



Life Mastery 2

(SELF Mastery)

Session 1

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‘Reality’

General Information

As discussed during the Introduction, Life Mastery 2 focuses on leading and empowering ‘others’ more than Life Mastery 1. It is through this new focus that you will not only have a greater impact on the world around you, but you will also better MASTER the material for yourself. And *this* is where Transformational Leadership will play a role in your life.

You will soon see that ‘empowerment’ (like ‘love’), is better when share with others... better for *them* AND better for *you*. So the more people you empower with these tools and insights (whether in *your* world, or the world at large), the better it is for *you* as well.

However, before you can master helping *others* create more empowered mental and emotional states of wellbeing, we must further develop *your* ability to do so.

And it all begins with your ‘reality’. So let’s go back to the basics and further discuss (and review) the Nature of ‘reality’.

Imagine that you are a fish... and your ‘reality’ is ‘water’... *everything* you do involves water... its where you live and sleep, it’s where you get your oxygen and food, it’s how you move, communicate with others and so on. So what would happen if the water you lived in were to boil... or freeze... or become polluted... or get churned up in a giant propeller... etc? Would it affect YOU as well and to what degree? It would affect you to whatever degree the *water* was affected right?

Virtually everything you thought, felt and did would be effected by the water around you and by whatever was happening to that water. The same holds true for your ‘reality’. And as a result of its impact on your life, nothing could be more important than making certain that the ‘reality’ in which you live is providing you with the nourishment and ‘climate’ you need in order to survive and thrive.

The most exciting part of this metaphor, is that ‘reality’ is different from ‘water’ in one very significant way... unlike *water* which is a physical element of nature... ‘reality’ isn’t physical... it’s an ethereal state of mind... and because of that, unlike water, it can be changed and altered as quickly and easily as you can change or alter your *thoughts*.

So changing your ‘reality’ can have as profound an effect on your life as changing water from ‘boiling and polluted’ to ‘cool, calm, and clean’ can have on a fish.

Although we discussed ‘reality’ in Session #1, chances are, you only scratched the surface in regard to fully understanding its nature and its influence over your life.

In fact, ‘reality’ plays such an important role in your life that we could spend the entire 12 weeks covering just this one subject. But since we want to spend as much time as possible ‘applying and mastering principles’, we are going to condense all you learned in Lesson #1 about ‘reality’ into this one single session.

Our hope is that this second look at ‘reality’ will drive it further into your consciousness, understanding, and awareness, and as a result, give you further control of your own reality, and the added ability to help others better understand.

The Power of Thought

Let’s begin with a review of the basics; everything you know... your memories, your feelings, your experiences, your entire existence... are all filtered through your *thoughts*. And we call that which your thoughts create ‘reality’. When it comes to taking control of your life, the question isn’t about whether or not something exists, it’s whether it exists for YOU.

“Without ‘thought’ there is nothing.”

~MF

Human beings spend nearly their entire lives from birth to death attempting to solve their problems through external forces and efforts... believing that if they can change their circumstances they will change their lives. When in truth, circumstances have far less to do with our lives than we realize, for it isn’t the circumstances, but rather what we ‘think’ of them that determines nearly everything.

**“Man isn’t disturbed by the things that happen to him...
But rather by his *opinion* of the things that happen.”**

~Epictetus

It’s ALL in your HEAD

For the purpose of this lesson, consider that our thoughts fall primarily into one of two categories... *conscious* thought and *unconscious* thought.

What I am referring to as *conscious thought* is that which you are in total control of; you *intentionally* think a thought... being fully aware of the thought you are thinking as well as the impact it is and will have on your ‘reality’... and consequently on everything you feel, do and bring about. Conscious thought consumes at most 5% of your ‘think time’... and for most of us, considerably less, if any at all. In fact, most of us are entirely unaware of this concept... the idea of ‘thinking about our thoughts, and of the impact the thoughts we are thinking are having on us at the moment we are thinking them’.

Exercise

STOP reading... and ‘think’ about this for a moment. Think about the fact that what you think about, determines your ‘reality’. What are you ‘thinking’ right now? How is it affecting you? Think about something else... think about the birth of your first child... your first kiss... your wedding day... something of vast importance to you. Really THINK about it, see it, feel it. Did it change anything at all? Even if just for a second?

