Overcome the Hidden Blocks Holding You Back, Achieve Your Goals and Create a Life of Happiness, Purpose and Fulfillment

LIFE TRANSFORMATION

THE COMPLETE JOURNEY

PERSONAL SUCCESS GUIDE & WORKBOOK

JONATHAN MONTE

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Welcome Friend,

Life Transformation - The Complete Journey is a simple, yet detailed program that has been designed to completely transform your life, and move you from where you're currently at to where you want to be. It resolves the underlying conditions which prevent growth and provides the exact process to create and achieve the life you desire.

Few programs are created with such specific purpose and instructions as to guarantee an outcome. This is one of those programs. It has been conceived by necessity, developed from experience, refined through practical application, and proven through its continued success. Its purpose is to transform lives, move the human race forward, and stand the test of time for future generations.

Regardless of your age, background, experience, income, religious or spiritual beliefs, this program is effective for anyone who follows the instructions. If you're ready, then I invite you to begin your journey of life transformation and help us foster a positive shift in the global consciousness.

- Jonathan Monte

WARNING

This program provides a comprehensive, step-by-step process for dramatic life transformation. This program requires your sustained willingness to complete the program as well as the courage to face and overcome the unknown and painful truths you may discover along the way. It is imperative that you follow each episode consecutively, only moving to the next episode once the necessary skills have been developed and the exercises have been completed.

You are responsible for your own choices and actions. If you're not ready, willing or capable then please do not proceed with this program. Either wait until you are ready or please contact us for a refund within 30 days of your purchase.

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"Just on the other side of our perception exists a limitless reality, which we can awaken to, which will transform our lives and allow us to experience our purpose, personal fulfillment, inner peace and love, all in a deeper and more meaningful way."

– JONATHAN MONTE

Introduction

Life Transformation, The Complete Journey is an in-depth and comprehensive step-by-step program designed to completely transform your life. This interactive program will help you to: 1) uncover and overcome the blocks holding you back, 2) discover your true identity, purpose and desires, 3) develop the tools necessary to create lasting changes and achieve the life you desire, and 4) share your experience and foster a positive shift in the global consciousness. The successful completion of this program will also serve as a foundation from which you will be able to build upon, finely tune, and dramatically expand your personal development.

How to Use Your Personal Success Guide and Workbook

This Success Guide and Workbook are intended to be used in conjunction with the video or audio presentations of the course; Life Transformation, The Complete Journey. The course, episodes and the corresponding exercises found in this guide should be completed **in order**, starting with Episode One. It's very important that you follow the instructions found in each episode's section of this guide before moving on to the next episode. If you move on to the next episode before you have completed the exercises and developed the necessary skills then you will most likely have difficulty in successfully following the next episode or completing the course as intended. As you move forward, you should print the worksheets for each episode and have a blank journal to use throughout your journey.

This course also includes a series of guided meditations which should be used as indicated in each episode's section of this workbook. Please do not listen to any of the guided meditations while driving or operating machinery.

We all have lives and can get busy, so please follow this program at your own pace. The average time it takes students to complete this program ranges from thirty days to six months. The length of time it will take you to complete this program will depend on how much time you can dedicate to: 1) watching or listing to the episodes, 2) following the corresponding exercises, and 3) practicing and incorporating the skills you'll learn.

- Enjoy your journey!

Episode One - The Awakening, Our Journey Begins with the Truth

Prerequisite for this episode's exercise:

- ☐ Watched Episode One enough times to have fully absorbed the material.
- ☐ Desire and willingness to completely transform your life.

"Our path appears when the light of the truth transcends the darkness of our unknowing."

– JONATHAN MONTE

Introduction

Mankind is a curious creature. We have, throughout cycles of enlightenment, made great advancements in our quality of living and understanding, yet we intuitively know there is still much more to be learned, experienced and shared. Our hunger to explore, discover, grow, and create are the driving forces of our very existence.

An Evolutionary Tragedy

Through the course of human evolution, we have grown more in the last century than in all of previous recorded history. In the last thirty years alone, our rapid advancements in technology, science, health care, computing, entertainment, and communications have quickly outpaced our understanding of our basic human nature and our collective consciousness. We have become increasingly disconnected and separated from certain truths about our nature.

Whether we're aware of it or not, our personal experiences, as well as our cultural and social conditioning has affected and influenced us to adopt certain patterns of behavior in order to assimilate and survive. Over the course of our lives, we've been bombarded and imprinted with countless messages and beliefs which have influenced our view of ourselves and our world, and shaped our understanding and very development. While some, or even a considerable amount of these messages are beneficial and work in our

lives, we find we've often absorbed counterproductive messages and developed inner conflicts and harmful patterns of behavior which are holding us back from achieving the freedom and life we desire.

We possess an intuitive need to discover more of our truth and improve our lives, and while much has been done to discover these truths, we find we're often left with more questions than answers and more confusion than harmony. We've found that surface level solutions have not resolved the underlying conditions which have been holding us back from the freedom and life we desire. Our frustration often compounds upon itself leaving us either skeptical or surrendering our hope in finding the solutions we're looking for. The good news is that there is a solution. We can resolve the underlying conditions which have been holding us back, discover our true identity, create lasting changes and achieve the freedom and life we desire. We can completely transform our lives.

Finding the Path

In 1994, I had given up on life. I was suffering from alcoholism, extreme depression, confusion, suicidal and homicidal thoughts. I was emotionally, physically and spiritually bankrupt without any hope for changing my life. Suicide seemed like the only option. I wanted to change my life, but I didn't know how. Fortunately, one of my college professors reached out to me and I shared with her where I was at. I began to attend 12-step meetings and therapy and I convinced myself that I could somehow transform my life.

I began studying and learning all I could about personal development. It didn't take long for me to realize there was a large gap between what I needed and what was available. It was an ongoing effort to sift through the hucksters and con artists, as well as the dumbed-down and overly simplified books so that I could find the authors who had actual and practical experience in their specialized fields. I began to methodically apply what I was learning, experimenting and creating my own process that I could follow and use throughout my life. I discovered the universal solutions to our common problems and the keys for unlocking our personal freedom and power. Over the last twenty-three years I've developed and refined a program that works, which has completely recreated and transformed my life and helped me to achieve the life I always desired.

From the beginning of my personal transformation I had been sharing my story and what I had been learning. I found that there were countless others who wanted to transform their lives, but just like I experienced they couldn't find the solution they were looking for. So, I became a mentor, helping others transform their lives just as I had done with mine. However, when the requests for my knowledge, experience and guidance grew beyond what I could afford to give I knew I had to document the process I had created and share it with the world.

The Complete Journey of Life Transformation

This program has been specifically and intentionally designed to teach each of the essential concepts, principles, tools, methods and techniques that are required for us to completely transform our lives. Each episode and its corresponding exercises build upon what has been taught in the previous episode and its exercises.

Our first objective is to understand how our personal experiences as well as our cultural and social conditioning has effected and influenced us to adopt certain patterns of behavior which prevent us from reaching our full potential. Before we can overcome these behaviors, we need to first learn how to quiet our mind and focus to identify our inner voice. We do this through mastering the art of effective meditation. After we've developed this practice, we'll use it to discover the hidden power of our emotions, and develop an Emotional Response Process, which is the key to unlocking our personal freedom and power. We'll then go on to take an honest and revealing personal inventory where we'll take a look at our lives from an entirely new perspective so we can clearly identify the blocks which have been holding us back. Next, we'll learn and apply the step-by-step process to create lasting changes and overcome our blocks. With our blocks removed we'll then be free to launch into a journey of self-discovery where we'll learn more about who we really are and uncover our genuine desires, passions and interests. These discoveries become the guiding forces for us to create a life of happiness, purpose, and fulfillment and achieve the life we truly desire. We'll then go on to find a new level of freedom through practicing personal responsibility and learning from our mistakes. And in the final phase of our life's transformation we learn how we can help others, share our experience and foster a positive shift in the global consciousness.

EXERCISE 1.1 Opening Questions

1) On a scale of one to ten: how much do you believe your life has been influenced by your past experiences, and cultural and social conditioning?

1 2 3 4 5 6 7 8 9 10

2) On a scale of one to ten: how happy are you? How happy do you want to be?

1 2 3 4 5 6 7 8 9 10

3) On a scale of one to ten, how fulfilled are you? How fulfilled do you want to be?

1 2 3 4 5 6 7 8 9 10

4) What do you believe are the blocks holding you back from the life you desire?

_____

_____

_____

5) What would your life be like without these blocks? How would your life be different?

_____

_____

_____

6) Are you ready to completely transform your life? Yes ☐ No ☐

After you have completed this exercise and are ready to completely transform your life, please watch Episode Two.

Episode Two - Mastering the Art of Effective Meditation

Prerequisites for this episode's exercises:

- ☐ Completed Exercise 1.1
- ☐ Are ready to completely transform your life.
- ☐ Watched Episode Two enough times to have fully absorbed the material.
- ☐ Courage and willingness to practice meditation.

"What we are today comes from our thoughts of yesterday,
and our present thoughts build our life of tomorrow.
Our life is the creation of our mind."

– BUDDAH

Introduction

Throughout the course of our lives, we've been imprinted with countless messages and beliefs which have influenced how we view ourselves and the world, as well as the very direction and course of our lives. As adults, we often live in a very noisy and sometimes chaotic world, filled with a constant stream of messages which are intended to influence us and compete for our attention. Therefore, it's vitally important that we learn how to quiet our head and learn how to relax and focus so we can take control of our thoughts, desires and physical state. We'll accomplish this by using meditation, which is an essential element in our life transformation and will be used in various ways throughout this course.

Meditation is a method of attaining and regulating our mental, physical and spiritual attention, awareness and relaxation. This practice of meditation gives us the ability to quiet our heads and focus, to concentrate and contemplate, to connect, listen and discover, to relax and control our body, mind and state. Meditation will also help us identify and distinguish the different noises, voices and scripts that dictate our thoughts.

EXERCISE 2.1 Developing and Journaling Your Meditation Experiences

Commit to practicing meditation at least once per day and then journal about your meditation experience. It's important that you learn how to meditate in each of the three styles I'll be teaching you, so you can choose to either meditate multiple times per day, practicing the various styles or you can alternate between the different styles each day. Be sure to journal after each meditation experience, writing down how long you meditated for, what type of meditation you used, what you experienced, felt and discovered.

Components of Meditation

EXERCISE 2.2 Achieving a Meditative State

The first thing we'll want to do is learn how to achieve a meditative state. Here is a checklist of aspects to consider before you begin:

- ☐ When: To build consistency, choose a time that you will meditative at each day.
- ☐ A quiet location: Eliminate noises, silence your phone and other electronic devices.
- ☐ Posture: Choose whether you want to lay down, sit on a chair or sit on the ground. Find a posture which you'll be comfortable in for the duration of your meditation.
- ☐ Eyes: Meditation is commonly practiced with eyes closed, however you should also practice meditation with your eyes open.
- ☐ Length of Meditation: Choose how long you want to meditate for. I recommend 5-7 minutes for beginners. You can set an alarm if that will help you from peeking at a clock.
- ☐ Optional sensory stimulus: Low volume meditation music, burning incense, etc.

Please listen to the **"Guided Meditation for Achieving a Meditative State."** In this recording, I will guide you through the physical and mental process of achieving a meditative state. Once you have learned how and are comfortable with achieving a meditative state you can move on to the following exercises.

How to Meditate Effectively

EXERCISE 2.3 Practicing Focused Attention and Contemplation Meditation

Focused Attention Meditation, also known as Contemplation Meditation is the focusing of our mental attention on a specific thought, emotion, physical aspect or spiritual connection. Please listen to the "Guided Meditation for Focused Attention and Contemplation" to guide you through this meditation experience. Practice this meditation using the guided meditation until you become comfortable enough to meditate in this way without the guided meditation.

EXERCISE 2.4 Practicing Open Monitoring Meditation

Open Monitoring Meditation is the clearing of our minds distractions and becoming aware of our incoming thoughts, our physical and emotional states and our spiritual connection. Please listen to the "Guided Meditation for Open Monitoring" to guide you through this meditation experience. Practice this meditation using the guided meditation until you become comfortable enough to meditate in this way without the guided meditation.

EXERCISE 2.5 Practicing Mantra Meditation

Mantra Meditation is the rhythmic repetition of a word or phrase which holds a special meaning. In the repetition of a phrase, an emphasis is rhythmically applied to each of the words with each repetition. Please listen to the "Guided Mantra Meditation" to guide you through this meditation experience. Practice this meditation using the guided meditation until you become comfortable enough to meditate in this way without the guided meditation.

EXERCISE 2.6 Combining Different Types of Meditation

Once you have become comfortable enough with these types of meditations that you no longer need the guided meditations, I want you to combine these different styles into a single meditation. Enter your meditative state and begin with Open Monitoring,

when something comes to the surface, use Focused Attention and Contemplation to explore what has come up. Once you have explored the subjects meaning and significance I want you to use a Mantra which complements the subject and its meaning. Continue with your Mantra until you are satisfied with your connection and experience.

Integrating Your Meditations

EXERCISE 2.7 Integrating Your Meditations

Once you have developed your meditation skills in a controlled environment I want you to begin integrating your meditations into your daily activities. We need to learn how to meditate in any environment, so start with meditating in your parked car, at work or other space where you can sit uninterrupted for a few minutes. Once you have practiced meditating in these environments, I want you to practice meditating in other environments where there is more activity surrounding you, such as the park or beach. Continue practicing your meditations in different environments until you can effectively meditate anywhere.

Our ability to effectively meditate anywhere is an essential skill we'll use to transform our lives. These integrated meditations are a great way for us to get centered and focus whenever we need to, however they should not replace our regular practice of meditating at home. Continue journaling each of your meditation experiences.

After you have completed these exercises, developed each of these meditation styles and successfully integrated your meditations into your daily activities, please watch Episode Three.

Episode Three - The Hidden Power of Our Emotions

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Two.
- ☐ Developed each of the meditation styles outlined in the previous episode.
- ☐ Successfully integrated your meditations into your daily activities.
- ☐ Commitment to continue practicing your daily meditations.
- ☐ Watched Episode Three enough times to have fully absorbed the material.
- ☐ Willingness and courage to explore and experience your emotions.

