

INCOMPARABLE **EXPERT**

Path to Power

Session 4

Jason:

Welcome to the final call today. Unfortunately or fortunately as it may be, more than ending, I view this as very much a beginning, as I do pretty much every single day in my life, because each day we kind of have a choice which path to go down in terms of this living in our power or not. There is a lot of resistance pulling us down one path in our current reality versus the other.

It's kind of a- I think the wrong word is struggle, the right word is it's a daily decision that each of us gets to make about which path we're going to walk down. I have just a few things to cover today, what I call power recipes. Then we'll have plenty of time for questions if there are any. A few general things first before I walk through some of these little recipes that I've come up with, hopefully to help you as you forward from here.

I think one thing to remember as an overview principle that encapsulates everything we've covered so far, is that this path forward is not really about fixing you. It's not about fixing the old or the way things are. It's simply about building something as you would like it to be, and allowing that old thing to fall away. Just some ideas to take forward with you and maybe get in the habit of thinking so that they're more than just thoughts over time.

Are things like giving up the idea that like you are broken in some way. It's a very disempowering kind of thing. Everywhere we look in our society, that's the message. We have weaknesses, we have to shut them up, we have to work on them, we have to get better. Being through what we've been through here, the last couple of weeks, hopefully you can begin to see how those thought forms are in fact, by you accepting those, you are literally separating from your power, like right from that point, immediately.

Everything else that comes after, is either you trying to get it back or you suffering because you gave it away. It all relies on this, what is really a lie at its core, that we should somehow be other than we are, right now. Thinking you need to be better just kind introduces more separation, and allows you- What you're doing is feeding that thought form like we discussed last week. You're feeding it with more energy.

In the work that my wife does in the birth world, you could say she's up against the powers that be, who are very strong and very forceful. You could view it that way. Viewing it that way tends to lead you into a life of battle. All you really end up doing is fortifying that construct over time, because you're feeding it an enormous amount of energy.

Same with our work with clients. What we give our attention to, grows. If you perceive your work with clients as like you're at war with them, which I certainly did for a long time, that's a little bit what you get. You're feeding that reality, you're feeding that thought form with your energy. Step one to "curing" yourself here of this giving you power away thing, is to give up the idea that you need to cure yourself.

I think that leads you in a not helpful direction. This means and it's a new training to install in your own life, that when you go around thinking or saying like, "I should do this," or, "I should be that," or, "I know I do this but ..." or, "I really wish I would stop ..." All of those things I think are leading us down the path to only fortifying our already strong habit of giving our power away, because they all do it right at that moment of accepting that premise, you should be other than you are.

That's where you lost already. The fact is we're right here, we are as we are, at this moment and if we can stand fully in that, even as we move through the world, that is power right there. That's just kind of an overarching summary of four weeks in two and a half minutes, or in my case like 12 years of struggle in two and a half minutes.

If someone could have sat me down and said, "Just work on this." They wouldn't have made it any easier. I would have felt so lost probably a lot of the time. When I say that we are going to build the new and let the old fall away, that's exactly what this transformational process is going to be like. You're not going to wake up today and say, or tomorrow and say, "I'm going work on this and I'm going to work on this and I'm going to improve this."

You're simply going to wake up tomorrow exhibiting the behavior of that person in that mental movie that we're getting in the habit of building. That is who you are. You go out there and be that in that moment. You could consider this a type of re-dreaming. The jury is still out on whether or not we're actually here, whether when we go to sleep or dreaming or whether we're dreaming right now, like who really knows.

We do have this amazing power to, as we've discussed, take thought feeling and eventually mold it into the reality that we see. We're using this mental movie to set intentions that are far deeper than our conscious minds, and we go out and be that then, starting tomorrow or today or right now. Some people turning homework from last time where I simply asked for you to highlight for me some of the big trigger areas where you find yourself giving your power away over and over again.

My hunch is that if everyone had done that, we would find a lot of similarities. Two questions, just to put in your bag that questions aren't answers, but they can lead to answers. One question that you might start asking yourself, and then just sit there and pay attention in the minutes, days and weeks following asking these types of questions and see where the answer will come, because most likely it will.