What if THIS is really what Einstein was referring to when he said we only use a tiny percentage of our brain; maybe what he meant is that we only take *conscious control* of a tiny percent. Science has proven that we ‘use’ every areas of our brain almost continually, but to what degree do we use it? How many more neurons could be firing?

Unconscious thought on the other hand is... everything you do with your mind *automatically*... or more accurately, ‘everything your mind does with itself’. Although most of us think of ourselves as ‘thinking beings’... this really isn’t the case. For the most part we are ‘automated beings’... responding and reacting to ‘automatic programs’ that run our thoughts and lives; so even our *thoughts* are more or less on auto pilot... even the thoughts you *think* you are *intentionally* creating are often times little more than ‘programs’ that are telling you what to think.

Automatic Thoughts

So why does it really matter if your thoughts are conscious or unconscious? After all, you seem to be getting along just fine either way, so apparently these ‘automatic thoughts and programs’ are quite capable of taking care of your needs... right? And the answer is... Yes they are! In fact... *that’s* their job; to take care of your needs... well sort of. Actually, their job is to take care of what they have been programmed to *believe* are your needs... which is entirely different than what your needs actually are. And THAT is why many of your needs probably aren’t being met... because the thoughts that run your life aren’t programmed to meet them (and neither are your *habits* for that matter).

Being aware of this phenomenon could change everything, for you could literally think the thought that you have a *different* set of needs, and then, your mind would begin automatically thinking thoughts that help meet *those* needs... and in so doing, it would begin finding ways of meeting them. Are you getting it? Can you see the power in thinking you need things that do more than just help you ‘survive’?

Exercise

Think of a ‘need’ right now that *if it were filled*, your life would be far, far better. Next, write it down, put it everywhere, and begin to think about it until your mind takes over.

Cycle of 'Reality' Review

“...The great majority of mankind are satisfied with APPEARANCES, as though they were REALITIES, and are often more influenced by the things that SEEM than by those that ARE.”

~ Niccolo Machiavelli

As we discussed in Life Mastery 1, in the end, the primary difference between you and those who live in mental institutions may wind up being that more people simply agree with *your* 'reality' than theirs; after all, 'Santa Clause' at one time, seemed every bit as real to you as the US president... even though you had never seen either one of them in real life. And you probably *still* keep thinking that you're 'sitting on TOP of the world'...although chances are, you're upside down, sideways or somewhere in between.

Saying that your 'reality' is made up of your thoughts (most of which are totally unconscious and therefore not likely to create the 'reality' you really want them to), is a bit of an oversimplification. Not only are your thoughts either conscious or unconscious, they also come in varying forms... ranging from fleeting moments of vague awareness to controlling conundrums of consternation. Yet all the while they are disguised as 'reality'.

“We only know what we *think* we know... what we *believe*”

~MF

Let's briefly review the **Cycle of 'Reality'**. You learned about it in Life Mastery 1, but did you memorize it? Do you now see it playing out everywhere, in yourself and in others? If not... its time to do so. You want to become continuously aware of where you and others are along the continuum of this cycle so you can manage each phase and even take control of it.

Step 1: Focus

Your thoughts (whether conscious or unconscious) are *also* either 'focused' or 'unfocused'. When they are *unfocused* they have less impact on your life as they tend to wander aimlessly, barely influencing your feelings or behavior. In fact, unfocused thought *can* be used in meditation and result in a blissful state of 'being' or 'observation'.

However, when we *focus* our thoughts, they can become one of the most powerful forces in the universe... because they are behind everything we do and create. And this *focus* is where our perceived 'reality' *begins*... it is at the point where we begin to 'notice' or become 'consciously aware' of something...(whether we think of that something as being 'good', 'bad' or 'otherwise') the thought *behind* the awareness is considered 'focused'.

It is also at this point that we tend to focus on either the 'good' or the 'bad' in whatever we've 'noticed', and this 'negative' or 'positive' focus influences what comes next.

Step 2: Self Talk

The second step involves our ‘Self Talk’. Self Talk is about those random, fleeting (but often *focused*) thoughts that continuously bounce around in our heads, day in and day out. Yet even these brief thoughts *when focused* can be incredibly powerful, and whether they’re focused on the *negative* aspects of something or on the *positive* aspects, they will immediately impact your life and your emotional wellbeing for better or for worse.

Step 3: Stories

The next step involves our ‘Stories’. Stories are basically complex forms of Self Talk. If we allow our Self Talk to take root, it matures and grows into full-fledged Stories... complete with heroes, villains and sometimes even plots. In fact, our Stories can eventually take on a life of their own, building upon themselves, layer after layer, taking on more power as they grow, and appearing more and more real with each new thought.

