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Brief Descriptions of the 7 Chapters... p. 21

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Keynote: The missing piece to mastering your life is learning how to “subtract” what is getting in the way of actualizing your true potential.

Book synopsis:

If we are Spiritual Beings why don't we act like it? ***The Law of Subtraction: The Missing Piece to Inner Peace*** presents a revolutionary approach—one you haven't tried yet—that goes beyond merely recognizing you are a Spiritual Being. It focuses on what is necessary to truly step into and actualize your Superconscious potential.

It clarifies a fundamental misunderstanding between your True SELF and the “self” you may *think* you are—and demonstrates how the lack of specific tools and skills to bridge this identity gap has led to every problem you've ever had. The missing piece to mastering your life is learning how to “subtract” what is getting in the way of actualizing your true potential.

How can you align with your Superconscious potential to master challenges in relationships, finances, and health, from a place of true power? The answer is to elevate your consciousness—an invaluable skill overlooked by traditional education yet essential for personal empowerment.

Consciousness is the currency of the future, and imagination is the key that unlocks the vault.

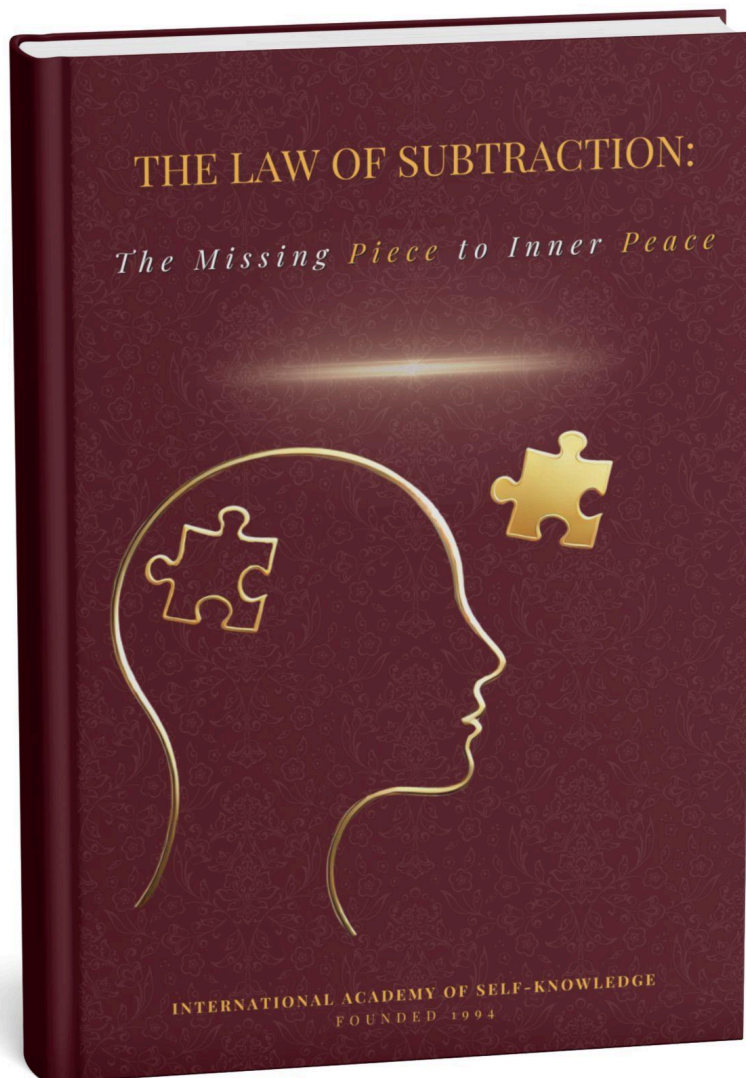
Because problems cannot be solved at the same level of consciousness that created them, achieving the success you seek in any area necessitates engaging the elevated levels of consciousness in your Superconscious Mind, which aligns with what Napoleon Hill termed “Infinite Intelligence.” It is in that space you can find the solutions that have been eluding you.

Through stories and firsthand experiences of entrepreneurs, traders, doctors, parents, actors, and people from all walks of life, you will witness a very personal, seldom-shared glimpse into how they implemented this unique approach by using the missing tools and skills to elevate their consciousness. This heightened state of awareness and connection enabled them to successfully navigate life's challenges and setbacks with resilience, adaptability, and, most importantly, inner peace.

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Cover idea



Working Title:

THE LAW OF SUBTRACTION:

The Missing Piece to Inner Peace

The International Academy of Self-Knowledge

Balboa Press

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DEDICATION

This book is dedicated to ***YOU***.

There's only one challenge to Master: ***you***.

Our sole purpose is to assist you in becoming a Master of your "***self***"
so we can join forces in making this world a kinder and more peaceful place.

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FOUNDER'S ACKNOWLEDGEMENTS

First and foremost, I want to acknowledge each individual student and teacher of the International Academy of Self-Knowledge for your consistent support and dedication to mastering your “*self*.” WE have truly become one collective, which is why **WE** have jointly authored this book.

I would also like to acknowledge these Giants who significantly impacted my personal and spiritual development, expanding my view:

Dr. Wayne Dyer, for his consistent teaching that there is a spiritual solution for every problem and for his continuing impact after his “death.”

Tony Robbins, for the honor of spending a year on your volunteer crew in 1990: Thank you for not only demonstrating that rapid change is possible, but also for allowing me to stand on your GIANT shoulders."

Dr. Deepak Chopra, for giving me the privilege of assisting in the logistics of the first Mind-body Medicine Course and the Seduction of the Spirit. Most of all, I appreciate you for actually being exactly who you appear to be.

Reverend Doctor Michael Beckwith, founder of Agape International Spiritual Center. When I attended your services in the nineties, you kept telling us, “*Be more **YOU***” and now I get to teach that very subject every day at the International Academy of Self-Knowledge (IASK).

Much of what you read in this book may not be new, but by standing on the shoulders of giants, I am able to present a synthesis of insights and experiences that bring a unique dimension to these teachings, which I consider my sacred duty.

*—Libby Adams, Ph.D., Founder
International IASK of Self-Knowledge*

FOREWORD

Stephen M. David, M.D.

As an evidence-based investor, risk manager, futures hedge fund trader, former spinal and orthopedic surgeon, department head, published scientist, and life-long learner, high achievement and impact have always driven me. In achieving these goals however, I often sacrificed integral parts of my life including relationships, self-care, and even recognizing and experiencing my true inner identity.

I have always sought out a Teacher/Mentor to guide me with accurate knowledge, provide corrections when my interpretations are off, and protect me from errors of action that would affect both the present and the future. As Libby says, ***“we all need to rehab something,”*** especially high achievers.

After enrolling in the 2-Hour Course and the 28-day Mastery of “self”™ Course with daily IASK Teacher interaction, I immediately knew I had made the correct and wise decision to invest in myself in this specific way. To be honest, I also did it for the benefit of my family and others I interact with personally and professionally in the world.

I had done decades of personal development work before enrolling in the 28-day program and things were progressing in a definite, positive direction. However, lingering negative thoughts and emotions persisted and I sensed that I was still missing something unifying and more powerful. I did not fully understand what I was missing until my IASK Teacher guided me to change my point of view in several areas and gave me the specialized tools to do so. My growth accelerated rapidly inside myself and in the outer practical world.

I had a personal experience with a Power that was greater than my own mind, my previous experiences, and even my limiting emotions. This interaction created a powerful connection and communication that has deepened significantly. My decision-making and actions have been transformed, aligning them with my higher purpose and elevated levels of consciousness. The result has been profoundly beneficial, both for myself and in my interactions with others.

My personal discovery during the initial 2-hour session and subsequent 28-Day curriculum revealed HOW I could maintain a conscious and permanent connection to my Superconscious and

Universal SELF, living in the world while perceiving, feeling, and acting from that perspective. My point of view changed so much as a result of the power of the one-to-one Mentoring and deep knowledge, that I decided that part of my purpose was to become an IASK Transformational Teacher, aiming to help others experience the same or greater gains in their lives.

My wife, Sherry, who is also a Certified IASK Teacher, and I are dedicated to helping others discover their purpose and reshape their lives through our work with IASK and Dr. Libby Adams. Becoming Certified Teachers has allowed us to assist others—and ourselves—experience HOW TO access our Truest Identity and deepen our connection to that reality with compassion and efficiency.

Today, I am enjoying life even more fully and living from a trusting, relaxed state of personal guidance and well-being ... and so can you. I eliminated, transformed, and continue to transform any negative attachments and misperceptions about myself, people, places, and things that inevitably arise when living fully in this world that is constantly changing.

Books, videos, and seminars can't match the effectiveness of experiential application with the assistance of a one-to-one Teacher/Mentor, tailored to your individual situation and growth. This approach has proven superior in fields like medicine, law, technology, and money management for many years because it works effectively and efficiently. Everyone has unique, important issues that require personalized management.

Having a compassionate, nonjudgmental and confidential guide is especially true for accessing and applying knowledge and practice utilizing higher levels of consciousness. Sadly, the knowledge and application of this inherent skill and faculty is not directly or comprehensively taught in high school, university, graduate or professional schools, or in the workplace, resulting in much suffering as we are continuously tested by living on this planet.

The IASK curriculum is based on the synthesis of the knowledge from more recent outer scientists and the ageless wisdom of inner scientists throughout the evolution of human experience over thousands of years.

As you journey through this book, my intention is to encourage you to embrace these ideas and take the steps that resonate with you toward your own growth and fulfillment.

PREFACE:

A Spiritual Connection

By Libby Adams, Ph.D., Founder
International Academy of Self-Knowledge

I sat in the chapel gazing at the same crucifix that once spoke to St. Francis of Assisi and said: *“Francesco, va', ripara la mia casa che, come vedi, è tutta in rovina”* translated as **“Francis, go, repair my house, which, as you see, is in ruins.”**

As I meditated before that same crucifix, now nearby in St. Clare’s Basilica, I asked, **“How may I serve?”** I did not receive an immediate answer, but over the next two days in Assisi, I came to understand that we all share the same mission as St. Francis: **“repair the house.”** But what does that mean? Initially, St. Francis interpreted this to mean to carry out structural repairs, which he undertook by renovating the San Damiano chapel. However, he soon realized the directive had a deeper, more symbolic significance. The phrase can be understood on both literal and metaphorical levels."

In this case, Jesus was calling Francis to a spiritual renewal of the Church, which had become weakened by corruption and a loss of faith, leaving it in “ruins.” In spiritual or biblical contexts, the term **house** often carries a broader symbolic meaning beyond a physical structure, typically representing the people of God or the entire spiritual community.

Although I saw the original crucifix in St. Clare’s Basilica, I wanted to visit the exact location where it had once been, so I traveled to San Damiano. En route, I stopped at Eremo delle Carceri, a monastery where St. Francis spent significant time. I descended some steep, winding steps into the cave where he stayed. There were no people around, and as I entered the opening of the cave, the energy was so powerful it literally took my breath away; I felt his presence immediately. I saw the rock bed where he slept and the open space where he meditated. St. Francis is such an instrument of peace and love that I just basked in the energy in that cave. I’ll never forget that experience or the message.

I was supposed to be on a group tour, but it ended up being just me. Next, my taxi driver took me to San Damiano. As I sat in the same little chapel at San Damiano where St. Francis first heard Jesus' voice instruct him to “repair the house,” I deeply pondered that phrase, contemplating who or what “the house” represented. The chapel at San Damiano is home to a replica of that crucifix. Meditating there, I came to understand 'the house' as symbolizing all of humanity.

WE are the house, one house. To “repair the house” means to uplift every individual we encounter with kindness and love because everyone's “house” has sustained some damage, or what Jesus referred to as “in ruins.” It's a universal experience to feel that a situation or a person has “ruined” one's life. Events like a divorce, a health crisis, getting fired, or a bankruptcy are often seen through a lens of “being in ruins.” But remember, Jesus' message to St. Francis was that it could be repaired, and that is the central message of this book.

The word “edify” came to me, which I understood to mean uplift. When I returned to my apartment, I looked up the root of the word: from Latin *aedificāre* “to build,” derived from *aedi-* (stem of *aedes*) “house, temple.” When we edify or uplift someone, we are helping them to build up their house.

I set out to do that in Assisi, and it was pure joy. First, there was Lucia, who ran a charming hole-in-the-wall restaurant where she made the freshest, most delicious salad I’ve ever had, served with warm homemade bread. The first time I ate there, I had no cash for a tip because I had given it all to the Uber driver. I told her I would come back with a tip.

When I returned on the eve of my departure, Lucia prepared another delightful salad for me. I informed her that I now had cash for her tip. She gestured towards her tip jar, which displayed a little sign explaining her savings goal for a trip to New York, and I inserted thirty Euros into the jar. However, later at my apartment, I felt the spirit of St. Francis urging me to do more for her. Moved by this feeling, I wrote her a letter in Italian, using Google Translator:

Cara Lucia,

I know that your name means light. You are the light of the world. St. Francis was told “Go Francis, and repair my house which, as you see, is falling into ruin.” We can do that as well and this is a simple story about what “repairing the house” looks like.

I bought a puzzle of the Statue of Liberty yesterday and I want you to have it. It is an American symbol of liberty. You will see it in the harbor when you go to New York. My name is Libby, which is a nickname for Liberty. My grandparents are from Sicily; maybe we are related.

When I took the letter to her, I also bought a hundred Euros worth of product, but left the products behind to be resold.

She hugged me and said “*You are Liberty and I am Light.*” I cherish that moment of sisterhood.

I encountered numerous people who seemed overly grumpy, and I was curious to see how I could uplift them. In the service industry, they were not typically the type you would tip due to their unfriendly service, but I decided to tip them anyway to see what would happen. This experiment began when I ordered my latte. Initially, the woman serving me was literally scowling as she slid over my drink, but her expression transformed completely when I slid over the tip. In that single interaction, her “house” went from a shack to a mansion!

Another experiment in house-building involved my taxi driver, who had taken me to San Damiano and Eremo delle Carceri. Like the woman with the latte, he was quite sullen while driving me around, again, the type of person you wouldn't normally tip. Yet, I chose to tip him generously. The transformation was remarkable; he literally came alive, and his face glowed with newfound color. As synchronicity would have it, he was also my driver to the train station when I left Assisi. When he picked me up at my apartment, he greeted me with a radiant smile and exclaimed, "**YOU!**"

What I'm describing is essentially what we know as "random acts of kindness," a concept familiar to us all. While we can't solve ALL the world's problems, each of us can positively impact those immediately around us and make a meaningful difference. I am committed to continuing this practice for the rest of my life.

But there is another kind of indispensable type of lifting up that people need as well. And that is helping people out of their stuck states of negative, erroneous thought patterns and negative emotions that cause them sadness, anger, fear, isolation, etc. And that is really the topic of this book: lifting up the "house" into joy. "Repairing" humanity out of "ruins" back to its natural state. So, WE at IASK invite you to learn *how to repair your "house" and heal the "ruin."* It is a unique process that we have been doing very successfully for thirty years.

But there is another indispensable type of lifting up that people also need—helping them out of their stuck states of negative, erroneous thought patterns and emotions that cause sadness, anger, fear, isolation, and more. This is the real topic of this book: lifting the "house" into joy, repairing humanity from "ruin" back to its natural state. So, WE at the International Academy of Self-Knowledge invite you to learn *how to repair your "house" and heal from the "ruin."* It is a unique process that we have been successfully implementing for thirty years.

There is an epidemic of lack of joy, stemming from people's inability to operate as the Spiritual Beings they truly are, hindered by feelings of "separation" and an inability to experience the Oneness of humanity. Karen Noe's book, ***WE Consciousness***, delves deeply into the topic of Oneness, and I highly recommend it. It was after reading it that I felt inspired to go to Assisi.

It was after entering St. Francis' cave in the monastery that I became acutely aware of the WE Consciousness surrounding me. From that moment, as I observed each person, I recognized their unique role within the whole. Even when someone opened a wrapper loudly in a quiet chapel, instead of feeling annoyed, I smiled and thought to myself, "*Yes, some of us do that.*" There was room for everyone in this Consciousness of WE. Thus, in the spirit of WE, this book is jointly authored by a collective of International Academy of Self-Knowledge Students and Teachers. These are OUR stories, and this is our philosophy.

—Assisi, October, 2024

INTRODUCTION

“If we’re Spiritual Beings, why don’t we act like it?”

–Libby Adams, Ph.D.

At the International Academy of Self-Knowledge (IASK), the Teachers facilitate an exercise for rapid problem resolution called Transformational Meditation™ where the students close their eyes and imagine a picture of their Greater Power. Students use a variety of words such as God, Infinite Intelligence, Higher Power, The Universe, The Divine, etc. Because each exercise is customized, you will see different names in their stories. In this book, we generically use the word “Greater Power” so when you see that term, just substitute it with your own.

*Next, they imagine a picture that symbolizes the part that is having the problem or challenge. It is the part or what we call “**little ‘i’**” that needs to be transformed. The teacher then facilitates a dialogue between the student’s Greater Power and the problematic part, leading to transformation during the conversation.*

Q. What is Transformational Meditation™? (TfM)

A. Transformational Meditation™ or TfM, is a unique synthesis that blends three elements:

1. Spirituality
2. Cognitive strategies based on Rational-Emotive-Behavior Therapy (REBT), which was pioneered by Dr. Albert Ellis. It will be discussed in a later chapter.
3. Neuro-Linguistic Programming (NLP), which was developed by Richard Bandler and John Grinder, will also be discussed in later chapters.

The Transformational Meditation™ exercise not only resolves problems quickly but also deepens your spiritual connection, elevating your consciousness from the low state of “**separation**” and duality to the Superconscious mind—your natural state as a Spiritual Being. In this elevated consciousness, you experience love, power, freedom, and peace, empowering you to face challenges with the support of a Greater Power. The “one thing you need to know” is how to “subtract” what is getting in the way of actualizing your true potential.

In this Introduction, we will share two **unfinished** stories where you can clearly observe how the little “i”s are creating problems for the students because they are mistakenly believing things that are **not** true. The intention of this section is to introduce the one and only problem that every human being faces: **mistaken identity**. If you mistake yourself for a human being, you will continually experience the “separation” that comes from operating at lower levels of consciousness where Truth is not recognized: the Truth of who you, who others are, how to connect with your Greater Power, and how to correctly interpret the meaning of events and circumstances in your life

In Chapters 1–3, we pull back the curtain to reveal the missing piece needed to transform or dissolve any problem. We’ll share numerous compelling stories that illustrate how the repair was achieved. These chapters provide a vital theoretical foundation, helping you understand *how* transformation occurs through subtraction and *why* it must be done in a very specific way. Once you see how these previously unfinished stories conclude, everything will come together and make sense.

NOTE: *We’ve shortened the transcripts and stories in this book to focus on the key outcomes, without walking you through the full 10-step Transformational Meditation™ exercise that was facilitated by the Teacher.*

Student-Teacher dialogue: “Playing Russian Roulette”

In 2003, an IASK teacher was working with an airline pilot who flew for one of the commercial airlines who lost a jet on 9/11. The student reported that ever since that tragic event, he felt like every time he went up in the plane, he was playing Russian Roulette.

Guided by the Teacher, the pilot entered meditation, using the word “God” to represent his Greater Power.

Teacher: How do you imagine God to look?

Student: He looks like an old man in a robe with a beard.

Teacher: And how do you imagine the scared part to look?

Student: It looks like me flying the plane and feeling very anxious. It feels like every time I go up in the plane now, I’m playing Russian Roulette. It feels like I don’t know whether the plane is going to crash or not.

Teacher: Is the part aware of God yet?

Student: No.

You will see how this is resolved in Chapter One . . .

Student-Teacher dialogue: “Superman or Clark Kent?”

In this particular session, a problem arose when the Teacher said to the student, “You are a drop of water in the ocean of consciousness; you are made in the image and likeness of your Greater Power and you have that Spiritual DNA.” The student wasn’t able to accept it, so that was the cue to start the Transformational Meditation™ exercise. The student was guided into meditation, imagined a picture that symbolized his Greater Power, which he called “Higher Power” and then a picture symbolizing the part that felt like it was not worthy of belonging and being a part of everything.

Student: The part looks like a little mouse who says, “I don’t feel like I belong or am connected to the Universe.” The mouse looks curiously at the Higher Power, is not afraid, and asks, “Wow, what is that?”

You will see how this is resolved in Chapter Three . . .

Q. In this second story, what was the student believing about his identity that was causing the problem?

A. This student was telling himself a “story” about how he was a person who wasn’t worthy. Like many, his inability to recognize his true nature as a Spiritual Being underlies a common human dilemma: failing to see that you are not Clark Kent—you are Superman! Every little “i” tells a false story based on mistaken identity which lies at the root of all pain—which manifests as anger, sadness, guilt, fear, shame, and more. Only a Greater Power can fix it by revealing the Truth of your identity.

Q. Why can the “stories” you tell yourself be a big problem?

A. You’ve likely heard that you create your reality through your beliefs. When little “i”s tell negative stories such as, “*I can’t do it; I don’t deserve it; it will never work,*” those beliefs set up a **self**-fulfilling prophecy and that’s what plays out. Then when the anticipated failures materialize, individuals often say, “*See, I knew it,*” unaware that their own thoughts played a crucial role in creating those outcomes. These are the damaging stories of the little “i,” told from the perspective of the “separated” self.

On the other hand, you can also create a **SELF**-fulfilling prophecy through *Big I* stories such as, “*I can do it; I deserve it; it’s going to work*” and allow those outcomes to manifest instead. Therefore, it’s crucial to tell Big I stories, not little “i” stories. The little “i” narratives are not only untrue, but they also actively, albeit unintentionally, cause self-inflicted pain. In the analogy of Superman or Clark Kent, the student’s false belief in his unworthiness directly led to his suffering. Clearly, “a part of him” did not recognize who he truly was.

Q: In his book, *Living With The Himalayan Masters*, what does Swami Rama say is the cause of suffering?

*“A true Master has control over himself
and moves freely in the world.
Death and birth are merely two events of life.
You have forgotten your essential nature,
and that is the cause of your suffering.
When you become aware of this,
you are liberated.”*

A: He believes the core cause of suffering is that people have forgotten their true identity. When suffering comes from losing connection with your essential nature, the solution is to heal the little “i”s and reconnect with your True Identity as a Spiritual Being, thereby elevating your consciousness back to Love, Joy, Peace, Power and Freedom. We do not need to embrace suffering, we need to alleviate it. The goal of this book is to highlight what is needed to make this transformation happen.

Q. Can you identify a story you’ve been telling yourself about a person, situation, or even yourself that is keeping you stuck and limiting your growth?

A. _____

Q: But if we are Spiritual Beings, why don’t we act like it?

A. In 1989, Wayne Dyer published *You’ll See It When You Believe It*, popularizing the idea that, ***“You are not a human being having a spiritual experience. You are a spiritual being having a human experience.”*** Embracing this identity as a Spiritual Being naturally brings love, joy, power, peace, and freedom. However, when humans exercise their free will to pursue misguided paths and make poor decisions, they inadvertently opt for an alternate existence characterized by fear, sadness, powerlessness, and anger, instead of their true potential. That is the experience of “duality.”

Then, while the Spiritual Being operates at higher levels of consciousness, parts of the human being may simultaneously function at lower levels, creating a perceived sense of “separation” at these lower levels of consciousness. We use quotation marks around “separation” and “duality” because, in reality, there is only ONE reality, not two. It isn’t actually possible to be “separated” from your Greater Power and Oneness, but it is most definitely possible to *feel* as though you are.

As previously mentioned, we refer to these parts as little “i”s or the “separated” self. It is not really YOU but is masquerading as you. When functioning from this lower level of consciousness, the “separated” self is divorced from the Truth. This detachment leads to limiting beliefs, negative emotions, and ineffective behaviors, reinforcing a sense of “separation.” These little “i”s create untrue “stories” that provoke negative emotions and actions, leading to painful consequences. However, all this can be avoided by fully embracing your identity as the Spiritual Being YOU truly are, although actualizing this recognition is easier said than done.

Q. If you were free from all of your little “i”s who would you be?

A. There’s good news—and no bad news. When you are free from the little “i”s, you fully embody WHO YOU ARE: *A Spiritual Being*. Earlier we stated that the Truth is, YOU already *are* that, but you can’t *experience it* when the little “i”s are running the show.

Whether you feel it or not, and whether you are aware of it or not, you are **always** a Spiritual Being—you cannot **not** be one. That is a given. However, when you eliminate the little “i”s, you are able to experience it fully. By removing everything that obscures your True Self, you undergo transformation by **subtraction**.

Q. What do you mean by “subtraction?”

A. Consider the following stories:

In a Thai village, a massive solid gold Buddha faced the threat of capture by an invading army. To protect it, the villagers covered it with clay, disguising it as an unremarkable gray statue. The army passed by, oblivious to its true value. Centuries later, in 1955, as workers attempted to move the statue to a new location, it slipped and cracked. A monk noticed something gleaming through the break. With careful removal of the outer layer, the magnificent Golden Buddha was revealed, shining in its full brilliance.

YOU are that Golden Brilliance.

During the war in Italy, artists used a technique called *pentimento*, painting over masterpieces to conceal them from potential theft or destruction. To outsiders, these artworks appeared ordinary and were disregarded. After the war, the layers of paint were carefully removed, unveiling the masterpieces hidden beneath.

YOU are that Masterpiece.

No matter the analogy, transformation is an act of subtraction. Just as layers of paint concealed masterpieces during wartime and clay hid the Golden Buddha’s brilliance, each person has a beautiful, untarnished foundation of Truth that was always there. However, layers of distorted identities, limiting beliefs, and emotional baggage have built up, obscuring their true essence over time.

In the Transformational Meditation™ model, the **repair** actually happens through **subtraction**—not by fixing or adding, but by **removing** the layers of distortion. By eliminating the **“ruins”** of falsehood, you restore clarity, authenticity, and connection to your Higher Self, allowing you to fully embody your true potential. **This “transformation by subtraction” is the theme of this book, and the ONE thing you need to know is HOW to eliminate (subtract)**

those layers. As you continue reading, you'll gain clarity on what's required for your true transformation.

Theoretical learning vs. experiential learning

This book presents compelling stories of students who experienced profound transformations. Each closed-eye meditation succeeded because the students first established a strong foundation in the theoretical material, which equipped them to receive clear Divine Guidance without interference from the analytical conscious mind. Additionally, they understood the importance of effectively using their imagination and gained insights into how the mind operates—both of which were crucial for the success of their meditative experiences.

We've incorporated relevant theory in this book to assist you in preparing for the transformative experiences detailed by those featured, should you decide to follow a similar path. Their stories demonstrate the potential for significant, lasting growth in all areas of life, affirming that if they could achieve it, so can you. We are here to guide and support you as you take your next step forward.

Q. What makes this book different from others you've tried?

A. You've likely read numerous self-help books, enrolled in online courses, or tried various programs promising transformation, yet why do you still find yourself searching? This book provides clarity by revealing an "uncomfortable truth" that others may hesitate to share. The truth is that real, lasting transformation cannot be achieved merely through reading; it requires action beyond the pages.

We hope this insight motivates you to recognize what has been missing and instills confidence in the path ahead. This book is designed to prepare you for the crucial next step: **Experiential Learning**.

Q. What is the limitation of books? (*including this one*)

A. Notice we use the term "prepare." To be direct: this book, on its own, won't change your life. Someone needs to tell you that truth! And that's precisely why reading this book is essential. While other self-help resources offer sweeping promises of immediate change, this book takes a different path. It explains why conventional self-help methods often fail and reveals the real key to transformation: elevating your consciousness to a higher mind than the one that created the problem. Few truly understand how to achieve this. We do! We want you to experience the same results, or even better. Here, the operative word is "**experience**."

"They can't get it from a book!" by Libby Adams, Ph.D.

In 2006, I self-published a book titled ***Voices of Selves***, available exclusively on the IASK website. It included a CD where I guided listeners through a generic version of Transformational Meditation™. However, I soon realized that this approach could not effectively lead people to

their desired outcomes which prompted me to discontinue sales after just six months. My concern was that if people did not achieve results, they might mistakenly conclude that Transformational Meditation™ was ineffective.

In reality, the success of this method heavily relies on the personalized guidance of a trained facilitator. With the proper guidance, I have witnessed Transformational Meditation™ achieve success in 100% of cases over the past 30 years.