Question number one that you might start asking yourself is, "What is more important to me in my life than what others think?" For a long time, I had my answer was nothing, because I hadn't yet come back to myself really, to reconnect with that being that I was so clear about when I was four, five, six years old. I wasn't aligned and so if someone had asked me this question, "What's more important to me than what others think for me?" I would have had no answer.

Today I do have an answer and I feed that answer with energy all the time. Everyday I write the emails, everyday I'm thinking about this, everyday I live this. Everyday I try to not teach this to my kids, but show them through example that this is how I'm going to be. Over time, I have something that is way more important to me than what others think, and that is actually being me, and helping others be them.

To me, that's why I'm here. I may be only compared to other individuals a half a step farther in my journey, or I maybe like four miles farther in my journey. It doesn't matter, I can still turn around and be helpful to the people that are walking on their path of the journey, a little ways back. Ask yourself that question and see what answers you have at the moment.

When you have an answer and when you feed it, it will grow. Things that you give focus and attention tend to grow. Over time, it will dwarf the size of what others think. That to me is one tiny little, I wouldn't even call it a mind trick. It is a practice that will over time allow the new to completely starve the old, and it will fall away. You'll wake up one day and realize, "Oh, my gosh, I really don't care what anybody thinks, because I know I'm going this way."

That's an enormously freeing feeling. To me, it's not like a once and done thing, it hasn't been my experience. Like I said, "It's a daily decision, but it gets way easier." Number two, there was some homework that came in talking about general challenges with accepting great things coming into your life through work or whatever. I told you my own story, that for years I could not receive a compliment really without deflecting it.

It was like someone was shining the spotlight right in my eyes and I had to look away. A terrible thing to do to yourself, but that is often times a challenge for people. If you're good at what you do, this is going to be a problem, because you will consistently create a reason for people to praise you in one way or another, and if you can't receive that, weird energetic things happen, not to mention you will probably be miserable.

The second general question to start asking yourself is, "What type of steward are you being on a daily basis?" If you go through life expressing either internally or externally a complete lack of gratitude for everything that is around you. We talked about that at one of the past sessions, just that idea of gratitude creates instantly that feeling of wholeness which is the feeling of standing in your power.

It's all the same. It's a way to shortcut and get that feeling since you can't really sink yourself there. Those are two questions to start asking yourself in the mirror, out loud and then listen. I came up with and these are simple, four what I call power recipes. I went through the homework, just pulled out some challenges and then wrote out just some simple recommendations for how I might deal with the situation.

Number one, not feeling valuable, which is a pretty common situation. Not feeling valuable means you don't feel whole, which means you're missing something which is on one level giving your power away to something outside yourself, and you're hoping it shows up so that you can again feel whole. If that's something that you're dealing with ever, here are some things that I would suggest.

First of all, sit down and ask yourself, "Which part of you is actually the one that's saying this?" We talked another time about the parts of you and how we basically separate it from ourselves. We have that internal, that awareness part of us, and then we have that annoying voice in our head that narrates our entire life. It's all us, but those two parts of us behave very differently. Some are meant to be in control and others are meant to not be in control.

If you get that backwards, it can be really terrible. Chances are the part that is saying that you're not feeling valuable is that voice, is that monkey talk or ego or whatever you want to call it. It's a terrible ... It knows all of our weaknesses. It has impeccable timing to exploit them, and it's very well practiced. If that's the voice that's saying this to you, then ...

One principle in martial arts is, it's not always the smartest thing to meet force with force. Often times, you take the force as its coming into you and you use it. You actually end up going the same way as it, at least for a brief time. What if that voice is actually telling the truth? However, I'm going to turn in back on itself and say, "It is telling the truth about itself. It is not really adding a lot of value to the situation in this moment. It spends most of its time trying to tear you down."

When I mean you, which you am I talking about again? I think this is really important to begin to feel this separation between these parts of you that are whole and the ones that are not. For most us, you're not worth it. You have no value. You will never be, amount to much of anything. It's that tiny stupid voice that is talking. If we just accept it, "Hey, okay, you're saying that. I'm going to say that you're saying that about you, that's exactly correct. We'll just let you go do that on your own."

Me, the big me, is going to go do something else. What the big me is going to do is give up on the idea that you need to feel valuable. Instead, because that just takes you back into the voice, because the voice is a quantification machine, it's a measurement machine, it's a comparison machine. If you go to it for answers, you will not get good answers that are helpful, or expansive. They will cause you to shrink or be fearful or all manner of terrible things.

