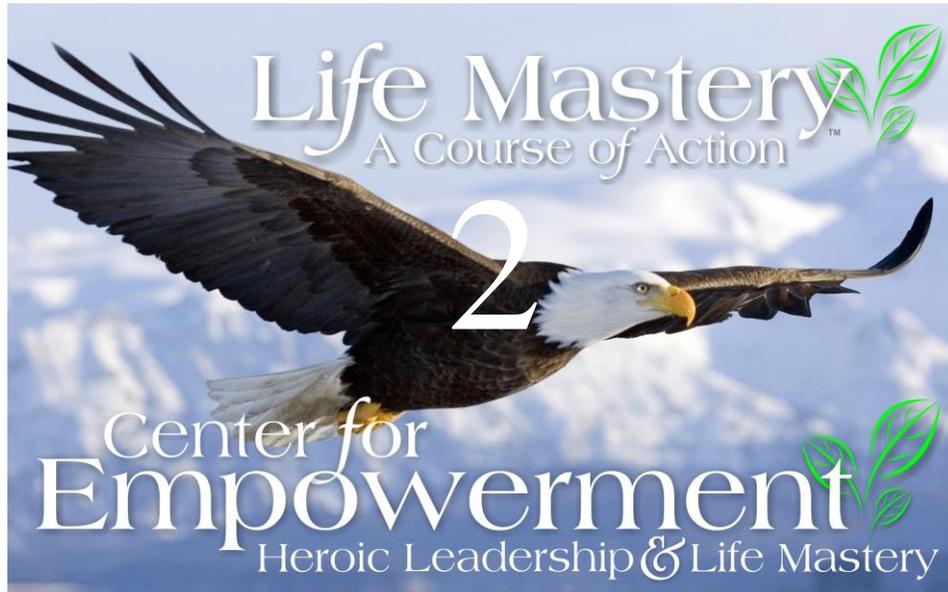


Life Mastery 2



Session 7 Bright Train / Dark Train

By Mark Fournier

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Bright Train / Dark Train

Bright Train Dark Train

The '*Bright Train Dark Train*' Shift is possibly the most 'famous' of all the tools I've personally ever created. It's not the simplest Shift we offer but by now you know it is perhaps the most versatile and certainly one of the most effective. Once you master this Shift you will use it on a daily basis for the rest of your life... and not just with your friends, family members, and associates; you will use it on yourself.

This Shift will help you remember 'reality' for what it really is, while giving you clearly defined tools for creating a version of 'reality' that works for YOU. It will also combine many of the Shifts you've already studied, making it incredibly powerful.

“We live in the *mind*.”

~ Wallace Stevens

As we covered in Life Mastery 1, and during Session #1 on Reality, our world is totally subjective, and is therefore determined by our focus (the 'windows' through which we view the world), rather than by the *view* itself. We learned that if you want a better world, the most powerful way of realizing it is by looking through a different window. So let's climb a little deeper down the rabbit hole of reality... and see if we can help you master this remarkable Shift for creating a different reality, and thus a different way of feeling, seeing and being any time you wish.

As you also recall, we use the metaphor that life is made up of two train tracks running side by side. One is an 'empowered' track, while the other is a 'disempowered' track. And although the world *outside* the trains isn't necessarily 'good' or 'bad', the *filters* built into the windows of each train make it APPEAR one way or the other because they control our *Focus*.

There *are* times when the world outside is more challenging than at other times, however, how we *respond* to these challenges still makes the greatest difference in our lives. And life is always 'better' from the Bright Train than from the Dark Train.

Fortunately, we can choose to travel on the **Bright** Train, and we can help others do so as well, which is one of the best things anyone can do for another being, and this is why we offer it as a Self Mastery Shift.

We're only a 'thought away' from a 'Wonderful life.'

~Mark Fournier

As you have probably learned by now, when someone is on the Dark Train they are quite often unaware of it. In fact... if you *tell* them they're on the Dark Train they will most likely argue with you and get even more upset. This is because when we are on the Dark Train our EGO is in control and our EGO always wants to WIN... it always wants to 'be right' and it always wants to 'look good'. And by admitting that they are on the Dark Train they are admitting that the 'thing' they are upset about is mostly in their head... which makes them feel foolish or in some way 'wrong'... and that's just not something the EGO is good at dealing with.

Another reason why we argue when we're told we are on the Dark Train is because we really can't SEE that we are on it... *our* reality seems so REAL! And for us it IS real! Even when we know ALL about the Dark Train, we still tend to believe that THIS time is different... *this* time is the exception... *this* time everything really *has* all gone to hell!

As frightening as it may at first seem or actually *be* for your Support Community, helping you off the Dark Train is one of their most important jobs. And it's one of *your* most important jobs for them. So this is something you will want to master.

