still" and so on."

As you move through childhood, the 'stories' you make up about your world become more complex and you begin including not only your own judgments and observations, but the judgments of others as well, those of your parents, your teachers and coaches, your friends; even the bully across the street has a say in the stories and images you post on your wall.

As children, we still have many open portals for gazing past our self-made images, beyond our tiny Glass Box, out into the mysterious universe of miracles and possibilities.

But, as *teenagers*, we are already running out of open spaces to post our mental images. By now we have made subjective judgments about *different kinds of people*, about *ourselves, who we are* and *how we fit into the world*, even about *our personal value* and *worth*, and pasted them to our walls.

Also by now the world *inside* our box seems more real to us than the outside world ... so we begin believing and accepting the stories we've posted as if they were the one and only true reality.

And as our wall space is depleted, our 'windows' to the outside world begin to close... making it more and more difficult to see any possibilities other than the versions inside our box.

This process continues into early adulthood, by which time we have "wallpapered" the interior of our entire box, making it nearly impossible to see beyond the confines of our tiny world which has now become the only reality we know. The illusion is now complete.

In a sense, our "reality" has also become our 'prison', for we can no longer see beyond it. ... and since our tiny world is now all we know, we cling to and to the sense of security it provides... so we stop looking for a way out of our box or for any other reality... until we eventually forget that any other exists"

From this point forward, most of us simply go about our lives covering older images with newer (but similar) ones ... those that reinforce the images and stories we already have... adding further still to our imagined sense of security.

Although an infinite number of other possible scenarios exist for every image and story we've embraced or created, we're not looking beyond our box so we cannot *see* them... nor do we realize that *we're* the ones who put them there ... we can only see what is already right in front of us....

And few of us are aware that any of this is even happening; we *believe* we are still looking *outside* the box at the “real” world exactly the way it *really* is instead of staring at a *finite* collage of “*opinions, judgments and interpretations*”.

We cannot comprehend that reality is ‘nothingness’ ... a formless expanse of clay... an empty canvas... waiting for us to give it a name, a meaning, a purpose... and *we*... have the awesome power to transform it into anything we choose... love or hate... life or death... good or evil... possibilities or limitations... if only we knew... if only we could ‘see’...

The irony of this power is that we’ve used it without even knowing and as such we’ve blindly painted ourselves into a single miniature world, instead of a thousand ever-expanding possibilities... we’re like actors and filmmakers who begin believing the movie they’ve created is *real*...

And *we’re* not the only one experiencing this...everyone *else* is doing the exact same thing.”

So we each believe we see the world as it truly is, and as it is for *others* too...  
When the only way to see *their* world and understand their reality is by leaving our own Glass Box and climbing inside of theirs.”

Even then, *none* of these images or stories—not *ours* or *theirs*—is the *real* world... they are all just *interpretations* of an infinite universe of possibilities that few will ever know.

But what if you could literally ‘*think* outside the box’... mentally stepping beyond the limited perspective of your current reality... beyond the subjective interpretations of your inner world... what if you could see reality as it *really* is? Just an empty canvas of infinite possibilities... waiting to be interpreted and shaped into YOUR reality...

What if none of us (at home, school or work) accepted our reality ‘at face value’... what if we began consistently questioning our ‘subjective interpretations’ ... looking for astonishing alternatives to every situation and every point of view?

How might this alter the culture in our home or workplace? How much more effective might we be? And how might it affect our *relationships* if we all learned how to see inside of each other’s Glass Box and could thereby fully understand the reality of others?

Imagine yourself stepping through the glass of your current box, out into the calm peaceful vacuum of space... then looking back at your self-made world ... and seeing *your* reality as it truly is: just random images given their meaning by *you*; an empty shell of what *could* be...

And now... as the box drifts farther and farther away the images and stories do as well... leaving only the blissful nothingness of 'life without stories'... a life that simply 'is'. And from this blissful state all that is left is peace and possibility.