Instead we let it do what it's going to do, we don't even try to change it, because directing our energy to that just feeds it and it makes it stronger. You can see this principle showing up over and over again. We're just going to let it burn itself out, and instead, we're going to focus on two different things, gratitude and service. That's the habit.

The habit is when you feel that, when you hear that voice ... Just like in yoga or meditation, when a thought comes through, you let it go and then you come back, you come back to the moment. You're going to bring your focus back to gratitude, the feeling of wholeness, and then you're going to go look for ways to serve. What this ultimately does is it gives you control over things you control.

Do you control how you feel? Not usually. Maybe you can work on it, but generally not. What you do control is how deeply you feel, how good you are at feeling. As Michael Brown said, "The purpose isn't to feel good here, or to feel better, it's to get better at feeling." Totally different, you just feel what is, and then you recenter on the gratitude and the service and you go about your work.

This works in personal life, this works in client work, everything, particularly in those client situations where you've screwed something up, and you for a minute like leave your body and your world's about to end, and this is how you come back. How can you when the reality shows you or gives proof to your little stupid voice how not valuable you are because you screwed up x, y or z. How do you recover from that? This is the process that I would use.

Recipe number two is for people pleasing at the expense of yourself. Something to think about for people who can't say no. Man, I'm the poster child for all this, but we'll just continue anyway. First thing to ask yourself about this ... There are two stages to this in my experience, there's when you do this unconsciously, you're not aware that people pleasing is running your life. Then the second stage is when you are aware of it and you do it anyway, which is way more frustrating.

You know you're doing it, you know you're going to do it because the alternative you just can't face it at the moment. The first question to ask yourself if you find yourself doing things just to please others at the expense of yourself is, "What am I getting from this?" Again, I'm not here to give you that answer. I'm here to recommend that you ask the question. We humans are pretty smart beings in that we do things that we feel are going to serve us.

That doesn't always make sense from the outside looking in, but if you are really to bear your soul and be honest, 100% completely honest with yourself I think there would be a reason. What are you getting from this? Are you getting, "Well, I don't need to deal with confrontation?" Are you getting, "Well, I get to tell the story that I matter. I get to have a place now to put all of my unresolved anger? I have a focus. I have somebody whose head I want to chop off now.

It gives me that target." What are you getting from this? The second thing to consider is another Michael Brown suggestion. I forget what he calls it, it's kind of like the opposite golden rule, the opposite of the golden rule. The golden rule is do unto others as you would have them to do unto you, or something like that. If you flip it around, and say, "Do unto yourself as you would do unto others."

It's a very unique thought, but considering that most of us treat perfect strangers better than we treat ourselves, it provides an interesting mirror onto our life pretty quickly. Is there a reason that you shouldn't be doing unto yourself as you would do unto others? What does that feel like if you imagine that? If you put that into your mental movie, it's going to create an emotional something. You'll feel what that feels like.

If you've never done this before, it will either freak you out, or it's going to be the best feeling in the world. For once, you would be able to do unto yourself as you currently spend your time doing unto others. Think about how treat strangers, think about how you treat yourself, and ask, "Hey, maybe it's time that I equal this up." So, these are just thoughts to go to when you find yourself in these situations.

In my experience, generally just one of these little shifts in perspective will snap you out of it and give you that second of separation to make a new decision. I'm going to take my power back now. Not that you need to blab this to the whole world, or pull out your megaphone. It's an internal shift and it might take a long time at first. It will get quicker, it will get quicker, it will get easier, less resistance, until you find yourself more time than ever, spending, going through your reality in that space.

Next is the not charging enough situation. We have all been there. Kind of like a fisher in water thing, the fisher is always the last to know. I kind of find that you are always the last to know, or we are always the last to realize how valuable we are. Again, you can't sit down and tell yourself to feel valuable. I think that energetic reason is again, all we're doing is focusing our energy on the lack and that grows.

We're focusing our energy on that thought form, and it just creates resistance and builds and gets stronger and becomes more real. We don't control that. We don't control how worthy we feel at this moment. What we do control is how well we are serving others. Again, plus serving others tends to create the proof that you need to understand just how valuable you are.