The Shift

Bright Train / Dark Train

This Shift is primarily used for helping yourself and others:

- Overcome Stress, Fear, Anxiety and Overwhelm
- Move into a more positive State such as joy, excitement, passion or peace
- Solve Problems and Challenges with far greater ease

This Shift involves fairly equal dialog between you and your 'subject'.

Vocal style: Calm or Uplifting

Music: Soothing or Uplifting

Set Up

As a reminder, one of the first things you need to do when you begin working with others is to find out what State they are *currently* in so you know where you need to 'take' them. 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 'Bright Train / Dark Train' Shift you will move to Step #1 below, however, if they are highly agitated, distracted or unable to fully relax for some reason, you may wish to combine this with another 'calming' Shift such as *Focused Breathing*.

And remember, you can use these steps on yourself as well.

When compared to some of our previous Shifts, this one may seem to be a bit more involved ... and it is. In fact, there are so many steps to the entire process that we are offering you three different versions in varying lengths so you can use and learn whichever suits you and your subject best (make sure you carefully read all three). You won't master these steps for 'helping someone off the Dark Train and onto the Bright Train' right away, but in time this process will become second nature to you:

Step #1

Look at Yourself

Make sure YOU'RE not on the Dark Train! Not only will being on the Dark Train yourself make it *seem* like *others* are on the Dark Train... but also, two people who are on the Dark Train and heading in opposite directions are BOUND to wreck. **You cannot help someone else off the Dark Train if you are on it too!!!**

And how do you know if YOU are on the Dark Train (when it's so difficult to spot from *inside* the train)? Simple... ask *yourself* if you're upset. If the answer is 'yes' you're probably on it. Or ask someone from your Support Community what *they* see.

If you ARE on the Dark Train, this is the point where you excuse yourself from the other person (before the two of you collide) and use the following steps to first get *yourself* off the Dark Train. Once done, you can then return and assist the *other* person off the Dark Train. Remember what they say on the airplane: 'Put the oxygen mask on *yourself* first' ... (or you'll be of little help to anyone else).

If you're using this process in your Self Mastery Therapy, you will want to take the following steps before your client ever even shows up (since you can't very well walk off and leave them alone for 15 minutes (or however long it takes you to alter your own State)

Once you know you're not on the Dark Train yourself, move to Step #2 below:

Step #2

Identify the Train

You must first *recognize* and confirm that they are even *on* the Dark Train... just because someone is being contrary to you, or they have a lot of energy about something, or they just want to 'sleep in'... it doesn't necessarily mean they are on the Dark Train. So *ask* if they're upset. If they say 'Yes' (or snap at you), chances are, they are on the Dark Train.

Once you identify that they are indeed on the Dark Train and that *this* is the best Shift to apply at the moment, move to Step #3 below:

Step #3

Get Permission

Now that you've established that *they're* on the Dark Train (and you're not) you can go back and ask if they would like to 'feel good', or if you're dealing with more advanced subjects or Support Partners you can just ask if they would like help off the Dark Train.

This is the most challenging part of the entire process because in order to get them off the Dark Train you generally need their cooperation... and this usually means that they need to be willing to *admit* (at least to themselves) that they are probably on the Dark Train. And their EGO won't usually want them to admit this.

Fortunately, the more you practice this process with them, the easier it will be to get them to *admit* when they are on the Dark Train... in fact, at some point they may even come to you and *tell* you they're on the Dark Train and ask you to help them off. And YOU will do the same with them.

If, when you ask if they would like to 'feel good' (or get help off the Dark Train) they say 'NO', accept that they are not yet ready to get off, and offer to support them later if they change their mind... then LEAVE THEM ALONE. If you attempt to *force* them off the Dark Train when they aren't yet ready, they will most likely attempt to aggressively get *you* on the Dark Train as well.

Step #4

Let's get going...

If, on the other hand they tell you 'Yes, I would like to feel better' (or, "Get me off the Dark Train!"), the rest is all downhill... just follow the remaining steps by asking them what their 'Story' is (**and what it means to them**). This not only helps you better understand their Reality, it also gets them to begin seeing their Reality as being little more than a 'Story, and it's easier to let go of a 'Story' than a whole 'Reality'. *This* step is similar to the *SWAP Shift* Story steps.

Step #5

Feedback

Repeat their Story back to them in your own words until they agree that you understand their Reality and how they feel. *This* step will help them feel better as well.

Step #6

Are they SURE?

Ask them if they are absolutely positive beyond all doubt that their 'Story' is true... is there any possibility that some of their story or the meaning they've given it, could be based upon their 'interpretation' of the facts. Would they bet their children's lives on being 'right' about this? Usually they will tell you 'No, I am not *that* positive.' Again, there are similarities to the *SWAP Shift* at this stage.

Step #7

Just the Facts

Once you've helped them accept that they are reacting to a Story and not the actual facts, you will help them strip away all 'interpretation' and 'meaning' from their Story, leaving nothing but the most basic facts.