Step 4: ‘Reality’

Once our Stories become self sustaining and entirely convincing, they become our ‘reality’. They begin to seem so real that we can no longer tell the difference between what *is* and what *isn’t*. And for US, they are every bit as real as a bright sunny day or a dark rainy night... depending again upon our focus. And this isn’t just a delusion... if you *believe* in your ‘reality’, then for *you* it IS real. *Monsters* are very real to many young children... and no coaxing on earth will convince them otherwise. We as adults are but ‘grown up children’ believing in our *own* set of Monsters and Goblins.

Step 5: Feelings & Behavior

Up until this point we have had at least *some* control over the ‘reality’ we’ve created, but once our Stories become invisible to us, and our ‘reality’ has been formed, we automatically respond to this ‘reality’ with the feelings that are appropriate for the ‘reality’ we’ve *created* (just as a child will scream in terror over the ‘monster’ beneath their bed).

We then behave in a way that is consistent with the way we *feel*, which then influences the world around us (*our* ‘reality’ IS ‘the world around us’). So the child leaps out of bed and runs to mommy and daddy’s room to *keep from being hurt*...while tripping over a toy, breaking it and bumping her head in the process, creating a self-fulfilling prophesy.

Step 6: Evidence

As a result of our influence over the world around us we now create *evidence* which supports our Focus, our Self Talk, our Stories, our ‘Reality’, our Feelings and our Behavior, and the whole cycle starts all over again... only now our ‘reality’ has been reinforced by the evidence we’ve found... or more accurately ‘by the evidence we’ve created’ which seems to ‘prove’ that our ‘reality’ is real and accurate, thus giving it even greater power over our thoughts. And the more evidence we find, the more we look for it... which causes us to FIND it (even when it really isn’t there): Upon making it to her parents’ room, the child cries out in terror ‘A monster grabbed my foot and tripped me then broke my dollies arm off.’”

“We see that which we are looking for.”

~Goethe

What you ‘Think’ is what you get.

“What we *see* depends mainly on what we *look* for.”

~ John Lubbock

Since we *find* whatever we are *looking* for, we miss the miraculous *opportunity* attached to it whenever we focus on a *problem*. This is how ‘*reality*’ is created. With every event or condition, there exists an infinite number of ways in which it can be perceived... negatively *and* positively. Whichever way you *choose to perceive* the *problem* constitutes *your* ‘*reality*’, which is why I also call it ‘*perceived*’ ‘*reality*’.’ If something happens and you *think* it's a *bad* thing...then for *you*, it **is** a bad thing. It's bad **if you *say so*** (*believe* it to be bad) or GREAT if you say so, because once you 'say so' you will begin looking for proof of your decree until you either *find* it or *generate* it.

“It isn’t ‘work’ unless you would rather be doing something else.”

~MF

Whether you know it or not, **you *already* live in a world of *your* creation.** This is not a ‘*controversial philosophy*’...It is *science*, and clearly demonstrated by countless empowered individuals (many of whom have taken this course and implemented the principles of empowerment in their own lives. See a sampling of testimonials on our web site www.centerforempowerment.com for real-life examples.)

“It doesn’t matter so much who we are... as who we *believe* we are.”

~MF

Keep in mind... our ‘focus’ is something we have power and control over, which means we can *decide* at any given moment what we are going to focus on; and it’s our focused thoughts that decide if something is ‘good’ or ‘bad’ and not the ‘thing’ itself.

“Nothing is ‘Good’ nor ‘Bad’ but *Thinking* makes it so.”

~William Shakespeare

If you’re wondering how this concept relates to ‘evil’ I can remind you that even ‘evil’ has an opposite counterpart for you to focus on. And in many cases a thing we call ‘evil’ doesn’t turn out to be evil at all, it’s just not the thing we wanted at the time.

Multiple Realities

We learned in Life Mastery 1 that ‘reality’ is nothing more than the Stories you’ve made up (or heard) and believed in. We also learned that ‘reality’ is subjective... which means that if we all have our own unique ‘Stories’ we must all have our own unique ‘reality’... which means that there is more than ONE ‘reality’.

“Nothing is as it seems... Everything is as it *seems*.”