I would say if you're dealing with not charging enough, not valuing yourself, instead of trying to solve the problem, I would go through life in a way that tends to solve the problem. Go through life and business in a way that tends to create the things that you need that will resolve this. This whole flipping things upside down is often very helpful. You get a client project, you're like, "Man, what is this going to be worth to them? What should I charge or what's my hourly rate?" All that kind of stuff, "What's it worth to somebody to have me do this?"

That is a very dis-empowering type of a question, especially if you're in this incomparable expert frame of mind, because we are literally doing the work required to transcend the normal market dynamic, which is that if they don't get it from you, they can go somewhere else. There is nowhere else to get you. We're taking a very high road to engineer a situation like that. To then ask, "What is this worth to them?" It creates a very odd feeling internally.

What if you flipped it around and said, "What is this worth to me to give up a portion of my life to engage in?" That you come up with a very different answer, much like last week we had the question about how to set fees. I tried all the silly systems and the rationals for this and that and value perception and whatever and benefit, all that kind of thinking. At the end of the day, it's just how much do I want for it. Way simpler, not emotional at all, how much do I want for it.

This is the same thing, it forces you to look at your life and really look at this work in terms of the reality that it represents, which is you are dedicating life force to a specific thing and to the exclusion of being able to emanate other things. What is that worth to you to do that, because that's what you should ask for. Just a completely different way to think about it.

If you're not charging enough, another simple way to get this out of the emotional going around in your mind, kind of in that darkness where there's no exit level, to a more practical level is simply pick, if you're going to be a bargain solution, a medium solution, a premium solution. Choose one and then just go do that. That has nothing to do with feeling valuable. That has nothing to do with anything about your story.

It's simply a choice that you're going to make, and then you're going to go do that how best can I serve these people this way, and create that proof that you need to surround yourself with what is really ... It is validation, but it's not like you're looking for it. It is a by-product of helping individuals. Pretty soon you wake up and you just see all this proof, and you're like, "Holy crap, I might actually know what I'm talking about."

Just for a brief moment and I remember this moment. I don't know the day but I remember the feeling. It was only a few years ago where for a second, and it started like that brief, I was like, "Oh, my gosh, I am actually good at this." Then I lost it for a little while, but for just that blink, I got to see or feel what it was like to look at me from the outside in. That really was the beginning of a major shift for me, because it was a re-orienting of my entire universe.

I was not doing what I do to try to earn my keep. I could finally see that, "Wow, I'm the one that has this gold for certain individuals, and if they can't see that, that's okay. I don't even need to work to have them try to see it, it's really not that important. It's not for them at the moment, that is okay. I can just sit here in that full knowing that what I have to the right people is beyond measure and value." That was a big moment that shifted around.

It only came from trying to help people. I never could have thought my way there, because this is not a function of thought. I never could have meditated myself there, instead I reverse-engineered my way there. That's what all these has been about these last few weeks. Finally, last item for that one, the not charging enough is when you get used to being able to separate you, the big you. If you're sitting there listening to me now, your voice is probably saying something, that voice is probably going on in your mind.

Then, you could be aware that you're sitting in that chair, kind of look at yourself from up and behind yourself down, and you can see that voice in your mind and that's like the real you back there. Let's say you're pricing a project for a client and you say ... This usually happens so fast, you're not even aware of all the steps, but like you know what you want to ask for but you're afraid they'll say, "No," and so in like a blink, you've cut your fee in half or something like that.

Then you finally arrive at a number that you feel comfortable asking for. All that happens so fast that you can't really follow the process of what's going on. When you do some of these practices that we have been talking about, the energy stuff, the grounding and centering, and you begin to develop that separation between the big you and the little you, then you can move your awareness on demand to that big you.

You can say to the little you, "Hey, looks like you're having a good time there. Go on, talk amongst yourselves but I'm just going to politely decline to entertain your opinion." That is the habit to get into to begin to move the amounts up that you're charging, until that amount fully represents what your dedication and commitment of life force is worth to you. I doubt you're ever going to read this in a business book, but really I think it's a smart way through. The worse they're going to say is no.

Generally, if you do everything else, build trust, credibility, positioning, everything that we talk about all day long, you just won't have the resistance. Because you no longer have the resistance internally, you won't recreate it on the outside. Recipe number four, for people who simply at the moment do not respect themselves. These are all obviously very overlapping and kind of messy once you get down below the surface.