While it may sound like an extraordinary claim, it's not when you recognize that the power of the exercise lies in the participation of the Greater Power. When the Greater Power is present, success is inevitable. This isn't an intellectual exercise; it's a real-time experience. When the student connects directly with their Greater Power, they gain not only profound clarity but also wisdom from the highest level of consciousness—true *Experiential Learning* in action.

Think of learning to ride a bike—it's not something you master by reading. You need someone there to guide, support, and adjust the process to your needs.

I am rewriting this book in 2024 so that I can emphasize the necessity of personalized, guided mentorship from a Teacher who is not only certified and experienced but also deeply focused on your success—someone who has walked this path themselves and used the same process to transform their life. This method is so dependable that we offer a full refund for our 2-hour experiential course if the desired results aren't achieved, though no one has ever requested one in three decades.

In *Psycho-Cybernetics*, Maxwell Malz says:

“Experiencing is the secret. The self-image is changed, for better or worse, not by intellect alone, nor by intellectual knowledge alone, but by ‘experiencing.’ Wittingly or unwittingly you developed your self-image by your creative experiencing in the past. You can change it by the same method.”

If negative experiences have shaped your self-image, new, transformative experiences can restore it.

Q. How can you best use this book?

A. You've picked up this book because something in your life isn't working to the degree you want it to—perhaps it's your relationships, career, finances, or a sense that you're meant for more. Whatever brought you here, you're right: there is more for you. But here's the essential truth this book reveals: reading alone won't create transformation, but it is the vital first step.

The goal of this book is to prepare you for customized, closed-eye meditation exercises, where you'll directly experience elevated consciousness and connect with your Greater Power for solutions and guidance in areas you haven't been able to resolve on your own. Preparation is key, and laying the groundwork actually requires an entire book! This is why questions are embedded throughout the text to help you identify the challenges you need to address. Some sections offer space for written responses, while others encourage mental reflection. We often provide our own answers to guide you, but you can consider your responses first by covering ours with your hand.

These questions are woven into the discussion to keep you engaged and reflective. This approach ensures that if you choose to meet with a Teacher, you are fully prepared to focus entirely on solutions rather than spending time identifying issues.

NOTE: There's no obligation to write your answers. You can think them through mentally or even continue reading if that is more useful. The questions are designed to encourage reflection, and it's completely your choice how—or if—you respond.

By the way, when the subconscious mind is presented with a question, it is compelled to answer—either immediately or later—so there's no need to push for a conscious response.

We've included clear explanations of how and why transformations can occur quickly, along with real-life examples to help you see the possibilities for your own journey. Conscious reflection can spark insights, but without using your imagination to create lasting change, those insights have limited value. Our goal is to help you apply what you learn, because information without transformation is impotent.

Although some work engages your conscious mind, the most profound transformations occur with your eyes closed, as you access your imagination—the gateway to your Spiritual Being, Superconscious Mind, and Greater Power.

Q. What can you expect if you do what we are suggesting in this book?

A. As you engage with this book, you can expect to develop a greater awareness of what is currently limiting you. It will highlight potential pain points in your life, but it's important to understand that awareness alone is insufficient for solving problems.

Transformation involves three critical steps, and awareness is just the beginning:

1. **BE AWARE** of your thoughts, emotions and actions.
2. **DETERMINE** if they are moving you in the direction you want to go.
3. **SHIFT** them if they are not!

By working through this book, you'll achieve the first step by recognizing and identifying negative programming. The second step involves reflecting on whether this programming aligns with your goals. These steps are crucial, as many people are not conscious of the obstacles they face.

However, most lack the necessary knowledge to effectively advance to the third step—making the actual SHIFT. We utilize Transformational Meditation™ to facilitate the specific, meaningful, and lasting change you seek.

Take a moment to reflect on the methods you've previously tried to address these challenges. If those approaches haven't worked, it's time to consider a new strategy and take actionable steps to

move forward. This book introduces a targeted approach to transformation that can lead to quick and profound changes in the areas most important to you when followed.

In the pages ahead, you'll gain a clear understanding of exactly why reading alone hasn't resolved your issues and why adopting a new approach is essential. **Chapter One** introduces a fresh perspective on "the ego," helping you understand what it truly is, how it operates, why it continues to hold you back, and how to *repair* the fragmented parts of "the ego" by *subtraction* so that true transformation can occur.

By the end of **Chapter Two**, you'll understand the importance of imagination and recognize that, as a subconscious function, most people haven't been taught how to use it effectively. Imagination is a powerful gift that allows us to go beyond ordinary thinking, but like any skill, it must be developed.

Chapter Three on Identity will help you discover that the word "I" is shared by three different identities. To master life, you must learn how to embody the **Big "I"**—your Spiritual Being or Superconscious Mind—and not operate from the other two. This realization often leads students to declare, *"That explains a lot! No wonder it hasn't worked!"*

By the time you reach **Chapter Four** on elevating your consciousness, you might think, *"I already know this."* While you may be familiar with the concept, the key lies in understanding what it takes to access and sustain elevated consciousness.

Chapter Five delves deeply into Post Traumatic Stress Disorder (PTSD) and explores how to "repair" the traumatized parts using the methods presented in the previous four chapters.

Chapter Six presents a comprehensive approach to total transformation for individuals without substance or alcohol addictions. While those with such addictions often have access to 28-day rehab programs, where is the equivalent support for the rest of us? After her husband entered a 28-day inpatient drug treatment program in 1984, Libby found herself wondering, "Where's MY Damn Rehab?" Nearly twenty years later, she answered her own question by creating a program that can be completed conveniently over Zoom in just 90 minutes a day. In this chapter, she shares her story.

Chapter Seven will present some practical next steps for you to consider in the real world. As we have mentioned, the transformation you seek cannot be solely found within the pages of this book. Reading provides awareness of the problem, but as you have learned, awareness is just the first of three steps in the transformation process. Chapter Seven will guide you through the subsequent steps necessary to experience the actual changes you desire.

Founder's Story, by Libby Adams, Ph.D.

When I was ten years old, President John F. Kennedy founded the Peace Corps. Whenever someone asked me what I wanted to be when I grew up, I would enthusiastically respond, *"I want to join the Peace Corps,"* despite not fully understanding what it involved.

Eventually, I became a public school teacher and taught Spanish, driven by a desire to help others. After nine years of working with middle school students, however, I realized that I wasn't making any significant changes in them. Johnny could enter my class and learn Spanish, but he would leave as the same Johnny, just with new foreign language skills. This realization prompted me to leave teaching. I still had a strong desire to work in education but sought to contribute to a form of education that truly transformed people: ***Transformational Education***.

In the early seventies, my mother, who was the District Psychologist in the district where I taught, introduced me to innovative approaches for personal growth. Starting in 1974, she sent me to countless seminars and workshops, asking me to report back on my experiences. My first encounter was with the EST training, which I found overly harsh. At 23, this experience led me to conclude that transformation needed to be kinder and gentler.

I attended numerous seminars, searching for an approach that resonated with me. However, none included a spiritual component, which was crucial to my journey, so my search continued. Additionally, I was looking for a method that facilitated rapid transformation.

My next career step moved me exactly in that direction, although I only realized this in hindsight. In 1989, I became the Director of Development at a school for hearing-impaired children. My primary role involved raising funds to help parents cover the \$40,000 tuition for their very young children. However, I soon discovered that my fear of asking for contributions was a significant challenge.

As synchronicity would have it, something amazing happened at my mom's house. I discovered an unopened package of Tony Robbins' "*Personal Power*" cassette tapes on the top shelf of her hall closet. She had purchased them from a TV infomercial. Intrigued, I borrowed the tapes and later attended his Firewalk weekend. There, "by chance," I was selected from 2,000 participants for a live demonstration. In less than five minutes, Tony worked with me one-on-one and helped me overcome my fear of asking for money.

When I jumped off the stage, a woman handed me \$20, saying, "*This is for the children.*" By the end of the night, I had collected \$600 in donations. After Tony announced he would match any money raised on the spot, money started flying down the aisles, quickly adding up to around \$3,500. True to his word, Tony matched this amount, and I returned to the school with \$7,000 and a newfound confidence, free from my previous fears.

This experience demonstrated that rapid change is indeed possible. It reignited my passion for helping others transform their lives, as I had personally experienced the kind of rapid transformation I once thought was unattainable. Previously, I believed that significant change required years of effort; however, Tony's exercise convincingly proved otherwise.

To this day, I'm not sure exactly which technique Tony used. However, after working with students one-on-one for thirty years, I am certain that had that exact technique been merely outlined in a book, the results would not have been the same. A teacher's expert guidance adds a magical dimension to any technique. Inspired by this "*magic*," I pursued further training, completing Tony Robbins' NAC Certification program in Hawaii and then becoming a Master Practitioner of NLP in 1991 through Tad James, Ph.D.

From 1990 to 1993, I had the privilege of volunteering with Tony Robbins, Deepak Chopra, and Tad James, Ph.D. It was during this period that I met Van Tharp, with whom I later established a 20-year joint venture that lasted until his passing in 2022. This partnership launched my career in working with traders.

After those three enriching years of working with Tony, Tad, and Deepak, I felt inspired to create my own organization. In 1994, I founded the International Academy of Self-Knowledge (IASK), incorporating two decades of research and experience into my own methods and courses. Most importantly, I integrated a spiritual component along with rapid, immediately noticeable transformation into the coursework, introducing a proprietary exercise that I called Transformational Meditation™.

This meditation exercise consistently guides students to a state of Peace, addressing a common gap: while many understand they are Spiritual Beings, the “one thing they need to know” is how to fully embody this realization and operate from that elevated level of consciousness continuously.

Over the past 30 years and 50,000 hours of one-on-one teaching, I’ve worked with students worldwide, achieving consistently predictable results. Today, IASK is a global community of Teachers and graduates, and this book is the product of our shared wisdom—which is why the name on the front cover is the International Academy of Self-Knowledge. While I founded IASK, we have grown into a living, evolving collective. Perhaps you’ll join us and experience your own rapid transformation. Welcome to the “Peace Corps.”

Over the past 30 years and 50,000 hours of one-on-one teaching, I have worked with students around the globe, achieving consistently predictable results. Today, IASK stands as a global community of Teachers and graduates. This book is a testament to our shared wisdom, which is why the name on the front cover is the International Academy of Self-Knowledge. While I founded IASK, we have grown into a living, evolving collective. Perhaps you'll join us and experience your own rapid transformation. Welcome to the "*Inner Peace Corps*."

Q. What can you hope for as you dive into this book?

A. This book is designed to help you identify the pain points and barriers that limit your growth and stop you from leading a joyous life. Through revealing stories, we introduce an effective path to transformation that may be new to you. We hope these insights empower you to embrace and put our recommendations to the test, allowing you to transcend your limitations and experience the love, power, true freedom, and, most importantly, the **Inner Peace** you seek.

In conclusion, this Introduction underscores that transformation requires more than knowledge—it calls for experiential learning. We pointed out that although you *know* you are a Spiritual Being, **the one thing you need to know** is how to cut through the ego and consistently operate at that level of consciousness.

In the next chapter, you’ll explore a new understanding of the ego and the “Law of Subtraction” as a powerful means of spiritual growth. Our Transformational Meditation™ model reveals that a lack of understanding about how the ego functions prevents meaningful change and limits

progress. Gaining clarity on the structure of “the ego” is essential for unlocking the path to transformation by subtraction.

CHAPTER ONE

THE EGO

“There is not just one ego. It is a collection of all the little “i’s.”

--Libby Adams, Ph.D.

Q. What is the definition of the ego?

A. At the International Academy of Self-Knowledge, we do not view *the ego* as a single entity. Instead, we recognize that there isn’t just one little “i”—there are many fragmented parts, each in need of repair. As Swami Rama says:

“Be sure that the ego has been annihilated in the ocean of consciousness. Be sure that is not lurking somewhere in the inner dark chamber of your heart. Its ways are various and its forms are numerous.”--Swami Rama

We align with Swami Rama’s definition of the ego, which he describes not as a single entity but as a collection of parts, each functioning independently. He refers to the subconscious mind as the “inner dark chamber of your heart,” where these parts are stored, unknowingly operating as automatic programs that construct a flawed “reality” based on the illusion of a false identity as a “separated” self.

This illusion of separation persists until all of these parts are identified and subtracted by being annihilated into the Ocean of Higher Consciousness and Oneness, dissolving the illusion of “separation.”

What is the best way of accomplishing this?

A. Through the Law of Subtraction.

Q. What do you mean by the *Law of Subtraction*?

A. The Law of Subtraction, as we use it, means that transformation is not about adding anything new to you but about **removing—subtracting**—what does not belong. **YOU** are already a perfected Spiritual Being, yet false beliefs have accumulated over time, creating distorted identities that obscure your connection to that true identity.

A powerful analogy is barnacles clinging to a boat's hull beneath the water, concealing its radiance. To restore the vessel's smooth, glistening surface, scuba divers are hired to subtract—remove—the barnacles. In the same way, Transformational Meditation™ subtracts the layers of falsehood and “separation.”

When these illusions are removed, you reconnect with Higher Consciousness, revealing clarity, peace, and wholeness. Freed from limitations, you unlock your true potential in every aspect of life. With this restoration, you can be guided by your Greater Power rather than being led astray by the fragmented ego

Q. Remember the pilot that you read about in the opening story of the Introduction who felt like he was playing Russian Roulette every time he took his plane up? Here is his story again, including the conclusion:

Student-Teacher Dialogue: “*Playing Russian Roulette*”

Teacher: How do you imagine God to look?

Student: He looks like an old man in a robe with a beard.

Teacher: And how do you imagine the scared part to look?

Student: It looks like me flying the plane and feeling very anxious. I feel like every time I go up in the plane, I'm playing Russian Roulette. It feels like I don't know whether the plane is going to crash or not.

Teacher: Is the part aware of God yet?

Student: No.

Teacher: Have it become aware and tell me when it is.

Student: It is.

Teacher: What's God's viewpoint on all of that?

Student: God says that He's flying the plane.

Teacher: Did the part hear that?

Student: Yes.

Teacher: Would the part like to be able to actually believe that?

Student: Yes.

Teacher: If the part would like to be able to believe that, then let them merge.

Student: Okay. (short silence) Wow! That is unbelievable. That was such a newsflash. That would have never occurred to me in a million years. God was flying the plane the whole time!! I see it. I am actually in the copilot position and He is flying the plane. I feel like a burden has lifted off my shoulders. My shoulders actually feel lighter and are moving around.

In this story, the pilot knew that four planes had crashed on 9/11, and naturally, fear lingered afterward. From that day forward, he operated under an **unconscious assumption** that every time he flew, something bad would happen and the plane would crash. No one told him this—it was a false story he created, fueling his fear and making him feel as though he were playing Russian Roulette.

Since Truth and a lie cannot occupy the same space at the same time, part of the pilot's consciousness dropped to the level of fear, creating the illusion of "separation." The Truth, however, was that God had always been guiding him while he flew, even if he hadn't realized it. Once the misperception was removed, he recognized the ever-present Truth and was instantly transformed, elevating his consciousness to peace. From that moment on, he flew with confidence.

This problem isn't unique to him—it's something everyone experiences when they believe a falsehood, especially one **held unconsciously**. In the stories shared in this book, you'll see how false beliefs about yourself, others, life or situations create **lower** consciousness, triggering negative emotions and behaviors.

Q. What area of your life triggers fear, and like the pilot, what thoughts or beliefs would you have to be holding to feel that way?

Student-Teacher dialogue: *"Surgeon's Experience"*

Issue: This student is a surgeon who is experiencing stress as he is waiting for a patient to be transferred by helicopter.

Student: I have conflicting information on the patient's status. I feel very stressed because it is a life-threatening problem.

Teacher: How do you imagine that part to look?

Student: It looks like myself sitting on a park bench and my head is surrounded with dozens of question marks. I'm leaning over, holding my head and feeling stuck. I can't do anything about it; I don't have the information, and it is almost paralyzing. I need the information, but it's going to be some time and I'm stuck.

Teacher: Is the part aware of your Higher Power yet?

Student: No. He's just stuck.

Teacher: Can you have him look over and see your Higher Power?

Student: My Higher Power is actually sitting on the park bench and the part is sitting next to him now.

Teacher: What does your Higher Power say to him?

Student: My Higher Power says, *"The information you need will come. Trust in that fact. Believe in me."*

Teacher: Would the part like to be able to do that and believe that?

Student: It would, and it already feels more relaxed; it's like the stress is leaving my shoulders.

Teacher: Yes, I saw that. So let your shoulders move however they want to move, let the part unify with your Higher Power and return to its original factory settings it had before it separated.

Student: It feels very peaceful.

Teacher: And now let your Higher Power talk about surgery: who's doing the surgery? Let your Higher Power expound a bit about your work and your Higher Power's role in it.

Student: My Higher Power says, *"I am always there. I am guiding your hands. You are part of me. I am part of you. There is nothing to fear."*

Student: I feel very peaceful.

Teacher: Ask your Higher Power what to do if you don't have all the information about a transfer and still have questions. Can you remain peaceful?

Student: My Higher Power says, *"I am with you. It will be given in time. I am with you."*

Teacher: Okay, go ahead and open your eyes and come back when it feels complete.

Student's Note a few days later: This patient was discharged home yesterday. He came through surgery amazingly well. He hugged me several times and thanked me for saving his life. ~ KB, Surgeon, USA

Q. What does this story have in common with the pilot's story who felt he was playing Russian Roulette?

A. In each story, the presence of the Greater Power is evident—piloting a plane and guiding a surgeon's hands during surgery.

The belief that the human being must single-handedly control every outcome leads to stress and fear, fueled by the impossibility of such a task. These feelings arise from a sense of "separation," a fundamental misperception of the little "i"s, which blind people to the ever-present aid of the Greater Power.

Q: How do these “separated” parts get created in the first place?

A: The first way parts form is when you make inaccurate statements about yourself and accept them as truth. During this process, people unconsciously omit or delete parts of their perceptions or memories, resulting in an inaccurate belief based on incorrect information. NLP calls this *“deletion.”*

Example: “*My mommy doesn’t love me*”

A little girl in kindergarten is preparing for a school play the following day and asks her mother, a single parent, if she will attend. Her mother explains that she can’t make it because she has to work, and the little girl seems to understand that. However, the next day, as the little girl waits in the wings on stage, she naively and innocently thinks, *“Maybe my mommy will be here.”* She doesn’t see her mother but notices many other parents in the large audience. With her 5-year-old reasoning, she concludes, *“Hey, all the mommies are here but my mommy. My mommy doesn’t love me. She didn’t come because I must be a bad girl. She doesn’t care about me.”*

Parts form when you internalize false beliefs about yourself, for whatever reason. In Transformational Meditation™, students are guided to uncover these falsehoods and hear the truth from their Greater Power. In this story about the little girl, the truth may come through as, *“I love you; you are always loved. Your mom loves you too, which is why she went to work to provide for you.”* When the part hears this truth, the reintegration happens, and the wholeness is restored. Whereas she had deleted that her mother told her she had to go to work, it is now reframed as your mother went to work **because** she loves you and the truth is complete.

Q: What’s the second way parts get created?

A: The second way parts get created is when you believe something that someone else told you about yourself that isn’t true. In NLP refers to it as *“distortion”* when you erroneously internalize someone else's warped view of you.

Example: “*I feel so unlovable*”

The student tells the Teacher he feels like he is unlovable. He calls his Greater Power “Jesus”.

Student: So, I'm getting like, a picture of me as a young boy with my favorite pajamas kind of curled up in a ball looking up and, like, over me is a kind of a puffed up version of my dad..

Teacher: And your dad says what to the younger you?

Student: “What’s the matter with you?”

Teacher: And what does the little guy think about that?

Student: He is devastated. He feels like his father doesn’t like him. He’s so sad about that because his father doesn’t love him because something is wrong with him.

Teacher: Okay. And what year is it?

Student: 1960

Teacher: No, it’s 2024. So we’ve got to get him out of there and into the now. So, is it alright to go ahead and send that picture of your dad back to his own self? You don’t need a picture of dad in your head, do you? Tell me when that picture of your dad is gone and just the younger you is there.

Student: Yep, it’s gone.

Teacher: So what’s Jesus’s viewpoint on all that?

Student: Jesus says, “*Come to me.*”

Teacher: Did the little guy hear that? Would he like to go to Jesus? (they merge). And what does Jesus say about whether he loves that little guy even though he may have shortcomings?

Student: Jesus says, “My love is eternal and never wavers.”

Teacher: How’s that?

Student: Great. That part dissolved into Jesus in The Now and dissolved into the oneness.

Teacher: You got returned to the factory settings of who you were before that part split off and fell into lower consciousness. So, there was a part of you that didn’t believe that someone would still love and guide you even with your shortcomings. What’s your current thinking on that topic?

Student: Oh, Jesus will always love me no matter what.

Teacher: Well, that’s good to know, isn’t it? That’s kind of a news flash, is it not?

This is a good one. You can’t make this stuff up. And so this lets you know your true, eternal identity, you’re invulnerable. You can’t even die for heaven’s sakes, right? But when parts fall through the trap door, they create their own separated reality with their “woundedness.” The Truth is that all of it was always an illusion because even though your dad behaved how he did, it wasn’t about the little boy. It was about your father’s inability to parent, right?

Student: Right, and that part was thinking like, heck, if my father doesn’t love me nobody could love me because I have shortcomings because that’s what my dad was doing. He thought he was unlovable.

Teacher: That impacts people’s self worth because, although none of that was true, the younger you didn’t know that. You’re an eternal spiritual being! Not only are you lovable, you are love incarnate. Period! And on that note, just go ahead and sit with that new learning for a moment.

In this story, a child received harsh words that implied he was defective. This led to the creation of a part within him that believed he had shortcomings and thus wasn’t lovable. However, upon learning the Truth from Jesus, he was reinstated to his original state of wholeness that existed before this misguided belief.

Notice how, at the end of the exercise, when the student was fully connected, the Teacher utilized the opportunity to reinforce his awareness of his true identity as a Spiritual Being.

Q: What's the third way parts get created?

A: The third way parts get created is by another variation of distortion. A part gets created when **an event happens and you give it the wrong meaning.** You misinterpret the experience, and your "reality."

Example: "Playing Russian Roulette"

Consider the pilot's story you read earlier. After the 9/11 attacks, he believed that every flight he took thereafter was a gamble with his life, mistakenly associating all flying with terrorism. His story illustrates how a misinterpretation or *distortion* of that event led to the formation of a fearful part. Worse yet, in this example, the pilot took a specific situation (9/11 plane crashes) and generalized it to all future situations as if it were a proven conclusion or fact, e.g., *"Every time I fly, the plane will crash."* NLP calls this a "*generalization.*"

Q. In the story about the pilot, how could that transformation occur so easily and quickly?

A. Think about this: the pilot instantly formed a belief that all future flights were at risk following the events of 9/11. Similarly, he could also quickly adopt a new belief. The shift occurred instantaneously—one moment, the pilot feared terrorist attacks on every flight, and the next, he was shown that this fear was unfounded. Once God revealed the mistake in his belief, it became immediately clear that the events of 9/11 should not be generalized to all future flights. As you continue reading, you'll discover many more such stories of rapid transformation throughout this book.

And here is a much more humorous example a misinterpretation of a situation:

In his own words: "Relief at the Loo"

At conferences or work gatherings, I used to get somewhat uneasy and felt tension when going to the loo at the same time as another delegate or colleague. This isn't a bladder issue. And I don't feel the same way sitting next to a stranger on a plane or at a theatre. There's no real explanation for this, so we investigated it with TFM.

The part looked like me walking towards the loo at the same time as someone else at the conference. My Higher Self, looking like a dragon per my Chinese horoscope, asked that part what it would have to be thinking to feel that tension and uneasiness. The part responded that it felt some kind of responsibility to start a conversation to break a silence between two strangers standing in extremely close proximity. "Shall I say something? Or look at my shoes? Look at the ceiling? Hum a tune? Whistle? Do nothing?"

My dragon was quite clear that this 'little I' was a worthless separation, so I deleted it because the truth was that the person next to me really ought to have more important things on his mind and if he wants to speak he can. Or if I organically have something relevant to say, I can, but it's not

required. This is a situation that calls for focus, being beneficial to both himself and those on either side.

So, thanks to my dragon, that ‘little i’ is no more. Conscious streams are indeed useful at the loo.

Our observation is that, at some point in the past, when he went to the restroom and stood in what he deemed an “uncomfortable silence,” he interpreted the situation as requiring him to break the silence. Consequently, he was stuck with that belief and discomfort indefinitely until his Dragon released that part with the Truth: silence does not necessarily obligate him to speak.

Understanding Transformation and the Nature of *little “i’s”*

We have stated that the little “i”s are a vast collection of various types of parts. And, they don’t just sit quietly. In fact, this collection of little “i”s is very vocal to the point where it is referred to as “monkey mind.” This term was popularized in the West through translations of Buddhist texts and teachings, becoming a common way to describe the often erratic and undisciplined nature of human thought. It metaphorically refers to the human mind’s tendency to jump from thought to thought, similar to a monkey swinging from branch to branch.

Q. Do the parts ever come back once they have been transformed?

A. No. Sometimes there are numerous parts with the same issue, though. One part is cleared and then the thought or emotion reappears, so it feels like “*it came back.*” When there is a group of similar parts that all have the same issue that were created at different times during your life, we call it a “**cluster.**” In psychological terms, they call it a “core issue.” Students find that when they do one TfM and then the issue comes up again later, the part looks entirely different, even though it is basically saying the same thing.

Q. Why not heal an entire cluster at once?

A. Parts are not only “separated” from your Spiritual Being but they are also separated from one another. Clearing one issue with TfM doesn’t automatically impact the other parts, as they remain unaware of the transformation. Unlike a string of pearls that scatters when cut, the parts are like grapes—independent and unconnected. Removing one does not affect the others. Thankfully, we can just repeat the TfM for the remaining parts. While the process requires patience, each transformation brings greater clarity and freedom from the issue.

Q. Do the little “i” fragments of the ego have free will?

A. No. Once a part has separated, it runs automatically. Free will and choice is no longer an option. These fragmented parts function based on the programming they received at the moment of their separation. Remember that each part contains a false belief, a negative emotion, and a behavior that produces undesirable outcomes. Look for those three elements in this next story where somewhere along the line the student believed that she had to struggle to achieve anything and work as if everything depended on her alone, which is not true, and thus a part was born that she called “Machete Girl.”

In her own words: “Machete Girl”

One thing I struggled with was my making things harder than they needed to be. In a Tfm exercise, my Teacher asked me to imagine a picture that symbolized that part. I saw myself wearing a matching khaki shirt and shorts, a pair of hiking boots, and an enormously heavy machete. I was trudging through the jungle, chopping down trees and debris on my path with the big, heavy machete. I was dirty and sweaty, exerting great effort, and I wasn't happy. I was on a mission to get to my destination, and no matter how hard it was, I was determined to clear the path to where I wanted to go.

The secret sauce in Transformational Meditation™ is getting your Higher Power's viewpoint. It changes everything. When asked for its viewpoint, God said, “Look up.” My focus had been on cutting a tough vine blocking my path, and when I looked up, I saw a well-worn path right next to me that led in the same direction I was going.

All I had to do was ask for guidance, and I could have taken a much easier and more pleasant path. I removed the obstacles that blocked me from receiving divine guidance, enabling a more straightforward course of action. It was a new concept that everything doesn't always have to be hard. Sixty years of sweating, grunting, and chopping down a path had become my norm. It has taken me a few tries to apply this knowledge, but the time I spend with a machete in my hand is lessening, and the time on the cleared path is increasing.

And that is the goal. I spend more time living as the Big I and less time in my “separated” self. When things are harder than they should be, it is a sign that my perspective is not aligned with the Universe. These lessons are worked out in daily life, and nothing is exempt. For some people, the lessons happen in their family relationships, others with health issues, or in their business.

One of Dale Carnegie's key principles is: *“Knowledge isn't power until it is applied.”* I wish my process could have been easier, but this was the path I needed to take to apply the knowledge I was learning. The quicker I applied the knowledge, the quicker I saw results. I was learning and shortening my lessons each time. The process had such an impact on me I decided to become a Certified Teacher so that I could guide others to have the same life-changing experience I did.

Q: What shifted for her in the exercise?