"Emotional energy is the most powerful driving force in life."

– JONATHAN MONTE

Introduction

While most of us have some kind of understanding of what emotions are, we often lack the proper understanding and ability to experience and express our emotions in a beneficial way. Most of us were never taught or learned the process of experiencing and expressing our emotions, and because of this, we sometimes find the sensations of our emotions to be so uncomfortable or even frightening that we'll go to great lengths, both consciously and subconsciously, to avoid experiencing our emotions. However, our emotions are a natural and essential aspect of our human condition and development and we need to learn how our emotions work and how they affect us.

Understanding Emotions and How They Affect Us

Emotions are a form of energy which manifests into a series of physical responses and sensations brought about by our perception of an internal or external experience. They play an essential role in our lives by giving us insights to our state and allowing us to experience and express our understanding of ourselves and events. When we allow

ourselves to experience and express our emotions we stay connected and balanced and free of emotional entanglements. However, when we attempt to suppress our emotional responses we are attempting to suppress their energy and their natural expression. The suppression of our emotions disconnects us and creates an unbalancing, causing physical and internal conflicts which manifest in various and often harmful ways. Our suppressed emotions will remain in us and continue to manifest until we allow ourselves to experience or express them. In order to gain the ability to express and experience our emotions in a beneficial way and dissolve the internal conflicts which have manifested from our suppressed emotions we must develop an Emotional Response Process (ERP).

Developing Your Emotional Response Process

Developing an Emotional Response Process will allow you to experience and express your emotions as they come up, as well as allow you to process the emotions associated with your inner conflicts, thereby releasing their energy and dissolving the conflicts themselves.

EXERCISE 3.1 Developing Your Emotional Response Process (ERP)

To begin the development of our Emotional Response Process, we'll want to learn how to identify and experience our emotions in the controlled and comfortable environment of a meditative state. Here we should practice and develop two methods, the first by using open monitoring meditation to allow emotions to present themselves and the second by using focused attention meditation to focus on a specific emotion.

Once you've entered a meditative state and the sensation of an emotion has presented itself, allow the sensation to exist, spend some time focusing on the sensation. Identify the emotion if possible. Is it love, joy, gratitude, anger, fear, etc.? Acknowledge the emotion and its existence within you. Observe and experience the emotion. Is the emotion associated with or a reaction to an event you experienced? Is the emotion an indicator for you to take some kind of action? Continue to allow the sensation of the emotion to exist, feel its energy and allow it to move through you freely. It may retreat within you, expand, dissolve or pass through and exit your body. You may experience a physical shiver, soreness, numbness or tightness as a result of the emotional energy moving through your body.

To help you develop your Emotional Response Process and guide you through this experience, please use the **"Guided Meditation for Processing Emotions."** Practice and develop your Emotional Response Process using this guided meditation until you're comfortable with the process. When you're ready, practice and develop your Emotional Response Process in a meditative state without using the guided meditation. Continue to practice and develop your Emotional Response Process on a regular basis.

Since we're trying to develop an essential life skill, we'll want to keep track of our experiences and progress. Here you'll want to use the **Emotional Response Process Worksheet** on the following page, or you can journal about each session, writing down the date, type of meditation used, physical sensations and emotions experienced, path of the sensations, and any associations, meanings and messages we've identified, as well as any residual physical sensations and post-experience feelings.

Mastering Your Emotions

EXERCISE 3.2 Integrating Your Emotional Response Process (ERP)

Once we're comfortable and confident in our ability to process emotions in a meditative state we'll want to learn how to process and integrate our Emotional Response Process into our daily activities.

As you go throughout your day, pay attention to any emotions as they surface. Allow them to exist and use your Emotional Response Process to experience them fully. If you find you're having difficulty in processing your emotions as they present themselves you can process them at home in a meditative state, but you should continue practicing and developing your ERP until you can fully experience and process your emotions in any environment. Be sure to continue journaling or using the Emotional Response Process Worksheets for your emotional experiences and pay attention to what your emotions are indicating.

After you have completed these exercises, developed your Emotional Response Process and successfully integrated your Emotional Response Process into your daily activities, please watch Episode Four.

Emotional Response Process (ERP) Worksheet

Date	
Type(s) of meditation used	
What emotions did you experience?	
What physical sensations did you experience?	
What were the path of sensations? Describe in detail the sensations you experienced.	
What post-experience feelings did you feel? (soreness, relieved, excited, etc.)	
What were/are these emotions a reaction to? What are they associated with?	
Are these emotions indicating for you to change a behavior? If so, what behavior?	

Episode Four - Taking an Honest and Revealing Personal Inventory

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Three.
- ☐ Developed your Emotional Response Process.
- ☐ Successfully integrated your Emotional Response Process into your daily activities.
- ☐ Commitment to continue practicing and developing your meditation and ERP skills.
- ☐ Watched Episode Four enough times to have fully absorbed the material.
- ☐ Willingness and courage to face the unknown and painful truths you may discover.
- ☐ Commitment to follow through with the rest of the program.

"If we want to transform our lives then we have to first take an honest and thorough look at ourselves."

– JONATHAN MONTE

Introduction

Having developed both an effective meditation practice and our Emotional Response Process, we're now prepared to take an honest and revealing personal inventory. As we've already learned, throughout the course of our lives we've been bombarded and imprinted with countless messages and beliefs which have influenced our view of ourselves and our world and shaped our understanding and very development. While some, or even a considerable amount of these messages are beneficial and work in our lives, there is a high probability that we have absorbed counterproductive messages and developed inner conflicts and harmful patterns of behavior which are holding us back from achieving the freedom and life we desire. This is our opportunity to take a look at our lives from an entirely new angle to discover our powerful truth.

Your Powerful Truth

If we want to transform our lives then we first have to take an honest and thorough look at ourselves. Through this process we'll discover our truth, which is the key to overcoming our blocks and unlocking our potential. The following exercises and worksheets are designed to help us discover our truth by looking at our resentments, inner conflicts, self-deprecating beliefs, harmful patterns of behavior and our fears. We'll assess our past and current romantic and sexual relationships, and explore our core beliefs and values. Along the way we should be prepared and willing to face previously unknown and painful truths about of our self.

Once we've completed our inventory and uncovered our truth we'll then be able to take specific steps to create lasting changes, resolve our inner conflicts and free ourselves to discover and achieve the life we want. The more we know and face our truth the better we'll be able to make constructive decisions and move in the right direction. We'll also want to maintain our awareness by incorporating this practice throughout our life with a daily inventory and reflection.

Personal Inventory Instructions and Worksheets

Print and complete each of the following exercises and worksheets, taking as much time as you need to honestly and thoroughly answer each question. If done correctly, this inventory is often an emotionally exhausting process and usually takes several sessions of working on it before it is completed. Prior to each inventory session, please listen to the "Guided Meditation for Discovering Your Truth", which will help you get focused and open up the channel of awareness to seek and find your truth. Make sure to keep your finished Personal Inventory in a safe place, as we'll be referring back to it in our upcoming episodes. I'm proud of you for your dedication and courage to find your truth. I look forward to helping you create lasting changes and resolve your inner conflicts in our next episode.

EXERCISE 4.1 Opening Questions

Question 1. What is preventing you from achieving the life you want or deserve?

Question 2. What low personal or life standards have you tolerated? Why have you tolerated these standards?

Question 3. Do you have any deep personal secrets? If so, what are they?

EXERCISE 4.2 Resentments and Inner Conflicts

We've all been hurt at some point in our lives, some of us more so than others. When we experience harm or a threatening, traumatic or abusive situation, there are certain emotions which may arise from the experience. Sometimes we're aware of these emotions, other times we're not aware of them and they get suppressed. When we hold a grudge against the person who harmed us and continue to experience the negative emotions associated with the event, even long after the experience, then we have a resentment. When we are unable or unwilling to process the appropriate emotions to heal from a harmful event then we have what we've learned is an inner conflict. Our resentments and inner conflicts manifest in our lives often hindering our growth and creating harmful situations and patterns of behavior.

In order to resolve these inner conflicts and become free of their harmful manifestations, we first must understand what happened and how we were effected. Ask yourself, who are you resentful at? This may be a person, place, object, institution, group of people and so on. What happened? What was the situation that harmed you? Were you harmed, threatened, traumatized or abused? What reoccurring feelings and/or emotions come up when you remember the person or experience? Is it loss, fear, anger, insecurity, grief, rage, vulnerability, powerlessness, etc.? How have you dealt with your resentment or inner conflict? Have you dealt with it by inflicting the same harm on to others? Do you allow yourself to fully experience your feelings and/or emotions or do you suppress them? If you suppress these feelings and/or emotions, how and what do you do to suppress them?

Has your resentment, suppressed feelings and/or emotions manifested in other areas of your life? If they have, how have they manifested? Is there something that triggers your resentment, your re-experiencing of the negative feelings and/or emotions? How does this resentment and inner conflict affect you? Does it affect your self-esteem, pride, emotional security, financial security, ambitions, health, personal or romantic relationships? In some cases, we did nothing to warrant the harm caused by the other person, other times we may have done something to initiate or propel the situation. Are you at fault in any way for the situation which caused this resentment? How? What did you do? What could have you done differently? Our goal is to free ourselves of our resentments and resolve our inner conflicts. How would your life change if you no longer had this resentment or inner conflict? How would you feel?

Print and complete the Resentments Worksheet for every resentment and unresolved conflict you have.

Resentments and Inner Conflicts Worksheet

1	I'm resentful at:	
2	What happened? What is the cause of this resentment? Were you threatened, harmed, abused or traumatized?	
3	What reoccurring feelings and/or emotions come up when you remember the person or situation?	
4	How have you dealt with this resentment or inner conflict? Do you allow yourself to fully experience these feelings and/or emotions? Or do you suppress them?	
5	If you suppress these feelings and/or emotions, how and what do you do to suppress them?	
6	Does your resentment, suppressed feelings and/or emotions manifest in other areas of your life? How?	
7	Is there something that triggers your resentment?	
8	How does this resentment or inner conflict affect you?	
9	Are you at fault in any way for the situation which caused this resentment?	
10	If so, what could have you done differently?	
11	How would your life change if you no longer had this resentment or inner conflict? How would you feel?	

EXERCISE 4.3 Self-Deprecating Beliefs

Self-deprecating beliefs are negative, belittling or harmful beliefs, attitudes or feelings we have about ourselves which we've formed from our experiences. In order to let go of our self-deprecating beliefs we need to understand where they came from, how they affect us and what our life will be like once we've let these beliefs go.

What is the self-deprecating belief you have? Where does this belief come from? Did this belief stem from your parents, siblings, friends, teachers, classmates, employer, coworkers, the media, etc.? What happened? What was the message or situation that led to you forming this belief? How long have you had this belief?

These beliefs may lower in their intensity or stay dormant long after the situation or messages which caused them. Does your self-deprecating belief intensify around certain people or situations? Who and/or what situations?

Self-deprecating beliefs may become so engrained in us that they become part of our identity and we may consciously or subconsciously reinforce our self-deprecating beliefs by taking action or inaction to prove the belief true. For example, if someone believes they are a failure they may consciously or subconsciously fail just to prove the belief true. Alternatively, we may try to prove our self-deprecating beliefs untrue by taking or not taking certain actions. For example, is someone believes they are a failure they may try to prove their belief untrue by attempting to earn several college degrees.

Self-deprecating beliefs affect us in different ways and we'll want to learn precisely how each of these beliefs affects us. How does your self-deprecating belief affect you? Does it affect your self-esteem, pride, emotional security, financial security, ambitions, health, personal or romantic relationships? How has your beliefs affected the outcome of your life? Has it altered your life choices, relationships, career path, self-esteem, ambitions?

Each of your self-deprecating beliefs can be overcome. Imagine, what would your life be like today if you never had this self-deprecating belief? How would your life change if you no longer had this belief? How would you feel?

Please complete the following Self-Deprecating Beliefs Worksheet for each of these beliefs you have.

Self-Deprecating Beliefs Worksheet

1	What is the self-deprecating belief you have?	
2	Where does this self-deprecating belief come from?	
3	What happened? What message or situation led you to form this belief?	
4	How long have you had this belief?	
5	Does this belief intensify around certain people or in certain situations? Who and/or what situations?	
6	Do you reinforce this belief by consciously or subconsciously trying to prove it true?	
7	Have you tried to overcome this belief by consciously or subconsciously proving it untrue? How?	
8	How does this belief affect you?	
9	How has this belief affected the course of your life?	
10	What would your life be like today if you had never formed this belief?	
11	How would your life change if you no longer had this belief? How would you feel?	

EXERCISE 4.4 Harmful Patterns of Behavior

Harmful patterns of behavior take on many forms. In some cases, these harmful patterns may just be bad habits we've developed, however in other cases, our harmful patterns of behavior may be manifestations stemming from a resentment or an inner conflict caused by suppressed emotions. Sometimes we're aware of our harmful patterns and other times we may be completely unaware our behavior is a harmful or has become a pattern. It can be incredibly frustrating if we have a harmful pattern of behavior that we're aware of, yet we haven't yet been able to overcome or stop the behavior. In order to begin to overcome our harmful patterns of behavior we need to gain clarity.

What is the harmful pattern of behavior? Sometimes our behavior is triggered or is in response to a person or certain conditions. Who and/or what conditions trigger you to behave in this way? Who does this behavior harm? How does this behavior harm yourself or others? When did this pattern of behavior first develop? Where did you learn this behavior? Is your behavior in response to a situation or experience you had? Did someone harm you with the same behavior you now have a pattern of? Is there someone else in your life who had or has the same pattern of behavior?

We may not be aware of it, but we get something out of our harmful patterns of behavior. So, what do you get out of it? What's in it for you? What's the payoff? What purpose does this behavior serve? How does this behavior make you feel? What emotions come up when you behave like this?

In most cases, our harmful patterns of behavior are methods we use to avoid certain feelings, emotions or taking responsibility for something. Are you using this behavior to avoid these? If so, what feelings, emotions and/or responsibilities does this behavior help you avoid? Why are you trying to avoid these feelings, emotions and/or actions?

If you could replace your harmful behavior with a productive behavior what would that new behavioral response be? Imagine your life without this harmful pattern of behavior. How would you feel and how would your life change if you no longer had this harmful pattern of behavior?