Number one, if this is you, if you truly just don't believe that you have much to offer, or you constantly do things that lead you to that mold that I talked about earlier on the, "I should be this. I wish I could be that. I have to get better at this." I think that the quickest way to start respecting yourself is to cold turkey.

This is a decision, this requires no work except like a split second decision and commitment to follow through, it's to stop immediately betraying your internal voice, which most of us do many times a day, unconsciously. When you know you shouldn't or you should and you do the opposite. That to me, fixing that is the road back to developing, growing and strengthening your respect in you. What you're really doing is proving to yourself, or you're showing yourself that you can act in accordance with your will, that's all that it is.

You actually have the guts to act in alignment with your deepest truth. Would you respect somebody else who can't do that? Probably not. Would you respect somebody who day after day after day said, "I'm going to do this," and then they don't do it? You find out the reason they didn't do it is because they were scared or they thought someone would not like it, or they thought they would be called out, or they thought they might get in trouble.

That's what we're doing and I think that's why it is so easy to erode our respecting ourselves, or never have it in the first place, because we simply haven't earned it from ourselves. In fact, over the last four weeks if I had one recommendation and you forgot everything else, it would be this one, the never again betray your internal voice, for any reason. Once you begin to be in alignment with that, the string of decisions that you start to piece together where you actually act in accordance with your deepest truth or your will, that will create a preponderance of proof over time.

That shows you that you're worthy of your own respect. If you want more respect, the you create more proof and you work harder at maintaining that alignment. Just one last one, just something again, that's especially been valuable to me in the client world. You might call it the ultimate recipe for power, is to really- This may or may not resonate with you, I don't know, I think I wouldn't have understood it probably a few years ago, deeply enough, but I feel I'm at the point where this is what now I'm working on, and that is really to see past the illusion of polarity at all.

To understand that me and us and them and me against this guy or me competing with that one, it's all kind of fake. There is no us in them, there is we, and what we do to one we do to all, and what we do to another we do to ourselves. The truth is in there somehow, this has been mentioned quite a few times by some pretty special people over the millennia. I believe when you even begin to do this in the smallest of ways, which is where I would say I am, your entire world opens up.

I, from the beginning of this course, we've been talking about reclaiming your power by basically remembering your whole already. This would be like an arrow to the heart of the issue. If you can do the work which mainly begins as a mental reminder, "Oh, this is the case. Oh, this is the case. Oh, this is the case," that this separation between what's in you and what's out there doesn't exist. In fact, I think you could go as far as to say as, "The world today, it's really just the external projection of what we've got going on on the inside."

If you look around, it's clear that we have a lot of work to do. Part of that work is closing that separation between in and out, between seeing and unseeing, and bringing that together again and realizing that it's actually just one. I don't mean this in any religious sense of the word at all, you can come at this totally from energetics. Or you can go into the depths of religion, whatever you want to do. This is what I do on another level in my work everyday.

I realize, "Wow, all these business people going out there, dealing with other human beings. We're facing all these challenges that they're not business challenges, they're like human challenges, but you pick up a business book and it talks about business like it's this box on the shelf, but it's not. Especially for our type of businesses, you just can't separate it from the human. When you bring all these things back together in one piece, now we can get somewhere, because we see the picture more clearly for what it is.

With that said, like I said, I really view this as a beginning more than the ending here, now that we're coming to the end of the session. Everyday I view this as a beginning for me. I get to choose who I want to be tomorrow and I get to choose if I want to stand in my power, even on the fringes where with the things I still struggle with and deal with, or not. I wish you the best of decision-making. It truly is worth the work.

When you finally even develop the beginning of getting a handle on this, the effect that you will have on others just grows exponentially. If for no other reason, endure the challenge so that the impact you can make can be multiplied. I think that's worth it all by itself. I will open this up for questions here, about anything we discussed today, about any of the previous sessions, about anything. If you are on the phone, star two and I will unmute. If you're on the website, you can put a question in the box.

I think the web call people are out of luck unfortunately. No, you have a question box, that's right, depending where you're listening. All right, let's see, here we go, [Beshall 00:37:40]. Hey Beshall, can you hear me?