A. The first element was her false belief that things had to be a struggle. The second was the negative emotion of unhappiness, and the third was the negative action of toiling and exerting great effort. Each little “i” functions like an icon of an app on your phone, with a program running behind it. This program always contains, at minimum, a false belief. If that belief is caught and shifted immediately, the negative emotion and undesirable action can be avoided entirely. Otherwise, the three elements run in sequence: thought, followed by emotion, and then action.

Q. Do the little “i”s deliberately take negative action?

A. No, and this question opens up a broader discussion. It's a common misconception that the little “i”s are intentionally trying to sabotage or trick you. In reality, the inadvertent sabotage

stems from their faulty programming, which they are obligated to carry out. Too much credit is given to the idea that these parts are actively trying to “run the show.”

Despite their persistence, these parts are not malicious. They do not intentionally resist change or fight to preserve their existence. With “Machete Girl,” you witnessed that once God told the part to look up, it became aware of a well-worn path nearby, leading in the direction she wanted to go. For the first time, she had new options and could make a choice to deliberately align her perspective with what God had just revealed to her. Once freed from the part, she spent more time as the Spiritual Being she truly was, enjoying its fruits.

She also had to be aware of other parts with similar programs and address them as they arose. We previously referred to this as a “cluster” a few paragraphs earlier, indicating that every TfM exercise is not always a “one and done” scenario due to the presence of other parts with the same programming that will need TfM as they come up.

Ultimately, parts simply adhere to the patterns programmed into them, lacking awareness or the capacity to alter these patterns. Much like a “Forrest Gump” DVD consistently plays the same movie, the little “i”s operate as unchanging programs. Forrest Gump can’t just decide that he wants to be Neo from The Matrix instead. It’s a program.

Subconscious parts lack discernment and the ability to analyze, meaning they cannot judge whether their actions are useful or not, so there is no deliberate attempt at sabotage. Similar to Forrest Gump, they do not have the capacity to change or evolve independently. The good news is that once a Higher Power is introduced, so are new options. Therefore, it falls upon us to identify and then connect with a Higher Power to heal these parts.

In his book, *NLP: The Essential Guide to Neuro-Linguistic Programming*, Tom Dotz writes, “There is no such thing as an inner enemy. Yet there are frequently clumsy or misguided ‘inner friends’ who have positive intentions for us but tend to repeat inappropriate or outdated patterns of behavior.”

Q. What about the “inner child” model?

A. We also emphasize the need for recovery from childhood trauma and dysfunction. Our TfM model broadens the ‘inner child’ concept to that of “inner children”—images of themselves at different ages. Although the pictures look like children, they are still just little “i”s that “separated” based on false beliefs during significant emotional experiences during childhood. And once a part splits off, it never moves forward in time, which is why many parts are depicted as younger versions of themselves. You will see that in many stories in this book.

Similarly, the idea of the “*the inner critic*” does not revolve around a single critic. While it would be simpler if there were only one critic, the reality is that people possess numerous self-critical parts who also extend their critical behavior towards others. Consider this next story of one of our students, a doctor, who has a complex array of critical parts:

In his own words: “Self-Judgment Collective”

There was a part of me that was like a melding together of various people – Mother, Father, Priests, Judges, Teachers, Society, Figures of Authority etc. The image was of a crazy amoeba with chaos inside. They wouldn't let go of past behaviours or things that had happened and were still judging or telling me off. We did a TFM and deleted them. The image was sending them down through a trap door under the floor with a noose in an execution cell.

I can now forgive myself for past events and behaviours where I didn't behave as I would now wish, and I don't need to keep beating myself up. That doesn't mean that the things I did were ok. It just means that at the time I was doing the best I could with the resources I had, and I can forgive myself and continue to move forward and try to do better in the future.

The following story provides more examples of self-criticism:

In her own words: “How did you mess this up?”

I cherished being a parent, but there was a nagging part of me that constantly whispered, “*You should have done better.*” It questioned my choices saying, “*You had the opportunity to be present with your kids, why didn't you excel at it? How did you mess this up?*”

For the longest time, I blamed myself for every challenge my children faced. I believed I'd taught them all the wrong lessons, focusing on the superficial rather than the essential. Instead of nurturing their self-compassion, I inadvertently instilled a mindset where they felt they had to constantly prove themselves, carrying the world's burdens on their shoulders. I taught them to believe their mind was the highest authority, to work hard, to achieve and to worry. They seemed to feel the weight from the negativity of the world and the pain of others. Although they are exceedingly kind to others, they did not extend much kindness to themselves. I was stuck in not forgiving myself, so I did a TFM with my Teacher.

With her guidance I saw an image of what I call my Greater Power, a beautiful bright warm light.

And then a part that looked like me showed up. It said, “*You deserve to be permanently unhappy and feel regret, guilt, and shame. Parents can only be as happy as their unhappy child.*” Immediately another part that looked like me popped up to say, “*People who have money and a good spouse should do better. You have no excuses for your failures. You had resources, education, a wonderful spouse, and time with your children.*”

My Teacher asked me if the parts were aware of my Greater Power and they were, but disagreed with it. So, I just deleted those parts. Once the parts were gone, my Teacher asked my Higher Power what its viewpoint was on all that.

My Higher Power said, “*The truth is that everything is unfolding for their own good, they are on their own spiritual journey. It is the spiritual work for every person to come to know who they truly are. When we can define our purpose and be supported by our spiritual connection, then we will experience truth, peace, fulfillment, joy, and love. You are going in the right direction. Keep*

identifying as your true SELF with love, and then your thoughts, emotions, and actions will be aligned with your Higher Power.”

That immediately brought me peace. My new belief was that I did the very best I could with what I knew at the time. As I continue to align with my true SELF, and strengthen my spiritual connection, I will experience peace, truth, and love and share that in all my relationships including with my children. The answer and path is the same for all of us—to remember and live from who we really are.

I was so impacted by the Power of the knowledge and tools, especially the TFM process, that it became clear that part of my purpose was to become a Transformational Teacher and continue to share the education and skills through the International Academy of Self-Knowledge, Libby Adams, and the Teachers. It is a privilege to help others and myself deepen the awareness of our True Identity and experience the world from Clarity, Truth, Trust, and Peace, despite any challenges that naturally arise!

~ Transformational Teacher, US

***Note:** When her Higher Power said, “The truth is that everything is unfolding for their own good,” it underscored one of our guiding principles at IASK, which is the assumption that all things are working together for good. We believe that events happen "for" you, not "to" you. Another one of our core beliefs is to seek the spiritual connection first, and everything else will flow from there. Both ideas find support in numerous spiritual traditions and religions.*

Q: As you’ve seen throughout this book, there’s a clear distinction between the little “i”s and your Spiritual Being, or Big “I.” If you’ve been on a personal development journey, you already recognize this inner duality. Using the Transformational Meditation™ Model diagram, which little “i”s do you see reflected in your own life?

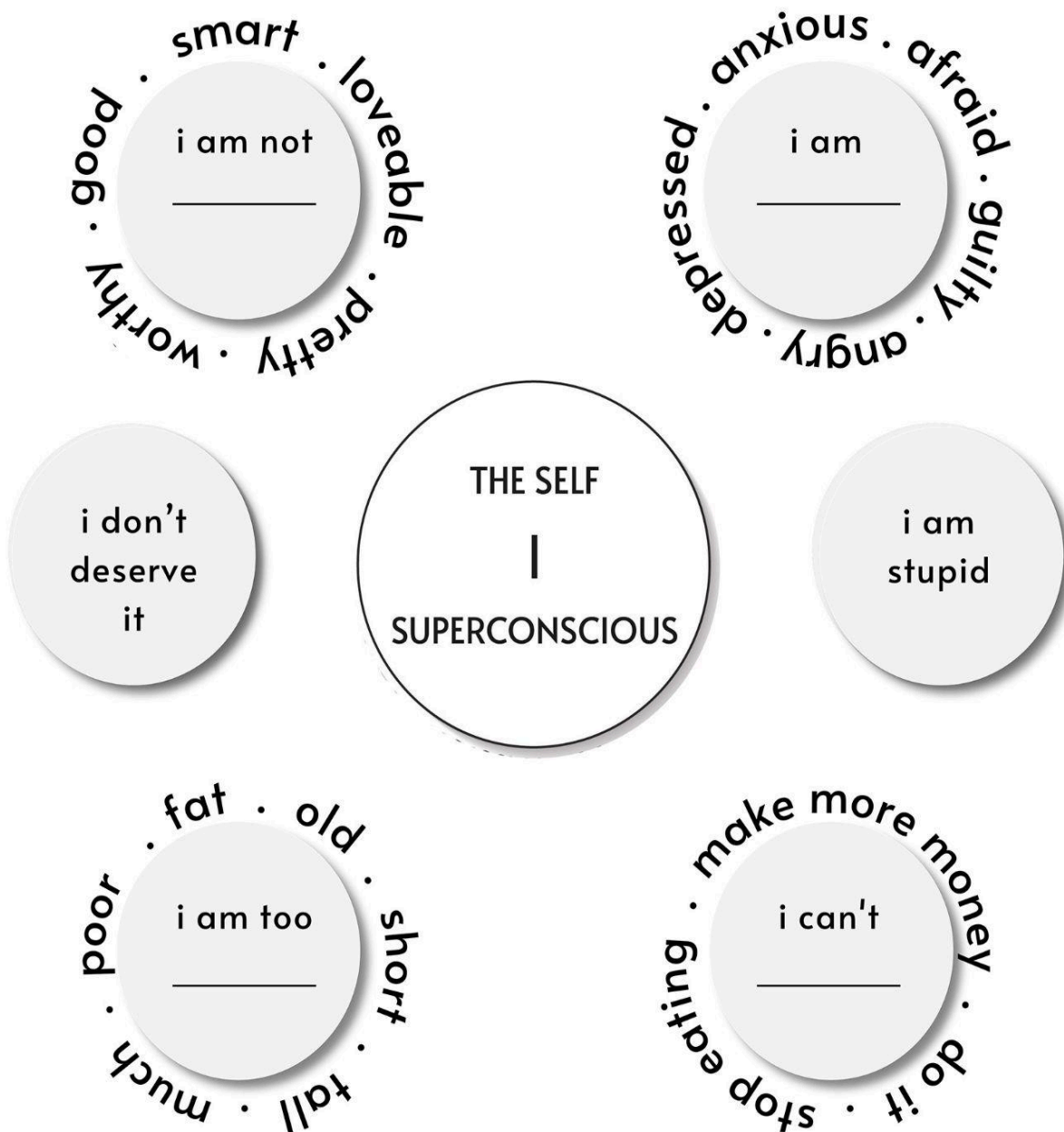
INSTRUCTIONS:

In **Diagram 1**, in circles that have a blank line _____, fill in the blank with whatever word might apply to you. For example, in the upper right circle, you might say “*i am anxious.*” On the page immediately following the diagram, there are five spaces provided to list any little “i”s you identify.

Diagram 1

Transformational Meditation™ Model

"separated" parts or little "i"s inhabiting the subconscious mind
Collectively known as the "separated" self or the "ego"



A. Some of my little “i”s:

Examples from the diagram: i am angry; i can’t do it; i am too old; i am not smart enough

1. _____
2. _____
3. _____
4. _____
5. _____

More Big I vs. little “i” (optional exercise)

The next exercise is **OPTIONAL** because it can be time-consuming, so feel free to come back to it later, or not at all if it’s too much. The next few pages are an assessment that takes you even further than the “garden variety” of little “i”s listed in Diagram 1.

The following chart, created 30 years ago, has been invaluable to many students. It provides an extensive comparison of the thought patterns, emotions, and behaviors of the Big I versus the fragmented little “i”s.

INSTRUCTIONS:

As you read through the pairs of contrasting phrases, circle any that apply to you. You won’t only find traits on the little “i” side—you’ll also recognize some Big I traits! Then, write them on the two lists provided at the end of the chart

Diagram 2

<i>BIG I</i>	<i>little “i”</i>
Self-Responsible/Personal Accountability <i>“At Cause”</i>	Victim/blame/justify/rationalize/project <i>“At Effect”</i>
Strength/authentic power/choice Empowerment <i>(Creator mentality)</i>	Weakness/accuses others of coercing/having “no choice” OR Coerces/controls others <i>(Victim/persecutor mentality)</i>
Divine guidance (Conscious right action based upon spiritual input)	"separated" self controls thoughts/emotions/behaviors (Unconscious reaction based on past programming)
Commitment/intention	Needs “guarantees”/security/rules/obligation
Impersonal/objective	Takes things personally
Integration/unity	“Separation/fragmentation
Freedom/Non-attachment	Control/attachment/entrapment/duty
Empower	Fix/control/manipulate
Go through fear (conscious choice)	Fight/flight/freeze (unconscious reaction)
Expansion	Contraction/constriction
Now	Past/future
Connection	Running away/isolation/detaching/withdrawal
Open/intimacy/invulnerable Safety in Higher Power	Closed/fear of intimacy/vulnerable/armor "separated" self as “protector”
Oneness: “is-ness”	Duality: good/bad; right/wrong
Data/observation/“what is”; Does it work or not?/Is it useful? Is it empowering?	Judgment/“a story”; Is it good or bad? Is it right or wrong?
Stillness	Mind chatter
Energized/increases life force	Tired/exhausted/decreases or drains life force
Mission/Purpose; Guided by my Mission	Duty/obligation; Goes along with others’ agenda
Vision	Lack of clearly defined purpose/third eye closed (inability to visualize)/spiritual blindness
Embrace & evolve "separated" self	Defend or deny "separated" self/attack others
Empathy/compassion	Judgment/criticism
Kind/loving	Cruel/harsh/abusive
Worthy	Undeserving/not good enough/guilty
Cooperation	Competition
Win/Win	Win/Lose (Lose/Lose)
Pain/negative emotion is a source of information (signal)	Pain/negative emotion is a source of suffering (bad)

Gratitude	Focus on what's missing
Flexible	Rigid/compulsive
Higher and evolving thoughts and behavior (consciously)	Repeating outdated/erroneous/ineffective patterns of thought & behavior (unconsciously)
Love with Wisdom (heart and head)	Infatuation (heart only)
Nurturing/enliven/energizing	Drain/use/toxic/depletes resources/deaden/needy
Supportive	Egocentric/selfish/focused on self
Self-knowledge/Inner wisdom/Divine Guidance (looks to Higher Power)	Spiritual blindness/ignorance/externally influenced or motivated (looks to others)
Create/ Creativity	Destroy/ Lack of imagination/preserve the "old ways"
Both/and	Either/or
Rational	Irrational/defies logic
Speak all of the Truth/integrity	Withhold truth/partial truth/denial/deceit
Speaking Truth from the True Self	"separated" self speaks instead of (posing as) True Self
I want to/I choose	I should/I have to/I wish/I'll try
Authentic/genuine	Wears "masks"/maintains "image"
Sensitive/thoughtful/considerate	Insensitive/inconsiderate
Toward/embraces	Away from/escape/rejects
Self-love/Self-worth	Low self-esteem/low self-worth
Clarity	Confusion/turmoil
Forgive	Harbor resentment/blame/revenge
Light/fun/humor	Darkness/heaviness/serious
Give and receive (balance and reciprocity)	Give or receive (Martyr) or (Selfish)
Takes care of Self	Puts others first at own expense
Aligned with Divine Will "THY Will Be Done."	Out of alignment with Divine Will "my (the "separated" self) will be done."
Seeks the highest good of all concerned (including Self)	Seeks its own good regardless of the effect on others
All circumstances are beneficial and bring good/"perfection" of what is/Divine Perfection	"It shouldn't be this way."/ "It shouldn't have happened."/ "I shouldn't have to."
Love	Hate/envy/jealousy
Mature wanting: being more/becoming more	Immature wanting: doing more/acquiring more
Confidence/belief in Self	Lack of confidence/insecurity
Appreciate/acknowledge	Lack of appreciation/take for granted

Gives love without condition/Gives love freely	Conditional “love”/Demands love
Express sexuality freely and openly (passion/desire)	Repress sexuality (lack of desire) or overly sexual (lust)
Abundance/prosperity/generous	Scarcity/lack/stingy
Loyalty/fidelity	Betrayal/infidelity
No accidents/cause and effect	Coincidence/luck
Respects/honors others; Loves/respects/honors Self	Disrespectful/not honoring of others; Criticizes/disrespects/dishonors/degrades/judges self
Accepts others as they are	Wants others to change
Governed by my priorities ("There's always enough time to do what's important")	Ruled by time ("There's not enough time")
Self-affirming	Need for the approval of others
Source of love is internal “I am the source of love”	Source of love is external “You are the source of love”
Love is a verb—actions harmonious with love/ “I love you” is demonstrated/expressed	Love is a noun--actions incongruent with love/ “I love you” is a statement only
Joy/bliss/ecstasy	Sadness/depression/despair/numb
Patient/tolerance	Impatient/intolerance/frustration
Growth/evolution/experience life	Resist change/stuck/stay in “comfort zone”/status quo/“resistance”
Healing	Woundedness
Faith/trust	Fear/doubt/unbelief/disbelief/worry
Accept/let go/non-attachment/surrender/release	Resist/hang on/attachment/obsessive
Learning: transformation	Failure/mistakes: guilt, shame, regret
Courage/risk	Cowardice/retreat/avoidance
Peace/calm/tranquility/serenity	Fear/anxiety/turmoil/conflict/anger/hostility/ rage/violence
Proactive/responds	Reactive/reacts
Ask for what I want	Demand/manipulate/passive-aggressive/withdraw
“I can do it myself” (self-empowerment) OR: Ask for assistance when needed and appropriate: “Will you do it with me?”	“I can’t do it myself” (dependency) OR: “I’ll do it for you” (codependency) OR: “I must do it myself”
Synergy/true partnership/team (Interdependence)	Go it alone/solo (false sense of “independence”)
Praise/build up	Criticize/tear down/shame
Thrive	Survive
Awake/remembrance/awareness	Asleep/forgetting/low level or lack of awareness

Health/wellness	Illness
Inclusive	Exclusive/clique
People are more important than things	Things are more important than people
Emphasis on Being	Emphasis on doing/having.
Power is internal	Power is external
Humility	Arrogance

List some words you circled from the **Big I** section of the chart:

1. _____
2. _____
3. _____
4. _____
5. _____

List some words you circled from the *little “i”* section of the chart:

1. _____
2. _____
3. _____
4. _____
5. _____

Use a separate piece of paper or write in the back of the book if needed.

Q. Every little “i” affects your self-esteem. What is self-esteem?

A. The Love and Logic Institute, which we highly recommend, teaches that self-esteem is like a three-legged stool. The first leg is capability—feeling that you can do things and are generally competent. Even very young children can experience this. Imagine a toddler at the park, going down a slide, calling out, “Mommy, look at me!” He’s seeking acknowledgment of his capability. Mommy responds, “Yes, Mark, look what you can do. You can do anything you set your mind to!” This builds the leg of capability.

The next leg is responsibility. You may be capable, but if you don't act on your capabilities, you're not being responsible. Failing to follow through on what you said you'd do is irresponsible and affects how you feel about yourself. Your self-esteem suffers as a result.

The third leg is lovability—feeling inherently lovable. You saw how her initial feelings of unworthiness and unlovability transformed when she visualized her loved ones, who had already transitioned to their next lives, sitting on shelves within the amethyst. She reported, *"They are always there to support and love me."* That powerful visualization created a profound shift in her reality, allowing her to replace feelings of unworthiness with a deep sense of love and connection.

Q. On a scale from 1 to 10, how do you rate each of the legs on your stool of self-esteem?

- A. How capable do you generally feel? _____
- B. How responsible are you when it comes to following through on your commitments? _____
- C. How lovable do you feel? _____

Q: How does the state of your self-esteem impact your life?

A. The state of your self-esteem shapes how you see yourself, influences your decisions, and affects your ability to handle challenges. Healthy self-esteem fosters confidence and resilience, while low self-esteem can lead to self-doubt and limiting behaviors.

Like a three-legged stool, self-esteem cannot stand if even one leg is missing so it's important for parents and grandparents to help children build their self-esteem.

When children are little, parents often use a chore or performance chart on the fridge. This helps children develop self-discipline and encourages them to take initiative, building both their capability and responsibility. Taking responsibility for accomplishing something fosters a sense of pride and self-worth. In this way, self-discipline becomes self-love in action.

On the other hand, whenever someone doesn't do what they know they need to do, they don't feel good about themselves; their self-esteem suffers. Haven't we all experienced this? The little "i" whispers that not doing what's required makes us "free," but the truth is we pay a high price for that behavior. We are far from free—we carry the weight of guilt that lingers in the back of our minds.

If someone doesn't feel lovable, they lack the confidence to step out and take meaningful action in their personal or professional life. This internalized belief of being unworthy often creates a self-fulfilling cycle where they unconsciously attract partners, friends, or even colleagues, who reflect their own lack of self-worth by devaluing or mistreating them.

Over time, this reinforces their negative self-image, making it harder to break free from the pattern. Feeling lovable is essential because it lays the foundation for building healthy, mutually respectful relationships and allows individuals to pursue opportunities with a sense of worthiness and empowerment. This is a very common pattern that we work with at IASK.

In her own words: “Not Worthy of Connection”

Each person has their own imagination and unique image or picture of what God looks like to them. The first time I heard my teacher present the Transformational Mediation™ model, I was hooked! She shared Wayne Dyer’s quote, “*We are not human beings having a spiritual experience; we are spiritual beings having a human experience.*” That concept struck a deep chord within me, and I wanted to learn more.

After some very traumatic childhood experiences, I was totally disconnected from any form of Universal Intelligence. If there were such a thing, I was positive I was not worthy of any such connection. The idea that as we experience challenging moments in life, parts of us become separated, and we lose our connection to our higher selves, or our superconscious, was very appealing to me. Going through my first Transformational Mediation™ with my Teacher gave me great hope that I could heal some of the wounded parts within me and regain a connection to my Divine presence.

With my Teacher’s guidance, it was delightful to create my concept of God using my imagination, and many years later, my unique vision of God still gives me great pleasure.

I imagined an amethyst cave and God’s presence shines through a prism created by the glistening rainbow spreading over the amethyst. I call it the Amethyst Group. Sitting on shelves within the amethyst are all my loved ones who have already transitioned to their next lives. They are always there to support and love me.

When a separated part speaks to the Amethyst Group during a TfM, I am always amazed by the wisdom imparted to the “separated” self by the Amethyst Group. I am deeply grateful for all the positive changes that have come into my life by using TfM’s. I want more people to have the opportunity to benefit from this life-changing tool. ~Cathie Stewart, Transformational Meditation™ Teacher

Q. Is the need for approval related to all of this?

A. Yes. When a child doesn’t receive positive messaging, they look for it outside themselves, putting them on shaky ground because they can’t control the feedback they get from others. The little “i” continually seeks validation from external sources. True freedom comes when your self-esteem is SELF-generated and independent of what Wayne Dyer called “*the good opinion of others.*”

In her own words: “Tug-of-war with my mother”

Growing up, my relationship with my mother was a constant tug-of-war for approval. Her love was overshadowed by criticism and worry: “Why did you move so far?” “You don’t look good in that dress.” “Why is your boyfriend beneath your standard?” These words shaped a reality that eroded my self-esteem and sense of worth. Her love was often overshadowed by her worries, and each criticism was a reminder of my perpetual struggle to live up to her expectations that I could never meet.

In 2006, I broke my leg, and my mother cared for me during recovery. One day, her frustration spilled over: “Look at how much burden you have brought to everyone!” Those words left me in despair, even contemplating suicide.

In 2021, I began the 28-day Mastery of “self”™ Course, where I learned to connect with my Higher Self through Transformational Meditation™. Countless sessions were spent crying, unraveling, and confronting the past. Under my Teacher’s guidance, I could access my Higher Self, which helped me navigate through the darkest corners of my mind.

I discovered hurt parts of myself and each *little “i”* was created in response to the moments when my mother’s words cut deepest. I recognized these parts, acknowledging their existence and their pain, and understood they were born from the hurtful words that held no power, no truth. And they just magically dissolved through Tfm.

I realized my mother’s unhappiness wasn’t my responsibility. Her criticisms were projections of her limitations, not reflections of my worth. Through acceptance, I let go of resentment and embraced my journey. The burden of my mother’s worries and unhappiness was not mine to carry. The constant criticisms and reminders of my perceived imperfections were projections of her limitations, not reflections of my worth. It was not my fault that she was unhappy. I am not responsible for her unhappiness.

Acceptance was a hard pill to swallow. Over these years, I wished my mother to be different; how good it would be if my mother was not this bitter. But this thought was causing me more suffering. It was akin to walking in her shoes, something I didn’t want. I realized I had to accept her for who she is, her journey, and her limitations.

Slowly but steadily, I could feel myself transforming. The heavy burden of resentment and self-doubt was lifted, replaced by self-acceptance and resilience. Looking back to a year ago, I saw the person I once was as a distant memory. Each day brought a new level of consciousness, a step closer to healing. Despite the challenges, I learned to understand their importance. These struggles were necessary steps toward healing and SELF-realization.

Reflecting on my journey, I see my strength and resilience. From the ashes of my past, I rose to find my authentic self, and learned to embrace my perceived flaws. My story, raw and real, is a testament to the power of SELF-discovery, acceptance, and healing. I share it hoping it may resonate with you, that you may find courage in your own journey, knowing it’s okay to acknowledge your wounds, seek help, and most importantly, to heal at your own pace. You could clearly see her take a step toward SELF-realization.~Jennifer, University Professor

Q. What was at the root of Jennifer’s struggles with self-esteem and freedom?

A. Her struggles arose from misinterpreting her mother’s hurtful criticism as a reflection of her worth, which wasn’t true. This misinterpretation created little “i”s—pain, anger, despair, and resistance—a pattern commonly seen in children and teens, which we regularly address in our work.

Change only began when she decided to seek help. Every “separated” part resides in the subconscious mind at a low level of consciousness, making it difficult to access or change without guidance. This enabled her to take a solid step toward SELF-realization.

Q. What is SELF-Realization?

A. We define SELF-realization as recognizing that you are the SELF and learning to live from that truth within your human experience. It involves elevating your consciousness to align with your spiritual essence, which is the central focus of this book. Intellectual understanding alone isn’t enough—you have to be able to embody it in your daily life. True transformation comes from connecting with your Greater Power, which provides a direct experience of Higher Consciousness. It is not achieved solely through your own efforts. Abraham Maslow is famous for referring to it as Self-Actualization.

Q. What is the difference between SELF-Realization and Self-Actualization?

A. We don’t find a vast difference between the two terms, other than SELF-Realization stems from more spiritual roots, and Self-Actualization has its origins in psychology. Abraham Maslow, a renowned psychologist, saw self-actualization as the desire to become more and more what one is, to become everything that one is capable of becoming. It is the highest level of psychological development in his hierarchy of needs, where the actualization of full personal potential is achieved .

Maslow believed it was a rare achievement, and he estimated that only a small percentage of the population fully reaches this level of fulfillment. His views on self-actualization emphasize its significance not just as an end goal but as a continuous process of becoming, a realization of one’s own capabilities and potential that guides one’s life decisions and growth.

Wayne Dyer referenced Abraham Maslow in his writings and talks, often incorporating Maslow’s concept of self-actualization into his discussions about personal development and self-improvement. He also frequently mentioned Paramahansa Yogananda in his lectures and writings. Yogananda, a spiritual teacher who introduced millions to the teachings of Self-Realization had a significant influence on Dyer’s thoughts about spirituality and Self-Realization.

Q. What steps should I take to reach these levels of SELF-Actualization and SELF-Realization?

A: That’s what this whole book is about, and we will continue to develop that theme as we progress. First, it’s important to acknowledge that on your path to SELF-realization and elevating your consciousness, you will encounter common challenges—many of which you may have already experienced or are currently facing. In this next section, you will see a checklist to help you identify areas for improvement. When not addressed, these areas can result in ongoing challenges and unnecessary struggles in your life.

Using the checklist, you can identify what you need to break free from. Here are a few categories that may spark your awareness. Place a checkmark next to any statements that apply to you and that you want to address.

10 issues to get free from

Seekers of spiritual awakening often encounter various challenges on their path to SELF-realization. Below is a list of common challenges along with the corresponding pain points. **Place a checkmark next to any that resonate with you:**

1. The Illusion of Separation

- ☐ Feeling isolated and disconnected from others and the world.
- ☐ A sense of loneliness and longing for deeper connections.
- ☐ Persistent doubt about your place in the universe, questioning their own worth and purpose.