Please complete the following Harmful Patterns of Behavior Worksheet for each harmful pattern of behavior you have.

Harmful Patterns of Behavior Worksheet

1	What is the harmful pattern of behavior?	
2	Who and/or what conditions trigger you to behave this way?	
3	Who does this pattern of behavior harm?	
4	How does this behavior harm you or others?	
5	When did this pattern of behavior first develop?	
6	Where did you learn this behavior? How did this pattern develop? Is this behavior in response to an experience you had? Who treated you this way? Who in your life had a similar pattern?	
7	What purpose does this behavior serve? What do you get out of it? What's in it for you? What's the payoff?	
8	How do you feel when you behave like this?	
9	What emotions come up when you behave like this?	
10	What feelings, emotions, and/or actions does this behavior help you avoid?	
11	Why are you trying to avoid these feelings, emotions, and/or actions?	
12	What would be the appropriate behavioral response?	
13	How would you feel and how would your life change if you no longer had this harmful pattern of behavior?	

EXERCISE 4.5 Fears

Fear is a natural and self-preserving response we have to situations we perceive as dangerous. Each of us responds differently to fears depending on the level of perceived threat and our abilities. Unfortunately, just like with emotions, most of us never learned how to face and process our fears which can then develop into a paralyzing and destructive force, hindering our growth. It's time we take a look at what we're really afraid of.

So, what are you afraid of? Why do you have this fear? What happened? Where does this fear come from? Why is this scary? Sometimes our fears are triggered by certain people, places, objects, thoughts or situations. Does something trigger you to feel this fear? If so, what is the trigger?

Ideally our fears will keep us safe from harm, but when we allow our fears to control our life we become a slave to them. How do you react when you experience this fear? What do you do? How do you feel? Do you feel anxious, nervous or paralyzed? How does this fear affect you? Does it affect your self-esteem, pride, emotional security, financial security, ambitions, health, personal or romantic relationships?

What does this fear prevent you from doing? What does this fear rob you of? For example, if you have a fear of rejection, does this fear prevent you from dating or seeking a new career, thus robbing you of partnership and new career opportunities?

Does this fear motivate you to do something? What does it motivate you to do? For example, if you have a fear of financially insecurity, does your fear motivate you to make more money?

We might find our fear stems from a situation or condition we had a role in. Did you have a part to play? Did you do something to create the reason why you have the fear? Which character flaws influenced your part? Were you irresponsible, selfish, dishonest or disrespectful? Did you lie, cheat or cause harm? What could have you done differently?

How would you feel and how would your life change if you no longer had this fear?

Please complete the following Fears Worksheet for each fear you have.

Fears Worksheet

1	What are you afraid of?	
2	Why do you have this fear? Where does this fear come from? Why is this scary?	
3	Does something trigger you to feel this fear? If so, what is the trigger?	
4	How do you react when you experience this fear? What do you do? How do you feel?	
5	How does this fear affect you?	
6	What does this fear prevent you from doing? What does this fear rob you of?	
7	Does this fear motivate you to do something? What does this fear motivate you to do?	
8	Do you have a part to play? Did you do something to create the reason why you have this fear?	
9	Which of your character flaws influenced your part?	
10	What could have you done differently?	
11	How would you feel and how would your life change if you no longer had this fear?	

EXERCISE 4.6 Past Romantic and Sexual Relationships

Our relationships not only shape who we are and who we become, but they are also a reflection of our own self-worth, ambitions and values. Looking at our past romantic and sexual relationships will help us to identify any patterns we have which should be changed. For each of our past romantic and sexual relationships we want to look at the following:

Who was it you were in a relationship with? What type of relationship was it? Was your partner your spouse, fiancé, boy/girlfriend, causally dated, affair, lover, one-night-stand? What was the length of the relationship? How long did it last?

Every relationship has good and bad points. What did you enjoy most about this relationship? What did you enjoy the least about this relationship?

In most cases, someone gets hurt. For the moment, let's put aside anything our partner may have done, we want to look at our part. Did you harm your partner in any way? How? What did you do? Which of your character flaws influenced your part? Was it your fear, selfishness, greed, ego, pride, envy, insecurities, resentments, dishonesty, etc.? In situations where you harmed your partner, what could have you done instead?

Now, taking a look at your partners behavior, did your partner harm you? How? What did they do? This is especially important if we have a pattern of relationships where we are harmed by our partner. This may be an indicator of either poor assessment skills in choosing a partner, low self-worth or a need to be treated in a harmful way. Our inner conflicts and self-deprecating behaviors may be a cause if we see a pattern of unhealthy partners or partners who cause us harm.

Prior to your relationship ending did you try to resolve the issues with your partner? How? What did you do?

Once it finally came to the end, what were the reasons your relationship ended? Was it mutual or one-sided, on good terms or bad terms? Do you continue to see or communicate with this person?

Please complete the following Past Romantic and Sexual Relationships Worksheet for each past romantic/sexual relationship you've had.

Past Romantic and Sexual Relationships Worksheet

1	Person's name	
2	Type of relationship	
3	Length of relationship	
4	What did you enjoy most about this relationship?	
5	What did you enjoy the least about this relationship?	
6	Did you harm this person? How? What did you do? What's your part?	
7	Which of your character flaws influenced your part?	
8	What should have you done instead?	
9	Did this person harm you? How? What did they do?	
10	Prior to this relationship ending, did either of you try to work out your relationship issues? How?	
11	Why did this relationship end?	
12	How did this relationship end?	
13	Do you continue to see or communicate with this person?	

EXERCISE 4.7 Current Romantic and Sexual Relationships

While each relationship is a unique experience they sometimes share common themes, and include similar partners. Once our inventory is completed we'll be able to look at our past romantic and sexual relationships and identify if we are continuing to make the same mistakes or if we've have made healthy changes in our current relationship.

Who are you in a relationship with? What type of relationship are you in? Marriage, engaged, boy/girlfriends, casually dating, affair or lover? How long have you been in this relationship?

What do you enjoy the most about this relationship? Which of your relationship needs is your partner fulfilling? What do you enjoy the least about this relationship? Which of your relationship needs is your partner not fulfilling?

Is any of your partners behavior harmful to you? If so, how have they harmed you?

Is any of your behavior harmful to your partner? If so, how have you harmed them? What's your part? Which of your character flaws influence your part? Was it your selfishness, greed, ego, pride, envy, insecurities, resentments, dishonesty, etc.? What could have you done differently? What can you do to improve this relationship?

Please complete the following Current Romantic and Sexual Relationship Worksheet. If you're currently having more than one romantic or sexual relationship then complete a worksheet for each one.

Current Romantic and Sexual Relationships Worksheet

1	Person's name	
2	Type of relationship	
3	Length of relationship	
4	What do you enjoy most about this relationship?	
5	Which of your relationship needs is your partner fulfilling?	
6	What do you enjoy the least about this relationship?	
7	Which of your relationship needs is your partner not fulfilling?	
8	Is any of your partners behavior harmful to you? If so, how have they harmed you?	
9	Is any of your behavior harmful to your partner? If so, how have you harmed them? What's your part?	
10	Which of your character flaws influence your part?	
11	What could have you done differently? What can you do to improve this relationship?	

EXERCISE 4.8 Your Core Beliefs

Beliefs are concepts we hold to be true. Ideally, we'll form our own personal beliefs from our own experiences and understanding, however we may have beliefs which we've been pushed into adopting. If we live by beliefs which we don't genuinely hold to be true then we're in conflict. We'll want to take a close look at our core beliefs to identify where they came from, when we formed them, what they're based on and if we hold these beliefs because we were pushed into adopting them or if we've formed and genuinely hold them ourselves. It's possible that beliefs that may have been pushed onto us are beliefs we've since genuinely and consciously adopted for ourselves. For each of our core beliefs we should ask ourselves if we want to hold onto the belief or if we want to let it go and replace it with a new belief. Please complete the following Core Beliefs Worksheet for each core belief you hold.

Core Beliefs Worksheet

1	Core Belief	
2	Where did this belief come from?	
3	When was this belief formed?	
4	What is this belief based on?	
5	Were you pushed into adopting this belief? If so, who pushed you into adopting this belief?	
6	Did you form this belief? Or have you genuinely and consciously adopted this belief?	
7	Do you want to hold onto this belief or replace it with a new belief?	

EXERCISE 4.9 Your Core Values

Values are principles we hold to be important. Ideally, we'll form our own values from our own experiences and understanding, however we may have values which we've been pushed into adopting. If we live by values which are not genuinely important to us then we're in conflict. We'll want to take a close look at our core values to identify where they came from, when we formed them, what they're based on and if we hold these values because we were influenced by others to adopt them or if they're genuinely important to us. It's possible that values that may have been pushed onto us are values we've since genuinely and consciously adopted for ourselves. For each of our core values we should ask ourselves if we want to hold onto the value or if we want to let it go and replace it with a new value. Please complete the following Core Values Worksheet for each core value you hold.

Core Values Worksheet

1	Core Value	
2	Where did this value come from?	
3	When was this value formed?	
4	What is this value based on?	
5	Were you pushed into adopting this value? If so, who pushed you into adopting this value?	
6	Did you form this value? Or have you genuinely and consciously adopted this value?	
7	Do you want to hold onto this value or replace it with a new value?	

Maintaining Awareness Through Daily Inventory and Reflection

Completing an honest and revealing inventory of ourselves is a huge step forward, but we'll want to go further and make this practice a part of our everyday lives. When we maintain awareness of ourselves through a daily inventory and reflection, we'll be able to easily identify which of our behaviors are beneficial and which behaviors and areas of our life we need to improve on.

EXERCISE 4.10 Practicing a Daily Inventory and Reflection

First, you'll want to print a few dozen of the Daily Inventory Worksheets and keep them in either a folder or with this workbook if you've put it in a binder. You can make additional copies later as you need them. Second, you'll want to find a time in the evening or at the end of your day where you can dedicate ten or fifteen minutes to reflect and complete this inventory. Begin by entering a meditative state and reflect back over your day. Next, you'll want to carefully consider and answer each of the questions on the worksheet. Finally, review your answers and identify which behaviors are beneficial and constructive and which areas you need to change or improve on. By keeping your completed inventory worksheets together you'll be able to look back over a period of time to identify additional patterns of behavior. In the following episode, you'll learn the steps needed to create lasting changes in your life.

After you have completed these exercises, honestly and thoroughly completed your Personal Inventory Workbook and begun practicing your Daily Inventory and Reflection, please watch Episode Five as soon as possible.

Daily Inventory Worksheet

Date:_____

Did I meditate this morning? _____ Which type of meditation? _____ For how long? _____

Did I arrive on time to work/appointments or was I late? _____

Did I perform my work responsibilities to the best of my ability? _____

Did I accomplish my work goals? _____

Did I return texts, phone calls and emails in a timely manner? _____

Did I waste time today? _____ How and for how long? _____

Did I avoid any responsibility? _____ How and why? _____

Did anything upset me today? _____ What upset me? _____

Was I financially responsible or did I waste money? _____

Did I take care of my physical health today? (Eating healthy, gym, etc.) _____

Did I maintain my home? (Cleaning, feeding pets, paying bills, etc.) _____

Did I connect with my family and friends? (Mentally, physically, emotionally or spiritually) _____

Did I laugh and/or smile today? _____ Did I make anyone else laugh and/or smile? _____

Was I kind and loving towards everyone? _____

What did I enjoy most about my day? _____

What did I enjoy the least about my day? _____

Is there anything I did today that I shouldn't have done? _____

Is there anything I should have done today that I didn't do? _____

Did I do my best today? _____ Or did I consciously underperform? _____

Did I allow myself to experience my emotions as they came up? _____ Or did I suppress them? _____

What did I learn today? _____

What could have I done better? _____

Episode Five - Creating Lasting Changes and Resolving Inner Conflicts

Prerequisites for this episode's exercises:

- ☐ Honestly and thoroughly completed your Personal Inventory Exercises/Worksheets.
- ☐ Begun practicing your Daily Inventory and Reflection.
- ☐ Commitment to continue practicing and developing your meditation and ERP skills.
- ☐ Watched Episode Five enough times to have fully absorbed the material.
- ☐ Willingness and courage to create lasting changes and resolve your inner conflicts.

"We have the power to heal our wounds, overcome any obstacle and create massive changes which will free us to discover and become the person we want to be."

– JONATHAN MONTE

Introduction

Having completed our personal inventory, we've uncovered significant truths about ourselves and are now ready to create lasting changes and free ourselves of the blocks which have been holding us back. We'll now learn how to use specific tools and powerful step-by-step methods to create changes, overcome our fears, let go of our self-deprecating beliefs, overcome our harmful patterns of behavior, resolve our resentments and inner conflicts, assess our relationship patterns and realign our core beliefs and values. Throughout the following exercises, we'll rely on our meditation skills, Emotional Response Process and commitment to transforming our lives. This is our opportunity to reclaim our personal freedom and experience life in an entirely new way.

Once we've made significant progress in this phase of our transformation we'll be ready to discover our genuine passions, interests, desires, and purpose, which will allow us to create and achieve the life we truly want.

Creating Lasting Changes

Nothing in our physical world remains in a constant state. Everything is either in a state of growth or decay. While some aspects of our existence are outside of our control, we possess an amazing amount of power to create and direct changes in our life. However, if we want to fully unleash our potential then we need to do more than just make changes, we need to create lasting changes. We want to make sure our work and efforts will produce results which remain with us for the rest of our lives. If we fail to create lasting changes then our time and energy will have been wasted and we'll regress and fall back into our old patterns and state. In order for us to create lasting changes, we'll need to first remove the blocks which have been holding us back.

We'll now broaden our understanding, gain perspective and learn how to use specific steps to create lasting changes in any area of our life. If we practically apply the following lessons and exercises then we'll experience dramatic results. However, we cannot expect this to be an overnight matter, our success requires our continued willingness, courage and dedication to practicing and applying these tools.

The first block we'll need to overcome is our use of blame to avoid taking responsibility. Blaming others doesn't solve anything and we cannot allow our use of blame to prevent us from growing. We have to take responsibility for finding solutions and overcoming our challenges, even if other people or conditions had a part to play in creating or intensifying them.