*This...is 'enlightenment'.*

And this is where it all begins... this is where you can see things for what they truly are... this is where you find not only peace...but its where the answers are as well... for the answers are within you...and now that you are no longer encumbered by the preconceived notions inside your box, you can see things differently... even the questions begin to change:

'Is this a problem at all?... or is it a blessing?... Could we be focusing on the wrong thing? Asking the wrong question?'... looking at it from the wrong perspective? Could the solutions be right in front of me?... how would I need to change my thinking in order to find them... what if I climb out of my box and stand on top of it for a different perspective ... or change my context by comparing it to something else... or maybe in some situations the Rolling Stones were right... 'we can't always get what we *want*, but we get what we *need*'. Getting what I *need*'... hmmm... that's not such a bad thing.

And you're not just better at solving problems when you're 'outside the box', you're better at everything... studies have shown that just being happier alone improves virtually everything about you from your cognitive abilities and relationship skills to your health and wellbeing... and 'being happier' is merely one of many byproduct of stepping outside a box full of 'weed's'.

You can visit this highly creative, enlightened state of 'nonjudgmental observation' as often as you like, by closing your eyes and stepping outside of your box, and then, with long deep breaths gently blowing toward the box and watching as each breath carries it farther off into the distance...as its influence over you diminishes or until the box disappears altogether, along with the limiting stories that keep you from creating more and more new possibilities...

And while in your 'enlightened' state 'objectively observing' the world around you, you are now able to see and respond to *everything* in an entirely different way...

From *outside* your box...you see everyone for who they really are, innocent beings trapped inside of boxes that they don't even know exist... believing in and reacting to *their* pictures and stories as if *these* were the one and only 'truth'.

And suddenly, you are overwhelmed with compassion for others, finally understanding that they are feeling and behaving the only way they know how...based on the pictures and stories that make up *their* world.

You ask them to describe their thoughts, feelings and beliefs to you... and as they do so, you learn how to see inside of *their* box and better understand them and *their* reality... perhaps even helping them step beyond *their* limiting box as well.

And it doesn't stop there... from outside the box you find you are infinitely better at everything... you're more creative, more effective, more powerful, more at peace, more joyful, more loving, more free...

You learn to question *everything* knowing now that nothing is as it *seems*... that everything awaits your creative interpretation... *your* decision as to what it 'is' and what it 'means'... and once interpreted, it then becomes not 'reality' but your reality.

You discover that converting *true* reality into *your* reality is neither good nor bad, it's just what humans do... we make Glass Boxes... but very few do it with *intention*... deciding *in advance* how we wish to feel and behave, and *then* deciding what images and stories to post on our walls in order to bring about this reality.

And fewer still realize they can leave their box anytime they wish, take a fire hose to it and blast it clean, then recreate it all from scratch... taking along their favorite things from before, removing the things that didn't serve them then adding (with purposeful intention) a whole new set of inspiring images and powerful stories, while realizing that the most magical part of all isn't in living in the perfect box... it's in *creating* it.

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## The Shift

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### The Glass Box

**This Shift is primarily used for helping yourself and others to:**

- Overcome Stress, Fear, Anxiety and Overwhelm
- Combat depression, regret, guilt and resentment
- Get off the 'Dark Train' and onto the 'Bright Train' or the 'Observation Platform'
- Eliminate Stories
- Find peace and joy
- Problem Solve
- Improve relationships and understand others (see version #2 further below)

This Shift involves interaction between yourself and your subject.

**Vocal style:** Calm, Inspiring

**Music:** Calm, Inspiring

### Set Up

As a reminder, one of the first things you need to do when you begin working with your subject is to find out what State they are in 'now' and where you need to go. And you do this by asking them the following simple questions:

- 1) How are you feeling today (mentally and emotionally)?
- 2) How would you *like* to be feeling?

If you decide on the ‘Glass Box’ Shift you will move to Step #1 below, however, if the subject is highly agitated, distracted or unable to fully relax, you may wish to combine this with another ‘calming’ Shift such as *Focused Breathing* or *Be Here Now*.