2. Over-identification with the Ego

- ☐ Struggling to detach from roles, labels, and societal expectations.
- ☐ Experiencing anxiety, fear, and inner turmoil when egoic identities are challenged.
- ☐ The constant battle between the desire to control life and the need to surrender to the flow of existence.

3. The Search for Instant Self-Realization

- ☐ Frustration over the slow progress and lack of immediate results.
- ☐ A cycle of chasing after techniques, teachers, and spiritual practices without feeling truly awakened.
- ☐ Comparing yourself to others who appear to have attained higher states, leading to feelings of inadequacy and self-doubt.

4. Spiritual Bypass and Escapism

- ☐ Using spiritual practices to avoid dealing with unresolved emotions, trauma, or personal issues.
- ☐ Feeling stuck in a loop of “positive thinking” while ignoring deeper shadows within.
- ☐ A growing sense of disillusionment when the promised peace and liberation do not manifest as expected.

5. Intellectual Understanding vs. Embodied Realization

- ☐ Gaining a vast amount of spiritual knowledge without feeling a real transformation.

- ☐ Feeling like you “know” concepts of awakening but don't “live” them in daily life.
- ☐ Constantly struggling to integrate spiritual insights into everyday experiences, leading to a gap between theory and practice.

6. Fear of Losing Identity and Change

- ☐ Anxiety about who you will become if you let go of your current self-identity.
- ☐ Resistance to change, fearing the loss of relationships, comfort, or the familiar way of life.
- ☐ Feeling overwhelmed by the idea of living without the ego's usual narratives and protections.

7. Expectations of the process of Self-Realization

- ☐ Believing that awakening should be a specific, ecstatic event, leading to disappointment when experiences don't match your expectations.
- ☐ Doubting the validity of your progress because your experiences don't align with those described by others.
- ☐ Becoming trapped in the endless pursuit of peak spiritual experiences while missing the subtlety of daily awakening.

8. The Dark Night of the Soul

- ☐ Experiencing deep emotional turmoil, despair, and a sense of meaninglessness.
- ☐ Feeling lost and directionless as old beliefs and identities begin to crumble.
- ☐ A sense of being abandoned or forgotten by the Divine or the universe.

9. Balancing Spiritual Life with Daily Responsibilities

- ☐ Struggling to maintain a spiritual practice amidst work, family, and daily obligations.
- ☐ Feeling guilty or conflicted about dedicating time to inner exploration when there are external responsibilities.
- ☐ The challenge of bringing spiritual insights into everyday interactions without falling back into habitual patterns.

10. Lack of Authentic Guidance and Support

- ☐ Difficulty finding a teacher or mentor who resonates with your unique path and challenges.
- ☐ Confusion due to the conflicting teachings and philosophies in the spiritual marketplace.

- ☐ Feeling unsupported or misunderstood by family, friends, or community, leading to a sense of isolation.

Q. What are two other obstacles that prevent people from resolving lingering issues, many of which originate in childhood?

A. The first obstacle is that the problem exists at a lower level of consciousness, requiring the help of someone at a higher level to guide them. It's like being in quicksand—while it's nearly impossible to escape alone, with the Greater Power extending a rope, they can easily climb out with that assistance.

The second obstacle to breakthroughs is people have a tendency to overestimate their capacity for self-guided transformational work without expert support to elevate their consciousness. Most people lack professional training in the areas of personal and spiritual growth, so why would they be expected to figure it out on their own? Our TFM Teachers receive extensive training to be able to guide students through the transformation process.

Q. You probably had a few checkmarks in those boxes, which represent areas that you want to get free from. What happens once you are “free from” these areas?

A. We divide freedom into two phases: *“free from”* and *“free to”*. First you have to get *“free from”* the bondage of the separated self. Unless you are released from the old limitations, it would be like trying to climb a mountain with a backpack full of rocks and wearing a ball and chain. But once you have transformed and cleared the past, then you can be *“free to”* live your mission and experience the love, joy, power, and peace that come with it.

This book provides a clear explanation of why people remain stuck, struggling, and unable to break free from the issues in their lives. It shares stories of individuals like you and the simple spiritual process they used to resolve chronic and acute challenges in their lives, families, and businesses. There are thousands of stories like the ones in this book. Our vision for you is that these stories will inspire you to take the same steps they did and create your own story of significant transformation.

In her own words: “Finding Me”

I had been involved with Scientology (Scn) for 23 years and had reached its highest level a couple of years before and had left the organization a year later. Before Scn, I was a very alert and aware person – my sixth sense, my sense of always having Divine company, my search for helping others. That's what I went in looking for: a better connection with my Higher SELF and my personal Divine. It didn't happen, of course. In fact, the more I progressed, the less compassionate and human it became.

Their “therapy” was very rote. It did not allow interaction with any emotional, mental, or spiritual part of myself. It had to be done literally, without deviation, and there was no actual exchange/conversation between me and anything I wanted to explore. Pre-made questions only. The experience felt detached and robotic.

When I experienced Transformational Meditation™, it blew me away. This is what I had been looking for! It was enlightening, a permanent shift, and a new awareness. It was actually helpful, when I had given up on being helped in my spiritual journey. In those decades, I had lost much of my connection.

After doing an initial two-hour course with a Teacher, I was so amazed by it that I took the next step and enrolled in the 28-day course. It was like peeling layers. After being in the Scn system where it was not safe to explore one's thoughts, ideas, and desires but enforced the opposite, I had to open up. I had to get in touch with so many areas in my mind and heart that had been shut off for sheer survival. In Scn, they consider emotions as "aberrated" and definitely not encouraged. So, I had to gradually discover who I actually was, what I had become, and peel off all that dead skin to reach ME. It was a huge transformation.

A major life crisis happened, and my Teacher walked me through it all. I learned the values of non-attachment, humility, trust (real trust), and much more. Alongside life, I was able to grow and transform, build my relationship with my Divine, and fearlessly re-open my channels of perception.

However, in the following four years, I underwent major life shifts, gradually becoming untethered. I was physically ill. I felt death all around me and truly felt I was going to die. Negative thoughts swallowed me. It took me too long to contact my Teacher for help, but thank God, I did.

In that first session, my Teacher immediately helped me find what was literally going to kill me. I felt an enormous relief. It sounds cliché, but she saved my life. The condition I had allowed myself to get into terrified me. How could I get so close to that cliff? Knowing what I know, being who I am?

So, I watched the course videos again and kept in contact with my Teacher this time. I was genuinely having a second chance at being alive and whole, and I treasured every word, every exercise, and every bit of enlightenment. I was cheerful every day. How fortunate I was to receive such a gift!

It was up to me to hold on tight and to ask for help. I had to learn to love myself; to feel I deserved every bit of that gift. I'm still learning and probably always will. But it's a kind and merciful path. I am forever grateful and wish many could tap into this and restore themselves. I believe we are here to learn and to grow, but it has to start with knowing who we are; then, we can rebuild our unique home using the right bricks!

The course taught me that when the separated self either integrates with the SELF or is released, more of the SELF is revealed and experienced. You are more YOU! As a result, YOU display the wholeness and spiritual strengths of the SELF.~Mary Jo Smith-Obolensky, Entrepreneur

Note: We found it interesting that Mary Jo talked about "rebuilding her unique home" which so aptly fits with our theme of "repairing the house."

In the next story, observe how a part is “deleted” or subtracted, allowing him to recognize new opportunities in his life.

In his own words: “I’m a failure”

The student’s issue is that he keeps comparing himself to his peers that are all retiring and they seem financially secure and he feels like he has fallen behind. He imagines a picture that symbolizes what he calls “God” as well as the part with the concern.

Student: The part says, “ I'm a failure, and I haven't created enough financial security.” It looks kind of like a little cartoon character that's looking at a guy sitting at a desk who is then looking at all the peers and kinda comparing. And the part's thinking, well, you know, they planned way better than I did. They are all in a better position than I am.

Teacher: And is this part aware of God yet?

Student: It is now.

Teacher: So what's God's viewpoint on all that?

Student: Well, God says that none of that is really true because I don't know everybody else's circumstances, for one thing. I do know my circumstances and I have a plan to make them better. So it's just kind of false beliefs, so I'd rather get rid of that part and just delete it..

Teacher: Okay. Go ahead. Tell me when it's gone.

Student: It is gone.

Teacher: Now, take a breath and relax. What's God's viewpoint on all of that?

Student: Well, it's just all false and there are brighter days ahead. There's so much opportunity ahead and so much money available for me. The main thing I hear is I have the greatest opportunity ever in the present moment. It’s there for the taking.

Teacher: So, when you know that, then just open your eyes and come back to now knowing the truth, which is what it’s all about. Okay. So, there was a part of you that kept comparing yourself to your peers, and it was saying, “*Oh, they're all retiring, and they seem financially secure.*” And this part was thinking that you were a failure because you had not created enough financial security blah blah blah. What's your current thinking?

Student: All of that's not true. I am an entrepreneur at heart, and there's just so many opportunities. So, you know, I've got a lot of businesses going on, a new one coming on board, and the opportunity for trading. So there's never been a better opportunity. I read a quote on

Pinterest that said, “*What if everything you're going through is preparing you for what you asked for?*” So I never thought about it that way. And it kinda aligns with what we're doing and with what your work does.

Teacher: Well, that's good to know, isn't it?

Student: Yes...but why does the mind work that way sometimes?

Teacher: It's the little “i” portion of the mind and they are ignorant. The parts don't know what they don't know.

Q. How does the idea of ignorance fit in with the idea of Spiritual Awakening or SELF-Realization mentioned earlier in this chapter?

A. By now you recognize that the “separated self,” through its ignorance of the truth, causes the challenges and struggles people face. This experience of “separation” highlights the complexity of the spiritual path and the need for a steady, grounded, and compassionate approach to SELF-realization. Often, pain and hardship motivate change, opening the door to spiritual growth and breakthroughs.

While there is ultimately one Source, one Voice, one Mind, and one SELF, many struggle to access that reality consistently. Spending more time in the SELF and less in the “separated” self—clouded by negative thoughts, emotions, and actions—leads to spiritual awakening. Transforming the little “i”s through subtraction offers a fresh perspective on the journey.

Q. Why is it important for you to understand our message AND to also be able to apply it in your daily life?

A. Continuing to do the same thing over and over again in the area you're working to improve will lead to the same results, which is often referred to as the “*definition of insanity*.” In the previous chapter, you identified several of the 10 areas where you could be limiting yourself. Go back, review your check marks, and write two or three of them below:

1. _____

2. _____

3. _____

In conclusion, when you entered this world, you took on a body equipped with both a conscious and subconscious mind. Through ignorance, little “i”s were formed, restricting your freedom—but now is the time to repair the damage. In the next chapter, you’ll learn how the Imagination functions as the key operating system for this process—and why understanding how to use it is crucial.

CHAPTER TWO

THE IMAGINATION

“Imagination is the key that opens the vault of consciousness”.

--Libby Adams, Ph.D.

In her own words: “*The Voice said “Look again!”*”

In 1980, I was driving home late one Friday evening after a basketball game at UTEP. My husband was an assistant coach at the University of Texas at El Paso, and I loved attending those games. We always drove separately because the coaches stayed afterward to debrief with the players about the game. As an interesting side note, Tim Floyd, who later became the coach of the Chicago Bulls, was also an assistant coach there alongside my husband.

That night, as I made my way through “The Valley” of El Paso, where we lived, I approached a 4-way stop. The area was a quiet suburb with few streetlights, making the roads especially dark. I looked both ways and was just about to take my foot off the brake when I heard a thunderous voice exclaim, “LOOK AGAIN!” Startled, I paused and glanced left, just in time to see a car speeding through the stop sign at about 50 miles per hour. If I had moved, it would have broadsided me, and the collision would have been fatal.

If you had been with me in that car and I asked, “*Did you hear that?*” your response would have likely been, “*Hear what?*” The voice wasn’t on the radio or coming from anywhere in the car; I heard it within my imagination. But does that mean it wasn’t real? Not at all. It was so vivid and compelling that I acted on it, following the guidance from my “*inner hearing.*” That action ultimately saved my life.— Libby Adams, Ph.D.

Q: Can you remember a time when you questioned whether a powerful inner experience was “real” because it came through your imagination? What happened?

Q. Doesn’t imagination mean that it isn’t real?

A. No. In the context that we utilize it, imagination does *not* mean something is “not real.” It functions as the operating system that enables you to connect with the non-physical or unseen realm. This is why Einstein famously said, “*Imagination is more important than knowledge.*” By using imagination, you can access higher levels of mind, providing guidance as seen in the previous story. That guidance was a matter of life and death.

Einstein himself used his imagination to gain new insights, picturing himself riding a beam of light to explore the nature of light. This visualization led to his groundbreaking equation, $E=mc^2$, achieved through the power of imagination.

Q. So how does the imagination work?

A. The imagination functions as an “operating system,” much like a computer. We have two operating systems:

1. The physical body is the operating system of the five senses we use in the visible, external realm—sight, hearing, touch, taste, and smell. For instance, we have physical eyes that enable us to see, eardrums that allow us to hear, and hands that can feel and touch. These senses are concrete and tangible.

2. In the internal, invisible, non-physical realm, there are five equivalent senses. While some refer to this group collectively as the “Sixth Sense,” it actually consists of five distinct inner senses. The imagination serves as the operating system for these internal senses, making them intangible. For instance, the inner equivalent of sight is inner vision, as illustrated in the following diagram:

<i>PHYSICAL OPERATING SYSTEM: THE BODY</i>	<i>NON-PHYSICAL OPERATING SYSTEM: THE IMAGINATION</i>
1. Sight	6. Inner Sight/Inner Vision
2. Hearing	7. Inner Hearing
3. Feel/Touch	8. Inner Feeling/Intuition
4. Taste	9. Inner Taste
5. Smell	10. Inner Smell

Q. Is one operating system more important than the other?

A. Each operating system has its place. One is not better or worse. For example, when building a home, is a paint brush better than a hammer? Of course not; each has its place. You are in a human, physical body, so smelling the roses and enjoying life's pleasures come through the five senses.

Q.What are the limitations of the five senses?

A. While the five senses are excellent for “smelling the roses,” they don’t enable you to engage with the non-physical realm. To do so, you must develop senses 6-10. Mastering this internal operating system involves strengthening your imagination by staying open and learning to trust it. Neville Goddard emphasizes this concept, stating that we must transfer our loyalty from the visible to the invisible. Achieving this will take time, consistent practice, and mentoring.

Q. What if my imagination is not very strong?

A. Let’s test it with a simple exercise. First, read through these instructions carefully to ensure you understand them before starting. Then, try it for yourself.

1. Close your eyes, and relax by slowing down your breathing.
2. Imagine a lemon. You might find it in your refrigerator or on a lemon tree somewhere.
3. Once you have your lemon, get a knife and cut a wedge, noticing how juicy it is.
4. Finally, imagine biting into the wedge, tasting its tartness and bitterness. You may find yourself salivating or even making a face.

If nothing happened, it simply means you need to practice a few more times. Think of your imagination as a muscle—it needs regular exercise to grow stronger. Read the instructions again and repeat the exercise. Some people naturally have more developed imaginations, but utilizing your imagination is a skill that improves with consistent practice. Here is a QR code that will take you to the Academy Masterclass you can access. Libby is discussing the concept of imagination at the 5 minute mark and guides you through the lemon exercise around 6 minutes.



Q. Can you provide an example of how someone's imagination turned into reality?

In his own words: “*Valentina's Wedding*”

I hadn't been working with Libby for very long, when she introduced me to the manifestation formula. Though I'd long been a fan of mindset and manifestational work, I'm naturally a skeptic. However, I really liked Libby, I trusted her, and was a fan and believer in the work we'd been doing together. So, I thought, “Let's give it a spin. What's the worst that could happen? Nothing! And if nothing happens, then I'm no worse off.”

So, she walked me through the formula, from beginning to end. At the time, I really wanted to do a studio film. So, that's what we worked on. We plugged that eventuality into the formula, envisioned it being the most amazing experience it could be, saw its ultimate success, and then let it go. I imagine I continued to envision it, to bring it more and more alive in my mind and being.

Seemingly unrelated, several months later, I got a call that I had been offered the lead role in a romantic comedy that was shooting in Mexico. I knew little else about it (not great communication on behalf of my then-agent!), other than the fact that it was being produced by a Mexican production company. Though, because I'd never done a rom-com before, and really wanted to do one; and because it was already populated with two big Mexican stars, I immediately said yes.

Fast forward to several months later, I was in Mexico shooting the film. One day, on a trip with one of the producers to a computer repair shop in a local mall, she walked me by a massive Cineplex and said, “Our movie is going to be playing on all these screens when it premieres.” I thought I had misunderstood her. I said, “All of them? At the same time?” She said, “Yes, all of them. At the same time.” The “all of them” was something like 12 or 14 different screens. That told me that maybe there was more about this film that I didn't yet know.

It was during our conversation that ensued that I learned that this movie was, in fact, a studio film! It was being financed by one of the largest, most prolific Mexican studios... in partnership with Lionsgate's (a massive American film studio) US Latin American arm. I was blown away. The manifestation formula had snuck in the back door and brought my vision to reality in a way that I never could have imagined.

That film, in its first week of release, our film, “*Valentina's Wedding*,” catapulted to the #1 film in all of Mexico and was only later unseated from the top spot by the subsequently-released Star Wars film. Shortly thereafter, it landed at the #9 spot on the list of the Top Ten grossing movies of all time in Mexican Cinema history. It eventually became the #9 grossing movie of all time in Mexican cinema history.

It was truly an incredible experience with wonderful people, and it opened many new doors in my career, including landing me on the cover of Men's Health Mexico. For me, being on the cover of a fitness magazine wasn't just a cool, novel added bonus. It was a dream I had been harboring ever since my late teen years when I developed a love for working out and weightlifting. The film was the proverbial gift that kept on giving.

I was so impressed by my work with Libby and by the results of the Manifestation Formula that I became a Certified Teacher at IASK so that I can help other actors, artists, and performers learn to do the same.—Ryan Carnes

Q. Can the little “i”s also disrupt the process of manifestation?

A: Absolutely. The little 'i's are the primary reason why your intentions may fail to materialize. For effective visualization, having a blank slate in the subconscious mind, elevated to higher levels of consciousness, is essential. Also, a crucial element of successful manifestation is maintaining a firm belief in the outcome but many people find their beliefs challenged by a cluster of internal skeptics, which inhibit the desired outcome.

Neville Goddard in his book, *Feeling is the Secret*, underscores that feeling your vision as already realized is crucial for its manifestation. Yet, this becomes impossible when the little "i's" emotions of doubt, frustration, and fear overshadow the necessary feelings of excitement and gratitude for the event that is supposed to have already occurred.

The following story demonstrates how, utilizing the imagination, the Transformational Meditation™ exercise impacted his golf performance.

Student-Teacher Dialogue: “Improving My Golf Game”

This experience happened at the end of one of my 28-day lesson conversations with my Teacher:

Teacher: Is there anything else you want to cover?

Student: No, nothing comes to mind, unless you can help fix my golf game, just kidding.

Teacher: Tell me more.

Student: My golf experiences are usually satisfying; however, if I could eliminate the holes where I score a double bogey or more (2 or more over par for the hole), that would really be helpful. I usually have 4 or 5 of these in any given 18-hole round.

Teacher: When are you golfing next?

Student: About an hour from now.

Teacher: Would you like to do a TfM and see what we can do to improve your golf game?

He does, so he closes his eyes and says:

Student: I see an Infinite Power, which I also refer to as Inner Spirit. It looks like a sunball about one foot in diameter, radiating yellow heat and energy.

Teacher: Now, imagine a picture of you getting ready to golf.

Student: I have an image of me in my golf attire, looking a little bit disheveled, frustrated, and wanting to do better.

Teacher: What is the problem with his golf game?

Student: The golfer said there were too many high scores per hole.

Teacher: Is the golfer aware of the Infinite Power yet?

Student: Yes, it sees Infinite Power.

Teacher: What's Infinite Power's viewpoint on all of that?

Student: Infinite Power says : You can hit all the shots you need to eliminate the big scores on any given hole, so it just comes down to execution. Just compartmentalize each shot and focus on the process of executing each shot as an individual event. Do not focus on the prior shot or the next one after this. Be present and hit the shot in front of you to the best of your ability. The outcome does not matter. Focus on the process of executing the shot in a fluid and relaxed motion. The results will take care of themselves.

The student went out and played a round of golf. This was his report:

Student: After I heard that, I went out and played a round of golf. My game was not perfect, and yet, when I looked at my scorecard at the end of the round, all individual hole scores were less than double bogey. This was freakin' amazing. I had not shot a round in the entire golf season with this kind of consistency. Not perfect, but not bad. The next day, I met with my Teacher again to do the next lesson of the 28-day lessons, and at the end, my Teacher asked about my golf game from the day before. I was excited to share the results and said, *"Why doesn't every professional sports team have you on speed dial? I think you could improve Shaq's low free-throw shooting percentage! Maybe he should have a conversation with you to improve his free-throws."*

Teacher: What score do you shoot when you are playing your best golf?

Student: A very good score for me is 78.

Teacher: Let's do a TfM and reset your thermostat to 78.

Student: I'm golfing again today after this session, so that would be great!

Teacher: Bring out your image of Infinite Power again. And then imagine a picture of yourself.

Student: The image I had of me was walking up to the 16th tee box and feeling a part sitting on my right shoulder saying, *"You've got a good round going. You're golfing really well today. You know, if you shoot a couple of good finishing holes you will have a round in the 70's today."* Then I saw another part of me, sitting on my left shoulder, that said, *"You're not this good. You are going to hit this tee shot to the right and into the bush. You really are not this good."* I moved

back away from the tee shot, shook my head, and readdressed the ball. The same conversation ensued.

Teacher: I want you to imagine a digital thermostat in your hand. Are the thermostat and the part walking up to the tee box aware of Infinite Power yet?

Student: Yes.

Teacher: What is the temperature on the digital thermostat right now?

Student: 87.

Teacher: Ok, imagine yourself turning it down until you hit 78.

Student: Infinite Power says 78 is a good score for my current level of golf and then tells the part on my left shoulder to take a holiday as he is not needed for your next round of golf today.

The student later shared the result of his golf game that day. He did not shoot 78 that afternoon.

Student: I shot 79. Again, freakin' amazing. I shot a 78 a few weeks later, and my golf game continues to improve. ~ Don Sabo, Investor

Q. We saw that Don's imaginary thermostat for his golf score was set at 87 but then he changed the picture to have it register at 78. In what areas of success might your thermostat be set at the wrong level? Finances are a very common example where this can happen.

A. _____

Q. What is mental rehearsal?

A. For insights, refer to Joe Montana and Tom Michell's book, ***The Winning Spirit: 16 Timeless Principles That Drive Performance Excellence***. Tom, a graduate of our 28-day Mastery of "self" program, invited Libby to contribute to their chapter titled ***"Visualize Success."***

In that chapter, they state:

"By concentrating on the image or outcome we desire, we can step into an 'as if' reality, experiencing something as if it is really happening.

As we hold this image in our mind's eye and imagine it as our reality, we have begun the process of what is called "creative manifestation. When practiced properly, confidence and trust that our dream will come true increase. We set the energy in motion, and at least in our inner world, we

have experienced it as real. An important aspect of this visualization process is imagination. We must be able to imagine what it is we desire to create.”

Joe Montana discusses his method of studying the football playbook, where he would trace over the plays in his own playbook with a red felt pen. He explains, *“After tracing and retracing the plays, I would close my eyes and visualize what would happen once the ball was snapped.”* He goes on to say, *“I’ve done it with football plays, business deals, and that dream property. It’s not fantasizing. It’s more like rehearsing.”*

Tom Mitchell says, *“When I interview NBA players for pre-draft evaluations, I ask what led them to professional basketball. They almost always tell me they’ve dreamed of being in the NBA since childhood. They’ve visualized the court, the crowds, the other players, even the team uniform. It’s true that a lot of young players have similar dreams that never come true, but I think the success of those who make these dreams come true has a lot to do with visualization.”*

In a completely different arena, Van Tharp, a distinguished Trading Psychology Coach, recommended that his traders engage in ***“mental rehearsal”*** to visualize their trading outcomes, a technique rooted in NLP. For two decades, the IASK 28-day Mastery of “self”™ Course was incorporated into his Super Trader program until his passing in 2022.

You are already familiar with the concept of visualizing success, but visualizing at an elevated consciousness, devoid of little “i’s” and involving your Greater Power might be a new approach for you. It’s important to note that in every story in this book, both the Greater Power and the little “i’s” make use of the imagination. However, the little “i’s” hijack this capability. To demonstrate, here is an example of the negative application of the imagination:

In her own words: *“I knew he wouldn’t show!”*

In 1969, I was eighteen years old and was getting ready to go out on a date with a person I was really interested in. Immediately, I could feel the doubts start to creep in as I was wondering if I was pretty enough or cool enough for him to like me. Earlier that week, he asked me out for Saturday night, and I was excited—he was cute and popular.

But soon after saying yes, doubt started creeping in. I couldn’t shake the thought, “What if he doesn’t show up? I bet he won’t show up.” Those negative thoughts played on repeat, and sure enough, Saturday night came, and sure enough, he didn’t show.

It was embarrassing and painful, and my immediate reaction was, “I knew he wouldn’t show,” completely unaware that my thoughts might have influenced the outcome. Back then, I had no concept of personal or spiritual growth—I didn’t even know it existed.

The fact that I had poured so much energy into thoughts of him not showing up—and then he actually didn’t—was uncanny and caught my attention. I remember wondering, *“Did I somehow cause that?”* But I quickly dismissed the idea, thinking, “Nah, that couldn’t be.”

It wasn't until the eighties, when I discovered the Law of Attraction, that I realized I had created that outcome by repeatedly telling that story and believing it. I had repeatedly imagined what I didn't want.

—Teacher, Ohio

Q. Can you think of an example from your own life that illustrates how the negative thoughts in your imagination impacted your circumstances for the worse?

A. _____

Q. How does your ability to use imagination impact your Spiritual Connection?

A. The invisible, non-physical dimension of the Big I and the Greater Power is accessible only through senses six through ten. Imagination acts as the operating system for these inner senses, providing a gateway to the spiritual realm. The next story illustrates this point; after the transformation of the little "i," the student begins to ascend in consciousness. To an outsider, he might simply look like a man with his eyes closed, but he is deeply engaged in a spiritual connection, experiencing it through his inner vision, hearing, and feeling.

Student-teacher dialogue: *"I have to work hard to feel good about myself"*

Teacher: Imagine your usual picture for God again and tell me when you are.

Student: I am.

Teacher: Now, imagine a picture that would symbolize this part that says, "Yeah, but I have to work so hard to feel good about myself." And tell me how you would imagine that part to look.

Student: Just a picture of me frustrated. Hair frazzled.

Teacher: And what's that guy thinking?

Student: Well, he has to put in all this effort, but my conscious mind is just thinking that, you know, that's wasted energy and all that is not necessary.

Teacher: So does that look like a part you might want to delete?

Student: Yes.

Teacher: Go ahead. Tell me when it's gone.

Student: It's gone.

Teacher: Now, there's just you and God. And take a breath and settle into that. And we're going to ask God, "What's God's viewpoint on whether you have to work hard or work at all to feel good about yourself?"

Student: God says it's unnecessary. All I have to do is live in the present moment.

Teacher: And who does God say that you are?

Student: God says that the true me is a positive influence in His universe. That's the true me.

Teacher: So do you have to work to be the true you, or are you just the true you?

Student: I'm just the true me.

Teacher: Exactly. And describe a little bit of what it feels like. Just as you're sitting there right now, just be the true you. There's the true you and God. And describe who is the true you. Who are you?

Student: A beam of light, just very calm, confident. I know why I'm here, what I'm supposed to do. And I feel the positive energy.

Teacher: And notice that you're also in a body. So where do you feel that positive energy in your body?

Student: Throughout the arms, legs, heart, lungs, everywhere. It radiates through me.

Teacher: And this light being that you are, will it die?

Student: No. It is spirit. That's the real me.

Teacher: Was it born?

Student: The body was born, but the spirit was there.

Teacher: Spirit wasn't born and it can't die. It's eternal, is it not?

Student: Yes.