The second block we'll need to overcome is our denial of the truth and our willful ignorance towards certain facts of our life. We might not like certain aspects or conditions of our life, but when we ignore them, pretend they don't exist or lie to ourselves and deny their existence, then they'll usually get worse and we'll be unable to find an appropriate solution. Our acceptance of the truth doesn't mean we have to find the truth tolerable, it just means we're willing to be honest with ourselves, which is essential for us to create lasting changes.

In the following three exercises, we'll learn the exact steps and methods to create lasting changes. We can apply these to any area we would like to change or problem we wish to solve, from something as simple as changing a tire to overcoming our most difficult problems.

EXERCISE 5.1 How to Create Lasting Changes

Generally speaking, our desires to create changes can be broken down into two categories. The first category is a change to remove and replace, where we want to overcome blocks or some negative or unproductive aspect of our life. The second category is an aspirational change, where we're not experiencing anything negative per se, yet we aspire to build, expand and improve our lives. In both of these categories, we're experiencing the absence of what we desire. In the following steps, we'll refer to this absence as the "problem."

Step 1. Awareness

Our first step to creating lasting change is awareness. We need to become aware that a problem exists. Even though we might not see or know what the problem is, we can become aware that a problem exists by its effects, symptoms or manifestations, including our personal dissatisfaction or desire for change.

Step 2. Identify the Problem

The next step is to identify what the actual problem is. We may need to investigate what we've become aware of in the first step to help us find the clarity to identify the problem.

Step 3. Discover the Source

Our next step is to discover the source of our problem. This will be especially helpful if we're creating change to remove and replace a negative condition. We want to learn what caused our problem so we can avoid creating or engaging in the conditions which caused the problem in the first place. This helps us from creating the same problem over and over again. And if we had a part to play in creating the problem then we need to change our behavior. In some cases, we might not be able to discover the source of the problem, however, we should do our absolute best in trying to discover the source.

Step 4. Acceptance

The next step is acceptance. We have to be honest with ourselves and accept the fact the problem exists as well as what the problem is. We can't be in denial about this, we can't pretend the problem isn't there.

Step 5. Intolerance

Our next step is intolerance. We must be unwilling to tolerate the problem in our life. The more intolerant we are of the problem the harder we'll work to solve the problem and create the change we want.

Step 6. Take Responsibility

Next, we'll need to take responsibility for finding a solution to our problem. This is our responsibility even if we didn't create the problem.

Step 7. Identify the Solution

Our next step is to identify the solution and outcome we desire. Here we'll want to be as clear and detailed as possible about how big of a change we want to make and what it is we want to accomplish.

Step 8. Identify a Course of Action

The next step is to identify and outline a detailed course of action which we'll follow to arrive at our solution and desired outcome. If the course of action is simple then we can just take the action to achieve the solution. However, if there are multiple or complex steps then we'll want to create and write down a step-by-step action plan for reaching our goal. If there's more than one path to arrive at the solution then we'll want to consider the various paths and evaluate their differences, advantages and disadvantages and any difference in outcomes they may have from each other.

Depending on the problem we're trying to overcome, some problems may be solved by following a course of action once, whereas other problems may require us to adopt and continue certain actions to maintain the results. We may already know the steps and actions which are required for us to achieve our goal, however, if we don't know what steps we need to take then we'll need to do some research. Here we'll want to study or talk to others who have overcome the same problems and achieved the same results we're after. But, regardless of other people's advice or experience, we are still responsible for finding a solution and steps necessary to achieve that solution.

Step 9. Commit to taking the Action

Next, we'll need to make a commitment to taking the action according to our plan. We should dedicate ourselves to following our plan until we've achieved our goal.

Step 10. Take the Action
Our next step is to take action and follow the course of action and steps we've outlined to achieve our solution and desired outcome. This requires courage, willingness, perseverance, and a relentless desire to achieve the solution.

Step 11. Assess Your Progress
An ongoing step will be for us to assess our progress. So long as our plan is working and our goals haven't changed then we should continue following the course of action we've outlined. However, if our plan isn't working then we'll need to reassess our plan and adjust as necessary. We may need to do some additional research or learn as we move forward. It's important that we continue to maintain awareness and honesty with ourselves about our progress.

Step 12. Accomplish Your Goal
Finally, we'll accomplish our goal and achieve our desired outcome.

Step 13. Maintain Perspective, Humility & Appreciation
Even when we've accomplished our goal, we're still not done. If we want to create lasting changes then we need to maintain perspective, humility, and appreciation of our experience. When we overcome a problem and become cocky, arrogant or intolerant of others who have yet to grow as we have then we'll suffer. We want to maintain perspective of our experience, our struggles, challenges, and achievements while we accept others where they're at on their journey. Humility allows us to understand the struggle others face, just as we have faced, and gratitude allows us to appreciate our experience, increasing the likelihood our changes will last.

Step 14. Remember
Our final step to create lasting change is to remember. We'll want to remember the condition which caused our problem in the first place and all the pain and the discomfort the problem brought us. If we forget what caused our problem and the pain it brought us then we may fall back into the problem and re-experience the pain all over again. But, if we can remember these aspects and the work we put into overcoming our problem then we'll be much more likely remain in the solution and have lasting results.

Please listen to the "Guided Meditation for Creating Lasting Changes" and the "Guided Meditation and Visualization for Creating the Life You Desire."

Learning to "Let Go"

In order for us to fully transform our lives, we'll need to release certain aspects or problems we may have been holding on to. Therefore, another tool we should learn which will help us create lasting changes is the practice of "letting go." Sometimes we may find we've been holding on to something which used to serve us, but no longer does. Or, in some cases, we may find that we've been getting something out of a problem going unsolved, that it's benefitted us in some way. Maybe holding onto a problem has helped us avoid certain truths or responsibilities. Perhaps we've lived with a problem for so long we can't imagine our life without it. It's possible that a problem has become so much a part of our identity and we're scared to give it up, that we're scared of not knowing who we'll be without the problem. Or maybe we honestly want to let go and create change, but find we just can't for some reason take the action. Perhaps we've been in fear, haven't been ready or we haven't yet learned how to let go.

Regardless of our reasons, we must be willing to learn how to face and let go of the things we've been holding onto if we want to grow and move on from them. This doesn't mean that we try to forget the past. We want to remember our past so we can learn from it. By changing our attitude and relationship towards what we've been holding on to, we'll be able to finally release, move on, find peace and restore balance.

EXERCISE 5.2 "Learning to Let Go"

When we find that we've been holding onto a certain aspect or a problem we wish to be free of, we'll want to ask ourselves certain questions to gain clarity. The understanding we gain from this process will help us change our attitude and relationship towards what we've been holding on to, thereby releasing it. We'll want to consider the following and ask ourselves these questions while allowing ourselves to experience any emotions which surface.

What have you been holding on to or what is it you want to let go of? Why have you been holding on to this? What do you get out of holding on to this? What's the payoff? Consider the consequences you've already faced or how much pain holding on to this has brought you. How have you suffered from holding on to this? Consider how much more pain you'll experience if you continue holding on to this.

Understand that we are in control of what we hold on to and what we let go of. We can either choose to continue to hold on to something and continue to experience the pain or we can choose to let it go, move on and find freedom. No one else can let go of this for us. We have to do it. We must be willing to face any fears we have and take responsibility for letting go. Chances are whatever discomfort we may face in letting go will be less than the pain we're currently in or the pain we'll continue to be in if we don't let it go.

Fear of letting go and of the unknown of what our life will be like can be paralyzing, but we can't let our fear stop us from growing. Therefore, we'll want to find something constructive that we can replace it with so we can fill the void of what it is we're letting go of. We'll also want to imagine and picture what our life will be like once we've let this go and replaced it with something positive. Imagine how we'll feel and the freedom we'll have after letting this go and replacing it with something which serves us. With this new perspective and understanding, we'll begin to change our attitude and relationship towards what it is we've been holding onto. We'll find the pulling connection it had with us diminishes as we replace it with something constructive.

We may find that letting go is a quick and easy process, especially if what we're releasing is something we really want to be removed and we've desired its removal for some time. However, letting go can sometimes take a while, requiring our continued efforts to change our attitude and relationship towards it.

A powerful exercise to help us in letting go is to confront what we've been holding on to in a meditative state. Here, we'll want to listen to the **"Guided Meditation for Letting Go"** which will help us through this process.

Practicing Forgiveness

Whether we're aware of it or not, we may consciously or subconsciously be holding grudges towards people who have disappointed or wronged us in some way. These grudges, also known as resentments, may quietly exist in the background of our lives, or they may be a dominating force, consuming our energy and peace of mind. In either case, our resentments usually intensify when we remember the person or situation which caused our resentment, thereby triggering unpleasant thoughts or emotions. While our grudges and resentments may sometimes seem justified, we need to realize

that they do not serve any beneficial purpose. They hold us back and keep us trapped, restricting our growth, happiness and peace of mind. And while we can't go back and change the past, what we can do is learn how to let go of our grudges and resentments so we can finally be free of them. Therefore, another powerful tool we'll need to learn to help us create lasting changes is the practice of forgiveness.

Unfortunately, the concept of forgiveness is commonly misunderstood. The misconception is that if we forgive someone then we're absolving, exoneration or condoning their actions. With this false understanding, it's easy to understand why so many of us resist forgiveness. So, what we need to do is learn what forgiveness actually is and how we can effectively practice it.

EXERCISE 5.3 Practicing Forgiveness

Forgiveness is the intentional and voluntary process by which we change our feelings and attitude about a particular offense. It is a change in our position by which we "let go" of the negative or painful feelings, attitudes and opinions we associate with our memory of another person's actions. We should also use our Emotional Response Process to experience any associated emotions we've avoided or suppressed. By practicing forgiveness we'll find that it frees us of our grudges and resentments, allowing us to reclaim our peace of mind and restore balance.

Each of us are individually responsible for our own actions. This means that whoever may have offended or harmed us is responsible for their own actions, even when we forgive them. They have their own price to pay, their own consequences for their actions, which may include physical, mental, emotional, spiritual or even legal consequences. Our forgiveness does not change or erase what they've done, it does not free them. What forgiveness does is free us. It frees us to let go of and replace our resentment with a new position towards the person or situation. Once we've successfully forgiven someone and we've let go of our resentment, we'll be able to remember the person or situation without it evoking any unpleasant emotions.

Not only should we practice forgiving others, but we should also practice forgiving ourselves. We all make mistakes and sometimes we take actions we're not proud of. Here, we're still responsible for our own actions and may have consequences for them, but if we can forgive ourselves then we'll be able to grow and learn from our mistakes.

Learning how to practice forgiveness is an indispensable aspect of our transformation and is one of the ways we take personal responsibility of our life, our happiness and peace of mind. To help you learn how to practice forgiveness, please listen to the "Guided Meditation for Forgiveness" which will walk you through this process.

Now that we've learned these powerful tools, we'll want to review our inventory and apply the methods outlined below to create lasting changes and resolve our inner conflicts.

Reviewing Your Answers to the Opening Questions

Our answers to these opening questions should be seen in the context of the bigger picture of what we've discovered and the changes we'd like to make in our life. Here we'll want to use all of the tools we've learned so far and the solutions outlined throughout the rest of this Episode.

EXERCISE 5.4 Reviewing Your Answers to the Opening Questions

1) General Blocks - In our inventory, we identified what we believe is preventing us from achieving the life we want or deserve. This is a great starting point for the challenges we'll want to overcome and the changes we'll want to make. Here we should use the step-by-step process we just learned to create lasting changes and apply the solutions outlined throughout the rest of this Episode.

2) Low Personal or Life Standards - In our inventory, we outlined whatever low personal or life standards we've tolerated and why we've tolerated them. Here we'll want to 1) overcome whatever reasons why we've tolerated low personal or life standards and then 2) raise our standards to the level we desire. To do this, we should take personal responsibility, use the step-by-step process we just learned to create lasting changes and apply the solutions outlined throughout the rest of this Episode.

3) Personal Secrets - In our inventory, we listed any deep personal secrets we may have. It's one thing for us to have personal information we would like to keep to ourselves, but when we hold on to personal secrets which we're embarrassed or ashamed of which affects our self-esteem or ambitions, then we'll need to address

them. Here we'll want to practice acceptance and forgiveness towards ourselves and apply the methods outlined throughout the rest of this Episode.

Overcoming Your Fears

Fear is a natural and self-preserving response we have to situations we perceive as dangerous. When used appropriately our fears will help keep us safe, however when we allow them to dominate our decisions and hold us back then they can easily become a paralyzing and debilitating force. When we overcome our fears, we reclaim our personal power and become free to make lasting changes.

EXERCISE 5.5 Overcoming Your Fears

In order for us to overcome our fears, we'll want to go back and carefully review each fear we listed in our inventory. If we had a role in creating the situation which caused the fear then it's our responsibility to take whatever corrective action is appropriate to repair the situation. With each of the fears we would like to overcome we'll want to apply the process we've just learned to face and "let go" of them.

We may want to start with a lesser fear, one that will be easier to overcome, and once we begin to overcome our fears, we'll see how easy the process is and how great we feel once fears are released. Successfully applying this process of "letting go" will also build our confidence to overcome our more significant fears. The time it will take for us to overcome all our fears depends on how many fears we have and how dominating they've become, however, we must remain committed to facing and overcoming our fears if we want to remove all the blocks which have been holding us back.

Letting Go of Your Self-Deprecating Beliefs

Once we've made considerable progress in facing and letting go of our fears, we'll want to begin letting go of our self-deprecating beliefs.

EXERCISE 5.6 Letting Go of Your Self-Deprecating Beliefs

We should carefully review each self-deprecating belief we have in our inventory. We'll want to take responsibility for any behaviors we've used to reinforce these beliefs and

then take corrective actions to stop reinforcing them further. Next, we'll practice forgiveness towards the sources of these beliefs and apply the process of "letting go" to replace these beliefs with new, constructive beliefs. Remember, we are in control and we have the power to let go of whatever doesn't work and replace it with what does work. We don't need to suffer any longer if we don't want to. Just like with letting go of our fears, it may be a good idea for us to start with letting go of our less engrained self-deprecating beliefs and move up to our deeper engrained ones. Now that we've learned how to let these beliefs go, we get to decide when and in what order we'll remove and replace them.