### **Step #1**

#### **Tell the story**

Tell an abbreviated story describing The Glass Box.

Once they understand the story, move on to step #2 below:

### **Step #2**

#### **Stepping Out:**

Have them close their eyes and imagine themselves inside of their own Glass Box... seeing the images and stories that cover its walls...

- 1) Have them focus *only* on the stories and images in their life that create *positive* feelings (if they can).
- 2) Have them imagine peeling those images off the wall and placing them in a safe carry bag.
- 3) Have them take a deep breath and as they exhale step through their Glass Box and out into the calm peaceful vacuum of space... bringing along their magic bag of favorite images and stories.
- 4) Have them take another deep soothing breath, letting go and relaxing further as they do so, enjoying this peaceful place.
- 5) Have them slowly turn and look back at their Glass Box... their tiny self-made world... and see it for what it is... just a shell of random thoughts and stories that no longer serve them...
- 6) Next, have them take long deep breaths, each time gently blowing toward the box and watching as each breath carries it farther off into the distance...until the box disappears completely, along with the limiting, painful stories and images locked within.
- 7) Next, have them look around at the beautiful wonders of space, breathing long deep breaths, enjoying this peaceful feeling.

### **Step #3**

#### **What’s Next?:**

Next, tell them that while in this peaceful state, they have the following three choices:

- 1) They can do nothing and simply enjoy the peaceful nothingness of ‘life without Stories’... (If they have a challenge they would like to resolve this might be a good time for doing so)...

- 2) Or, if they're ready to move on, they can begin the wonderful experience of building a new Glass Box and filling it with empowering images and stories from their magic bag, as well as from the infinite canvas of possibilities that define reality.

Ask them which they would like to do.

#### **Step #4**

##### **Options:**

- If they decide they wish to just 'BE'... allow them to remain in this state for as long as they like.
  
- If they wish to work on a challenge... remind them to do so from a perspective of infinite possibility... with no preconceived notions, encourage them from this place outside their box to imagine that anything is possible...
  - Ask them the following questions:
    - Could they be asking the wrong questions... what are some other questions that could be asked... such as:
    - What is *great* about their challenge?
    - Is this a problem at all... or could it be a blessing...what if they *accepted* the situation and looked for ways to capitalize on it?
    - Could they be focusing on the wrong thing...or looking in the wrong direction for answers... where else might they find solutions?
    - Could the solutions be right in front of them... how would they need to change their thinking in order to find these answers...how would a business wiz look at this... or a monk or guru... or a billionaire... or a child?
    - What if they change their context by comparing their situation to something or someone else's?
  - Continue guiding them along this path for as long as they desire.
  
- If they wish to just start creating a new Glass Box:
  - Have them imagine themselves inside of a new Glass Box... pure and pristine...
  - Next, have them begin imagining that they are removing their favorite stories and images from their magic bag... the things in their life that bring them joy and peace and power...
  - Have them imagine placing these images on their walls...
  - Have them seeing these walls as they might a 'vision board'...have them decorate their box, include images of their desired future...and so on.
  - Have them see themselves as being healthy, happy, surrounded by loved ones (turn this into a 'guided visualization' for them).
  - If they run out of things to imagine... ask them questions about their favorite experiences, memories, desires, and so on.
  - Continue guiding them along this path for as long as they desire.

**“Once you fully understand the reality of another human being,  
it is nearly impossible not to love them.”**

~Mark Fournier

### **Version #2**

If you choose to use the ‘Glass Box’ Shift to help you better understand, relate to, positively influence, and care for others, do the following:

#### **Step #1**

Remind yourself that our choices and behavior are determined almost entirely by the stories and images inside of our Glass Box, and that if someone behaves in a way that seems ‘inappropriate’, or you don’t understand, chances are, it’s because the inside of their Glass Box is different from the inside of *yours*. And since *everyone’s* Glass Box is different, it is an absolute certainty that it is different from yours. Also, remember that they didn’t choose the inside of their Glass Box any more than you did yours. And finally, remember that they are responding to the inside of their Glass Box just as you are yours, and IF, the inside of your Glass Box was identical to the inside of theirs, you would most likely behave in much the same way as they do. This is the first step in learning how NOT to judge or condemn others for their choices or behavior.