Teacher: Does it have a shape?

Student: No.

Teacher: Can it get sick?

Student: No.

Teacher: Can it be photographed for a passport?

Student: No.

Teacher: Does it have an inside or an outside?

Student: No. It's more of a beam of light.

Teacher: And so just sit there and let that sink in. That's a very good feeling. And you can just meditate on that for as long as you'd like. And then when it feels complete, just open your eyes and come back and let me know when you're back.

Student: Yes. I'm just enjoying the feeling in the moment.

Teacher: Just stay there and enjoy that feeling until you feel done with it, taking all the time you need. In that place where there is no time you have all the time you need.

Student: Okay. I'm back.

Teacher: Okay, so what did you learn in that last exercise? Because there was a part of you that felt like you had to work hard to feel good about yourself, but then you deleted it. So now what? So do you have to work hard to feel good about yourself?

Student: No. I think I just need to continue to get rid of the false beliefs because the Spirit in me is there.

Teacher: That's right. So you want to evolve through subtraction.

Student: Yes.

Teacher: Exactly. It would be like in the in the marina when the boats are, they hire those scuba divers to go under with crowbars and knock off the barnacles underneath the hulls of the boats because the boat is nice and smooth and shiny, but then it's got these barnacles on there that need

to be removed. The little “i”s are like barnacles that need to be removed from underneath the boat.. Does that make sense?

Student: Yes.

Teacher: And remember when you're transforming, we want you to transform not intellectually, but through your own experience. And so what was that experience like, just sitting there being YOU?

Student: Very peaceful.

Teacher: Peaceful is a keyword. So when you're being the True You, your Spiritual Self, this is what it's going to feel like, okay? And that's what we're looking for. We're looking for you to just be peaceful. So when you feel peaceful, it's because you are being your Spiritual, Eternal Self. So the reason you're in this course is so you can really establish a good connection and know who you are. You have a body, but it's not your identity.

Q. What do you think was the biggest takeaway from that meditation for the student?

A. We think it was the high level of consciousness he reached, where he directly connected with his Big I and experienced the “immortality” of the True Self. *Consciousness is the currency of the future, and your imagination is the key to the vault.*

Q. How is this different from therapy?

A. Lisa explains this in her story: “*Being Run By a Four-Year-Old*”

I had been in and out of therapy most of my adult life, and I was tired of telling yet another therapist my story. The therapists would do everything they could; however, no matter what they said or did, how I felt about myself, my past, and others around me, it didn’t change anything. I was a victim of my circumstances and my life. I believed no therapist could ever cure me of those thoughts. Even though I read many books on codependency and people’s journeys back from being molested, I always felt like something was not being dealt with. I was not getting any better.

I signed up for the 28-day course through a trading psychology program I was in. Through the Transformational Meditation™ process, my Teacher helped me identify the fact that I had little i’s –thoughts that were not in line with my Higher Power (Jesus) and my Big I. Some of these thoughts were that I was not good enough, not smart enough, and was an impostor. I knew Jesus would never define me with those words. He would only define me with words of love and support.

My Teacher helped me identify my purpose and that brought such clarity to my life. On day 4 (Commitment), I had the breakthrough that my life was being run by the four-year-old me. She

was funny, spontaneous, witty, and sometimes defensive, aggressive, and reckless. She was the little girl I was before my uncle and cousins molested me. Sometimes fear-driven, she would often give up and run when things in life got tough. I had never realized she was in the background making most decisions in my life from her perspective. **This was the most pivotal moment of my life.**

During that session with my Teacher, the little four-year-old was asked if she wanted to be a part of Jesus. She refused and left. In my mind, I pictured her happily skipping into the sunset on her own. The rest of my false identity as an accountant, project manager, trader, victim,

overachiever, perfectionist, the need to be right, and more merged into my Jesus' arms and became one with him.

This was better than any therapy I had ever had. I learned how to deal with my thoughts and emotions proactively, positively, and I let the negative go. I addressed each thought and they never returned. Often, I couldn't even remember what I was thinking that had me so sad, depressed, or upset.

As time passed, I asked Jesus for guidance on everything. Today, I immediately take Jesus' advice and create the relationships I want in all areas of my life. Now, I allow Jesus to guide me in all decisions in my life. When a negative thought (little i) arises, I use the Transformational tools to allow it to come into the now or I remove it. I attract like-minded people. I continue to trade from a mindful state of awareness with no attachment to objectives. In this state, I am stable and tranquil, completely lacking internal chatter (little i's) and consistently listening for Jesus's guidance.

I am pursuing my potential to its fullest, which gives me ultimate joy, happiness, and freedom. I am creating my dream life.

~ Lisa Majors, Trader

A. In therapy, she relied solely on her conscious mind to try and figure out what the problem was. Through Transformational Meditation™, she used her imagination as a tool to connect with her Higher Power, which, for her, was Jesus. This allowed her to access internal conversations that had been previously out of reach.

.Q: Lisa described picturing her false identities merging into her Higher Power and finding guidance. How is it possible to access and interact with a non-physical or invisible reality to achieve the kind of guidance and tangible outcomes Lisa experienced?

A. By using the imagination, which serves as the gateway to invisible reality. Transformation begins there.

Q: How do the transformations in these stories demonstrate what's possible for you in your own life?.

A: Throughout this book, you've seen how individuals used their imagination to connect with their Greater Power, turning "invisible reality" into profound changes in their "visible reality."

Lisa's story showed how engaging with Jesus and her inner "parts" led to healing, transformation, and guidance. Similarly, Don's journey to improve his golf game illustrates the phrase, ***"Invisible reality causes visible reality."*** These stories show that the same possibilities are available to you.

In conclusion, solving a problem involves learning to use your imagination to interface with your Greater Power in invisible reality. In the next chapter, we'll discuss the "Four Expressions of Mind," showing how three utilize the imagination and how the existence of four distinct minds can cloud the recognition of your true identity. You'll discover how your sense of identity influences your thoughts, emotions, and actions, and how reconnecting with your true SELF can transform every aspect of your life. By the end, you will be able to confidently answer the question, ***"Who are you?"***

CHAPTER THREE

THE SUBJECT IS YOU: IDENTITY

“Everything rises and falls on your sense of identity.”

— Libby Adams, Ph.D.

“Superman or Clark Kent?” . . .continued from the Introduction

To refresh your recollection of this story, the need to use the Transformational Meditation™ exercise arose when the Teacher said to the student, *“You are a drop of water in the ocean of consciousness; you are made in the image and likeness of your Greater Power and you have that Spiritual DNA.”* The student wasn’t able to accept it. That was the cue to start the exercise. The student was guided into meditation, imagined a picture that symbolized his Greater Power, which he called “Higher Power” and then a picture symbolizing the part that felt like it was not worthy of belonging and being a part of everything.

Student: The part looks like a little mouse who says, *“I don’t feel like I belong or am connected to the Universe.”* The mouse looks curiously at the Higher Power, is not afraid, and asks, *“Wow, what is that?”*

And, now, the story continues . . .

The Higher Power says, “I’ve been here all along, and I’m here to help with whatever you need. I’ve always been here, and I will always be here; you just have to open your awareness and ask to be guided.”

Teacher: Would the part like to be able to do that and have the guidance and be able to experience the connection?

Student: Yes. (*They merge*). My Higher Power says, “Everything is available; there is nothing off limits or out of bounds. Everything is possible.”

Teacher: Do you deserve that? Are you worthy?

Student: Yes, because I’m part of everything and part of the bigger picture. We’re all one, and we can all tap into that, and we’re all deserving of it.

Teacher: And you aren’t the one exception in the universe?

Student: No.

Teacher: Is it even possible *not* to belong?

Student: No, it’s not possible because we’re all part of the One.

Teacher: Even you?

Student: (Laughing) Yes, even me. The connection doesn’t depend upon my feelings or my senses; it’s always there. Feeling connected and actually being connected aren’t one and the same. I don’t have to feel connected to BE connected. That wasn’t clear to me before. A significant distinction that was totally out of my awareness. Everything seems bigger than before because my awareness is bigger. It’s an interesting feeling; I’m enjoying the expanded awareness.

The student meditates for about five minutes to let it sink in and then says, “I’m feeling very grateful.”

The next day, in the session with his Teacher, she asked him for feedback about his experience.

Student: There’s definitely a shift after yesterday’s exercise. I feel more purposeful. It’s like I’m walking in the shoes of the Higher Power, but they’re my shoes as well. I don’t feel physically taller, but I do feel a difference energetically.

Teacher: Here’s the question: Are you worthy to belong to the Oneness of the Universe?

Student: Yeah, absolutely! We all are. It’s wonderful and strange.

Teacher: It’s strange because it’s not been your identity before, right?

Student: Yes, that’s the other thing I wrote down today; I felt more like Superman. I remembered that we were talking about that a few days ago. Who’s the alter ego? Is it Superman or Clark Kent? Superman is the identity, the real person. And I felt more like that.

Teacher: Yes, you are not Clark Kent.

Student: It felt unusual, but also at home. I can feel myself getting a bit emotional when I say that. I feel gratitude, joy, and peace.

Teacher: Transformational Meditation™ is designed for you to not just understand your identity intellectually, to actually be able to experience it in your body and in your emotions.

Student: I wish everyone could experience this; it's powerful.

Teacher: At the end of your exercise yesterday, did you know you meditated on it for five minutes?

Student: No, it seemed longer, actually.

Teacher: What was happening during that time?

Student: I was just sitting in it to see if there was anything. I was just "BEING".

Teacher: That's the experience you have when you are at that high level of consciousness; there's nothing to do. You just are. I AM.

Student: Wayne Dyer says that: I AM THAT, I AM.

Teacher: That's exactly what Wayne Dyer says.

Q. How was the student finally able to experience his true identity as a Spiritual Being?

A. While understanding their spiritual identity key, most people lack the tools to fully experience and apply this truth into their lives. The missing piece is learning how to elevate consciousness and "subtract" the fragmented parts of the ego—the little "i"s—that are getting in the way of actualizing their potential.

In the story, the student experienced a breakthrough when he connected with his Higher Power during TfM. The connection, along with hearing the Truth from his Higher Power allowed him to embody his spiritual identity and sense of worthiness, restoring his inner peace, joy, freedom, and personal power.

When you connect with your Greater Power and let go of false beliefs, you, too, can experience this kind of transformation. You are not Clark Kent; you are Superman (*in a non-gender-specific sense*). As the Superconscious Mind in disguise, your superpowers will remain inaccessible until you recognize your inherent worth. Without this realization, a false identity will continue to create struggle as more untrue little "i" *stories* are believed.

Who are YOU?

Q. You've heard the adage "Know thyself," right? What does that mean to you?

A. _____

Q. So, who are you? Write the first answers that come into your head.

- 1 _____
- 2 _____
- 3 _____
4. _____
5. _____

Q. Among all the answers you've written, only one is correct. Which one is it?

A. See if the correct answer was on your list: ***"I am a Spiritual Being."***

Q. Why does it feel like there is much more than that going on?

A. Remember in the Introduction, we quoted Wayne Dyer, *"You are a Spiritual Being having a human experience?"* Most of the answers you just wrote were probably roles you play, like father, accountant, daughter, athlete, friend, successful entrepreneur, etc. None of those roles are your identity, including your name. Any negative statements like "i am a failure" come from the little "i"s.

Q. Can you list 3 negative beliefs that you may have about yourself using the word "i" in the sentence?

Q. Can you recognize that those beliefs are coming from the little "i"?

A. Your answer is probably "yes" because now you are able to understand that those are limiting beliefs, *not your identity*.

Q. How can the various meanings of the word "I" lead to misunderstandings about your identity?

A. The word **I** actually has three different meanings or usages:

The SELF (Superconscious Mind)

I, or the SELF is synonymous with your spiritual being or the Superconscious Mind as we stated earlier. The SELF is aligned and one with the Universal mind and is *your* individual expression of Universal mind. The SELF is at one with Divine will and truth. From this place of being, you express love, truth, freedom, power, compassion, humility, and all other positive characteristics of the SELF and Universal mind. This is the “Big I.”

The Conscious Mind

I, or the conscious mind, is the logical, rational aspect of your physical mind that is focused on gathering data, analyzing, and making choices. It perceives information strictly through the five senses. This is the human aspect or physical mind that has free will. Your conscious mind uses free will to make choices. When you make choices that are in alignment with truth, you experience wholeness. When you make choices that are out of alignment with truth, you instantly create a “separated” self because a truth and a lie cannot exist in the same place at the same time. The conscious mind immediately experiences a “separated” reality. This is the “Captain” of the ship.

The “separated self” or the *little “i”*

The “separated” self is a fragmented part that gets created when the conscious mind makes choices out of alignment with truth. The reason it feels “separated” is because it has instantly lowered in consciousness. There are many “separated” parts, and they are all stored in the subconscious mind. Remember that the subconscious mind has many other functions besides storing the “separated” parts. The subconscious mind is also an instrument of the unboundedness of the Universal mind. When referring to the “separated self,” we will use the words *little “i.”* The little “i”s are stored in the subconscious mind.

So, to summarize, you must learn to distinguish which *you* is being expressed and whether you are in alignment with the truth. To know yourself, you must know your SELF—the truth of who YOU really are—the *Big I*. You must be present and aware of the thoughts of your conscious mind—the you exercising free will in human form. You must also be aware of the “separated self”:—who you are not but who is masquerading as you, the *little “i.”*

So, to summarize, you must learn to distinguish which “you” is being expressed and whether you are in alignment with the Truth. To know yourself, you must understand your **SELF**—the truth of who YOU really are—the *Big I*. You must remain present and aware of the thoughts of your conscious mind—the “you” exercising free will in human form. Additionally, you must be aware of the “separated self”—who you are not but who is masquerading as you, *the little “i.”*

Q. How is all of this related to the concept of identity?

A. Your identity can be categorized into three **buckets**, representing three possible ways you might identify yourself

- YOU, operating as Your Superconscious Mind: Spiritual, Soul, Higher SELF = Big I
- You, operating as Conscious Mind: Logical, rational, analytical self = Captain or the Chooser
- The “*little you*” operating as your “separated,” lower self: Not you, but masquerading as you = *little “i”*

Q. To recap, out of these three versions, which one is your TRUE identity?

A. You are the Superconscious Mind, meaning, your Spiritual SELF. Keep in mind that your Superconscious Mind doesn’t need this book, and your little “i”s wouldn’t understand it, so this book is intended for you, the Captain. The Captain’s job is to master the little “self,” thereby elevating your level of consciousness.

Our concept of **Mastery** involves spending more time as the Big I and less as the little “i.” This goal is challenging to achieve due to the complexities added by physical existence, which make it harder to remember who you are. The physical body introduces its own set of challenges, along with the equipment that accompanies it.

Q. What equipment?

A. The conscious mind and the subconscious mind. People also call the subconscious mind the *unconscious* or *non-conscious* mind.

Q. Can you describe the various functions of the conscious mind?

A. Your conscious mind is the “Captain” of the ship. It functions like your game piece moving around the Monopoly board. Because it is the aspect of you that has “free will,” it enables you to make choices. That’s why it possesses the power of logic and analysis.

Q. What is the language of the conscious mind?

A. Words and logic.

Q. Why doesn't the conscious mind participate in Transformational Meditation?

A. TfM takes place in the imagination, which is not a function of the conscious mind. The conscious mind seeks logic, but TfM uses pictures, symbols, and imagination—none of which "make sense" to your conscious mind. For this reason, it needs to simply observe the process.

You can think of it like a professional basketball game: the players are on the court, and fans with the expensive court-side seats—folding chairs brought onto the edge of the court for spectators—observe the action. Although nothing physically stops a fan from running onto the court, doing so would disrupt the game, and they'd be ejected. Similarly, the conscious mind's role is to observe from the sidelines. If it tried to micro-manage the process by analyzing or questioning the pictures the subconscious mind imagines, it would disrupt the TfM exercise.

Q. Why is it so important for the conscious mind to understand why it is not participating in the TfM exercise?

A. Because the conscious mind is the Gatekeeper and the guardian of free will, it needs to understand the TfM process to willingly give permission and step aside, knowing it lacks the tools to participate—it is unable to use the imagination.

It's like volunteering at a Habitat for Humanity construction site and bringing a paintbrush when the task requires a hammer. A paintbrush isn't wrong; it's just the wrong tool for the job. We used this analogy back in Chapter 2, when discussing whether senses 1-5 are better or worse than senses 6-10. In TfM, the imagination is the necessary tool, so this explanation helps it make sense to the conscious mind, helps it understand its role, and eliminates resistance.

Q: Can you describe the various functions of the subconscious mind?

A. See how many of the following functions were on your list:

1. It runs the body and the autonomic functions. Right now your heart is beating, you are digesting, etc. Your subconscious mind handles all of that. It never sleeps, because you would die.
2. It is the seat of the emotions and has no logic.

3. It runs programs and carries out the Captain's orders unquestioned. Most of the programs it runs are very useful, such as tying your shoes. The first time you tied your shoes it was a mind-boggling task, but now you do it without even thinking about it. It also runs the little "i" programs.

4. It acts as a massive storage container, holding your memories—like what you had for dinner last night—and your data, such as the name of the street you live on. It also stores the little "i"s

5. It operates senses 6-10 through the operating system of the imagination.

6. When it's not restricted by little "i"s, it functions like a spiritual umbilical cord or spiritual snorkel, providing a pathway to your Spiritual Being and the Greater Power. This connection grants you access to creativity and intuition.

Q. What is the language of the subconscious mind?

A. Symbols, pictures and emotion.

Q. Why can't the conscious mind reprogram the "separated" self?

A. Because they don't speak the same language. The conscious mind uses logic to explain why the little "i"s beliefs aren't true or why its emotions aren't based in reality. However, logic is not a function of the subconscious mind, so these explanations don't resonate and are completely ignored.

For instance, George commits to a thirty-day no-dessert challenge as part of his weight-loss plan. At a party, feeling socially anxious, he notices the dessert table and hears a voice urging, "*Just have a small piece—you'll feel better.*" He tries to resist, saying, "*I'm committed to my plan,*" but the little "i" counters, "*It's no big deal—you can start again on Monday.*" George gives in, eats a slice of cake, and then another.

Q: Is that why it doesn't work to simply tell myself to stop believing something?

A: Yes. The conscious mind created the problem but can't fix it because the little "i" doesn't respond to its logic. At a time George doesn't consciously remember, he felt anxious, ate sweets, and experienced relief, creating a program: "*If I'm anxious, eat sweets.*" While this provided temporary comfort it could lead to health problems that would only increase his anxiety over time.

Little "i"s focus on short-term fixes but have zero capacity to understand long-term consequences. The problem can only be resolved when the Greater Power reveals the truth, dissolving the falsehood and restoring higher consciousness. In this example, the truth is that when George is anxious, it's a signal to connect with his Greater Power to restore peace, not eat sweets.

Q. What about affirmations?

A. If a little "i" is at work, it will counteract the affirmations made by the conscious mind, just as it does during visualization. For example, if you affirm, "***I am worthy of unlimited abundance,***" but there is a little "i" feeling unworthy, it will effectively negate that statement. This usually manifests as negative self-talk, with thoughts like, "*Who are you kidding? And besides, look at your bank account. It will never happen for you.*"

Q. Is the little "i" or separated self the subconscious mind?

A: No, it is a fragmented part stored within the subconscious mind, functioning under its rules—emotion and a lack of logic. As we have already pointed out, every little "i" was created by believing something negative and untrue, which causes it to operate irrationally and be fueled by negative emotions. To make matters worse, the subconscious mind has no ability to analyze the programs it runs, and its automatic functioning allows the little "i"s to continue their faulty patterns unchecked.

Q. How many "minds" are there?

A. There are 4 Expressions of Mind

1. Universal Mind
2. Superconscious Mind
3. Conscious Mind
4. Subconscious Mind

It's fascinating that three of the four minds use the "sixth sense" as their operating system. Only the conscious mind that is restricted to the five senses only. So, the subconscious mind is the gateway to the higher minds. In **Diagram 3**, we have drawn the "spiritual snorkel" showing that pathway of connection. This is why meditation and breathing are so vital—the conscious mind enters meditation, descends into the subconscious mind, and from there, connects to the Superconscious Mind and Universal Mind

Diagram 3

FOUR EXPRESSIONS OF MIND

NON-PHYSICAL MIND: SPIRITUAL

UNIVERSAL MIND Also known as God, Greater Power, Infinite Intelligence, The Universe, etc. Is synonymous with Divine Will; *Operates in invisible reality; is detected with the 6th sense*

SUPERCONSCIOUS MIND THE BIG I also known as THE SELF, Soul, Spirit, Energy, Higher Self, etc. Is in alignment with Divine Will; *Operates in invisible reality; is detected with the 6th sense*

Physical Mind: Human

CONSCIOUS MIND Operates in visible reality; uses the 5 senses only to perceive information
Its language is words 1-10% of the mind

Logical, rational, analytical, intellectualizes...things have to "make sense"

Seat of Free Will = conscious choice... Makes decisions... The Gatekeeper or "Captain" of the ship
"Beta" level of consciousness

Operates in visible reality: uses physical eyes for vision and physical ears for hearing

Programs the non-conscious mind, but it cannot consciously reprogram it

SUBCONSCIOUS MIND Operates in invisible reality; uses the 6th sense to receive information

Known as non-conscious or unconscious mind; its language is symbol, picture; over 90% of the mind

No logic; does not reason or analyze; makes no distinctions

Things do NOT have to "make sense"

When in its natural state is a clear conduit and reflector of Universal Mind and Truth; it reflects unboundedness of the Superconscious Mind and Universal Mind

However, it is also subject to and takes orders from the limited conscious mind (the Captain)

Is the "crew" of the ship and carries out orders from the Captain **unquestioned**

If it has received faulty orders (*programming*), it experiences "separation" (little "i") and reflects limitation

"Alpha" level of consciousness

Uses the "Third Eye" for internal vision; the "Third Ear" for inner hearing

Does not function through the 5 senses to gain information

Functions:

Is the seat of emotion

Stores data

Holds memories

Imagination/creativity/intuition

Runs body and autonomic functions: highest prime directive of subconscious mind is SURVIVAL

Never sleeps because you would die (you would stop breathing, etc.)

Receives and runs the "programs" of the conscious mind - unquestioned (even though the conscious mind forgets that it provided the programming!)

Stores the little "i's"

Q. So, my subconscious mind is not my identity?

A. Correct, your subconscious mind is not an identity; you are not your subconscious mind. As we previously highlighted, it is part of your human equipment, handling the many functions listed previously. It might seem like an identity because the little "i"s stored within the subconscious mind use the word "i," saying things like, "*i am not worthy,*" or "*i am weak.*" However, these are just programs, not identities. The little "i"s may masquerade as you, but they are not who you truly are.

For those who prefer video-based learning, scan the QR code below to access a video summary of this chapter. It includes discussions on the Four Expressions of Mind and the three versions of you.



Q. Before a teacher begins the first TfM exercise with a student, they guide them through a preliminary exercise called The Alignment Process™ which brings the four expressions of mind into alignment, enabling them to collaborate effectively as a team. In the next story, how does the student's perception of her identity shift during the alignment exercise from its starting point to the end of the process?

In her own words: *"I Experienced the Oneness of It All."*

When my Teacher guided me into meditation, she began by asking me questions about the different minds, what they looked like, to see how they could form a team and all move in the same direction.

First, I pictured the conscious mind as a block of metal. It felt very solid and wanted to have concrete goals that would be met, no going off track or dealing with distractions. If it could do this, I would feel accomplished and deserving.

Next, I pictured my subconscious mind as a sponge that had holes, so it kind of resembled a swiss cheese sponge. It felt like the block of metal could crush him but it wanted to be solid like the metal because he thinks the metal is accomplishing while he is imperfect and has holes.

As the Teacher invited them to discover that they had the same objectives, I was invited to let them merge. Then it looked like the sponge was surrounding the metal object so it was cushioned, and not as hard. It brought strength and structure to the sponge, but more softness and flexibility

to the sponge. I could feel the power of that collaboration and how it would strengthen me moving forward because the conscious mind could stop being too forceful and rigid, while the flimsy subconscious mind felt more stronger and supported.

Then, I imagined my superconscious mind to look like a floating, rose-colored light, in a geometric shape. It said it wanted me to have love and peace. The other two wanted that also, so all three images merged whereupon they turned into the sponge surrounded by this beautiful rose-colored light. I became very aware that it felt like a wave of peace was added to the power I was already feeling. My entire body was relaxing but at the same time was feeling peaceful, which is hard to describe. As I settled into that, I felt surrounded by love.

The final visual of this exercise was a picture of God, who looked like the sun. God said He wanted me to experience belonging, love, to feel at ease, peaceful, secure, confident and unburdened. He wanted the minds to work together in harmony and rise up to the level of God.

The other three minds wanted that too, so they merged one last time and it looked like everything was just absorbed into light. The other images were there; in other words, I could feel the peace and love from before, but they all dissolved into the light and I felt a sense of belonging I had never felt before. It was very emotional and a few tears rolled down my face because in that moment I experienced the Oneness of it all. Myself, the Universe, everyone and everything.

And in that moment, my Teacher asked God why I was here on this earth, and God said that I was here to learn, to experience, and to love. That I was here to emulate God's qualities such as kindness, giving, and power. I was also here to bring joy and light to others and to help people feel important and amazing. I knew that I had found my Purpose.

Q. Can you see at what point in this next TfM exercise that this student shifts her identity?

In her own words: *"The Servant"*

During a session with my Teacher, it came out that I have a very prominent part I called the servant, who looks like a disheveled, sweaty mess. She is always running around, picking up and cleaning after her husband and boys, and she is very resentful.

After describing her, my Teacher immediately stopped our meeting and initiated a TfM. My conscious mind connected with my Divine and knew this part needed to "walk the plank," but the "servant" did not want to leave. She thought she was way too important to be pushed aside.

Because of that, my Teacher took me out of the TfM so she could ask some relevant questions outside the meditation. The conscious mind or Chooser needed to be the one to make the decision about whether that part would stay or go. Once I decided the part needed to be deleted we returned to the parts. My Divine reconfirmed the need to let this part go. I released the part and knew that things would no longer be done out of obligation but out of love and joy (key components of my purpose).

It was a total paradigm shift for me. And things are changing around our house. I am clear and consistent in asking for help, and the work I do around the house doesn't feel like a chore anymore. –Christine Holland

A. At first she identified herself with her role as a homemaker and felt like a servant to the family. As a result she understandably felt resentment. When she shifted into her Spiritual Being and knew her purpose was to serve, she did the same tasks out of love and joy. And, notice how she also asked for help.

By way of reminder, notice how Christine used her imagination to picture the part of her that was resentful of cleaning around the house. At the end of the process, she explained she had a total paradigm shift—the work she did around the house didn't feel like an anchor anymore. Christine used her imagination to connect with the invisible realm to resolve the problem in her physical home life. That's quite a spectacular result, and it's why we call that process Transformational Meditation™ (TfM). The student has an issue, goes into meditation, connects with the Higher Mind, resolves the issue by receiving a new belief, and comes out of meditation.

Q. What's the difference between a thought and a belief?

Thoughts: Thoughts are ideas that occur in the mind. They can be fleeting and transient, appearing and disappearing quickly. They can be spontaneous and vary greatly in content and intensity.

Beliefs: Although they can be created instantly, once created, beliefs are longer-lasting mental states that reflect the acceptance that certain ideas or statements are true. Beliefs are generally deeper and more stable than thoughts and often form the foundation of one's understanding of the world. They are typically ingrained through repeated thoughts, experiences, or teachings.

Q. What is actually driving your thoughts and beliefs?

A. We often hear about the importance of being aware of your thoughts and beliefs, but it's ultimately your sense of identity that is driving them. Those thoughts and beliefs, in turn, influence your emotions, which steer your actions. In the final analysis, you can “reverse engineer” all of that back to your sense of identity.

Q: What is the source of these teachings?

A. The initial foundation is grounded in various spiritual traditions, paths, and writings, all unified by a fundamental principle: belief in a Higher Power that is accessible to all. This belief forms the primary basis of our method, emphasizing the supportive role of a Divine Presence that consistently provides for each individual always and in all ways.