Overcoming Your Harmful Patterns of Behavior

Our harmful patterns of behavior can develop in countless ways. They may develop slowly, making it difficult for us to realize how harmful they've become and they may become so engrained in our lives that can't imagine our life without them or find a way to overcome them. Sometimes our harmful patterns of behavior are just bad habits, whereas other times they may be manifestations of an inner conflict. However, with our completed inventory we've learned the truth about our harmful patterns of behaviors and are now ready to finally overcome them.

EXERCISE 5.7 Overcome Your Harmful Patterns of Behavior

Here we'll carefully review each harmful pattern of behavior we've listed in our inventory. We've identified what our patterns are, what triggers them, who they harm and how. We've discovered why we have these behaviors, where they come from, what purpose they serve and what we get out of them. We've learned how these patterns make us feel, what they help us avoid and what appropriate behaviors we can replace them with.

For each individual harmful pattern of behavior, we'll want to determine if the pattern is just a bad habit we've developed or if it's a possible manifestation of an inner conflict. For patterns which we determine are bad habits and for patterns we're unsure of being manifestations, we'll want to practice acceptance of the existence of the pattern, personal responsibility for our part if we have one, forgiveness towards the source of the pattern and ourselves, and apply the process of creating change and letting go to each of them. We'll also want to use our Emotional Response Process to experience

any emotions we've been avoiding. However, if after honestly and diligently applying these steps we find we cannot stop a behavior then there's a good chance it's a manifestation of an inner conflict. In order for us to overcome any harmful patterns of behavior we've identified as being manifestations of an inner conflict, we'll need to resolve the inner conflict itself.

Resolving Your Resentments and Inner Conflicts

Here we find ourselves faced with what might be our most significant sources of pain. Our resentments and inner conflicts manifest in various and countless ways creating harmful and confusing patterns of behavior which can only be dissolved by letting go of our resentments and resolving our inner conflicts.

This is often one of our most difficult yet rewarding and life-changing phases of our development. However, if we've been practicing the tools we've learned and following the exercises so far in this program then we'll be ready to take this vital step.

EXERCISE 5.8 Resolving Your Resentments and Inner Conflicts

To resolve our resentments and inner conflicts we'll need to practice acceptance of the situation which caused our resentment or inner conflict, personal responsibility for our part if we have one, forgiveness towards whoever hurt us and ourselves, and apply the process of creating change and letting go. However, and this is vitally important, in order for us to resolve our inner conflicts and release their manifestations we'll need to take an extra step, which is for us to use our Emotional Response Process to finally allow ourselves to completely experience the emotions associated with the original situation which caused the internal conflict. When we do this correctly and we allow these emotions to pass through us, we will then have resolved our inner conflicts and thereby dissolved their manifestations. If we follow this process, yet we still demonstrate the same harmful patterns, then their continued existence may only be that of habit, which we can overcome by repeating the steps we covered for our Harmful Patterns of Behavior. Please listen to the **"Guided Meditation for Dissolving Harmful Manifestations"** to help guide you through this emotional process.

Practice this method for each resentment and inner conflict you suffer from. Allow yourself the time to carefully go through this process, as it can be exhausting and may take weeks or even months to complete, depending on how many resentments and inner conflicts you have.

Assessing Your Relationship Patterns

Relationships can be one of the most exciting and fulfilling or heartbreaking and painful parts of our life. From our relationships, we sometimes develop harmful patters and conflicts which can linger and block us from creating the quality of relationship experience we desire. It's up to us to carefully assess our relationship history and patterns in order to overcome whatever blocks we may have.

EXERCISE 5.9 Assessing Your Relationship Patterns

In our inventory, we outlined our relationship history, including who we were in relationships with, what type of relationships we had, how long our relationships lasted, what we liked and disliked about our relationships, if and how we harmed our partners and how they may have harmed us. We'll want to carefully review and compare each of our past relationships and look for patterns, including the length of our relationships, our choice of partners, harms we've caused them, harms they've caused us, how and why our relationships ended, etc. If we see an unhealthy pattern, then we should follow the steps we've learned to overcome these patterns. We'll also want to use what we've learned about our past relationships to help put our current relationship in perspective.

After carefully reviewing our past relationships we'll want to compare them with our current relationship. We'll want to discover if any wounds, fears, inner conflicts and negative patterns and beliefs stemming from our past relationships are impacting our current relationship. Remember, it's our responsibility to use the tools we've learned to heal and overcome our past. We owe this freedom to ourselves and to our partner so we're not making them pay for our past relationship mistakes.

We'll also want to identify how our current relationship is different from our past relationships. Is our current relationship following the same patterns as our previous relationships? Are we making our current partner pay for our mistakes and inner conflicts? Are there any areas of our current relationship we would like to improve? If

so, then we should communicate with our partner and let them know of our desire to make these changes. Relationships take work and we have a responsibility to use the tools we've learned to create the changes we'd like to make so we can have a more meaningful and fulfilling relationship experience.

Realigning Your Core Beliefs and Values

Our beliefs and values are based on our personal experiences as well as social, cultural and familial influences. Ideally, our beliefs and values will be positive and constructive forces, aligning with who we are and supporting our growth. However, it's possible that we may be holding onto beliefs and values which do not align, support or serve us. If this is the case then these will create an imbalance in our lives, hindering our personal expression and growth. In order for us to achieve the balance we're looking for it is essential that we realign our core beliefs and values.

EXERCISE 5.10 Realigning Your Core Beliefs and Values

We've taken a close look at our beliefs and values to identify what they are, where they came from, when they were formed, what they're based on, whether we genuinely agree with them and if we want to keep or replace them. We'll now want to go back and carefully review this section of our inventory and honestly consider if we agree with each of our values and beliefs or if we disagree with any of them. Do our beliefs and values reflect and align with who we are and the person we want to become? Do they reflect and align with our understanding and outlook of the world? What purpose do they serve? Do they support our growth, understanding, and connection? Do they restrict or prevent us from achieving the life we desire? Do they justify negative behavior or causing harm to ourselves or others?

If we consciously and genuinely agree with our beliefs and values then we should take full responsibility and ownership of them, releasing any liability or blame towards their source. Just as our beliefs and values have been formed from our past experiences, we should expect them to continue to evolve as we grow and transform our lives. However, if in the future we find any of the beliefs and values which we've taken ownership of no longer serve, support or align with our lives then we can choose to let them go and form new beliefs and values.

If we disagree with any our beliefs and values or we find they no longer serve us then we can choose to change them. Here we'll want to practice "letting go" of each one we disagree with and then replace them with new and productive beliefs and values which we do agree with.

Please watch Episode Six after you have completed these exercises and made significant progress towards 1) successfully overcoming your fears and harmful patterns of behavior, 2) letting go of your self-deprecating beliefs, 3) resolving your resentments and inner conflicts, 4) assessing your relationship patterns, and 5) realigning your core beliefs and values. The more progress we make towards overcoming our blocks the greater impact we'll experience from the next phase of our transformation.

Episode Six - Launch into a Journey of Self-Discovery

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Five.
- ☐ Made significant progress towards resolving your resentments and inner conflicts.
- ☐ Made significant progress towards letting go of your self-deprecating beliefs.
- ☐ Made significant progress towards overcoming your harmful patterns of behavior.
- ☐ Made significant progress towards overcome your fears.
- ☐ Assessed your relationship patterns.
- ☐ Watched Episode Six enough times to have fully absorbed the material.
- ☐ Commitment to continue your meditations, daily inventory and reflections.
- ☐ Commitment to continue creating lasting changes and resolving your inner conflicts.
- ☐ Willingness, honesty and courage to discover your truth.

"In solitude, in stillness, in silence,

we discover our true self"

– JONATHAN MONTE

Introduction

Having made significant progress towards removing the blocks which have been holding us back, we've released, overcome and changed several aspects of ourselves which no longer serve us or align with our identity. It's common in this phase of our transformation for us to experience what may seem like a mild identity crisis. Now that we've freed ourselves, we'll want to go on to discover who we truly are, our genuine interests, goals, desires, and passions. To gain this new perspective, we'll now launch into a journey of self-discovery.

Planning Your Journey of Self-Discovery

Ideally, our journey of self-discovery should include a short trip where we'll spend a period of time by ourselves in a natural environment. We'll then follow a few simple steps to open ourselves up to discover more about who we are and what we desire. What we learn here will be the foundation for us to build upon, to create and achieve a life of happiness, purpose and fulfillment.

You'll want to tailor your trip to your own specific needs and capabilities; however, our experience has shown the following details to be most effective. A two or three-day trip gives us enough time to thoroughly discover our truths. When we spend this time in a natural environment, free of emotional attachments and man-made distractions, we find it's much easier to open ourselves up and maintain a channel of awareness for discovery. We may want to camp or stay in a hotel where a natural environment is easily accessible. We'll want to make sure to pack and plan accordingly for any weather conditions and food we'll need and consider our proximity to restrooms or other conveniences which may be helpful. Since we'll be in an unfamiliar area, we'll want to stay aware of the weather conditions, other people, animals, and any natural and man-made hazards we may encounter. Our safety is paramount and we should take great care to avoid dangerous situations or environments beyond our capabilities. It's also essential that we bring a pen and journal, our completed Personal Inventory worksheets, the worksheets for this episode and a device to listen to guided meditations. Again, we can customize our trip however we like, but we'll want to do all we can to open the widest channel of awareness for self-discovery.

EXERCISE 6.1 Your Journey of Self-Discovery Planning Checklist

- ☐ Where will you go? _____
- ☐ What are the dates of your trip? _____
- ☐ For safety, who will you tell you're going on this trip? _____
- ☐ Food, maps, and clothes appropriate for the expected terrain and weather
- ☐ Pen and journal
- ☐ Completed Personal Inventory worksheets
- ☐ Device to listen to this episode's guided meditations

Discovering Your True Self

After you've arrived at your destination, please use the following guide or adjust it to create your own unique self-discovery experience.

EXERCISE 6.2 Guide for Discovering Your True Self

1. Find a location in nature which speaks to you in some way.

2. Listen to the "Guided Meditation: Opening the Channel of Awareness."

3. Observe and connect with your surroundings. Pay attention to the sky, terrain, plants, and animals. Focus on the sounds and scents, feel the wind and sunlight. Notice how the shadows and your environment change throughout the day.

4. Reflect on the work you've done so far, how far you've come and your whole life up to this moment. Allow yourself to be proud and confident of who you are and where you are in life.

5. Review your Personal Inventory worksheets to see if there's anything you missed. If so, then make a note in your inventory and follow the inventory workbook's instructions to complete that section.

6. Listen to the "Guided Meditation for Self-Discovery."

7. Carefully consider and thoughtfully answer the questions in Exercise 6.3, Discovering Your True Self. Pace yourself so you can answer each question with the time you have available on your trip. Alternate between answering the questions, focusing on the natural environment, and meditating as needed or desired.

8. Journal about your experiences at the end of each day. If you've planned a multi-day trip then you can go out in the evening to observe the stars or the moon and then again in the morning to watch the sunrise.

EXERCISE 6.3 Discovering Your True Self

In no particular order, what are the top 30 things you're grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

What personal achievements are you most proud of?

Who do you love?

Of all the people you know personally, who do you look up to and admire? Why?

Who have you never met, yet look up to and admire? Why? (They can be living or deceased)

What are your beliefs and how do you express them in your conduct?

What are your values and how do you express them in your conduct?

What are your personality traits? Put a star next to each of your personality traits:

Abrasive
Abrupt
Absentminded
Accessible
Active
Adaptable
Admirable
Adventurous
Aggressive
Alert
Aloof
Ambitious
Amusing
Angry
Anxious
Apathetic
Appreciative
Arbitrary
Argumentative
Arrogant
Artful
Articulate
Assertive
Athletic
Attractive
Balanced
Blunt
Boisterous
Brutal
Businesslike
Busy
Calculating
Callous
Calm
Careless
Caring
Casual
Cautious
Charismatic
Charming
Cheerful
Childish
Clean
Clear-headed
Clever
Clumsy
Cold
Colorful
Colorless
Compassionate
Competitive
Complacent
Compulsive
Conceited
Condemning
Confident
Confidential
Conforming
Confused
Conscientious
Conservative
Considerate
Contradictory
Conventional
Cooperative
Courageous
Courteous
Cowardly
Creative
Criminal
Critical
Crude
Cruel
Curious
Cynical
Daring
Deceitful
Deceptive
Dedicated
Delicate
Demanding
Dependent
Desperate
Destructive
Determined
Devious
Difficult
Dignified
Disciplined
Disconcerting
Discontented
Discouraged
Discouraging
Discourteous
Dishonest
Disloyal
Disobedient
Disorderly
Disorganized
Disrespectful
Disturbing
Dominating
Dramatic
Dull
Educated
Effeminate
Efficient
Egocentric
Emotional
Empathetic
Energetic
Enigmatic
Enthusiastic
Envious
Erratic
Excitable
Exciting
Expedient
Experimental
Extraordinary
Extravagant
Extreme
Fair
Faithful
Faithless
Familial
Fearful
Fickle
Firm
Flamboyant
Flexible
Focused
Folksy
Foolish
Forceful
Forgetful
Forgiving
Formal
Forthright
Freethinking
Friendly
Frightening
Frivolous
Frugal
Gallant
Generous
Gentle
Genuine
Glamorous
Good-natured
Gracious
Greedy
Gullible
Hardworking
Hateful
Healthy
Hearty
Helpful
Heroic
Hesitant
High-spirited
Honest
Honorable
Hostile
Humble
Humorous
Idealistic
Ignorant
Imaginative
Impatient
Impersonal
Impractical
Impressionable
Impressive
Impulsive
Incisive
Inconsiderate
Incorruptible
Indecisive
Independent
Individualistic
Indulgent
Inhibited
Innovative
Insecure
Insensitive
Insightful
Insincere
Insulting
Intelligent
Intense
Intolerant
Intuitive
Irrational
Irresponsible
Irritable
Kind
Knowledgeable
Lazy
Leisurely