#### **Step #2**

The next step involves doing all you can to better understand them, by climbing inside of *their* Glass Box. Think of this as an advance version of ‘walk a mile in their shoes’. By climbing inside of their Glass Box and seeing what they see, you are then able to better understand what drives them and why they do the things they do.

You climb inside their Glass Box by first asking for permission to do so. Let them know that you would like to better understand them. If they give you permission to do so, begin asking questions about them and their life. Ask about their childhood, their relationships, their fears, their passions and so on. When possible, just ask them to ‘tell you their Story’... at which point they may just spell out how they see themselves and their world. If for instance they were raised in a family where there were too many children and not enough to go around, they may have written a Story that it is ‘every many for himself... and that if you don’t take what you can get, there will be nothing left’. This kind of ‘Story’ can have a huge impact on someone’s behavior. It can also be replaced with a Story that better serves them.

So the beauty of climbing into someone else’s Glass Box is that it not only helps you better understand them, but it also makes it easier for you to contribute to them.

#### **Step #3**

You can stop at Step #2; sometimes its enough to just ‘understand’ them. Or, if they are interested, you can offer to help them replace the Stories and images in their Glass Box that don’t serve them. If they agree to this, simply go back to the first version of today’s Shift and show them how to replace their Glass Box with a new one.

## **Client Assignments**

Before releasing your client, recommend that in order to sustain and build upon the experience you've created together, that they do the following:

- When they notice themselves experiencing emotional distress, close their eyes and look inside their Glass Box to see what images or stories they've posted... and once found, either remove and destroy them, replacing them with more rewarding images and stories, or, if there are too many negative images, just grab the images they love, put them in a carry bag, step out of the box, take deep relaxing breaths and blow the box off into the distance until it disappears, then build a new box, while including the positive images from inside their magic bag.
- Also, anytime they interact with another person, have them remember that we are each reacting to the images and stories inside our box... and until they discover what's in the other person's box, they can never truly understand them.
- Have them conduct sessions with others where they sit down and describe what their reality is to them... and see just how well they can understand one another.
- Ask them to get others in their life practicing these tools as well.

## **Summary:**

For some, the Glass Box Shift can be more powerful than anything else we've covered because when performed to its fullest it allows a person to wipe out a lifetime of dark programs and start fresh in an instant. It also creates infinite possibilities for 'creating' and 'problem solving', and finally there is no better way of understanding another human being than by climbing inside of *their* Glass Box.

On the other hand, this process doesn't work for *everyone*, so if you find that the recipient just isn't getting the hang of it, be willing to release this approach and go to a different Shift.

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# Assignments

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Take on as many of these assignments as possible (remember, it isn't what you *learn* that will help you master this process, it's what you *DO*).

### ***Continuing Assignments:***

Continue enrolling others into your Support Community.

### ***Continuing Assignments:***

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

### ***Continuing Assignments:***

If you are involved in our Life Coaching & Mastery course or hoping to one day become a certified Life Coach, continue logging the hours you spend learning these coaching techniques and separately logging the hours you spend coaching others with them.

***Continuing Assignments:***

Practice applying the ‘Loving What Is’ Shift to your own life throughout the week

***Continuing Assignments:***

Do the ‘Loving What Is’ *assignments* for yourself (as listed above under Client Assignments).

***Continuing Assignments:***

Practice applying the ‘Loving What Is’ Shift with members of your Support Community throughout the week

***Continuing Assignments:***

Continue applying the ‘Focused Breathing’ Shift to your own life throughout the week

***Continuing Assignments:***

Continue applying the ‘Focused Breathing’ Shift with members of your Support Community throughout the week

***Continuing Assignments:***

Practice applying the ‘S.W.A.P.’ Shift to your own life throughout the week

***Continuing Assignments:***

Do the ‘S.W.A.P.’ *assignments* for yourself (as listed above under **Step #5** Client Assignments).