Secondly, the method incorporates elements of Rational Emotive Behavioral Therapy (REBT), a form of cognitive-behavioral therapy pioneered by psychologist Albert Ellis in the 1950s. REBT suggests that our emotions and behaviors are mainly influenced by our beliefs and thoughts,

rather than external events.. Their idea is that the irrational beliefs need to be disputed by the individual. Instead of engaging in conscious dispute of irrational beliefs, in TfM, we let the Greater Power perform this task.

The third source of information comes from NLP, or Neuro-Linguistic Programming, which emerged in the 1970s. The Association of NLP says, “*A literal translation of the phrase 'Neuro Linguistic Programming' is that NLP empowers, enables and teaches us to better understand the way our brain (neuro) processes the words we use (linguistic) and how that can impact on our past, present and future (programming).*”

NLP introduced numerous mental tools and techniques to install new beliefs, including the Six-Step Reframing technique, anchoring, rewriting your personal history, swish patterns, repeating beliefs in cartoon voices, scrambling techniques, and many others, which proved very useful at the time. You may have read books or taken online courses on the topic but found it challenging to apply them. While Transformational Meditation™ also fits the description of an NLP technique, it takes a distinctly different approach.

Q. How is the approach different?

A. The ultimate transformational solution goes beyond using mere mental techniques or tools to change negative thoughts because those thoughts can return, so we find that approach incomplete. Instead, we focus on addressing the root cause of negative thoughts by shifting from a limited human identity to the True Self. Wayne Dyer’s book title says it all: *There Is a Spiritual Solution for Every Problem*. That means the bottomline is that the thoughts are not actually the problem, it’s the fact that people **identify** with their thoughts and believe they **ARE** their thoughts, which keeps them stuck in a very limited human identity.

The Truth is that the Big I actually acts as the witness or observer of those thoughts, rather than being entangled with them. Realizing that you are the witness of your thoughts highlights the importance of operating from this enlightened perspective, rather than attempting to manipulate thoughts through conventional mental strategies, as mentioned above.

Swami Rama’s words underscore this viewpoint: “*You have forgotten your essential nature and that is the cause of your suffering. Once you are aware of this you are liberated.*” Embracing your True Identity gives you the power that is required to overcome all of your struggles and pain.

From this state of awareness, positive thoughts naturally emerge, leading to beneficial emotions and actions, aligning you with the ‘flow state’. This is the essence of TfM: it aims not merely to alter beliefs or transient states, but to fundamentally shift identity. A belief is not an identity and neither are states; they come and go. Your identity as the Big I is timeless, formless and changeless. In the upcoming story, you will see how a student’s shift in identity brings resolution to her issues, demonstrating the transformative power of understanding and embodying the Big I.

In her own words: “Seismic Shift in my Spiritual Consciousness”

As a senior business leader and day trader, I approached life through the lens of problem-solving and strategy. My analytical mind was always trying to predict the stock market’s ebb and flow. Professionally, I was very successful, yet felt a spiritual void. I felt an unquenched thirst to explore a deeper connection with my Higher SELF. I had deep internal turmoil, particularly around clarity about my trading career and personal relationships.

IASK introduced me to a new paradigm—one where I co-created solutions with my higher SELF/Source. It was the catalyst for a seismic shift in my spiritual consciousness.

I felt a strong intuitive pull toward certain stocks during one trading session. I decided to follow this Divine guidance and invest, which led to an incredible profit in a short time. This affirmed the reality and practicality of Divine guidance and significantly influenced my trading strategy. Divine guidance was not just a source of inspiration, but a practical solution to life’s challenges. The Mastery of “self” program equipped me to connect with my Greater Power, fostering a trust that instilled an unshakable calm and confidence in my life.

Alongside professional growth, the course reshaped my understanding of self. One of the significant *aha* moments was the realization that I was more than my job or roles in life; I was a spiritual being having a human experience. I can testify to the power of transformation; it led me to a state of self-love and freedom I hadn’t known. This shift in identity initiated a tangible change in my perception and interaction with the world. I experienced more compassionate relationships and greater success in my trading career.

The effects of the course rippled down to my 9-year-old son, who started using the course’s tools and concepts, which positively impacted his daily life and demeanor. The changes I saw in him were profound for his age.

This was a life-changing experience because it brought about a tangible and lasting shift in my consciousness and life perspective, surpassing any spiritual or self-help method I had previously tried. I was able to shift my identity, enabling me to find love and freedom on an unparalleled level.

~Rui, Trader

A. When Rui operated solely from her conscious, analytical mind, her abilities were limited. However, tapping into her inner spiritual reservoir not only enhanced her trading results but also brought her more compassionate relationships

Q. What factors influence the shaping of our identity, or who we think we are?

A. One of the biggest factors comes through observing the thoughts, emotions and actions (TEA) of our parents, as in these next two stories.

In her own words: “*From Trailer Park to Hitting It Out of the Park*”

You are probably familiar with the saying, you can't see the forest through the trees. That was my life growing up in poverty in a trailer park seven miles out of town. Back then, I never believed that lying, cheating, and stealing were necessarily a bad thing because we all did it. It was modeled everywhere around me, along with drugs, alcohol, sex, and domestic violence. It was just who we were.

I was great at masking my pain and poverty from the outside world while dreaming of a better life. I found that life in books and eventually in meeting and working with Dr. Libby Adams, the founder of the International Academy of Self-Knowledge, over 25 years ago.

My pivotal moment was at a conference where Libby was speaking and I was chosen to come up on stage and go through a TfM around my fear of confrontation. I was a few months pregnant with my second child (after a recent miscarriage) and was very anxious about the pregnancy. I asked if the process was safe for the baby. In hindsight, that was a very silly question!

While on stage in front of everyone, I experienced my first of many shifts that began improving the quality of my life professionally, personally, and spiritually. A fascinating part of the shift happened when a part of me that felt responsible for “saving the world” came out. WOW! That part was grandiose and surprised me. So, we started there, then got my Higher Power's viewpoint on it and permanently shifted it and after it was gone, we did another TfM and transformed the part of me that had a fear confrontation.

A few minutes later, after we finished, the audience had the opportunity to ask questions. One man raised his hand and asked, “Who was going to save the world now that it was no longer my job?” That got a hearty laugh.

I realized how the environment I grew up in gave me some warped ideas about myself and what I deserved. My biggest illumination was the fact that no one can make you feel a certain way; my thoughts, emotions, and actions were all in my control. After that magical moment of awareness things accelerated, and serendipitous miracles were everywhere.

The next day, I asked for a long overdue raise at work. My fear of confrontation around why I deserved it was gone. It was the 90s, and women had even less earning power in the workplace. Well, I hit it out of the park. Not only did my boss give me a raise, but he made it retroactive because he said, “I only give raises when people ask, and you've been deserving of one for over two years now.”

Mastery of “self” means increasing the time lived as the SELF and decreasing the time in the “separated” self. Developing this ability takes time and consistent practice. As the founder of Truespeak, I stand by my motto, “*Say what you want; the truth is in you.*” I no longer have any issues with confrontation because I know who I am and what I deserve. This work is the inspiration and foundation of my business.

~Ell Graniel, Founder TrueSpeak, Author, Certified Transformational Coach

In this next story, notice how this student's dad modeled angry behavior and he unconsciously took on the identity of his father to the point where it impacted his own son years later when he became a dad.

Student Teacher Dialogue: *Angry Like My Dad...*

Issue: One day, I became aware that I was acting like my dad with my 9-year-old son. My dad was always angry about something, and I found myself responding like that to my son. I knew I needed to do something about this, so I did a TfM with my Teacher.

Teacher: Imagine a picture of your Higher Power, and tell me what it looks like.

Student: My Higher Power looked like a green statue.

Teacher: And imagine a picture of the part of you that is behaving like your dad.

Student: The part looks like a pink brain with rockets or flames coming off the top of it.

Teacher: Is the part aware of your Higher Power yet?

Student: Yes.

Teacher: What does the part say?

Student: The part says, *"I'm right and know better than anyone."* It's very arrogant.

Teacher: How is that part limiting you?

Student: It's keeping me from truly connecting with my son in love and joy.

Teacher: Does that seem like a part you want to keep?

Student: No. That part is not serving me. I do not want to keep it, so I'm deleting it. I feel cold.

Teacher: What's your Higher Power's viewpoint on all of that?

Student: My Higher Power says in a melodic tone, *"Be loving and patient. Connect lovingly and be patient. There is a bottomless pool of patience like a bucket to draw from."*

Teacher: Can you do that?

Student: It's easy. It will be joyful to do it. I'm looking forward to connecting with my son and jumping around with him in his crazy little world.~ Better Dad, Australia

A. The student had unknowingly taken on the identity of his angry father. When he was disconnected from his true SELF and a false identity was automatically driving his actions, it created a significant challenge. Simply put, the problem lies in living from a false identity while forgetting your eternal nature as a Spiritual Being. **Ultimately, everything rises and falls on your sense of identity.**

Diagram 4, *The Identity Flow Chart*, outlines the three buckets of possible identities and illustrates how your thoughts stem from your sense of identity. When operating from the first bucket—the Big I—you generate positive and powerful thoughts, which give rise to states or “**Ways of Being**” such as peace, joy, and freedom. These Ways of Being then guide you toward inspired actions, leading to positive outcomes. The second (*Chooser*) and third (*little “i”*) buckets follow the same sequence. The next chapter explores these *Ways of Being* in greater detail.

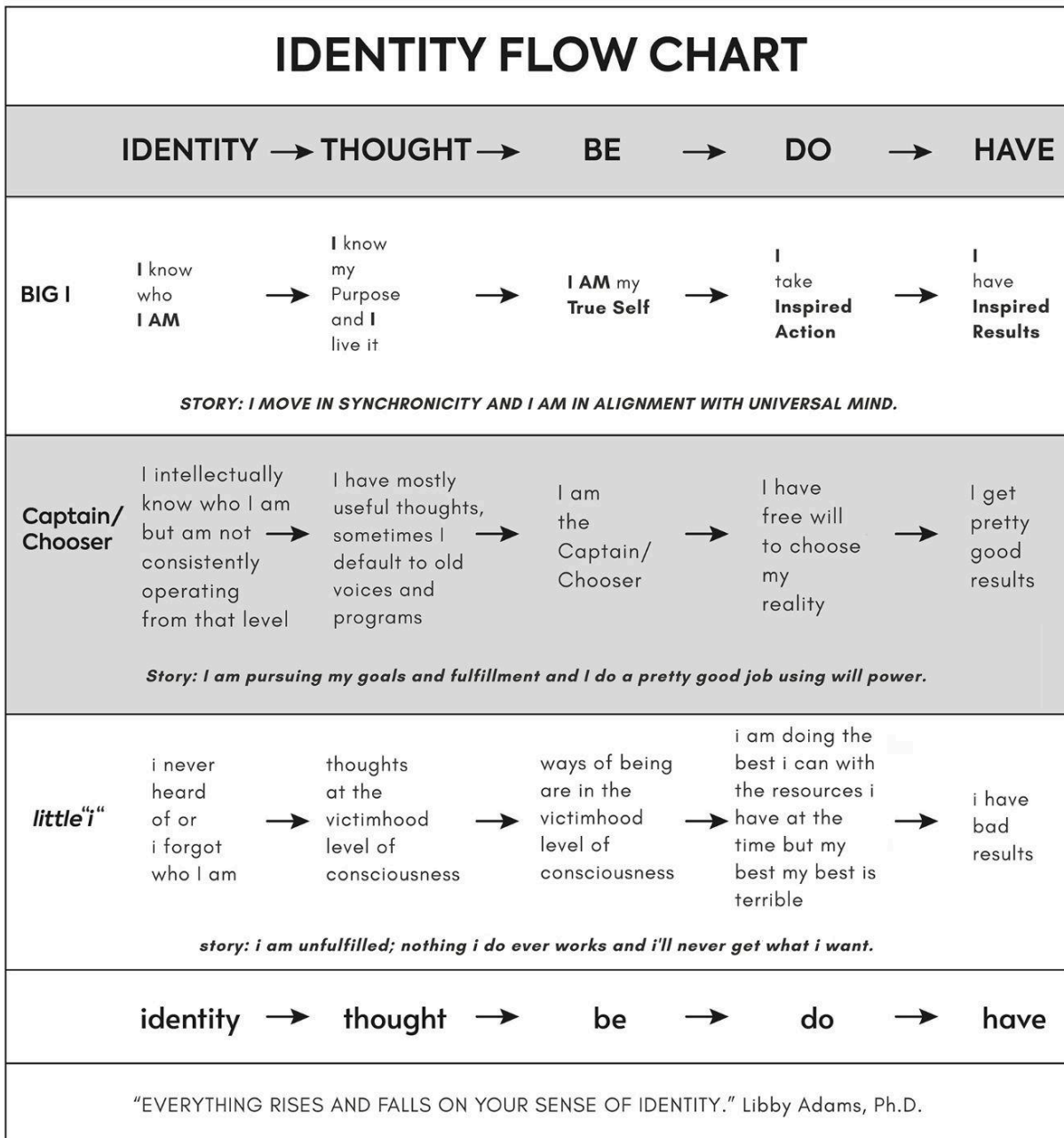
Q. What is the be-do-have equation?

A. The *be-do-have* equation explains how your sense of identity (**being**) shapes your thoughts, emotions, and state of mind, which then drives your actions (**doing**), ultimately creating the outcomes (**having**) in your life. To achieve positive results, focus on *being* the kind of person who naturally takes the right actions and produces desired outcomes, rather than trying to achieve results without aligning your identity first

Q. So, the question is: Who would you need to BE to DO what you need to do to HAVE what you want to have?

A. _____

Diagram 4



To deepen your connection with your true identity as a Spiritual Being, consider enrolling in our 2-hour course, ***Introduction to SELF-Discovery™ Course***. During this session, you'll address two specific little "i" challenges or blocks you identified while reading this book—whether it's fear, job stress, or relationship issues—and transform them. These blocks prevent you from fully connecting with your true SELF. You'll also experience the Alignment Process™, the guided meditation we mentioned earlier designed to connect you with your Greater Power and bring all Four Expressions of Mind into balanced harmony. You'll be given some next steps in Chapter 7 or you don't want to wait, you can find out more by scanning this QR code:



In conclusion, you now see how essential it is to know your true identity and operate from that place. This isn't about becoming someone new; it's about awakening to who YOU truly are and have always been. As previously stated, it's about subtracting ***"who you are not but who is masquerading as you"***—or, as we like to say, *Stop being who you are not!*

Your consciousness shapes your actions, but transformation goes deeper than merely changing thoughts, emotions or behaviors—it requires a fundamental shift in identity. Rather than trying to change external circumstances, the focus is on removing the negative programming rooted in a false identity. Achieving this requires operating from a higher level of consciousness, which the next chapter will explore in depth."

CHAPTER 4

ELEVATING YOUR CONSCIOUSNESS

“Consciousness is the currency of the future.”

—Libby Adams, Ph.D.

In his own words: “*The Unshakable Presence Within*”

As a trader always looking for a trading edge, a little over 10 years ago, I was reading *Trading Beyond The Matrix* by Van K. Tharp. One chapter, particularly, stood out—the one dedicated to Transformational Meditation™ (TfM), developed by Dr. Libby Adams. The chapter shared the experiences of a trader who had gone through her process, describing its profound impact on his trading and, more importantly, his life.

That chapter resonated deeply with me for two reasons. First, as a trader, I always sought an edge—not just in the markets, but in my mastery of mind and emotion. Second, I wasn’t just a trader but a Transcendental Meditation™ (TM) teacher, trained by none other than the Beatles’ Guru, Maharishi Mahesh Yogi. My lifelong passion has been to help others experience Self-Realization—the direct experience of Self.

Intrigued by what I read, I felt compelled to go beyond just reading about TfM—I wanted to experience it firsthand. So, I sought out Dr. Libby Adams and underwent the Transformational Meditation process myself. What unfolded was a profound and life-altering experience that took me beyond what I had previously known through my decades of meditation practice.

The impact of Tfm was so powerful that I didn't just stop at my transformation—I went on to become a certified teacher of Transformational Meditation™. This, alongside my foundation in TM, deepened my ability to guide others into the direct recognition of the Self. This timeless, boundless presence is at the core of all awakening experiences.

The journey through Transformational Meditation™, alongside my background in TM, has further strengthened my commitment to guiding others toward this profound realization. Whether you are a trader, a seeker, or someone yearning for inner peace, the key is not in controlling the outer world but in discovering the unshakable presence within.

And once you do, you will never look at life the same way again.--Jean Marchand

Q. What did you observe about levels of consciousness in that story?

A. Jean contrasted what it's like to operate in chaos vs peace and implied we have a choice.

In this chapter, we will be talking about the levels of consciousness and why it is so important to elevate your consciousness. You have seen that the **Big I** and the little "i" operate at very different levels of consciousness, with very different thoughts, emotions, actions, and results.

Q. What is your definition of consciousness?

A. At IASK, we view *Consciousness* as the fundamental essence of our being, which transcends physical existence and is linked to a higher universal consciousness. It includes the ability to experience thoughts, emotions, and sensations, as well as the capacity to reflect and make choices.

Q. Where does religion fit in?

A. Religion typically functions within a community framework, emphasizing formal worship and adherence to doctrines often under the guidance of a designated leader. Spirituality is about personal growth and connecting deeply with the universe on an individual level. While those who are religious may also embrace spirituality, embracing spirituality does not require belonging to a religion.

In his own words: “Angry Teenager”

Early in the TfM course, it became obvious that I couldn’t connect with my Higher Power/Inner Guidance at all. So, we did a TfM on it. When asking what was going on, this angry teenager part popped up:

This part of me was an angry teenager – angry at the Catholic Church and priests for the way I was treated when I was younger. Angry at religions for the suffering they cause and the hypocrisy. And he was right! In the TfM he became aware of my Higher Power/Spirit/God and realised that they had no part in that and so he didn’t need to block them. His job was done and so he has healed and was absorbed.

This was a big one as I was completely unable to talk to my Higher Power. There was nothing there because he was blocking it.

Then the next day we tried to get in touch with my Higher Power and still nothing! So, we did another TfM and asked what was going on. And there was this part of me that popped up that was still blocking:

It was less angry, more logical and reasoning. A more grown-up part that could look after itself now, yet still stemmed from the time at St John’s and was still blocking any contact. Although less angry, the root cause remained the same—St. John’s and religion. Again we did TfM with him.

He was justified in his beliefs, but he looked over, saw God, and realised that God was not that. This realization led to healing, the removal of the block, and my first conversation with God/my Higher Power/Spirit.

This was obviously a huge transformation. This was the whole reason I wanted to do Libby’s course. I knew there was something more there and I couldn’t access it. And now I can.

Q. How do I measure my consciousness?

A. Consciousness can be measured by your “Ways of Being,” which we talked a little bit about in the last chapter. Just like the Identity Flow Chart you just saw, we like to divide these Ways of Being into those same three buckets. This makes it clear which “you” is operating at any given time. These three levels of consciousness can be easily identified by observing your thoughts, emotions, and actions. These three levels differ greatly from each other and your sense of identity is what drives those thoughts, which then give rise to the emotions followed by your actions. Therefore, **everything rises and falls on your sense of identity.**

WAYS OF BEING: THREE LEVELS OF CONSCIOUSNESS

LEVEL ONE: FREEDOM

DIVINE REASON: LOVE, HAPPINESS, AND PEACE

This is the realm of the Big I or SELF, where you experience Love, Joy, and Peace. Here, you also express fearlessness and demonstrate compassion and kindness to all. At this level of consciousness, your ways of being aligns consistently with your identity as the Spiritual Being that YOU are. You cannot reach this level through analytical thinking, as it is the wrong tool; instead, it is through direct experience. The most effective way to attain this experience is under the guidance of a mentor.

LEVEL TWO: EMPOWERMENT

LOGIC: TRUTH, WISDOM AND ACCEPTANCE

This is the realm of the empowered Captain. At this level of consciousness, logic, reason, and analytical thinking are the predominant tools. Life begins to make more sense, building courage, clarity, willingness, optimism, and acceptance. While these states represent a significant improvement over the irrationality associated with the little "i"s of the third level, analytical thinking alone cannot elevate you to the Freedom of Level One. Trust and Truth must be developed as they form the bridge to your connection with a Greater Power and true liberation. As you begin to trust in a Greater Power, you become more purpose-driven, committed, and disciplined.

LEVEL THREE: VICTIMHOOD

NO LOGIC: NEGATIVE THOUGHTS, EMOTIONS AND ACTIONS

In the realm of the “separated” self, you regularly experience negative emotions and flawed thinking followed by inappropriate actions and negative consequences. At this lower level of consciousness, you feel disconnected from your true nature as a spiritual being, leaving the little “i”s to operate irrationally. Here emotions such as fear, sadness, anger, hate, arrogance, resistance, hopelessness, and judgment reside. The goal is to become aware of the little “i”s and shift them immediately. Continually operating from the “separated” self is the root cause of a multitude of problems, perpetuating the cycle of suffering with no solutions available at this level.

LEVELS OF CONSCIOUSNESS

You can quickly identify which bucket you're in at any moment using **Diagram 5**, which illustrates the Levels of Consciousness. The goal isn't to avoid ever dropping to Level 3 but to become more aware of when it happens and shift to a higher level more quickly. On the **page following the diagram**, you'll find an exercise designed to help you practice becoming more aware of which level you're operating from.

Diagram 5

Levels of Consciousness		
LEVEL 1 FREEDOM SPIRITUAL BEING/BIG I	COMPASSIONATE LOVING KIND EMPATHETIC JOYOUS HUMBLE	GRATEFUL FEARLESS SELFLESS UNCHANGING COMPLETE PEACEFUL
LEVEL 2 Empowerment Captain/Chooser	Truth Clarity Trust Courage Willingness Power	Commitment Discipline Acceptance Non-Attachment Forgiveness Optimism
LEVEL 3 victimhood little "i"s	fearful angry sad judgmental resistant hateful	attached addicted ashamed guilty pessimistic hopeless

EXERCISE TO IDENTIFY CONSCIOUSNESS

Just to play around with identifying where you are on the map of consciousness, try setting an alarm on your cell phone for every 30 minutes and see which bucket you are in. If you do this for a week, you will have a very good idea of where your “home base” is.

Q. What’s your plan to raise your consciousness?

A. _____

SKILL ACQUISITION AS MEANS OF RAISING CONSCIOUSNESS

Many of the Teachers at IASK are former public school teachers, including the Founder. As professional teachers, they recognized that their students were not taught the life skills they needed to more easily navigate life. We define our approach as **“Spiritual Education,”** opting for an educational model over psychology or religion to fill this gap. We firmly believe that it’s not too late to learn what they didn’t teach you in school!

Up until now, we’ve emphasized transforming the little “i”s as a means to raise consciousness, but there is an additional path that is necessary: developing Mastery skills. In the 28-day course, we teach twenty-eight skills, but we’ve selected five for you to focus on here. The word “skills” implies applying knowledge in a masterful way. Some of these skills may not be new to you, but the emphasis is on putting them into practice.

Q. What does the school principal say about skills?

In her own words: “*A School Principal With Trust Issues*”

I had worked in the field of education my entire professional life, moving from school to school, and somehow kept having bad experiences. I was ambitious and driven and eventually became the principal of a large elementary school. There, I was continually under stress fighting some issue or another and desperately needed guidance to handle many demanding situations. But I didn’t know where to find it. Circumstances forced me to admit that I was the common denominator. I had to be attracting these experiences. I didn’t know what I was doing wrong, and I was terrified that I would do it again.

Throughout my career in education, I moved from school to school, consistently facing adverse experiences. My drive to succeed led me to become the principal of a large elementary school, where I was perpetually stressed, battling various challenges and desperately needing guidance to navigate these demanding situations. However, I was at a loss for where to find this guidance. It eventually became clear that I was the common denominator in these recurring problems. I

realized I must have been attracting these negative experiences, but I didn't understand what I was doing wrong, and I feared repeating the same mistakes.

My intentions were good, and maybe it is true that the road to hell is paved with good intentions. I was passionate, idealistic, and wanted to make a difference. I loved kids and wanted to create an amazing school that gave students what they needed. I struggled, and I failed.

Unemployment drove me to seek out some coursework and support from IASK. I was a single mom with three daughters to support, a mortgage, and a severe issue with trusting myself. I enrolled in the 28-day Mastery of “self” class in June and by September, I had a new job—one I wanted. During the course, I got the guidance I needed and figured out what I was doing that was making a mess of my life. What surprised me was I ended up doing a lot of work on building my relationship skills. I thought that my challenges in relationships were beyond fixing since I had already put in a lot of hours in therapy. I didn’t expect that area of my life ever to get fixed, there was just too much pain. But in working with my Teacher, it was like whatever needed to be healed got healed, and I wasn’t the one making it happen—it was my Greater Power running the show. My Greater Power was directing my healing and my expression in the world transformed in ways I could not have imagined before I started. My trust issues completely resolved.

With the skills I learned through the course and my regular practice of Transformational Meditation™, my life is now an adventure. I am successfully working with kids, making a difference, being creative, and having the time and energy to take care of my family. I continue to face challenges, of course, but now I am equipped to meet them. I’m having a good time and excited about what’s around the corner because life is full of surprises. —Laurie Kopping, School Principal

Skill #1: Desire

Q. Many people have read *Think and Grow Rich*. What did Napoleon Hill say about the importance of desire?

A. He said, “***Desire is the starting point of achievement.***” Everything begins with desire. Knowing what you want is the first step to getting it. Napoleon Hill also said, “***Desire is the internal fire of motivation,***” meaning that without the power of desire, you won’t move forward.

Q. What is the True Source of Desire?

A. Some spiritual traditions interpret desire as “***De Sire: of the Father.***” This emphasizes the idea that desires, particularly noble ones, originate from a higher or divine source and are seeds planted within our consciousness to inspire us to evolve and achieve them.

Q. Is Desire enough? See what Richard says:

In his own words: “*You Have To Work Hard for Money*”

As a trader, I worked with my Teacher to help identify limiting beliefs affecting my trading. I was massively frustrated, setting goals for myself but not seeing any consistency or the results that I wanted in my trading.

I discovered a belief that I had adopted from my parents. They were brought up during the war. My parents taught me that the way to create security in life (which I was looking for) was to get a job, work hard, invest in the company pension scheme, retire, and then live off the company pension alongside a state pension.

My first breakthrough came in the first week of the 28-day course, when I understood that you can have the desire and the commitment to change, but you also need a good plan. Every time I started to take steps toward my goals, this part would sabotage my progress by distracting me with competing information saying you could read a book on this or study this course and make it perfect. Because I wanted to do a good job, I would fall for it every time and end up getting off track and losing momentum. No wonder I was not making the progress I wanted. I now know the intention of this part was to block my progress because it mistakenly believed that I would upset my parents if I did not follow their way of thinking.

So, with my Teacher’s help I did a TFM on the part. When she asked me what the part looked like, I could see it looked like my dad, and had the same views and beliefs as my dad. My Teacher asked the part what year it was, and it said 1948. My Greater Power said that the part’s point of view was outdated, and while they were perfect for the 1940s /50s thinking, times had moved on. Once the part heard this, it was happy to come back in line with the truth and my hands came together.

I remember this TFM vividly because it shifted my thinking away from an employee mindset toward that of an investor. Now, I’m putting my money to work and getting a good return as opposed to having an employee mindset of working for someone else. This was a massive shift!
~Richard, UK

A. Desire alone is not enough. You’ve likely had countless desires, written them down, and crafted powerful manifestation statements for them. If they didn’t come to fruition, you’re not alone. To manifest desire in your life, two additional components are essential: **a good plan and the right action**. We call this the *Formula for Success*. Remember, a good plan also involves transforming the little “i”s and developing life skills!

Q. Will obtaining my desires make me truly happy?

A. Not if your happiness depends solely on external achievements or material possessions, as those are external and out of your control. This book is designed to help you realize that lasting

joy comes from aligning with and living as your true SELF, your authentic identity. When you operate from this inner truth, joy becomes independent of your circumstances or outcomes.

Q. Can little “i”s have desire or is it just the Captain/Chooser?

A. Just as the Captain has desires, little “i”s also have *no shortage* of desires. The problem is that their desires always conflict with the Captain’s goals and lead you in the wrong direction. Worse yet, the little “i”s are **attached** to their desires, meaning they can’t accept not getting what they want.