Liberal
Logical
Lovable
Loyal
Magnanimous
Malicious
Mannered
Masculine
Maternal
Mature
Mellow
Messy
Methodical
Meticulous
Miserable
Moderate
Modern
Modest
Moody
Moralistic
Morbid
Mystical
Naive
Narcissistic
Narrow-minded
Neglectful
Neurotic
Neutral
Noncommittal
Obedient
Objective
Obnoxious
Observant
Obsessive
Old-fashioned
Open
Opinionated
Opportunistic
Oppressed
Optimistic
Orderly
Organized
Original
Outrageous
Outspoken
Painstaking
Paranoid
Passionate
Passive
Patient
Patriotic
Peaceful
Perceptive
Perfectionist
Personable
Persuasive
Perverse
Petty
Physical
Playful
Polished
Political
Pompous
Popular
Possessive
Power-hungry
Practical
Precise
Predatory
Predictable
Prejudiced
Preoccupied
Presumptuous
Pretentious
Principled
Private
Procrastinating
Profound
Progressive
Protective
Proud
Provocative
Prudent
Punctual
Purposeful
Questioning
Quiet
Quirky
Rational
Reactive
Realistic
Reflective
Regretful
Relaxed
Reliable
Religious
Repentant
Repressed
Resentful
Reserved
Resourceful
Respectful
Responsible
Responsive
Ridiculous
Rigid
Romantic
Rustic
Sadistic
Sane
Sarcastic
Scheming
Secretive
Secure
Self-conscious
Self-critical
Self-defacing
Self-denying
Self-indulgent
Self-reliant
Self-sufficient
Selfish
Selfless
Sensitive
Sensual
Sentimental
Seraphic
Serious
Sexy
Shallow
Sharing
Shortsighted
Shrewd
Shy
Silly
Simple
Skeptical
Skillful
Sloppy
Slow
Sly
Small-thinking
Sober
Sociable
Solemn
Solitary
Sophisticated
Sordid
Spiritual
Spontaneous
Stable
Stern
Stoic
Strict
Strong
Strong-willed
Stubborn
Stylish
Subjective
Submissive
Superficial
Superstitious
Surprising
Suspicious
Sweet
Sympathetic
Tactless
Tasteful
Tasteless
Thorough
Tidy
Tolerant
Tough
Trusting
Unambitious
Unappreciative
Uncaring
Unchanging
Uncooperative
Undemanding
Understanding
Undisciplined
Unfriendly
Ungrateful
Unhealthy
Unhurried
Unimaginative
Unimpressive
Uninhibited
Unpatriotic
Unpredictable
Unprincipled
Unrealistic
Unreliable
Unreligious
Unrestrained
Unstable
Vague
Vindictive
Vivacious
Vulnerable
Warm
Weak
Well-meaning
Well-read
Well-rounded
Willful
Wise
Wishful
Witty

Add any additional personality traits you have:

Are your personality traits in alignment with your beliefs and values? If so, how? If not, how are they not in alignment?

Which personality traits would you like to eliminate? Which personality traits would you replace these with?

Which personality traits would you like to develop? Why do you want to develop these? Who would these traits benefit and how?

Do you have any natural talents? If so, what are they? How are you using your natural talents?

What skills have you developed? How are you using your skills?

What skills would you like to develop? Why do you want to develop these? What would you use these skills for?

What activities do you like to do for fun? What hobbies do you have?

What are some things you would like to explore? For example: new hobbies, types of food, fun activities, new friendships, etc.?

Would you like to travel? Where would you like to go? Why? Would you like to go by yourself or with other people? Who would you go with? When would you like to go?

Are you satisfied with or would you like to change your personal appearance? If you'd like to change your personal appearance, how would you like to change it? Why?

Would you like to explore new ways to creatively express yourself? With art, writing, music, etc.? How would you like to creatively express yourself?

What brings you happiness and joy? What would bring you more happiness and joy?

What are you passionate about? How do you express your passions?

What inspires you? How and why does this inspire you?

What are your needs? Are your needs being fulfilled? How?

Please spend some time in careful consideration or meditation on this next question and your answers to it. What is your purpose in life? Do you feel you are being called to do something? What is it?

What fulfills you? What would bring you more fulfillment?

What do you wish you had more of?

What do you wish you had less of?

If you could change the world, how would you change it?

What are your life goals? What would you like to accomplish in life?

What would you like to be remembered for?

Sometimes we're fortunate enough to have a job or a career which provides us with financial security and allows us to express our passions and purpose in a fulfilling way. Other times our job or career is just a means for financial security and we have to find other ways to express our passions and purpose to gain fulfillment.

Does your current job or career allow you to express your passions and purpose in a fulfilling way? If so, how? If not, then can you find a way to express your passion and purpose in a fulfilling way at your current job or career?

If it's not possible to express your passion and purpose in a fulfilling way in your current employment then do you want to find or create a new career or job which does allow you to express these aspects or find a way to express them outside of your job or career?

After you have answered all of these questions, you will want to go back and carefully review each question and your answers. This will give you an opportunity to complete any unfinished sections and expand on your answers if you have any additional insights come to you.

EXERCISE 6.4 Reflecting on Your Self-Discovery Experience

After you have returned home, you will want to take some time to read through the journal entries you made while you were on your trip. Then, in a meditative state, you will want to reflect back over your entire journey of self-discovery and the revelations you experienced. After this period of meditation, you should spend some time journaling about your entire self-discovery experience. This journal entry will provide a great source of inspiration as you advance through the rest of your transformation.

EXERCISE 6.5 Debrief with Your Mentor, Partner, Friends or Family

You may find it beneficial to share your experience to those you are close with that are understanding, such as your mentor, partner, friends or family. However, this exercise is optional. You should remain confident in your work and discoveries, but you may want to avoid sharing your experience if it might be misunderstood or questioned. If you choose to share your experience you should do so without any expectation of praise or validation. We should never allow other people's lack of understanding or enthusiasm to deter us from moving forward and completing our life's transformation.

EXERCISE 6.6 Integrating the Discovery Process

Our journey of self-discovery is just the beginning of this powerful discovery process. We should practice integrating the discovery process by continuing to seek these insights on a regular basis. Many of us have also found it beneficial to make this type of trip an annual experience. With the uniqueness of each of our own individualities, we'll each learn to tailor this discovery process in our own personal way.

After you have completed these exercises, honestly answered and completed your Self-Discovery Worksheets, and reflected and journaled about your self-discovery experience, please watch Episode Seven.

Episode Seven - Creating a Life of Happiness, Purpose, and Fulfillment

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Six.
- ☐ Honestly answered and completed your Self-Discovery Worksheets.
- ☐ Reflected and Journaled about your Self-Discovery experience.
- ☐ Watched Episode Seven enough times to have fully absorbed the material.
- ☐ Commitment to continue your meditations, daily inventory and reflections.
- ☐ Commitment to continue creating lasting changes and resolving your inner conflicts.
- ☐ Willingness and courage to take the action necessary to create the life you want.

"Having overcome our blocks and discovered our truth,
we're now ready to unleash our power to create
and achieve the life we truly desire"

– JONATHAN MONTE

Introduction

Congratulations on reaching this phase of your transformation! If you've been closely following each episode and diligently completing your workbook exercises then you have come a long way. You've learned how to effectively meditate, have mastered your Emotional Response Process, and have taken an honest and revealing look at your life. You've learned how to create lasting changes, have resolved your inner conflicts and have discovered your truth and genuine desires. You are now free to unleash your power and apply what you've learned to achieve your goals and create a life of happiness, purpose, and fulfillment.

Achieving the Life You Desire

As we've already learned, creating lasting changes in our life is not some mysterious or random event. The path to reaching our goals and fulfilling our desires is traveled one step at a time with a clear objective and a course of action to reach that objective. We have the power to overcome any obstacle and achieve the life we desire, and each day is a new beginning and an opportunity for us to follow our plan and turn our dreams into reality.

Along the way, we'll want to make sure we maintain our practice of meditation and taking a daily inventory and reflection. We'll also want to continue refining our Emotional Response Process and work towards overcoming any remaining blocks and inner conflicts. The more we use the tools and practices we've learned the easier we'll be able to create the life we desire. However, if we stop using the tools and practices we've learned then we'll most likely fall back into old patterns and our progress will be painfully slow.

While we were on our Journey of Self-Discovery, we answered several questions, which we'll use as an outline for some of the changes we'd like to make and goals we'd like to achieve. Based on these answers, we'll now create a course of action for us to follow. In our next exercise, we'll want to write down each step necessary to achieve the change or goal we desire. We'll want to be as clear and detailed as possible, and we may want to refer back to Episode Five to refresh ourselves with the exact steps to create lasting changes.

Of course, if a change we'd like to make is simple and doesn't require a written outline for us to follow, then we can just take the action. However, if a goal requires several, possibly complex steps, over a period of time, then we'll want to write out each step required to reach our goal. In either case, it's important for us to keep track of our goals and our progress towards achieving them.

In addition to the questions in the next exercise, we should also write out a specific course of action for each additional change or goal we would like to accomplish. After we've written out our courses of action, we'll learn how to set achievable expectations, plan our day for maximum productivity, achieve harmony and balance and thrive in a higher consciousness.

EXERCISE 7.1 Creating a Course of Action to Achieve the Life You Desire

What steps can you take to more constructively express your beliefs?

What steps can you take to more constructively express your values?

What steps can you take to bring your personality traits more into alignment with your beliefs and values?

What steps can you take to eliminate the personality traits you don't want?

What steps can you take to develop the personality traits you do want?

What steps can you take to use more of your natural talents?

What steps can you take to develop the skills you want?

What steps can you take to try or explore the items you listed on page 61? (new hobbies, types of food, fun activities, new friendships, etc.?)

What steps can you take to make your travel desires a reality?

What steps can you take to create the personal appearance you want?

What steps can you take to make your creative expression desires a reality?

What steps can you take to achieve or increase your happiness and joy?

What steps can you take to increase or expand how you express your passions?

What steps can you take to engage more with your sources of inspiration?

What steps can you take to express and achieve your life's purpose?

What steps can you take to increase or achieve personal fulfillment?

What steps can you take to get more of what you wish you had?

What steps can you take to get rid of what you wish you had less of?

What steps can you take to achieve your goals and the life accomplishments you desire?

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Be sure to write down a course of action for each additional goal you have.

EXERCISE 7.2 Planning Your Day for Maximum Productivity

Now that we've written out our plans of action for each goal we'd like to accomplish, we'll want to plan our days for maximum productivity. Just like having a clear step-by-step plan to follow for achieving our goals, we should plan our days with the same precision to boost our effectiveness. In order to do this, we'll first want to audit a typical day we have so we can see where we're spending our time and how we can adjust our schedule. We'll want to write down what we do and when we do it, including all the mundane stuff. The more detailed we are the better we'll be able to identify where we're wasting time and discover opportunities to take action according to our plans.

When you audit your typical day, be sure to write down as many details as possible, including: What time you wake up, pray and/or meditate, shower and get ready for your day, eat breakfast, leave for work, arrive for work, what you do for the first half of your work day, what time you have lunch, what time you finish lunch, resume work, what you do for the second half of your work day, finish work, leave for home, return home, what you do at home in the evening, what time you eat dinner, take your daily inventory and reflection, journal, go to bed.

We'll want to use a notebook or print the Daily Schedule Worksheet on the following page to help us with this exercise.

Daily Schedule Worksheet

Time	Activity
	Wake up

Time	Activity
	Go to bed

After we've audited an average day, we'll want to go back and review where we spend our time. Since we're trying to maximize our productivity and efficiency, we'll want to look for areas where we're wasting time and where the order of our activities could be more efficient. Using a blank copy of the Daily Schedule Worksheet, we'll want to create a blueprint and write down a schedule that we'll then follow. In creating this blueprint we'll want to remove the items and areas where we were wasting time and replace them with new activities, including our action plans to reach our goals.

If we already have a full schedule, then it may seem difficult to find the time to work towards the goals we've set for ourselves. If this is the case then we can take a closer look at our daily schedule to find areas that we can carve out for these items. We may need to wake up earlier, block out an hour or two after work or stay up later than usual to find the time to work towards our goals. If we drive a lot then we can use that time for making phone calls, listening to audiobooks or contemplating our plans and reflecting on our progress. The point is that we have to find the time to do what we need to do. We can't let ourselves find excuses as to why we can't work towards our goals. It may even be necessary for us to creatively sacrifice some areas of our life in order for us to achieve the life we desire.

EXERCISE 7.3 Setting Achievable Expectations

Now that we've created a course of action to achieve our goals, and created an effective daily schedule, we'll want to set achievable expectations. In this context, an achievable expectation is a realistic belief that we'll accomplish the steps and achieve our goal with an estimated amount of time, energy, resources and focus. When we set and set and manage achievable expectations we feel energized by our progress and success which further motivates us to continue with our plans.

We should also do our best to avoid creating unachievable expectations, which are unrealistic beliefs of how much time, energy, resources and focus are required to achieve our goals. When we set and hold onto unachievable expectations we can easily become frustrated, overwhelmed and discouraged, making it more difficult for us to remain focused and dedicated. In some cases, we may not know exactly how much time, energy, resources or focus is required to accomplish our goals and the best we can do is to estimate what it will take. However, as we begin to take action we'll be able to see if our estimates are correct or need adjusting. Sometimes we'll need to

continue to adjust our expectations as we progress through the steps and move closer to our goals.

Another thing for us to consider in setting our expectations is to figure in everything else we have going on in our life. We'll need to take into account whatever other responsibilities we have and how we can manage our time best meet all our responsibilities. We'll also want to prioritize which goals we'll begin working towards first. While it's common for many of us to work on making several changes at the same time, we'll want to consider the timing of our work and prioritize our goals. We may find that some of our plans can only be started after we've already achieved certain goals. We'll want to review our goals and the plans we've made so we can prioritize them and estimate when we'll achieve each goal.

EXERCISE 7.4 Boosting Your Success

As we begin taking action according to our plans, we'll want to start practicing a few powerful techniques to boost our success. Whether we're speaking to another person or if it's just our own inner dialogue, we should consciously use positive words and thoughts to frame and affirm our work. For example, we should say: "I am radically transforming my life and achieving the life I've always wanted." As opposed to: "I'm going to start transforming my life and hope to achieve the life I've always wanted." The subtle differences between these two phrases illustrates how we can use active and positive words to frame and affirm what we're working towards. Using positive affirmations will help build and reinforce our confidence and motivation.