~MF

Do you remember the following question: What is the ‘world’ like? Could you describe it in an essay? And if you could, are you positive that everyone who read your description would agree with you? Would a homeless refugee in Africa agree? Would an astronaut looking down from the moon agree? Would a wealthy sheik agree or a Tibetan monk? Is it possible that not even your spouse or teenagers would agree with your particular assessment of the world?

Is it possible that the way the world around you *seems* to be (to you) is not the way it really is, or that it *is* that way, but only to YOU?

“‘reality’ leaves a lot to the imagination.”

~ John Lennon

If you ever hope to understand or coach another person, you MUST begin with the understanding that you can’t possibly KNOW how they feel about *anything*... since you can never *fully* understand their ‘reality’ (since our realities are based on so many subjective factors). Keeping this in mind will make it a lot easier for you to remain objective and out of ‘judgment’ when interacting with them and others in your life.

Just remember, there is no single, common, collective ‘reality’, only billions of separate, unique realities... one for every conscious being on earth. This is because (as discussed earlier) our ‘reality’ is based on *interpretation*; ‘fact’ may *influence* interpretation, but in the end, interpretation has the final word. Even death has many interpretations... is death the end, or just the beginning? EVERYTHING is subject to interpretation.

Facts Vs Context

There *is* a common ‘physical’ ‘reality’... known by most of us as a ‘fact’; however, the moment we experience or observe this ‘fact’, we automatically *interpret* it in some way, thereby converting it to our *perceived* ‘reality’. This means that even though *physical* facts do exist, WE can’t really know them, for to know them we must first perceive them, which instantly changes them to *our* perception of them.

As it turns out even Facts are relative to the circumstances and to the individual interpreting them; therefore, our physical ‘reality’ has far less impact on our lives than our *perceived* ‘reality’. This is also known as Context. And it is said that Albert Einstein’s entire Theory of Relativity was little more than a theory of ‘context’... whereas context and ‘relativity’ are synonyms... the theory basically says that everything is ‘relative’ to what you are comparing it to. Thus, a theory of ‘context’ would state that nothing has meaning until it is compared to something else; that it is the *comparison* that decides what it is.

Not even science can escape the ‘perceived’ ‘reality’ test as demonstrated with the question ‘Is the Sun is Hot?’ for if you can answer the question with the words ‘It depends’ then it has entered the realm of ‘subjective’ or ‘perceived’ ‘reality’.

Physical 'reality' is always seen in the same way by all who observe it; Perceived 'reality' is *everything else*...the interpretation, judgment, feelings, intuition... anything that can be debated or disputed, which is almost EVERYTHING!

Since 'what is real' is almost always subjective, we can almost always write a NEW more empowering Story, one that is just as 'true' as the one we've previously written, but better serves our needs.

“What you SEE is what you GET.”

~ Flip Wilson

Fluid 'Reality'

For the purpose of Life Mastery 2 it is critical that we revisit 'Fluid Reality'. This is because the bulk of our Life Mastery 2 training will involve learning to use many of the insights you studied in Life Mastery 1 to create IMMEDIATE Shifts in your mental and emotional States. In other words... to immediately alter your 'reality'. And we could never achieve this feat if it weren't for 'Fluid Reality'.

In review... as we all *know* with absolute certainty, the sun RISES in the *east* and SETS in the *west*. It is our 'reality' and it feels as real as the air we breathe; yet, it is only an illusion, for we *also* know the sun neither rises *nor* sets. It is the *earth* that is moving, not the sun!

Although the *above* perception may be to your advantage (to preserve your sanity), how many *harmful, destructive or limiting* 'perceived realities' do you cling to, stress over and even *fight* for as though they are facts? How many are *harming* you or holding you back... realities that if stripped down to the bare *facts*, would turn out to be as ridiculous as the notion that the sun rises and sets around a stationary earth?

And not only is 'reality' mostly 'perceived,' it is also 'fluid.' This means that your unique 'reality' can change as quickly (and as often) as you alter your Focus, Self Talk, Stories, Beliefs or Perceptions... which is exactly what you are going to begin mastering in Life Mastery 2.

Since 'reality' can be altered by anyone... and is in fact unconsciously and randomly altered throughout the day, it only makes sense that we learn how to *intentionally* take control of this process in order to begin creating a more empowered 'reality' for ourselves and others. Although you will need to create and recreate your 'reality' throughout each day, eventually it will become a habit and you will be able to do so more effortlessly.