Beshall: Yes sir, can you?

Jason: Yeah, go ahead with your question.

Bishal: First of all, I'd like to thank you for walking us through and especially walking me through this path to power session. I remember three weeks back when I started of, I had so many different questions, especially about my emotions. When I say emotion, I don't mean just emotion in terms of sadness, but I used to get so much angry and all that and this grounding exercise, though I knew it from the big sale blueprint, now for the last two weeks, since the second session ...

Jason: Yeah.

Bishal: ... I've been practicing it very consciously and I'm seeing a bigger transformation in myself, and it is a practice, it's now a one time event. I know I have to keep practicing which is every single time there is something that is happening which is not in my best interest. I'm seeing automatically that grounding exercise thing is coming up into my mind.

I know it's happening, it's not that I'm closing my [inaudible 00:38:39] meditating in the moment. I'm seeing what's happening at the same time. It's given me such a sense of power, and that's amazing. Thank you for teaching everything that you have taught me so far in this program, especially you as knowing what you know.

Without getting specific here, all the people who are on the call today including me, if this was the last call, imagine if I was your son and if this was the last conversation we were having. If I had a whole life ahead of me to live in a very, very empowering way, and I want to live not just for a moment or a day or a month, but I want to live my whole life with a path to power, what would you suggest I do or I think as your final words?

Jason: I would say risk being yourself, it's worth it on every level.

Bishal: Thank you.

Jason: Cool, thank you. All right. Let's see, question, Mark, I'll get to your question in a second. Can you clarify a little bit about what you mean when you say, "The feeling comes up but fades very quickly." In what context are you talking about? I'll come back to you in a second, if you can clarify that for me. When are going to send a written summary of this training? I can certainly get a transcript made if that will be helpful for people. That would be totally fine. Let me just make a note before I forget. Cool, thanks John.

Let's see, other questions, star two to raise your hand. Any comments on EFT? I haven't personally used EFT, Emotional Freedom Technique or whatever it stands for, the closest anecdotal evidence that I have is my wife who finds that extremely helpful. It makes sense that you're much like acupuncture does, you're affecting meridians and energetic pathways in the body. I haven't experimented it with it myself, because I went just kind of serendipitously, went down the shamanic path of things.

From what I know, it's extremely helpful for some people. Let's see, other questions. Mark, let's see, I'll take a stab at what you asked. You said, "The feeling comes up but fades very quickly, so I cannot really work with it. Any thoughts?" I'm assuming that what you mean is in one the sessions when I was talking about when you have a feeling or an emotion, you're to sit in it.

Or maybe you're talking about ... Oh, wait, "Something happens that triggers me. I sense the feeling, I start to think about being unconditional about it. But then the feeling fades and my mind wonders." I think it's okay that the feeling's fading. I think the point is that when something happens to trigger you, that you develop some sort of mechanism to give yourself a fighting chance, to come back to yourself, before running that reactive program.

One thing that jumps out of me about what you're saying there is that you feel something, something triggers you, you sense the feeling and you start to think about it, about being unconditional about it. What if when something triggers you, you sense the feeling. You simply take a breathe and breathe into that, like fully. It could be fear, it could be rage, it could be anything, and you just breathe right into it. After a breathe which can happen in a split second, then you just imagine that awareness of you from behind, you get to that space.

Once you're there, you take action, then the next step is from there, because that part of you doesn't wander, that part of you doesn't lose connection. The trigger comes, the feeling is created, you just let it move through you. Like I said, there was some book I was reading and I can't remember what it is, but the guy said it so plainly. He's like, "You will suffer in life to the extent that you are not able to allow life to fully move through you, where there is resistance to what is there will be suffering."

Just let the feeling go, reorient yourself to that bigger awareness that you're capable of connecting to, and then move from there. I think that's kind of the habit to practice. Next, I find it very difficult to take important decisions. Rarely seems to be a clear path, any suggestions? I'll pull from my personal experience first, and then zoom out. The times in my life where I found it difficult to make decisions were really because I was at some level not okay with making the decision I wanted to make.

Either I was thinking about what others would think, or how it impacted this person or this opinion or be perceived by X. Like I said, if there's one thing I believe about how we are wired to operate, it is that we are wired to pursue our own self-interest, almost exclusively. That can be a very "twisted" situation. Someone who arranges their life to constantly be in the middle of one drama after another. You might not say that that's in someone's best self-interest, but if that's the kind of feeling we're addicted to, then that's what we want, and that's what we will create.