Another powerful technique we should practice to boost our success is the use of visualizations. Our primary visualization technique is the mental visualization or imagining of a specific aspect we're working on and the results we're working to achieve. We'll want to first learn how to do this in a meditative state, where we'll picture ourselves, in detail, taking the action we've outlined all the way through to achieving our goal and what the results of the goal will look and feel like in our lives. This technique helps to prepare us by mentally rehearsing and identifying the best way to carry out our plans.

To help us learn how to use this amazing technique, we'll want to listen to the **"Guided Meditation and Visualization for Creating the Life You Desire."** Use this guided meditation and visualization daily, until you become comfortable enough to practice

your visualizations without the recording. Just as we've already learned how to integrate our meditations into our daily activities, we should also practice using quick visualizations in the same way. This is an excellent way for us to get a boost of confidence and motivation, especially right before undertaking a difficult task.

Another visualization technique is the use of a vision board. A vision board is an assembled group of images that represent and remind us of the aspects of our life which are important to us and the goals we're working to achieve. Vision boards serve as excellent reminders, and fun motivators and help us imagine what we're working towards. The more we see and mentally absorb these images the more we'll be able to use them in our visualization meditations. One way to make a vision board is to physically create one by printing or clipping photos from magazines and arranging them on a board to hang where we'll regularly see it. Another way to create a vision board is to create one digitally. Here we can use a website like Pinterest, or we can save images to a folder on our computer.

The more we use and practice these visualization techniques the more easily we'll be able to overcome challenges and the more confidence we'll have in our work.

EXERCISE 7.5 Taking Significant Action

Now it's time for us to take significant action and follow the courses of action we've outlined for ourselves. While we might not always enjoy the steps required to reach our goals, we should always do our best and try to make the best of our work. The more we can learn to enjoy the steps along the way the easier our work will be. However, sometimes our work may be unpleasant, daunting or even exhausting. In any case, we need to remember that we are responsible for our own lives and the outcome of our lives. No one else can or will make these changes or take the action for us. It's up to us to do the work to achieve the life we want. Along the way, we should avoid using excuses or reasons as to why we can't take action or follow our plans. Of course, none of us are perfect and we'll sometimes stray from the path we've outlined for ourselves. When this happens, we should realign ourselves with our plans and adjust them as necessary to maintain achievable expectations. Remember that with every step we take we arrive that much closer to our goal and the closer we get the easier our work becomes.

Achieving Harmony and Balance

As we move forward with following our plans, we'll want to work towards achieving harmony and balance in our lives. This will help us sustain our energy and focus, and create a more fulfilling and meaningful experience. This also includes taking care of our own personal needs, getting enough rest, eating appropriately, and taking breaks.

EXERCISE 7.6 Achieving Harmony

We experience harmony when our thoughts, emotions, and actions are in agreement and complement each other. The reason why we want to achieve harmony in our life is that it creates an energy that empowers us. But, if we lack harmony and our thoughts, emotions, and actions are in disagreement we'll suffer from a disturbance in our energy which makes us less productive. The way we achieve harmony in our life is by paying attention to and adjusting our thoughts, emotions, and actions until they agree with and complement each other.

EXERCISE 7.7 Achieving Balance

We experience balance when our thoughts, emotions and actions are proportionally expressed and experienced in a manner which fosters greater stability in our life. We want to achieve balance in our life is because it allows us to be more efficient with our energy and it helps keep us on course. If we're out of balance we'll waste our energy fighting the aspects we're out of balance with. The way we achieve balance in our life is by paying attention to and adjusting our thoughts, emotions and actions until we express and experience them proportionally to each other.

EXERCISE 7.8 Going to Extremes

In some cases, and under certain circumstances, we may find it necessary to go to an extreme, taking us out of balance and harmony. Going to extremes can be helpful in some ways, sometimes, but we don't want to live in a constant state of extremes or we'll get burnt out and loose our effectiveness. If we choose to go to an extreme for a short period of time and for specific reason we should be clear on what it is we're trying to achieve and how long we'll be operating at an extreme for. We should cease going to an extreme when either we've achieved our short-term goal or we find

operating at an extreme is doing more harm than good. Learning how to go to an extreme is also one of the ways for us to learn our own capabilities and limits.

Thriving in a Higher Consciousness

As we apply the principles and tools we've learned into our work we'll begin to thrive in a higher consciousness. Things will become even more clear and our awareness of our thoughts, emotions, and actions, as well as our energy, focus, and intentions will expand. In this state, we'll be able to better assess and fine tune our work to achieve even greater personal performance. We'll be better able to see what's effective and what's not effective, what's working and what's not working and what adjustments we need to make. We'll intuitively know how to apply our awareness and understanding to our experiences to gain a greater perspective of the world, our life, our existence, and purpose. We'll begin to see the bigger picture, how we're all interconnected and we'll experience an overall more dynamic perspective. We'll have greater self-esteem and an abundance of confidence and begin to experience love, peace, happiness, and fulfillment in a deeper and more meaningful way than ever before.

After you have completed each of these exercises and have begun taking the action according to your plans, please watch Episode Eight.

Episode Eight - Freedom Through Practicing Personal Responsibility

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Seven.
- ☐ Created a detailed course of action for each change you would like to make.
- ☐ Begun taking the action you've outlined to achieve the life you desire.
- ☐ Watched Episode Eight enough times to have fully absorbed the material.
- ☐ Commitment to continue your meditations, daily inventory and reflections.
- ☐ Commitment to continue taking the action to create the life you want.
- ☐ Willingness and courage to take complete responsibility for your actions.

"We experience an entirely new level of freedom when we learn from our mistakes, adjust our behavior, and repair any damage we've caused."

– JONATHAN MONTE

Introduction

As we've already learned, we are personally responsible for every aspect of our lives. This includes our emotions, thoughts, behaviors, choices, and actions, as well as the outcomes and effects of our actions on people, places, and things. As our awareness and consciousness expand, we'll be better able to see and gauge if our actions and behaviors are aligning themselves with our values and beliefs, and how our actions affect our life and the world around us. It's our responsibility to bring these into alignment, to learn from our experiences, and correct our mistakes.

Taking Personal Responsibility

Remember that none of us are perfect and we've all done things we wish we could have done differently. Taking personal responsibility for our mistakes and correcting them will allow us to learn even more and grow in new and powerful ways. Therefore, taking personal responsibility for our mistakes means that we need to identify how our actions and behaviors have, or are currently harming, others so we can correct our mistakes and change our behaviors. This is a form of moral and social responsibility. We want to become aware of how our actions affect others so we can adjust our actions and behaviors to be more constructive and less destructive, more positive and less negative, and more helpful and less harmful.

In general, we harm others when our actions or behavior diminishes the quality of some aspect of someone's life. In some cases, we may find we've caused harm to our self, groups of people, places, objects, or institutions, and we're just as responsible for causing harm here as we are to individuals. Whether we intend to or not, we may harm people physically, emotionally, sexually, financially, spiritually, through neglect and so on. If we find that we've intentionally harmed others then we'll need to look at why we've done this. Were we harming others out of revenge or spite, or did we feel justified in some way? If we unintentionally harmed others then we'll want to become more aware of our actions and behavior to try to avoid causing more harm in the future.

Harm is a two-way street. When we cause harm to others we inevitably harm ourselves by creating an unbalancing of forces and a type of debt which must be paid in order to regain balance in our lives. By taking responsibility for our behavior and amending our mistakes, we begin to clean the slate which will free us from our past and wrongdoings, thereby restoring balance to our lives. Additionally, the person we're making amends to will benefit from our acknowledgment of our harms done to them as well as our efforts to repair the damage we've caused.

We might not be able to completely correct every harm we've committed, but we should do our best to do everything we can to make things right. Even if we do all we can to repair the harms we've done, we'll never be able to return the period of time which the other person suffered in. This is another reason why we want to do our best to avoid harming others, but if we do, then we want to limit the amount of time other people and ourselves suffer for by making amends as quickly as possible.

EXERCISE 8.1 Personal Responsibility for Harms Worksheet

For this exercise, we'll want to reflect back on our entire life to evaluate every harm we have caused others. Regardless of any wrongdoing the other person may have done, we look only for our own mistakes. Please listen to the **"Guided Meditation for Personal Responsibility"** and print and complete this Worksheet for each harm you have caused.

1	Who or what did you harm?	
2.	What did you do that harmed them? What was your behavior?	
3.	How was the other person affected? How were they injured by your behavior?	
4.	Were you aware that your behavior could or would harm them? Did you intentionally or unintentionally harm them?	
5.	Why did you behave this way? Which of your personality traits led you to taking the action that harmed them? Was it your ignorance, selfishness, greed, ego, pride, envy, fear, insecurities, resentments or dishonesty?	
6.	How else could have you behaved? What could have you done differently? What should have you done instead?	
7.	What personality traits and/or behaviors should you practice to avoid causing this harm again in the future?	

EXERCISE 8.2 Changing Your Behaviors

After we've taken an inventory of the harms we've caused others we'll have a good idea as to the personality traits and behaviors we'll need to change. We have a responsibility to learn from our mistakes so we can grow, and a responsibility to correct our mistakes so we can regain the balance we lost when we caused harms. If we continue to use the same personality traits and behaviors we expressed when we caused harms to others, then chances are we'll continue causing harm and move further out of balance. Therefore, it is imperative that we begin to replace the harmful personality traits and behaviors with the constructive traits and behaviors we identified when we completed our harms worksheets.

In general, the new personality traits and behaviors we'll want to adopt will be the inverse of the ones we want to replace. For example, if our selfishness harmed someone then we would want to practice selflessness, or if we were dishonest with somebody, then we would want to practice honesty. We tend to be fairly motivated to replace our harmful traits and behaviors with constructive ones after we've seen the pain they've caused others and ourselves.

As we've already learned, it's easier to make some changes than others, still, we should always do our best and keep working towards our goals. If we find that after a while we fall back into using an old personality trait or behavior, then we should rededicate ourselves to replacing it. However, if we find we're having difficulty in breaking certain patterns, or if we believe our patterns of behavior are manifestations of an inner conflict, then we'll want to refer back to Episode Five and follow the exercises to overcome these.

Correcting Your Mistakes

Changing the harmful behaviors we've identified will help us from causing further harms, however, we still need to correct our mistakes. For some offenses, we'll need to give an apology, whereas for other offenses we'll need to make amends. An apology and an amends are different, so let's look closer at each of these. An apology is when we acknowledge our offense and express sincere regret for our behavior. Therefore, an apology should be made when we have done something wrong, when we've offended someone, and we sincerely regret what we've done. On the other hand, an amends is

when we give an apology as well as our best efforts to compensate for or repair our harms. Therefore, an amends should be made when we: 1) have done something wrong and sincerely regret what we've done, and 2) our wrongdoing has injured another person. The distinguishing factor here is if we've caused harm and injured the other person in a such a way that we should try and repair whatever damage we've caused. Now that we understand the difference between these, let's look at how we can go about using these to correct our mistakes.

EXERCISE 8.3 Giving Apologies

When we see that our behavior has offended someone and we regret our behavior, then we should apologize to that person as soon as possible. Ideally, we'll want to give our apology in-person and face-to-face to demonstrate our sincerity. However, if we are unable to make our apology in person, then we'll want to make it in the most personable way we can. Depending on the environment we're apologizing to the person in and the behavior we're apologizing for, it may be a good idea to pull the person aside and apologize to them in private.

In minor instances, such as bumping into someone, a simple "I'm sorry" will do, however, if we're apologizing for something more than a casual mistake then we'll need to go further than just saying we're sorry. An example of how we can word a thorough apology would be: "I need to apologize to you for it taking me so long to call you back. I'm sorry I didn't call you back sooner, and I regret that I waited as long as I did before I called. I'll do my best in the future to be more responsive." But this is just an example, so long as we acknowledge our offense and express our sincere regret for our behavior we can use whatever wording best suits the situation.

We'll want to be as clear and concise with our apologies as possible so the person we're apologizing to can understand exactly what we're doing and saying. Remember, this is all about taking responsibility for our actions and behavior, regardless of anything the other person may have done, so we should never rationalize our behavior, come up with excuses or blame the other person.

While we should never put expectations on the other person's response, we may find that the person we're apologizing to may go on to apologize to us for anything they may have done. It's also possible that the person we're apologizing to may go on to tell us how we've harmed or injured them in a way we were not yet aware of. If this

happens, we'll want to hear them out and carefully listen to them so we can understand what we did and how our behavior injured them. We can then take responsibility for injuring them and make amends as appropriate.

EXERCISE 8.4 Making Amends

If our behavior has harmed another person and we sincerely regret what we've done, then we'll need to make amends and correct our mistakes as soon as possible. We shouldn't wait to do this until we're pressured, shamed, or caught. Remember, the time that passes from when we injure someone to when we make amends can't be returned to them, and if we genuinely regret what we've done then we'll make amends promptly and without hesitation.

The three types of amends we can make are personal amends, physical amends, and financial amends. Personal amends is where we express specific constructive behaviors to repair aspects of the relationship with the person we harmed. Physical amends includes the physical return or repair of items or conditions which were taken or damaged. Financial amends is where we pay restitution for our financial wrongdoings or in cases where we cannot return or repair physical items or conditions.

First, we'll want to identify which of our actions caused the harm so we can modify our behavior to avoid causing additional harm. Next, we'll want to contact the person we've harmed and let them know we need to make amends to them. We want to be as personable and genuine as possible, so we'll ideally want to speak with them in-person and face-to-face, so long as it's not inappropriate. If this isn't possible or if it would be inappropriate, then we can use whatever method of communication would be the most appropriate and effective.

When we make our amends, we should acknowledge our offense by explaining what we did, without any justification or excuses for our actions. We express our sincere regret for what we've done and let them know we're no longer using the same behavior. We then ask them for their forgiveness and what we can do to make it right. Here we should let them speak without interruption and carefully listen to what they have to say. We should answer any questions they may have, so long as we don't cause more harm in the answers we give. The person we're making amends to may or may not ask for specific actions on our part to amend what we've done. If they don't ask for any specific action on our part then we should be willing to offer what we believe would help mend

the situation. They may or may not accept our offer. If they reject our offer and they aren't asking anything from us then we should let it be at that. We don't want to push someone into accepting amends on our terms. Remember, this is about us trying to repair our harms, but if they're willing to let it go then we should respect that.