If possible, let *them* do most of the ‘stripping’. Stripping away the ‘Story’ will stop the Dark Train from moving any further down the tracks, and keep them from climbing down into the coal bin.

As a rule, once you’ve stripped their Story down to the barest of facts, they will already have begun moving off the Dark Train because they will no longer have the drama from their Story fueling them. It will usually be easy at this point to get them to concede that their previous Story wasn’t serving them, and they will be willing to consider other options that have more desirable results. If necessary, remind them that they have *nothing* to lose by at least *looking* for a different ‘possibility’.

Step #8

What’s GREAT?

Next, ask them what is GREAT about the remaining facts (now that their Story has been stripped away). If possible, get them to come up with a mental list of things that are GREAT about it. You can *help* them *start* the list if needed, but encourage them to *finish* it on their own because ‘searching for’ what is GREAT is partly *how* we shift to the Bright Train. Ending up with the list itself is just an added bonus. Using what you already know about the ‘What is GREAT about this?’ Shift will make it easier to apply this step.

But remember, if you ask someone on the Dark Train ‘What is GREAT about this?’ before they’re ready, they will almost always grumble “*Nothing* is great about this!” And this is a very natural response because they really can’t *see* anything ‘great’...just yet.

Step #9

Build Evidence

Once they have their list, ask them to write a whole new Story with all new meanings, based on the list they’ve just created. You can help them write their Story if needed, but remember, its always best if they write it themselves. Writing their new Story will finish getting them off the Dark Train and onto the Bright Train.

The more compelling their *new* story is, the faster their Bright Train will go. The faster it goes the more inertia they will have and the more outside force it will take to derail them or switch them *back* onto the Dark Train! *That* is what ‘building Evidence for your Story’ does, it increases *inertia* (remember the ‘P’ from SWAP Shift stands for ‘Proof’... ‘which means ‘finding evidence’. So the ultimate goal is to not only get *on* the Bright Train, but to become the *Conductor*... taking total charge of its direction.

The following is a ‘**Quick Reference Version**’ of these steps, it will be easier to remember and follow than the version we’ve just completed (but only after you fully understand the version we’ve completed).

Quick Reference Version

1. Make sure YOU’RE not on the Dark Train! **You cannot help someone off the Dark Train if you are on it too!!!**

2. *Recognize and Confirm* that they are *on* the Dark Train: Ask if they are upset, if they say ‘Yes’ (or yell at you), chances are, they’re on the Dark Train.
3. After identifying that they are on the Dark Train, ask if they would like to ‘feel good’ (or like help off the Dark Train). If they say ‘No’, wait until they’re ready, or look for an interim Shift.
4. If they say ‘Yes, I would like to feel better’ ask them what their ‘Story’ is.
5. Repeat their Story back to them in your own words until they agree that you understand their current Reality and how they feel.
6. Ask them if they are absolutely positive their ‘Story’ is true... would they bet the lives of their children on it? Usually they will tell you ‘No, I am not *that* positive.’
7. Help them strip away all ‘interpretation’ from the Story; leave only the basic facts.
8. Ask them what is GREAT about the remaining facts (now that their Story has been stripped away). If possible, get them to come up with a list of TEN great things.
9. Once they have their list, ask them to write a whole new story based on the list they’ve created. Tell them to make it as compelling as possible.

Make sure you teach this formula to as many members of your Support Community as possible, so they can more effectively help *you* off the Dark Train as well. But be sure you wait to explain the process to them until they’re on the Bright Train and before you *use* it with them, otherwise they may feel manipulated or resistive.

And begin NOW practicing these steps on *yourself*. Although you will frequently need the help of others to get off the Dark Train, there will be times when you can navigate the process entirely on your own. And when you do, it will feel amazing!

As you master this process, you will eventually be able to skip many of the steps:

The Advanced Version looks like this (It is similar to the SWAP Shift):

1. **You:** Do you think you might be on the Dark Train?
Subject: Yes I do.
2. **You:** Would you like help getting off?
Subject: Yes I would.
3. **You:** Tell me what is GREAT about all of this and then write a new Story.

Step #10 (Client Assignments)

Pay attention to when you and others might be on the Dark Train then do all you can to Identify your Story, Strip it down to the Facts, and write a new more empowering Story.

Summary:

Everyone gets on the Dark Train, but by applying these formulas and maintaining your Support Community, you can quickly get back on the *Bright* Train and ultimately stay there for longer periods of time. Just knowing that your Dark Train moments are simply a disempowered version of your perceived reality can be liberating because it means that all we have to do is change our *focus* to change our life. And the same goes for your clients... all YOU need to do is change *their* focus... to change their life.

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.

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?

Assignment #1:

- 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.

Assignment #2:

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.

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.