***Continuing Assignments:***

Practice applying the ‘S.W.A.P.’ Shift with members of your Support Community throughout the week

***Continuing Assignments:***

Create your own EAWO Journal, use it not only for yourself but to show your clients what to create for themselves.

***Continuing Assignments:***

Practice Focused Breathing while using the phrase ‘Everything Always Works Out’ as you inhale, and ‘Letting Go, Letting Go, Letting Go’ as you exhale.

***Continuing Assignments:***

Practice applying the E.A.W.O Shift with members of your Support Community throughout the week.

***Continuing Assignments:***

- All week long ask yourself... What is GREAT about this?
- Share it with others all week long and help them find ‘what’s GREAT’ too!

***Continuing Assignments:***

Any time you find yourself (or others) looking at the worst case scenario do two things:

- 1) Keep going... once you get to the worst case scenario, ask what would be GREAT if that happened... and keep asking until you don't care if the worst case occurs because the outcome will still be GREAT.
- 2) Once you've figured out what would be GREAT about the worst case scenario, ask what would be the *best* case scenario... what if the worst case never happened?

***Continuing Assignments:***

- All week long pay attention to whether you or others are on the Dark Train.
- When you see someone on the Dark Train (including yourself), practice helping them off.

***Continuing Assignments:***

Share the steps with your Support Community for getting YOU off the Dark Train so they can help YOU off the Dark Train in the future.

***Continuing Assignments:***

All week long pay attention to whether you or others are on the Dark Train or the Bright Train while seeing if you can then move onto the Observation Platform using these tools

***Continuing Assignments:***

Share the steps with your Support Community for moving onto the Observation Platform

***Continuing Assignments:***

All week long pay attention to whether you or others are responding to the facts ('A') or to your interpretation of the facts ('B'), and whenever possible, go back to the facts and toss the interpretations aside.

***Continuing Assignments:***

Teach Assignment #1 to others.

***Continuing Assignments:***

All week long pay attention to whether you or others are living in the moment or focusing on the past or future and when you see yourself or them in the past or future, stop and do all you can to focus 100% on something pleasant in this moment.

***Continuing Assignments:***

Teach Assignment #1 to others.

**Assignment #1:**

Throughout the week, look for opportunities to step outside of your Glass Box and look around at other possibilities, or just step outside and let go.

**Assignment #2:**

Throughout the week, look for disempowering images to peel off the walls of your Glass Box, and replace them with images that do serve you... and if there are just too many

images... step out of your box (bringing along your favorite images), take deep breaths and blow the box away into the distance then create a whole new box.

**Assignment #3:**

Throughout the week, look for opportunities to learn about the inside of other's boxes by asking them questions about what they think, feel and believe. Then use that information to generate greater compassion, communication and support for them.

**Optional Assignment:**

'Think about your Thinking': For the next week, pay attention to your *conscious* 'thoughts, Stories and Self Talk', notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* 'Focus, Thought, Self Talk or Stories' with more *positive* ones and see how differently this makes you feel and behave.

**Optional Assignment:**

'Pay Attention to what you Pay Attention to ... Notice what you're Noticing': For the next week, be aware of what you are 'looking for' in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you 'see' and consequently how you feel and behave.

**Optional Assignment:**

For the next week, pay attention to the difference between 'what is happening' and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they 'really' are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

**Optional Assignment:**

For the next week, pretend that it's all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

**Optional Assignment:**

For the next week, begin figuring out how you can eliminate the things in your life that wouldn't really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

**Optional Assignment:**

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

**Optional Assignment:**

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe 'what they see and how they feel' so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you've heard.

**Optional Assignment:**

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a 'wild animal'... then go about your day as they would and just refuse to give it another thought.

**Optional Assignment:**

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

**Optional Assignment:**

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you've affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.