Q. Why is being attached so problematic?

A. Attachment is when the little “i”s insist on getting what they want, precisely when and how they want it. They attempt to force their will, and when their efforts to control fail, they react explosively, much like two-year-olds during a tantrum. This reaction is problematic because it plunges them into the lowest levels of consciousness, a state devoid of solutions. Interestingly, observers often remark that someone in such a state is “acting like a two-year-old,” reflecting the reality that these parts originated at a younger age, equipped only with the limited behavioral responses available to them at that time.

Attachment is one of the most challenging issues for individuals to overcome on their own because the involved part is completely irrational and cannot respond to logic. This characteristic is prevalent in all forms of addiction. The situation is further complicated by the fact that individuals are aware of the necessary actions but are simply incapable of taking them. This is why the 12-step program incorporates reliance on a Higher Power for support. We will discuss the 12-step program in more detail later.

It is easy to observe when a person is attached. An example of this is a driver who becomes enraged because others fail to meet their driving expectations, leading to road rage. Similarly, consider the day traders we work with; they often anticipate a stock will rise, and when it falls, their attachment to the outcome drives them to repeatedly jump back in the market, ultimately resulting in a huge loss. In sports, this fixation on winning is “strikingly” obvious, setting the stage for our next story.

In his own words: “*Not very Angelic!*”

Growing up, my family lived in Southern California, so we had a lot of opportunities to go to Major League Baseball games. I still remember one Tuesday summer evening, thirty years ago, my mom took my brother and me to an Angels game. Because we both played Little League, she thought it would be great for us to watch how the pros played.

About halfway through the game, one of the Angel’s players struck out and then was ejected from the game for allegedly cursing at the umpire. He immediately grabbed a big sack of baseballs and started throwing them on the field. When he ran out of baseballs, he ran into the dugout, got about 40 packets of sunflower seeds and threw them on the field as well. But he just kept going because

then he ran back into the dugout, grabbed a huge cooler of Gatorade and emptied it all over the grass in front of the dugout.
Robert Gibbs, California

In her own words: “Robert’s mom’s reaction” by Libby Adams, Ph.D.

While contemplating non-attachment, I remembered an incident and asked my son, Robert, to write his memories of it, which you just read. At the time, I was displeased with the player’s unsportsmanlike actions and regretted that my sons had to see it. Now, I see it as an ideal example of excessive attachment to results and its consequences.

This player’s sole focus on winning and his own performance showed a deep investment in the result, setting him up for failure—a clear irony. Interestingly, I don’t recall the game’s final score, just the incident, though Robert remembers that their team lost. Likely, the player regretted his actions, particularly as his behavior sidelined his contributions for the remainder of the game.

Contrast this with Jeff Burroughs, an MLB player who coached the Long Beach Little League to back-to-back Little League World Series victories in the 90’s, an unprecedented achievement. The key to his success? His mindset. Jeff was always calm and focused, reminiscent of the legendary John Wooden, aiming to extract the best performance from each of his players rather than just chasing victories. His coaching was about developing each player to their fullest potential.

One day, as I watched from the bleachers at our home park, observing Jeff coach during practice, I was impressed by his use of positive language with the players. Curious, I inquired about him with another mom. She explained that Jeff had been a first-round draft pick straight from high school and had a successful sixteen-year career, which included winning an MVP award.

As synchronicity would have it, two years following those consecutive Little League championships, Jeff became my son Robert’s coach in Pony League—a truly remarkable experience. His approach to coaching focused on being a positive role model, nurturing and guiding young players as they matured. He was notably humble, always treating the kids with fairness and respect. He stressed the importance of teamwork, cooperation, discipline, and hard work. Above all, he placed great importance on family values and spiritual faith.

With all this in mind, I must share a humorous yet ironic incident involving my son getting ejected from a Pony game. Robert was hit by a pitch, which left a visible welt on his arm; however, the umpire incorrectly ruled it a strike instead of awarding him first base. When Robert protested, he was ejected. Jeff then emerged from the dugout, showed the umpire the mark on Robert’s arm, and he was also ejected.

Thirty years later, Robert still values how supported he felt by Jeff’s actions. Indeed, Jeff truly “went to bat” for him. This incident highlights the distinction between a mere tantrum as opposed to standing up for a principle—both episodes resulted in ejections, but while the Angels’ scenario was about a little “i” reaction, Robert and Jeff’s was about the Big I standing firm against a mistaken call. It appeared that the umpire was quite attached to that initial strike call.

On another occasion during Robert's Pony League season, I had lost my voice just before a scheduled live class I was going to teach. While at Kinko's (now FedEx) making copies, I bumped into Jeff who asked me what I was doing, so I shared my worries about teaching without a voice. Jeff simply looked at me and confidently said, **"You'll do it!"** His belief in me bolstered my confidence significantly. True to his words, I was able to teach the class as planned.

I later recounted my experience with Jeff during a presentation I gave to the Long Beach Little League coaches. The focus of my talk was on effective communication with players to optimize their performance. Jeff's simple encouragement, **"You'll do it!"** was impactful because it conveyed his belief in me.

This echoed an earlier moment when I was on Tony Robbins' volunteer staff in 1990 during a firewalk event. The staff got to walk the fire after all the participants, and I chose Tony's line. He looked me in the eye and said, **"You know what to do."** This highlights the point that giving last minute tips can suggest a lack of confidence in someone's abilities. For example, yelling last minute advice as a Little Leaguer is walking up to the plate can suggest a lack of confidence in his abilities at just the wrong moment.

Another important topic of my presentation was focusing the player on what the coach wanted him to do, not what they didn't want. For example, coaches were notorious for yelling things like, *"Lay off the high ones,"* instead of saying, *"Wait for a good pitch."* Although these concepts have been taught in NLP circles for many years, it often takes time for them to become mainstream.

I recall when Robert was 10, and I was about to pick up some tickets for a WWE Wrestling event for the boys. As I left the house, one son said, *"Don't forget to pick up the tickets,"* while the other corrected him, saying, *"Don't tell her that; tell her to remember the tickets."* It's a simple concept that even children can easily grasp.

In Jeff Burroughs' own words: "Play Ball"

After winning those two Little League World Series, Jeff wrote a book entitled, **Jeff Burroughs' Little League Instructional Guide**. In the Introduction, he writes:

"Even more important than winning, the kids had a fabulous time, and I hope I did my part in providing them with the help they needed to learn the game of baseball and how to conduct themselves properly. I really hope I can be one of the people these kids will remember. When they get older maybe they'll say, 'My coach in Little League was the first one to get me to understand how much fun baseball can really be.'"

"We need all the adults we can to really give something back to these kids and to provide leadership and role models for our future generations. I hope this book will give you some help in coaching kids in this great game of ours. Play ball." –Jeff Burroughs

In Joe Montana's words from his book, *The Winning Spirit*:

“My father often told me in my youth that the only way to accomplish anything in sports is to be a winner. Not just to win, but to be a winner. There’s a difference. He wasn’t constantly telling me to win, win, win at all costs. It was more of a slow teaching process, as we threw the ball back and forth in the backyard, and the lesson was always to strive to be the best. To be a winner.”

The kind of desire we call **“little ‘i’ attachment,”** hinders consistent and sustainable Peak Performance in various fields such as athletics, trading, parenting, painting, acting, etc. It has become evident that the optimal way to achieve any outcome-based behavior is by operating from your True Self, the Big I. Engaging from this heightened level of consciousness enables you to act with peaceful power and presence. Regardless of the outcome, you can accept it with grace, let go, and move forward. Essentially, let the Big I, not the little “i,” perform the activity—this epitomizes the highest flow state.

Q. What’s the difference between being determined and being attached?

A. The essential difference is determined by ‘who’ is performing the activity. Being determined is highly valued—it entails the Captain exerting maximum effort through the *“wing of self-effort”* until there’s nothing left to give. On the flip side, when driven by the little “i,” there tends to be an increase in complaining, anger, and blame when results are not favorable. So, it is the Captain, aligned with the True Self, that truly exemplifies determination.

In her own words: “Escape from Alcatraz” by Libby Adams, Ph.D.

Because both of my elder brothers passed away at 59, the year I was going to turn 59, I was very focused on my health and so I signed up for several athletic events, one of which was the Alcatraz swim. Having been on my high school swim team and worked as a lifeguard, this challenge seemed within my reach. I signed up for an event called *“Escape from the Rock,”* which allows participants 70 minutes to complete the swim.

I started off strong and felt confident during my swim. However, after 40 minutes, a jetski approached. The driver informed me that I needed to board, explaining that at my current pace, I wouldn’t finish in time, which I protested. Reluctantly, I complied, though I was not happy about it.

Two weeks later, there was another similar event, so I signed up again, resolved to swim faster. As expected, around the 40-minute mark, the familiar jetski approached. Fool me once, right? Instead of acknowledging him, I focused solely on my swim, turning my head away from him to breathe and deliberately ignoring his calls of *“Ma’am, ma’am.”* My resolve was firm: I was not stopping this time!

Not long after the jetski left, a boat approached, carrying the event organizer. He demanded that I climb aboard. While treading water, I firmly declined, expressing my desire to continue swimming as far as possible. *“Do you want to finish this race?”* he asked. *“No, I just want you to leave me here,”* I answered. With that, they sped away, and I continued my swim.

Shortly thereafter, a very large grey boat marked SFPD (San Francisco Police Department) abruptly cut in front of me, and the officer onboard commanded, "Get in," which I did without hesitation. They transported me to about 100 feet from the shore, allowing me to swim the remaining distance and complete the race, but in a category called "DNF" (did not finish).

Although I was confident in my ability to complete the swim, the 70-minute limit proved too tight. After conducting some research, I found a company that would accompany me in a canoe. Setting out from Alcatraz a few weeks later, I had a strong inner conviction in my capability, and indeed, on my third attempt—though it took 90 minutes—I finally succeeded.

Q. What's something or someone you are attached to that you need to let go of?

A. _____

Q. Remember George from Chapter Three, who wanted to lose weight?

A. He had committed to not indulge in sweets for 30 days but his social anxiety caused him to give in and eat for comfort. Here is another variation on that eating theme:

Now, we have John, who tells his wife that he wants to lose weight, so he's not going to eat desserts for 30 days. Unlike George, John isn't socially anxious; he simply has a little "i" with a big sweet tooth that craves sugar. He has a part that is very attached to sugar.

The next day, John attends a dinner party, and his favorite chocolate cake is on the table. Poof! The little devil pops up on his shoulder and says, "*Look, it's our favorite cake! Let's have it!*" Then, Poof! A little angel appears and says, "*No, no, remember, we're losing weight.*" The little devil counters, "*No! Who cares? What's another couple of days? We'll start on Monday.*" Long story short, John gives in and eats the cake. When he gets home, his wife says, "*See, John, I knew you didn't want to lose weight.*" John feels frustrated and thinks, But I do want to lose weight!

Q. So, how do we reconcile this?

A. The problem lies in our ability to hold two conflicting desires simultaneously. In John's case, his conscious mind wants to lose weight, while his little "i" is saying, "*I don't care about losing weight. I want the cake and I'm going to have it,*" and so he eats it.

To differentiate between the sources of desire, we use an uppercase "D" for true Desires and a lower case "d" for little "i" desires. As the Captain, John had the Desire to lose weight but lacked the subconscious infrastructure to be able to carry out that goal. He needed to do a TfM to shift the little "i" belief—either aligning it with the weight-loss program or "walking the plank," so to speak, and remove it altogether. Then he can get back to his plan again, this time successfully.

Harv Eker refers to this as “*correct and continue.*”

Q. How about James’ subconscious infrastructure? Would he be able to succeed?

In his own words: “*Battle To Become Sober*”

My journey with the transformation Universe began with my study of chiropractic. What fascinated me most was observing the body-mind-spirit connection in the healing process. When an individual accepted responsibility for their healing, regardless of the cause or treatment method sought, there was a power released, allowing sometimes miraculous results. When individuals stayed in a victim mindset, often there was resistance and worsening of symptoms. In both scenarios, the definitive healing factor was “self” or SELF as creator.

The most rewarding experience I had was during my battle with becoming sober from alcohol. My path included talk therapy, attending countless personal development workshops and courses, reading self-help books, participating in 12-step groups, NLP, and hypnosis. All of them helped a little. However, it was not until I went through a 28-day rehabilitation program that used Transformational Meditation™ in conjunction with these other tools that I truly experienced a breakthrough into lasting sobriety.

A big part of my transformation work was dealing with my compulsive little “i”s that not only did not want to let go of the addiction to substances (food, alcohol, and drugs) and processes (sex & relationships) but they were also fearful. Since transforming all of that, I’ve walked on a completely new level of freedom.

I am creating a life built one day at a time, sometimes second to second as I learn to be a Master of “self.” This year marks my 18th year of continuous sobriety.

—Dr. James Proetz, Certified Transformational Teacher, Retired Chiropractor

{Libby’s note: Dr. James was the among the first people to ever go through our 28-day drug and alcohol rehab program that you will read about in Chapter 6.}

Q. If I want something, can I just sit back and visualize it, believing it will happen?

A. Swami Muktananda teaches that we are all born with two wings. One is the wing of Grace, always flapping to signify that your Greater Power is constantly present for you. The other is the wing of self-effort, reminding you that you must do your part as well.

Q. How does the Wing of Grace respond to right action?

A. Right action aligns with your Greater Power, ensuring you are supported. Its importance can’t be overstated. When you take right action, the Wing of Grace flaps alongside your wing of self-effort, and the wind of your Greater Power propels you forward in the direction you want to go.

Q. What does “God helps those who help themselves” mean to you?

A. _____

When you were a year old, someone tied your shoes for you, but by the time you were five, you were expected to do it yourself. Your Greater Power won't do for you what you're capable of doing for yourself, but it will always assist you when you're giving your best effort.

Q. What role does desire play in the Law of Attraction?

A. The Law of Attraction means you attract what you focus on—not fleeting thoughts, but your dominant ones, powered by their associated emotions. Little “i”s, as we’ve mentioned, have no shortage of desire, often dwelling on negative thoughts and emotions. This creates reality from a low level of consciousness, attracting what you don’t want. The Law of Attraction doesn’t distinguish between Big I attraction and little “i” attraction. That’s why freeing yourself from past baggage is so important—it clears the way for you to truly manifest what you desire.

Point to Ponder:

Q. What is the thing you want the most and what’s preventing you from having it?

Skill #2: Purpose

In her own words: “*I Knew That I Was Enough*”

My transformational journey started in 2010. I was living in Los Angeles and working as an actor. One pitfall of an actor’s life, especially in LA, is the extreme highs and lows that come with auditioning. I was auditioning five days a week and booking regular jobs, but the rejections outnumbered the yeses. I was on an emotional rollercoaster, riding the highs when I booked a job and feeling the lows when I didn’t. It felt so extreme, and it was exhausting.

It came to a point where I thought, “*Enough is enough.*” I was ready for a change. I didn’t want my emotional well-being to be connected to whether I booked a job or not. I also didn’t want my self-worth tied to acting and my career. I wanted to find peace in my life. I wanted to know intrinsically that I was enough, regardless of whether I booked an acting job or not.

That's when someone introduced me to the International Academy of Self-Knowledge. I started by taking the 2-hour Introductory Session. That experience was life changing. In that short session I could identify outdated beliefs that were holding me back. Beliefs that were not only blocking my success but blocking my happiness. The crazy thing is, I didn't even know these outdated programs were running on automatic in my subconscious mind. That was mind-blowing to me!

I went on to participate in the 28-day course. Again, a life-changing experience. The skills that I learned in that course changed the way I look at and approach life. I started to apply the principles to my life, and my life started to change. Not only did I start to book more work, but more importantly, it didn't matter if I didn't book a job. I kept going with a clear mind. For the first time in my life, I knew that I was enough.

I was so inspired by this work that I became a Certified Teacher with IASK. Not only did I experience the transformation this work has brought to my life, I've seen what it can do for others. For me, helping others shine a light on their limiting and outdated beliefs has been one of the greatest rewards. Also, helping people discover and define their purpose is one of the most important jobs on the planet. If we know our purpose and are moving toward it each day, we are collectively raising the vibration of the planet. That's huge!

I now have tools I can use when times get difficult. I have more overall peace in my life, and I'm no longer on an emotional rollercoaster. I know that I am enough. I also know that I'm never alone. I can tap into my higher SELF and God (Universe, Source, Infinite Intelligence) for guidance. This doesn't mean that my life is perfect. Life still happens, but I am now equipped with the tools I need to give me the peace that I was looking for. Here's to more peace in our lives! –Jessica St Germain, Actor, Funding Manager, Transformational Teacher

Q. Why ARE we here?

A. Here are several possibilities: Oprah said that you are here to love. Sri Sadguru Sivapreanadaji said your purpose is, *"Being Who You Are and manifesting that Divinity in a body and mind."* Neville Goddards said, *"The only purpose in life is to discover who you are."* Jesus said that we are here to love God and to love our neighbor as ourselves. Earlier in this chapter, you saw the three levels of consciousness with Loving, Joyous, Peaceful in the top bucket.

Doesn't it make sense that our fundamental purpose in life is to discover and embody our Spiritual Being? By embracing and living as our true selves, we naturally ascend to higher levels of consciousness, which enables us to be role models, inspiring and demonstrating the path to spiritual awakening.

Q. What is the difference between your Purpose and your goals?

A. It is not your Purpose that sets you apart; it's how you unfold that Purpose through your goals. A goal is a specific, measurable step with a start and a finish, moving you toward your Purpose. These goals are executed through your daily processes and routines. Once you complete one goal, you set a new one. Your Purpose, on the other hand, is a direction with no end. Your goals answer

the question, “How do I get there?” Only set goals that align with and consistently move you toward your Purpose.

Q. What happens when you know your purpose?

A. Knowledge of your higher purpose ignites the fire of motivation within you. This circles back to desire, which gives you the motivation to persist. There is nothing more motivating than knowing why you’re here on this earth which makes you want to do the things that move you in that direction.

Q. What is a mission statement?

A. It is a simple positive statement of Purpose that includes yourself and others. It’s not all about you, but it’s not all about them either. It’s about all of us: **WE**.

One of Wayne Dyer’s favorite expressions was to be “*on purpose*.” Once you have your mission statement, it is like a compass where you can gauge whether you’re moving toward or away from your mission. Is the thought or emotion you are having moving you toward your mission or away from it? Now we have a measuring stick for these things.

At the beginning of every year there is a refresher course for the students who have completed the 28-day Mastery of “self” Course. When a student first goes through the course, it is a customized one-on-one course, but it’s fun and enlightening for everyone to get together each year. In January of 2025 we went through the course and the students shared their Mission Statements with each other. We selected ten of them to share with you. Notice how they are basically ten different ways of saying the same thing.

To live at higher levels of consciousness and help others to do the same.

To feel and express love, joy, and peace and to help others do the same.

To live a life of integrity and compassion, continuously grow, and to be an example of peace, love, and harmony.

I AM EMBODIED CONSCIOUSNESS in Service to the World and Humanity.

To create Heaven on Earth.

To live from my True Power and help others do the same so we can see the beauty of life.

To BE.

To be my Higher Self and Love Others.

To be loving, happy and peaceful and be a role model to others.

To discover and be ME, and share ME with the world in a compassionate, loving and helpful way.

As you look at those ten mission statements, it's pretty clear why we are ALL here, isn't it? Michael Beckwith says, "*Be more you!*" So the question really isn't "*Why am I Here?*" It is, "HOW do I carry it out?" And *that* is the Purpose of the IASK curriculum: to help you become who you need to BE in order to live your mission.

Point to Ponder:

Based on those ten examples of Mission Statements, why do you think you are here and are you confident that you are equipped to carry it out at the highest level?

Skill #3: Truth

All life skills are not created equal. Although the first three skills we discussed are foundational, the next two skills that we teach stand head and shoulders above the rest: Truth and Trust.

Q: What is the one Truth, the only thing you need to know and what is the missing piece for mastering any challenge?

A: One truth is so fundamental that we named our book after it: *There's Only One Thing You Need to Know: The Missing Piece for Mastering Any Challenge*. We've emphasized repeatedly that the one and only thing you need to know is your True Identity—and the missing piece for mastering any challenge is how to subtract whatever obstructs this True Identity.

As you know, however, some parts of you may still be unaware of this Truth, causing incongruence and a sense of "separation." When your Greater Power reveals the Truth, it dissolves these illusions and acts like a reset, restoring your system to its factory settings and realigning you with your life's original blueprint. You can actually BE YOU.

In one of his many talks, Dr. Wayne Dyer said,

*"You get to a point in your life where staying the same is more difficult than making the shift into spiritual awareness about what you are capable of. I have a quote here from a great French philosopher. His name was Rene Descartes. He said, '**In order to reach the truth, it is necessary at some point in one's life to rid oneself of all of the opinions one has received and to rebuild one's entire system of knowledge from the very foundations.**'"* That is not unlike St. Francis being told to repair the house because it was in ruin.

Simply put, the renowned poet Rumi stated, "*Recognize that unlearning is the highest form of learning.*"

Q. What does, "*And you shall know the truth and the truth shall make you free*" mean to you?

A. _____

When we spoke about Freedom in Chapter One, we said there were two phases of freedom: ***“free from”*** and ***“free to.”*** You cannot move into the second phase of deliberate creation if you haven’t gotten free from the little “i”s that are limiting you and holding you back.

Q. Do little “i”s know the Truth and just not act on it?

A. No, they actually do not know the Truth. They think they know, but they don’t—that’s the problem. We call that ***perceived “truth,”*** which is what the “separated” self believes is true, ***but is not.*** Little “i”s don’t question whether their information is correct because analysis is not a subconscious function; it’s a conscious one. Instead, they blindly follow their faulty programming, going 180 degrees off course.

Q. Wouldn’t it be letting people off the hook by saying they don’t know the Truth?

A. No! Asserting that they don’t know is not an excuse; it is merely an explanation. Every individual is still responsible for their actions and the resulting consequences. One of the presuppositions of NLP states that a person’s behavior is geared at adaptation, and the present behavior is the best choice available. We like to express it as, ***“People are doing the best they can with the resources they have at the time.”*** We will explore more NLP presuppositions shortly, but based on this assumption, we never need to ask the following question:

Q. “How could someone do that?”

A. When someone firmly believes something is true, they act accordingly. Even if their belief is misguided, they follow it as truth. The real problem is their flawed perception is driving their actions. Until they rise above the lowest bucket of consciousness, they won’t be able to correct their perspective by ***“getting a second opinion”*** from their Greater Power.

Q. How is it possible that someone’s “best” can still be completely misguided?

A. Just because someone is doing their “best” doesn’t mean their actions are good or justified. In some cases, their “best” is so destructive that they become a danger to themselves or others and must be removed from society. The warped perception of their little “i”s, fueled by unchecked emotions, ***leads*** them to act on false narratives without realizing they are wrong. A school shooter, for instance, might think, “They humiliated me, and now I’ll make them pay.” Because they see this as “truth,” they act on it, unaware that their perception is entirely distorted and 180 degrees off track.

Q. What impact would it have if people recognized that others’ “best” is sometimes inadequate, yet it’s still the best they know at the time?

A. A more peaceful world begins with understanding rather than judgment. When we judge others harshly, we only lower our own consciousness, keeping ourselves trapped in the very negativity we oppose. Instead of assuming people act with malicious intent, we can recognize that they are simply operating from their current level of awareness. This doesn't excuse harmful behavior—their actions still carry consequences—but it does shift *our* perspective. Without external support or intervention, they may not have the capacity to act differently. And, judgment alone does nothing to correct their path; it only adds more division and suffering to a cycle that desperately needs healing.

Q. Can't they just override those little "i"s?

A. No, unless someone typically operates in the upper bucket of consciousness, they won't have the power of higher resources needed to override them. Little "i"s fuel negative thoughts with negative emotions, driving irrational behavior. Because they exist in the subconscious—which cannot reason—they continue running unchecked and uninfluenced by logic.

Q. You referenced "presuppositions of NLP. How many are there?"

A. In Neuro-Linguistic Programming (NLP), there are 14 presuppositions which are foundational beliefs, guiding principles and assumptions that are considered "true" within the framework of NLP. The presuppositions are empowering beliefs and result in excellent outcomes, even if they aren't universally acknowledged as facts. The fact that they are useful, create excellent results and inner peace is enough reason to use them. Tony Robbins has played a crucial role in bringing these concepts to a global audience, significantly enhancing their accessibility and impact around the world.

Going back a few pages, we mentioned one of the presuppositions we commonly use, but to keep it simple, we will only share five more that we incorporate into our philosophy at IASK. Keep in mind, though, that these beliefs are already part of the operating system and mindset of the True Self.

1. Respect for the other person's model of the world:

Every person experiences the world in their own unique way and they are entitled to their point of view so we can be compassionate and non-judgmental.

2. The map is not the territory:

This encourages people to recognize that their views and interpretations of reality are filtered through their personal experiences, beliefs, and sensory processes. This awareness can lead to greater empathy and understanding, as it acknowledges that others may have different "maps" that are equally valid.

3. There is no failure only feedback:

This presupposition aligns with the concept of a growth mindset, where challenges and setbacks are seen as part of the learning process rather than as insurmountable obstacles.

4. I am in charge of my mind, therefore my results:

This presupposition reinforces the notion of personal empowerment by spotlighting an individual's ability to govern their thoughts and actions. Additionally, it highlights that the person with the most flexibility in behavior and thinking often has the most influence.

5. All processes should lead to integration and wholeness:

At IASK, we acknowledge that problems originate when a part becomes isolated from the whole. Consequently, the exercise of Transformational Meditation™ will facilitate the reintegration of this separated part back into the whole.

In her own words: “The Vineyard”

The student is hearing different parts say disparaging things with their little “sour grape” voices... saying things like *“you’re not powerful; you’re not a good parent; you’re not good enough; who do you think you are? People think you are weird.”* The student reports that she is aware that there is one part that's like the overseer to all the parts (grapes). She is guided into meditation, imagines a symbol for her Greater Power (Divine) and says:

Student: The part says, *“You can get rid of all of them, but I’ll still be here.”* He looks like a farmer. He's got overalls on and one of those straw hats that has the very wide brim.

He says, *“Don't worry because he's got everything under control.”* He continues, *“All those sour grapes...they're just part of life and they just have to be there.”*

Teacher: They just have to be there?

Student: *“Yeah. You get some of the good ones and you get some of the bad ones, but they're all part of the vineyard.”*

Teacher: Is this part aware of the Divine yet?

Student: No. He's too busy taking care of the vineyard. He's not even willing to look at the Divine and says he doesn't care about all of that. Whatever. The part says: *“You can keep talking about this Divine thing but I've got work to do. I don't care about that. It's all froofy.”*

Teacher: I want to ask your conscious mind, how is that part limiting you?

Student: He's protecting me, or he thinks he's protecting me. Yeah. Because if he's not there, all of those sour grapes fall apart and go crazy, and then I can't manage all of that. That's why he's managing it all, to protect me.

Teacher: So how is his “protecting” you limiting you?

Student: I can't be those amazing ten things that I put on my list when he's in charge.

Teacher: So does that look like a part you might want to delete?

Student: Yes. The whole vineyard should go. Him and his vineyard.

Teacher: Ok, tell me when it's all gone.

Student: All of it. Okay.

Teacher: So there's just you and the Divine. Take a breath. Who does She say you are?

Student: I'm her.

Teacher: Okay. And as such, state 5 beliefs about her and YOU that were on your list.

Student: Powerful, creative, light, joy, beauty.

Teacher: Is it true?

Student: Yes.

Teacher: Well, that's good to know because there were parts saying, like, you weren't a good parent and you weren't good enough; you weren't powerful, you were weird, right?

Student: Yeah. Yeah. But guess what? All the grapes left with the farmer. He was the one keeping them in place, and now there's just me and the Divine.

Teacher: And let that sink in. There's nothing else to say. This is just who YOU are, period. And when you know that, then open your eyes and come back. How's that?

Student: Powerful. Super.

Teacher: Okay. What did you learn?

Student: That all these clusters of yuckiness are not the truth.

Teacher: They're not the truth, right. What's the problem about when we think they're the truth?

Student: Well, when we think they're the truth, we're totally disconnected with the Divine and who we are and then we feel misery. Yeah.