If the person we're making amends to is unwilling to forgive us that's okay, remember that their forgiveness doesn't set us free, it frees them. If they choose to hold on to a resentment towards us after we've attempted to make things right then that's their business, not ours. In some cases, we may find the other person to be spiteful or unrealistic in how they would like their injury mended. However, we have no obligation to perform acts or change behaviors which are unassociated with the injuries we caused. In other cases, we may find that through demonstrating our courage to face the truth of our behavior and take responsibility for it, the person we're making amends to may, in turn, make amends to us for any wrongdoings on their part. But, regardless of any harms the other person may have caused us, we must still take responsibility for our part, as our freedom should not be contingent on anyone else's amends to us.

Keep in mind that through this whole amends process, we never want to cause more harm by our efforts to make things right. We do not implicate others or go to those we've harmed if it will create further pain and suffering. If this is the case then it's still up to us to change our behavior and then make an indirect amends by doing for others what we would have done for the person we injured. This expression of constructive energy will help us restore balance, but it won't directly repair the injury we caused the other person. Even if we make indirect amends in this way, we still must remain willing to make direct amends to the person we've harmed if the opportunity presents itself and in doing so it won't cause additional harm.

EXERCISE 8.5 Prioritizing Your Apologies and Amends

When we completed our "Personal Inventory for Harms Worksheets," we discovered those we have hurt and who we owe apologies and amends to. What we'll want to do now is organize our worksheets, prioritizing them in order of those who would benefit most from our amends. We may need to start with amends which are easier to make so we can become comfortable and confident with the process. Then, we'll want to take the time to carefully and thoughtfully make amends to all those we've harmed, starting with those we think would benefit most from our amends.

Resolving Conflicts with Integrity

Due to the propensity of human nature, we should still expect to occasionally have conflicts. The way we choose to resolve our conflicts with others is a reflection of our character. When we resolve conflicts with integrity, we serve as an example to others and stand a much better chance of reaching a mutually agreeable solution.

EXERCISE 8.6 Resolving Conflicts with Integrity

We should always do our best to resolve our conflicts with integrity and without harming other people. Learning how to resolve conflicts in a respectful and dignified way will allow us to have a more constructive outcome and will keep us from behavior which we might otherwise need to give an apology or make amends for. Here are the steps we should take to resolve conflicts with integrity:

1. Avoid fighting or arguing just for the sake winning, being right or validated. If you do this then you're instigating the conflict.

2. Remain calm, if you raise your voice or become hostile then the other person may do the same, making things worse.

3. Clearly state the problem as you understand it and express your concern, need, desire or point.

4. Without interrupting them, carefully listen to the other person to understand their position or point of view.

5. Ask questions if you need clarity.

6. Let them know the points you agree with and why.

7. Take responsibility for your part if you have one.

8. Let them know the points you disagree with and why.

9. Stick to discussing and resolving one conflict at a time.

10. Offer solutions. And if possible, try to compromise to find a mutually agreeable solution.

11. If you cannot reach a mutually agreeable solution and the conflict can't be resolved then you may want to consider bringing in a third party to help, or you can remove yourself from the situation.

12. Either way, whether you're able to resolve the conflict or not you'll have maintained your personal integrity.

Now, if we follow these steps and practice resolving conflicts with integrity we not only allow ourselves to become more balanced and experience greater harmony, but it also demonstrates to others how we can gracefully conduct ourselves while observing and expressing our own unique personal aspects without becoming hostile.

After you've completed these exercises, and have begun giving apologies and making amends to those you've harmed, please watch Episode Nine.

Episode Nine - Fostering a Positive Shift in the Global Consciousness

Prerequisites for this episode's exercises:

- ☐ Completed each exercise from Episode Eight.
- ☐ Have begun giving apologies and making amends to those you've harmed.
- ☐ Watched Episode Nine enough times to have fully absorbed the material.
- ☐ Commitment to continue applying the solutions and using the tools you've learned.
- ☐ Willingness and courage to help others and share your experience.

"Our greatest achievement is our ability to help others and share what we have found."

– JONATHAN MONTE

Introduction

Congratulations on reaching this phase of your life's transformation! If you've been closely following each episode, completing the exercises, applying the tools and practicing the principles you've learned, then you've significantly unleashed your personal freedom and power. To expand on your success, you'll want to maintain this way of living, continuing with your daily meditations and reflections, regularly taking your personal inventory, seeking your truth, and resolving your inner conflicts and correcting your mistakes whenever they surface. As individuals, we have become inspirational examples of the extraordinary and dramatic change that is possible on a personal level. Now we'll learn how we can use our experience to help others, move the human race forward and foster a positive shift in the global consciousness.

Your Inspiring Life

It's important for you to understand the significance of what you've accomplished. From where you were at when you began this journey to now, you have completely transformed your life. You have courageously faced and overcome your challenges, removed the blocks holding you back, discovered your truth, taken complete responsibility for your life and are creating a life of happiness, purpose, and fulfillment. You have achieved what so many others dream of, but unfortunately, they either don't know it's possible or they don't know how to achieve it for themselves.

In a world filled with so many pockets of darkness, your inspiring life will emanate a light, an energy, an awareness, and understanding that will be admired and capture people's attention. Others will be interested to know how you've achieved your life and this is an opportunity for you to share your story, your experience and the way of life you've found. You have the power to inspire others and help them transform their lives. Your success is a beacon of hope for those who wish to join us in moving the human race forward.

Moving the Human Race Forward

Mankind's progress has been painfully slow, hindered by the evolutionary tragedy of our own misunderstandings and ignorance. Yet, we now possess the ability to create massive, dramatic and lasting changes which will rapidly move the human race into a new direction of peace, love and understanding. We each have the opportunity and responsibility to share our story, our experience, and wisdom with those who wish to create the same life for themselves. In this, those we help will go on to share their success, and within a generation of free expression we will have changed the world. More of our potential will be revealed and we'll have more opportunities to experience life in new ways, take on new adventures and further explore our limitless reality. Through our commitment to service and self-sacrifice we can and shall foster a positive shift in the global consciousness.

Fostering a Positive Shift in the Global Consciousness

Fostering a positive shift in the global consciousness starts with us and our commitment to helping others and sharing our experience. Our service and self-sacrifice will help lift people up and inspire others to follow our example. By helping others to transform their lives we'll be contributing to an ever-widening circle of awareness, understanding and love. Please listen to the **"Guided Meditation for Fostering a Positive Shift in the Global Consciousness."**

EXERCISE 9.1 Practicing Service & Self-Sacrifice

We've found that practicing service and self-sacrifice is an indispensable aspect of our successful lives. Having overcome our blocks and discovered our new way of living, we find we have the capacity to give back and help others in countless ways. Being of service to others simply means we are being helpful to another person, whereas self-sacrifice is when we sacrifice our own interests or desires to help another person. Here we should actively tune our awareness towards our fellows to identify their needs and how we can help meet them.

We should remember that when we're being of service we should do so without any expectation of anything in return. We may ultimately benefit in some way, but helping others with the intention and expectation of receiving a direct benefit or a specific response is not really being of service. Our motives should be focused on the unconditional giving and helping and not on what we'll get out of it. This being of service without expectation is an excellent way for us to practice selflessness, humility, love, compassion, understanding and patience. What we get out of being of service, is the building of our character and the naturally good feeling we get from helping another person. The feeling that we get from selflessly helping others is so powerful that it motivates us to help even more. The great thing too, is that the good feeling we get when we help another person is usually experienced by the person we're helping. When other people receive or even just witness a selfless act of service they experience that same good feeling themselves. The feeling they get from this can then motivate them to go on to be of service and help someone else.

Each day we're presented with opportunities to express kind acts and service towards others. Simple acts such as saying hello to strangers, saying please and thank you, giving up our seat or holding a door for someone. We can pick up trash, recycle, slow

down and let a driver over who's trying to change lanes. When speaking to someone we can look them in their eyes, smile and listen intently to what their saying. We can show more appreciation and give compliments. We can give blood or volunteer at a local hospital, orphanage, veterans center, elderly home or non-profit organization. We can give our time, share our expertise or donate money to help support charities or to those who are in need. If we're a person with influence we can use our influence to bring awareness to helpful causes and organizations. Taking the time to be of service and sacrifice our interests and desires to help others is a behavior we should develop and practice throughout our lives. This practice alone will go a long way towards spreading the light we've found.

EXERCISE 9.2 Your Commitment to Help Others

Another form of service we should practice is that of working with others who are interested in changing their lives just as we have. From a state of darkness, we have awakened to the light of the truth, and from our new position, it's easy for us to see countless others who are still suffering in darkness, in pain, in unknowing. We have achieved what countless others desire, but unfortunately many are either unaware a transformation like ours is possible or they don't know how to achieve it for themselves.

If we meet someone who is interested in learning how we've achieved our way of living then we should share our experience with them. However, since this process requires the willingness to face the truth it's important that we avoid going out to push our way of living onto others. If we do this then chances are the other person will push back on our attempts. We don't have the right to rattle peoples cages to try and get them to wake up. Our actions, our energy, our way of being will attract those who are genuinely interested in learning more. Through our way of living, sharing of what we've found and mentoring others through the process, we'll begin to foster a positive shift in the global consciousness. This responsibility of working with others should not be taken lightly. It's an honor and a privilege to be a part of someone's transformation process and witness their life change.

When we meet someone, who's interested in our way of living we should let them know that they too can transform their life just as we have. If they'd like to know more, then share your story with them. In a general way, let them know what your life used to be like, whatever problems and difficulties you had, what your transformation process has been like, what obstacles and blocks you've overcome, and what quality of life you

have now. And it's important to be honest with them, there's no point in embellishing or trying to come across as having everything figured out. Remember, no one is perfect and we all have problems, but our way of living isn't about never having another problem, it's about how we've evolved and how we've learned how to solve problems and overcome obstacles. The person we're talking to will not only appreciate our honesty, but probably relate in some way to our story and want to achieve the same quality of life we've created. Ask them about their life, their story, get to know all you can about them so you can understand where they're at and what they'd like to achieve.

Let them know that if they're interested, you'd be willing to work with them as a mentor through their transformation. You can refer them to this course or personally walk them through the same process you've followed. However, every case is unique and some students may need more attention and help than others. So, you can make yourself available by phone or in person to share your experience as they move through their life transformation process. But you should let them know up front what your availability is and manage their expectations as to what you can and can't do for them. You can share your experience with them, give them support and advice, but they still have to take responsibility and do the work to change their own life. It's also important that we don't give advice for situations we don't have experience with. It's not our job to tell them what to do or run their lives. We simply share with them our experience and understanding, but they themselves are responsible for making their own decisions and managing their own lives. You may find that your friends, family and students refer others to you who want to learn more and you may find yourself limited in how much time you can dedicate to working with others. It's impossible for us to personally work with everyone who's interested in achieving the success we've found. We can't help everyone and we're under no obligation to work with someone we can't help or don't want to help. Also, since you're sacrificing your time and energy you want to make sure you're not wasting it with someone who isn't serious.

If you've never mentored anyone before, you may be a little nervous when you first begin doing this, but remember, you've successfully transformed your life and that all you need to do is share your experience. With a little practice, it won't take long to become comfortable and confident in helping others in this way.

It's also important that we manage our own expectations with the person we're working with. Remember, when we're being of service we should give without any

expectation of return, credit or praise and without any expectation as to how well our student will respond or practice the principles in their life. Each of us are on our own path and we all progress at our own pace. Some of us may be quicker at transforming our lives while others may take longer. It all depends, so remember to be patient and understanding. You may find that some students will begin this process, but then never finish it and if they do this then that's their choice. Once they've found that it's possible for them to transform their life it's their responsibility to take the action, not yours. If they want it they'll do it, if they don't they won't.

Our goals in working with others and sharing our experiences are two-fold. One: It's an opportunity for us to share the solutions and principles which have helped us. Having achieved success in transforming our lives and not making our experience available would be selfish, therefore, we believe that we have a responsibility to share what we've found. Two: If we work with others and share our experience the right way then the people we work with not only transform their own lives, but hopefully go on to help others the same way we've helped them. And this is how we'll foster a positive shift in the global consciousness.

Conclusion: A Limitless Reality

We find ourselves now at the beginning of a shift that is taking place all across the world. We have started to call into question the harmful ideas, beliefs, traditions and customs which go back for centuries. We no longer accept at face value what we've been told or led to believe. We've learned that we have a choice and the power to shape our own destiny. We can and shall overcome the barriers which divide us and block us from the truth. And together we can create a shift in the global consciousness, we can move the human race forward. But this is no simple task. The progress of mankind has been painfully slow, held hostage by our own selfishness and ignorance. We've been divided by prejudice towards social status, race, religion, gender, education and economic means. Mankind's ignorance and insecurities have become so engrained that it's commonplace to publicly condemn, attack or even murder someone just because they disagree.

But we see things differently. We've learned how to take personal responsibility for our lives, our thoughts, emotions and actions and for any harms we've caused others.

We've learned how to peacefully express ourselves and correct our mistakes. We've learned how to create an amazing life of happiness, purpose and fulfillment. And we've learned how we can help others. And while we can't make people change, we can't force them to wake up to what we've learned, we can show others, through our actions, our love, our compassion and commitment that there is another way. And through our demonstration of character we can influence a sweeping change in perspective which will tip the scale and move us in this new direction. So, let this mark the point in history where we finally evolve from hatred, ignorance and selfishness into a new era where we resolve our differences and come together in a symphony of peace and harmony.

But this is just the beginning. On this path, we'll continue to learn, to grow and evolve. We'll go on to have new adventures and find new discoveries, have new ideas, experience new challenges and find new solutions. We are the seekers of wisdom and truth. Bound only by our imagination and willingness to create, we have in front of us a limitless reality which we can shape and direct. But, our time is short and our responsibility is great, so let's begin. Together, we can change the world. YOU can change the world! The choice, is yours.

Additional Resources

Personal Life Coaching

Jonathan Monte offers personal life coaching for a select number of students. To learn more about this rare opportunity and the application process, please visit www.jonathanmonte.com/coaching

The Jonathan Monte Website

To learn more about Jonathan Monte, additional courses, products, services, books and live events please visit www.jonathanmonte.com

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