'Reality' is so fluid that two people could be sitting side-by-side sharing the exact same space and time, yet having totally *opposite* experiences... such as on a rollercoaster ride.

‘Reality’ Masters

Since there exists simultaneously an infinite number of possible realities regarding any issue subject or event, most of those realities could be perceived as *problems* or as *opportunities*. Whether it becomes a 'problem 'reality' or an 'opportunity 'reality' depends entirely on your Focus.

“The Key to ‘your’ universe is that you can choose.”

~ Carl Frederick

Perceiving a glass as being half empty or half full is nothing more than the result of your focus; most of the time, the only difference between the person who sees the problem and the one who sees the opportunity is in the direction they are looking. Remember: You cannot see your shadows... while facing toward the sun.

Do you want to see what’s great about your life? All you have to do is **look!**

Most of us try altering the world (or people) around us in order to 'fix' or improve our life when often, the best (and easiest) solution involves altering the world *within* us instead. And we do *this* by altering our perceptions.

We’re only a ‘thought away’ from a ‘perfect life.’

~MF

Shifting

I call the process of altering our ‘reality’ from one State to another ‘Shifting’ and there are so many effective ways of doing this that we will be spending most of our time in Life Mastery 2 learning how to master them. During the remainder of this course you will be learning ten different ways to quickly alter your brain chemistry and emotional state for yourself and others.

Many of these techniques will involve principles you’ve already learned in Life Mastery 1, however, in Life Mastery 2, you will be practicing them on ‘others’... and you will be using them with greater frequency in your own life. You may recall Assignments in Life Mastery 1 where you practices a specific lesson or insight just once or twice for an entire week, but *this* time around you will attempt it ten or twenty times in a week.

Whether you choose to control *your* life or assist *others* at the deepest level, you will need to understand ‘*reality*’ at the deepest level. This means you will also need to be capable of not only applying the paradox of ‘reality’ to your own life but of helping others do so as well. As such, we will give you enough different ways of shifting ‘reality’ that you are bound to find at least *one* version that works for you or others under nearly any given set of circumstances.

Head Games

We CAN control our thoughts... but we usually don't... which is partly why we so rarely control our 'reality', or even realize we *can*.

Do you recall the question 'What if life was 'game'... a great big, incredible, multi-dimensional, never-ending *game*... but you were never *told* that it was a game?

Let's do the related exercises one more time and see if turns out any differently from the way it did in Life Mastery 1:

EXERCISE

Make a list of as many things as you can think of from your own life that upon reflection might just turn out to be meaningless, grown up versions of putting a stick in a hole. HINT... if you're having trouble thinking of what they might be, imagine which ones would still matter to you if you knew you had only one year to live.

EXERCISE

Make a list of the things that would *still* matter if you knew you had only one year to live.

What If...

Most of us believe that as we grow up and become adults we learn to tell the difference between what is and isn't real... we stop believing in ghosts and monsters and we stop getting upset over silly games. But what if all we've really done is to *modify* the way we see the world? What if we still believe in 'monsters' but they take on a different form?

What if we are every bit as guilty of believing in a 'fantasy' world as our children are... and just as certain of what believe? And what if we are just as **WRONG** about what we believe as they are?

What if the object of this game is to *realize that it's a game* so you will stop taking it all so seriously and begin to live a more fulfilling life?

What if 'realizing it's ALL just a game' is the only way to 'win'? What if the reward for figuring out that it's just a game is that *you* then get to decide which version of the game you want to play... what character you want to be... and what scenarios you'll create?

In Life Mastery 2 you will learn (among many other things) how to turn your challenges into 'games', thereby instantly 'Shifting' the way they feel and impact your life.

Whether life is only a game or not, how would you live it differently if you *believed* it was all just a game? Would you still get as easily upset, frustrated and stressed out? Or might you even learn to laugh at yourself a little more often and take greater risks?

Can you imagine having *that* kind of power over your life... being able to alter your entire 'reality' by simply 'shifting' a single thought? Or helping others do the same things? It won't be easy to master this process, but it is possible... and this is what we do in Life Mastery 2.

Just an Inconvenience

If you find yourself thinking 'Yes I get what you are saying, but my cancer (or any number of challenges) is NOT in my mind... it IS real!'... Remember, it's not the challenges that cause the bulk of our 'pain and suffering'... it's how we perceive and respond to them that does. So no matter how 'real' your challenges may be *or seem* to be... you **STILL** get to decide just how big of a role they will play in your life and what kind of a role they will play. Will you be a powerless victim to them or will they merely be an inconvenience?