The first thing I would recommend is to probably take more time away from decisions. For me, the only thing that has brought me answers is to stop trying to answer things and to allow the space for the answers to come. This is the last thing that anybody who really wants to figure this stuff out would want to do, which would be to pack yourself for 15 minutes somewhere and pay attention to your breathing and not try to solve any problem or answer any question.

My hunch is that if you do that enough days in a row, answers will come. I don't know why it works that way. I believe it might work that way because it's about the only way that we can shortcut or short circuit, what is an extremely well trained monkey mind. Nigel, I would suggest that. You did touch a bit on customized affirmations on session two. Could you tell me more about what you mean there? Could you wrap up a bit on it? Customized affirmations.

We mentioned the talking in the mirror thing. We mentioned with your mental movie. It's not really wishful thinking. You're not going to wake up and say, "I am abundant and good things flow to me." You can say that if you want, I don't care. That has never done much of anything for me. In fact, I can see myself laughing at myself, thinking of doing that. I've chosen to go the exact opposite direction, which is to take a look at my life and maybe at the moment, that life was exhibiting the exact opposite of every abundant thing I could think of and to say, "I own this. This is me. This is what I got. Now what? How best can I help people?"

The mental movie to me is not the wishful thinking. The mental movie is my deliberate practice of painting my world, with no emotional attachment. Then to forget about it and let the magic of the universe, or however this thing is put together, whoever is out there or however it works to just do it, it happens. You don't need to see that work out to many times before you learn to trust it. I got it, as background to my question, the feeling is fear or risk of losing something by making the wrong decision. Time passes the opportunity.

Yeah, see, I think that that to me is screaming for you to stand up and say, "I own this." It may be wrong. To me, that is someone who still has opportunity to fully own whatever decision it is you make. Is it going to be a surprise to the world that you might mess up? That you're capable of mistakes? No, no one will be surprised by that. Yet, we don't really want to except that fully some part of us just can't stand that. We hedge our bets and maybe just own it. Just own it.

The best decision I can make at the moment is this one, here is where I go. I'm willing to deal with the consequences. That to me is like that's the feeling of freedom to me, to fully own something is the only way to experience freedom in my experience. All right, let's see one more question, Beshall here. Yeah, go ahead, can you hear me?

Bishal: Yeah, my clarification on the affirmation question, what I wanted to ask you is that you said that affirmations can be helpful and cannot. My experience is when I studying a lot of Tony Gibbons and I got tremendous amount of help from him ...

Jason: Yeah.

Bishal: ... I used to say, "I like myself. I like myself." It helped in the beginning, but later on I realized I was just fooling myself. If I really need to affirm, is it I affirm my truth and by affirmation, I don't mean just telling myself over and over again, is it like how have you used verbal affirmations to really empower myself? That was my question more specifically.

Jason: Okay, I guess you could say that I do use affirmations. I only use one or two and the most popular one for me is, "I am okay with this." Again, it is for me, the answer has been radical acceptance of what is and zero energy. Acceptance strategic like mental movie situations where it's not loaded with a feeling of want or longing or it should be. The mental movie is not that. Radical acceptance of what is and moving from there. That's a feeling and so I do remind myself on a regular basis to come back to that.

That's my out loud affirmation. At the end of the day however, this goes back to really what I think the point is, is that if you refuse to betray your inner voice, you will win. We are not all here to be like each other. We are all here to be the fullest expression of each individual person. To own that, I think is the secret. To own that journey, to own those decisions, the consequences that come because of those decisions. You will end up light years apart from anybody else because it's your journey, but it will be okay.

Yeah, on one level it's extremely simple. Anything else? Questions going once or twice? Excellent. I want to thank you all again for being involved with this. I hope that this, what are really the fruits of my experience, learning, study and the great opportunities that I've had for great teachers to come through my world, I hope you find them of value and to be helpful.

At the end of the day, you're here for your pass and I wish you the best walking. I wish you the best learning the lessons that you're here to learn, and I wish you the best figuring out how best to take what you've been given and use it to serve other people, because that to me is what makes this life worth living.