Over the years, I have found myself getting into all sorts of predicaments and facing challenges unlike any I could have imagined... and yet, without exception I have also found that there is a 'range' of suffering for every challenge. I can take a simple paper cut and blow it way out of proportion by focusing on it or complaining about it, and I can take a very serious disorder or calamity and turn it into a mere 'inconvenience'.

By choosing not to be a victim our challenges or resentful of them...and by altering *how* we see each obstacle we face and where we focus our attention, we can turn almost anything into something positive (or at the least, into something relatively insignificant).

The question is... how badly do you want to be free of your pain and suffering? Are you willing to give up being a victim... having all sorts of excuses for not 'performing'... gaining sympathy... and 'avoiding responsibility'?

**“People aren’t disturbed by the things that happen,
but rather by their *opinion* of the things that happen.”**

Epictetus

Understanding the ‘reality’ of others

With our thoughts, we make our world.

~ Gautama Buddha

Whether you’re leading your team through Life Mastery 1, or just interacting with family, when your choices or actions involve others, it is important to understand *their* ‘reality’ as well. For instance, if someone appears to behave in a way that seems inappropriate, unacceptable, confusing or inconsistent with your own ideas or values, remember this:

Everyone behaves according to their Perceptions & Programs.

To judge *another’s* behavior based on *your* perceptions and programs would be meaningless and unproductive. It’s like comparing Apples to Oranges. This is why an empowered leader doesn’t ‘judge’. We are entirely aware that if we had the identical perceptions and programs that the person we would otherwise be judging, we too would likely behave in a nearly identical manner as they.

**Once we fully understand another human being,
it’s almost impossible not to love them.**

We can’t accurately judge another person’s behavior until we understand their ‘reality’; and once we understand their *reality*, we are unlikely to disapprove of their behavior...because their behavior will then make sense to us. This is what the word *prejudice* means...to pre-judge, and the sooner we master the art of ‘unconditional acceptance’ the more effective we will be as leaders, as well as in every relationship.

How do you feel when someone is judging *you*? Does it increase the likelihood of you judging them right back? Of course it does... in self defense if nothing else.

“Judge ye not, that ye be not judged.”

~ Bible; Mathew 7: verse 1

Anytime you find yourself upset with another person, consider the probability that you are in judgment of them and that you are not taking their ‘reality’ into consideration. Then take a deep breath and say to yourself; “Everyone behaves according to their ‘reality’ ... therefore, I must first fully understand the world from *their* point of view.”

“What we sincerely believe regarding ourselves (or others) is true...*for us.*”
~ Orison Swett Marden

Whatever you do, if you’re dealing with a negative subject matter, avoid sharing *your* ‘reality’ *first*. It is likely to make the other person defensive and bring about less desirable results than if you let *them* share first. Besides, as I have pointed out, once *they* share *their* ‘reality’, it will most likely influence *yours*, and alter what you were *planning* to say...perhaps to something more ‘appropriate’. In fact, you may even be surprised to discover that it was *you* who created the problem and not the other person at all.

The Glass Box

Remember The Glass Box analogy and how *we* are not the only ones placing ‘images’ inside of that box, everyone *else* has been doing the exact same thing. So here we are each believing that we not only see ‘reality’ as it really is... we also believe we see how it is for others... when in truth... the only way to understand another person’s ‘reality’ would be by leaving our own glass box and climbing inside of theirs, so we can study all **THEIR** images and interpretations. And even then, we must all, ultimately be aware that *none* of this... not ours or theirs is the *real* ‘reality’.

During Life Mastery 2 you will learn how to understand the ‘reality’ of others by having them describe the inside of their Glass Box.

Summary

You’ve now been reminded of the importance of ‘thought’, the nature of ‘reality’ and human behavior, and ideally, you recognize the need to incorporate these principles into your life if you ever hope to gain control of it or be a truly affective leader.

And you’ve learned about understanding the ‘reality’ of others, and how abstract ‘reality’ can be. Which will hopefully, help you to be more patient with yourself and others when attempting to take control of it.

From this point on, we will begin using the insights you gained in Life Mastery 1, and a few new ones to begin taking **CONTROL** of your ‘reality’, and helping others do the same.

Assignments

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.

Assignment #1:

'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.

Assignment #2:

'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.

Assignment #3:

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.