Q. Is it always the little “i”s creating the problem?

A. Most of the time, but not always. Sometimes the Captain might hear the Inner Guidance but doesn't follow it. Then, you end up saying *“Why didn't I listen to that little voice?”* You have probably experienced your own variation of the following story:

In her own words: “I don't need that luggage right now”

In 2002 Michael Beckwith and his beautiful wife, Rickie, led an expedition of about 50 people to Machu Picchu and I was fortunate to be among them. We were in an old bus going up a hill on our way there when it broke down. We all just had carry-on luggage because it was a short trip and it was stowed away under the bus. When we got out of the bus, our luggage was lined up on the side of the road ready to be loaded into the new bus. Someone announced that we could get our carry-ons if we wanted to. I remember hearing a voice saying, *“Get your carry-on”* to which I logically responded, *“Why would I get my carry-on? I don't need it for anything right now.”*

That was the end of the conversation, and when we arrived, my luggage was not with the others; it had been stolen. That was a painful loss for three reasons. One, because I didn't have any of my things for the remainder of the trip; two, because you always keep your most important items in your carry-on, and thirdly because I had clearly been guided to grab my carry-on but deliberately overrode it. Wistfully, I asked myself, *“Why didn't I just listen to the voice?”*

– Libby Adams, Ph.D.

Point to Ponder:

Can you think of a time you knew the truth and didn't act on it? How can you avoid that in the future?

Skill #4: Trust

Q. What does trust mean to you?

A. Napoleon Hill writes, *"Faith is the basis of all miracles, and all mysteries which cannot be analyzed by the rules of science,"* and Neville Goddard states, *"Walk in complete trust that things are as you want them to be. This is loyalty to unseen reality. This is faith."*

Q. What is the difference between faith and trust?

A. At IASK, we see faith and trust as a belief in the unseen or unknown and not requiring proof. As nouns, we use them interchangeably; however, only trust can be used as a verb, so a good example of the distinction between them is, *"Because I have faith in my Greater Power, I trust that everything is going to work out fine in the long run."*

Q. How is trust related to senses 6-10 that you learned about in Chapter 2?

A. When you are operating in "invisible reality", you can't use the normal five senses because they are only able to detect physical, tangible things, or "visible" reality. We have defined trust and faith as a belief in the "unseen", so the only way to navigate and operate in invisible "reality" is by using your inner vision (sense #6), along with the your inner hearing (sense #7) , as well as your inner feeling/intuition. (sense#8). If this isn't clear, go back and review the section on the Sixth Sense in Chapter 2.

Q. On a scale of 1-10 how would you rate your ability to trust on a daily basis?

A. _____

Q.What have you tried so far to increase your faith and trust in life?

A. _____

Q. How is that working?

A. _____

Q. How can you increase your faith and trust?

A. Increasing your ability to exercise faith and trust is a process. As you take action in faith and experience results, your trust naturally deepens. Trust is hindered by fear, worry, and doubt, so Transformational Meditation™ provides a fast way to clear those obstacles. Anytime you feel anxious or uncertain, it's a signal that trust needs strengthening.

Q. Can you relate to the story below when it seemed to her like things were going wrong?

In own her words: *“When Wrong is Really Right”*

“Nothing has gone wrong; everything is as it should be.” I probably heard that phrase 100 times from my Teacher, reminding me God is still in charge. He didn’t go on vacation, make a mistake, or drop the ball on me. Everything was as it was supposed to be for that day, even when, through my lens, everything looked like it was going wrong and nothing was right.

Perspective is an interesting thing. When we are in the thick of it, we don’t yet have the luxury of hindsight to see all that God is doing “right” to orchestrate the next chapter when it feels like we are drowning or forgotten. At least, this was my experience.

In this particular season of my life, I was doing everything I’ve always done to have an incredibly successful and flourishing life, only this time, nothing was working. So, naturally, I responded by doing more and more... and more on top of that. I was flapping my wing of self-effort like crazy, just looping in circles, going nowhere, and tumbling to the ground fast. As I was plummeting, God would gently nudge me back up. He didn’t come in and fix it all at that moment; he would give me just enough insight to point me in the right direction.

He wanted me to learn to trust Him. Not the kind of trust you put on a bumper sticker on the back of your car, but the kind that drags you through such deep mud and muck that you literally use everything you have straining to pull yourself out, only to be thrown back in day after day...until you learn to trust Him.

Anything that could have gone wrong did. Business deals, partnerships, and dreams all ended abruptly and simultaneously. Flights to speaking events were grounded, meetings canceled for no apparent reason, business partners walked away, and relationships ended. Strange dead ends came out of nowhere, and I felt like I couldn’t breathe.

Thank goodness for my Teacher as she would calmly say, “Nothing has gone wrong; everything is as it should be.” I definitely blurted out a few times, “How can you even say that?” I was at my wit’s end. But each time, she would assure me, “God is still in control and must be up to something. What else could all this mean?”

I wanted quick fixes, solutions, and restoration. My prayers felt unanswered. Slowly, very slowly, and stubbornly, I learned to accept the obstacles as they presented themselves, knowing He would at least navigate me to the next bend in the road.

God moved drastically after that profound October. A new career, a new state, and surrounded by new people. He literally turned my life upside down. He was making everything that I knew halt because He had a new chapter for me. Actually, it was less like a new chapter and more like a whole new book and genre. But God knew *exactly* what He was doing. I met my husband in that new chapter and we later had a child. I never could have dreamed any of that up in the former season I’d been in. In fact, nothing had gone wrong. He was setting me up for a change, actually forcing me into one.

God wanted me to embody the lesson so deeply it was actually in my subconscious—in my muscle memory. I don’t have to ride the emotional rollercoaster anymore. I can throw my hands up in the air, *knowing* I’m not getting off this ride in the middle because God is not done; I can trust with joy instead of panic. God is truly turning all things into good. Everything is as it should be; nothing has gone wrong. ~Anonymous Entrepreneur

Points to Ponder:

Q. What’s preventing you from being able to trust more and what positive shifts might you see in your relationships, choices, and overall fulfillment if you allowed trust to shape your decisions?

Skill #5: Power

Q. What is the difference between power and force?

A. The key difference lies in the source. True power flows from the **Greater Power**, while force originates from the **little “i”s**. Power is grounded in truth, alignment, and Higher Consciousness, whereas force relies on control, domination, manipulation, coercion, oppression, bullying, intimidation, and suppression. Force demands, while power influences. David Hawkins' book, *Power vs. Force*, thoroughly addresses that topic, but remember, our goal is for you to embody power, not just study it.

Q. How do I access True Power?

A. True Power is derived from two fundamental elements:

- **Personal Power:** This form of power stems from managing the aspects of your life within your control, such as your thoughts, emotions, and actions. Harnessing this power is crucial, yet many overlook its significance.
- **The Greater Power:** Responsible for everything outside of your immediate control: matters that are, quite simply, above your paygrade.

It's your responsibility to manage your actions and reactions, the aspects directly within your control. Viktor Frankl, a Holocaust survivor and philosopher, in his book, *Man's Search for Meaning*, said, *"When we are no longer able to change a situation, we are challenged to change ourselves."*

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It's ironic that we often feel most in command when we are directly involved. However, the truth is that when situations slip beyond our control, they transition to more capable hands—the Greater Power. This is precisely why mastering the skill of Trust is so important.

Q. What does the statement, "power corrupts" mean?

A. We believe that power itself does not inherently corrupt; it is merely an energy, similar to electricity. The problem lies in an individual's perception and choices about how to use that power. For example, if someone believes that gaining control permits them to act without regard for the impact on others, they distort True Power into a self-serving perceived "power" driven by their little "i." This misuse promotes their personal agenda, indicating a shift from using Power constructively (Level One on the Map of Consciousness) to employing it in destructive and manipulative ways (Level Three on the Map of Consciousness). Perceived "power" is what the "separated" self believes is power...but is not.

Q. How does perceived "power" show up?

A. In the following actions:

- Domination
- Manipulation
- Intimidation
- Coercion
- Oppression
- Suppression
- Bullying
- Aggression

- Force
- Control (outside of yourself)

Q: We're going to share two stories—one highlights power and the other force and control. Can you easily differentiate between the two?

In her own words: “*The Red Shoes and the Record Player*”

My first session with my Teacher was very interesting, insightful, and unexpected. I had been experiencing stagnant energy, so she guided me into meditation and asked me to imagine a picture of the Universe. I immediately saw the geometric shape of an atom and the tree of creation.

Then, she asked me to imagine a picture or symbol of the part feeling stagnant energy, and I saw a cloud with thunder and rain. The part felt cloudy, foggy, dangerous, insecure, unpredictable, non-supportive, not loving, distracting, and destructive, with emotions of sadness, anger, and annoyance. Long story, short, I deleted the part, whereupon the Universe said:

“That’s all just a story you’re telling yourself. You need to trust and believe, and you will receive. You are safe, secure, and confident. You have the power within you; click your heels together three times to be home again. You are within the Universe, and the Universe is in you. You are in God. Everything can be unicorns and glitter.”

Then I heard a record playing in the distance, and as the sound became clearer, I saw a Fisher Price record player playing the Wizard of Oz soundtrack. Another little “i” came out and said, *“Keep playing the same old song and dance, and you’ll be safe; that record is the only thing you know that can help you escape.”* It actually trusted God and was tired of the same song. It wanted to know that if the record turned off and stopped, everything was still going to be okay.

The Universe said, *“You have the power to turn it off, to stop it, and to walk away. It’s time to stop playing that, remove the stick, and make your own music.”*

In my mind’s eye, I took off the tonearm from the record, turned off the power button, closed the top, picked up the record player from the floor, walked over to a huge white cupboard, opened the doors to the cupboard and put the record player way up on the top shelf. I then closed the doors, walked out the bedroom door, and closed that door behind me as well.

I felt immediate calm, and the Universe said, *“You have always had the power; the power has always been inside you.”*

This experience had a significant context for me, and the Universe used that in this healing. Let me explain. My name is Liza, and I was named after the actor Liza Minnelli. I was involved in theater for over 15 years and loved singing and dancing. Growing up, I watched The Wizard of Oz so many times that I could probably recite it word for word. When I was younger, I had this Fisher Price record player, and the only record I had was The Wizard of Oz soundtrack.

My childhood was very emotionally, mentally, physically, and spiritually abusive. To escape the reality I was in, I would go to my bedroom, put on that record, and escape to the magical land of Oz. It was my security blanket and was comforting. I knew I could always rely on it to make me feel better, even if it were a temporary fix.

When the Universe said, ***"You have the power within you,"*** I immediately thought of the part in the movie where Glinda, the Good Witch told Dorothy that she always had the power to go home. The power was always within her. God told me, *"Click your heels three times to go home because the power is within you."*

I had been playing the Wizard of Oz in my head on repeat to escape from reality for about 38 years. It was playing in the background of my subconscious, so I wasn't aware of it. When my Teacher guided me through the process, I could turn that record player off and put it away for good. This was such a profound experience that I will never forget it.

Liza Lomax, Actor, Love Your Body Coaching

Student-teacher dialogue: ***"I wanted control"***

Student: There's a part of me that wants to control outcomes so I exert all my strength and I try to dominate situations. If I can control the outcomes then I can validate my ego because deep down I don't feel I am enough. This toxic masculine energy and trying to force things is my way of feeling like I have some type of control over my life.

Teacher: What's God's viewpoint on forcing outcomes?

Student: Force is wasted energy. I would never win with that attitude by being in opposition with God. And the message is that I'm just trying to fix something that doesn't need fixing. I'm going to delete this part, but now I see a dog in a cage chasing its tail. And that's coming from force and control too. What I heard God say was, by being outcome-dependent, I'm trying to force the situation. I am forcing my role, which is just going to drain me, and then eventually, I'm going to give up and surrender. So why not just relax, enjoy my life, make it easy, and let the pieces of the puzzle be assembled for me as opposed to trying to force it? I deleted the dog too, so now there's just me and God.

Teacher: Okay. And when that feels complete, let all of that new programming and all the words that were spoken settle back inside and at your own pace, go ahead and open your eyes and come back, taking all the time you need. Anything you want to say about that? Are we done?

Student: Just be. Just just be. Just be. That's it. I'm installing it.

Teacher: Yes, let it BE. Let it be. Let it be. Just be **YOU**. And when you're being that, the right mental state naturally follows, but remember that we're not focusing on achieving a certain mental state; it's about embodying the right identity. So, just be you, alright?

Student: Yes, Let it *effing* be. I have had those pockets of time in my life where I was in that state of non attachment and that's where the flow was. And then when I started to see progress and started to get excited, that's when I was starting to force, and that's when it wasn't good. So my lesson and my practice is to remain in that state of non-attachment and just enjoy the ride. You know?

Teacher: Yes, That's the art of this. What's the usual definition of insanity?

Student: Doing the same thing over and over expecting a different result, right?

Teacher: Yes, but you took it to the next level. You actually got the new result and then stopped doing the thing that got you there. I call that the definition of insanity at an even higher level. So, it's ironic because you did a new thing by not being attached to an outcome. It got you the result. Then you stopped that and were attached again. You have to keep being non-attached if you want to continue with your same good results. That's a big one. Like when someone loses weight because they changed their diet and exercise but then when they hit their goal, they go back to the old habits and stop doing those things that got them the result, but they are expecting to still have the same result. That's why I call it insanity at a higher level!

Student: Yes, that makes sense.

Q. What does the Big Book of Alcoholics Anonymous say about Power?

A. *"Lack of power, that was our dilemma. We had to find a power by which we could live and it had to be a power greater than ourselves."*

Q. What does that mean to you?

A. Lack of power certainly is not exclusive to alcoholics and other substance abusers. It is actually the human dilemma. We *all* have to find a power greater than ourselves. That power is your Greater Power, that is omnipresent, omnipotent, and omniscient. The smartest thing we can do is tap into it.

Q. Do you know the first three steps of the 12-Step program of Alcoholics Anonymous?

A.

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Q. With minor adjustments in wording, how do these first three steps become applicable to the lives of all, including your own?

A. Rehabilitation is essential for everyone, not just alcoholics who feel powerless against addiction, but also for those overwhelmed by emotions, relationship challenges, weight issues, professional setbacks, health struggles, financial troubles, etc. The root cause is the same: the presence of little "i"s that operate in isolation without the support of a Greater Power. However, this power can be restored by either integrating these parts with the Greater Power or eliminating them.

These three steps highlight that overcoming problems requires a spiritual solution—not mental or cognitive techniques. Your remedy needs to be a method that clarifies or restores identity, and leads you into the the spiritual world, as suggested in Step Three: ***“Made a decision to turn our will and our lives over to the care of God as we understood Him.”***

Point to Ponder:

Remember a moment when forcing something didn’t turn out well. How would you handle it differently with a redo?

This chapter has helped you assess your current level of consciousness and explore five key life skills, thereby uncovering opportunities for growth. This awareness illuminates the transformations necessary for navigating your life with enhanced clarity and freedom. Additionally, twenty-three other vital life skills, not covered here, are discussed further in Chapter 6.

Our approach is so effective that it even helps students heal from Post-Traumatic Stress Disorder (PTSD), underscoring its profound impact. In the next chapter, you will learn more about PTSD and discover real-life stories that demonstrate how these tools and skills have transformed lives.

CHAPTER 5

PTSD:

Post Traumatic Stress Disorder

“It’s over. You made it.”—God

“I can’t believe this guy ruined my presentation” by Libby Adams, Ph.D.

Back in 1995, I conducted live presentations where I taught a condensed version of the material from this book, followed by a live TFM demonstration with a volunteer looking to resolve an issue. I offered these sessions free of charge as they were an excellent way to market the program and find new students.

One night, as I was unlocking the office to let the group in, one man came up to me and loudly said how excited he was about learning about meditation. As he spoke, the alcohol fumes he was exuding were extremely strong, so something was really off with him. Having never experienced this before, I didn’t quite know how to react in the moment, so I simply said, *“You’re going to have to calm down if you want to be able to meditate,”* and then we all went in.

I was about 30 seconds into the talk and that same guy abruptly interrupted, asking, *“What qualifies **you** to teach meditation?”* His unexpected remark was strange, given his voluntary attendance at a free event. One of my very tall students happened to be there so I asked him to escort the man out. At that moment, I remember thinking, *“I can’t believe this guy **ruined** my presentation.”* I completed the workshop because *“the show must go on”* but I never felt centered from that point on. I never felt like my “SELF.”

The next morning I woke up feeling “off” and couldn’t put my finger on it. I just felt jittery and sensed something was wrong. So, I did TfM, first bringing out my Greater Power, which I call God and then the part that felt “off.” It looked like a clenched jaw saying, “I can’t believe this guy ruined my presentation.” Then I asked the part if it was aware of God, which it was not. It became aware and then . . .

God: It’s over. It was fine.

Part: It’s over? It was fine? (part asked incredulously)

God: Yes. It was fine.

The part reunited with God and that was the end of it.

Q. How is this PTSD?

A. You might have been expecting a war story, and that's coming. However, it's crucial to understand that trauma varies in intensity—it exists on a continuum from mild to severe, and can even be completely debilitating.

We began with a mild example to help you recognize what traumatic stress entails: it is defined by your personal perception. What constitutes trauma for one person may not be the same for another. In other words, *it is what you say it is*.

In this example, the word “*ruin*” was used—an intense term that evoked trauma and stress, although it was not accurate. The presentation was not ruined but simply interrupted. Yet, the speaker perceived it differently. This misinterpretation led to the “separation,” which she could feel all during the presentation, but “The show must go on,” so she continued the presentation but she felt off and didn’t feel centered.

When she woke up the next morning, she recognized that she was feeling jittery but had no idea what was going on so she did a TfM to address it. The Transformational Meditation™ model is ideally suited for resolving PTSD, targeting both the trauma experienced during events and the subsequent lingering stress

Q. What is PTSD, then?

That acronym stands for “Post Traumatic Stress Disorder.” Breaking down those four letters, the one to focus on first is “**TRAUMA**.” As previously mentioned, trauma is perceived differently by each individual. For some, it might be witnessing or being in a horrific car accident; someone else might have peed their pants in first grade and gotten laughed at. What matters is the individual’s perception: if they consider the event traumatic, then it **IS** traumatic and sufficient to result in PTSD. The stress persists until the part(s) are restored to their original state of wholeness.

The next term to consider is “**STRESS**.” Naturally, a person undergoing trauma will experience significant stress; this is expected and normal. The real issue arises with the term “**POST**.” It’s

typical for stress to occur during a traumatic event, but if this stress continues long after the event—remaining years into the future—then it evolves into a **"DISORDER,"** represented by the **"D"** in PTSD. In the story you just read, the affected part was identified and remedied within 24 hours of its appearance.

Using the Transformational Meditation™ model, we've observed that a split-off part never moves forward in time, continuously reliving the event and perpetuating ongoing stress and anxiety. During TFM, we find the part that is stuck in the event, help it recognize its Greater Power, and facilitate a dialogue where the Greater Power assures the part that the event is over and that they made it.

The persistence of PTSD stems from the part's lack of awareness that the traumatic event is over. Unaware of the present time, the person continues to live as if the trauma is ongoing and it effectively remains active for them. Witnessing individuals come to the realization that the event is in the past, and watching them embrace the peace of the present, where they can finally move on, is profoundly rewarding.

Q. Do only major injuries cause PTSD?

A. See for yourself in this story:

In her own words, *"Now, that had to hurt!"*

My son was in town for business and so I had the opportunity to go out for my birthday dinner with him. As we walked to the car in the parking lot of his hotel, I was headed for the passenger side and then remembered I needed to open the door from the driver's side so my son could drive us. Unfortunately, when I made a quick pivot in direction, my shoes did not follow, throwing me off balance, causing me to fall down and hit my head on a cement curb.

That was shocking, to find myself lying on the ground in a hotel parking lot, so I just took a moment to breathe, be still, and to assess my situation. In a few minutes, as my son was supporting my neck, I reached up to feel my head and there was a bump about as big as a golf ball. It was unreal, just lying there like that trying to adjust to my new reality. The whole thing was shocking, actually, especially the huge bump.

In about five minutes, I told my son I was ready to get up; he helped me up, and we walked to his hotel room. According to the internet, the protocol was ice and Tylenol, which were both easy for my son to obtain in a hotel, so that was the good news. The next day, the doctor assured me that there were no major injuries and that it would just take time to heal. That was a relief. Four days later, I found myself just daydreaming and thinking about when I was lying on the ground in that hotel parking lot still in a state of shock. It felt as if I were still there, which actually alerted me that there was a part of me still stuck in the event, still lying on the ground. The part definitely did not know that the event was over and that I was fine, so I did Transformational Meditation™. When the part saw God, and God said it was over, the part got off the ground and merged with God. The "separation" was over and all was restored. —Libby Adams, Ph.D.

Q. The first two stories have been “mild.” Can you observe that the trauma is more severe in this next story? This student had been in a cult where she experienced ongoing trauma from the time she was born until age 25. This TfM was done when she was forty years old.

In her own words: “*The moat transformed into a garden*”

A part that got created when I was nine had appeared to be dormant so I thought it had gone away but it was actually buried and I had forgotten about it. Then it suddenly flared to life in the middle of a self-checkout at the grocery store when someone tried to move in front of me and take the station I was planning to use. All of my self-help work seemed to vanish and I was thrust back into a feeling of being trapped, being in a hostile environment, and being small in the face of aggression. I reacted instinctively under that part’s mandate.

This resulted in me physically shoving the woman away quite hard “to protect them” from a violence I felt was about to be unleashed. I had to metaphorically throw my body over myself to **“contain the explosion,”** and I got home crying, shaking, and feeling shattered.

Once home, behind closed doors and by myself, the explosion came out—I envisioned all the things I could have done, said, expressed in violence or in threats, and it scared me. I had not experienced that kind of “initial implosion/delayed explosion” in a very long time.

Through TfM the next day, my Teacher and I were able to work with the part that had expressed itself with the violence (real and imagined).

The part presented as a living minefield saying, “*touch this the wrong way, and things will blow up all over the place and cause injury in a three-mile radius.*” I was manifesting both the actual mine imploding, and then the explosion and the shrapnel going out and cutting in ways that were unexpected.

As soon as it saw Grace {her Greater Power}, there was stillness in the minefield, like the triggers disengaged at once. The part recognized and trusted the light, and Grace asked what it meant to be a minefield. The part responded that it had to keep me safe, because I was too small and incapable of protecting myself, so it would build a minefield and keep others away, or hurt them if they dared intrude, and I would be okay.

Grace opened her arms, and said there was no need, because she was already taking care of me, and I was already protected. The mines started dissolving into the light, as the minefield passed the baton of protection to Grace, and in the process I saw this big castle and moat and alligators, and all these big spiky, deep, dangerous things that had been erected to protect me when I was small, but Grace was saying to this part (and its little conglomerate of protective allies) that it was 2025. I had already grown up. I was already big and strong, and with her next to me, behind me, I was already very powerful.

Then an extraordinary thing happened. The moat turned into a gorgeous garden, and the flowers were thornless and vivacious, and bougainvillea plants were all over the walls, purple and cheerful, and lovely.

The garden spread and spread and I had this incredible power and peace blossoming inside me and becoming part of the fabric of my world. Grace said *“it’s okay, you’re safe. You’ve always been safe. You can’t be anything besides safe, anyway.”*

And it was true.

The light came back into my heart and I opened my eyes, back, and present, and brimming with a cheerful power and yet stillness.

The whole process took about 10-15 minutes. It’s extraordinary that something that has been born decades ago can come back to life in an instant, completely out of its time/space, and then it can be addressed and resolved, and choices open up. It’s really true that with Transformational Meditation we can regain our power, peace, freedom, and joy.

In this next story, the student wanted to do a TfM because he was feeling anxious but had no idea what was underneath it all. As you will see, once he got into his TfM exercise, he found that there was a huge, underlying situation from his childhood that had gotten triggered. Again, notice that these parts are never in The Now. This is what the TfM uncovered:

Student-Teacher dialogue: *“Uncle with the crazy eyes and the knife”*

Teacher: Close your eyes and imagine your usual picture that symbolizes God.

Student: Yes. I see it.

Teacher: And imagine a symbol that represents the part of you that feels anxious.

Student: I see a younger me, who is super paranoid. He is like, *“holy shit,”* as I see my crazy uncle with a knife. Am I gonna live tomorrow, or is this guy gonna, like, slit my throat in my sleep? And I have school the next morning and I have tests to take. I have tests to take, and I have to deal with this bullshit now.

Teacher: Okay. And so what year is it?

Student: 2006.

Teacher: So, you already see that he's stuck in 2006, but it's 2024 so we just have to get him out of there. Tell me when he becomes aware of God. Does he trust God?

Student: No.

Teacher: Okay. What would he need to know about God to be able to trust God?

Student: That God isn't gonna let him die right there and then.

Teacher: Okay. Did God let him die there and then?

Student: No.

Teacher: No. Because it's 2024, and you're here doing this exercise. But he doesn't know that because he's stuck looking at his crazy-eyed uncle with the knife, right? But now that he hears that, could he trust God?

Student: Yeah.

Teacher: Yes. And so what does God say to him about what year it is now and about everything else? What is the update with God?

Student: God says that it is 2024. It's 2024. Okay. I understand it now. Okay. I got it.

Teacher: So did he hear that not only God wouldn't let him die, but God didn't let him die. He didn't die.

Student: He heard all of it.

Teacher: So would he like to come into the now and get out of 2006...come into the now where you're alive and let go of all of that?

Student: Yes.

Teacher: So, what we're gonna do is we are going to separate the baby from the bathwater, okay? So, you're going to delete the uncle, the knife, and the crazy eyes so that only the younger you is there. And then the little you comes together with God into the now.

Student: So delete the uncle first?

Teacher: Yes, delete the uncle first. After that, you can bring the younger you together with God, all at your own pace. And then you're just in the now with God.

Student: Ok.

Teacher: And then what does God say to you in the now? Now that it's all over, what's the current state of the union according to God?

Student: I was safe, guided, and protected.

Teacher: Isn't that always the case?

Student: In the past, it definitely did not feel like it.

Teacher: It didn't feel like it, but were you safe, guided, and protected? You're here, aren't you? Somehow you made it here.

Student: Yes. Okay.

Teacher: That is correct. Let God tell you how you somehow made it here.

Student: Through the grace of God, I made it here.

Teacher: That makes it pretty easy to trust God then, doesn't it?

Student: Yeah. Yeah. Sometimes it feels like a roller coaster, though.

Student: You're talking about it that way, but do you notice you're actually talking about your feelings and your circumstances that are the roller coaster?

Student: Yes.

Teacher: Your feelings or circumstances are not the truth of God. They are not the YOU that you refer to as your "*Mighty I AM Presence*." In that place, there is no roller coaster, true?

Student: Yes.

Teacher: So the secret is to get your consciousness elevated to the level where you're operating as who YOU really are, isn't it?

Student: Yes.

Teacher: And who are you?

Student: That. I AM that.

Teacher: And from that place, is there a roller coaster?

Student: No.

Teacher: Is there a beginning or an end?

Student: No.

Teacher: Is there sickness?

Student: No.

Teacher: Is there an inside or an outside?

Student: No.

Teacher: Is there an up or a down?

Student: No.

Teacher: So I guess that's the place to stay, isn't it? And remember who you are, that you are that.

Student: True. That's the truth. That's the truth.

Teacher: And if you forget, then you'll have signals like negative thoughts or emotions reminding you that you're not being that. So you better run back up the map of consciousness and BE that.

Student: That is correct.

Teacher: Yes. That is absolutely correct. And tell me when that exercise feels complete about the anxiety and the uncle and that whole situation. That was something that happened to the Captain. It's not who you are. And you're certainly not defined by it, are you?

Student: No. Okay. And at this stage of my awareness, I realize it didn't happen to me. It happened *for* me.

Teacher: Yes. Yeah. And what's great about that that you didn't certainly notice at the time, but you could notice it now? Meaning, what did you learn? The lesson and the blessing, what is it?

Student: Yep. The lesson and the blessing from that situation with the uncle. Yep. What was the lesson? Be grateful. Be cheerful. Have a positive mental attitude. Focus. Know that God is with you. That's it.

Teacher: Right? Know that God is with you. That's the one. Yes. Then you will be grateful. You've got to know that God is with you. God's got you. God's protecting you at all times no matter what it looks like, right?

Student: Yeah.

Teacher: Don't fall for it. That's the truth, right? And to remember who you are. It's the one thing you need to know: who you are, and stop being who you're not. That's where the Freedom is. Then you're **free from** all those illusions, all those stories with the lowercase "s". And when you're free from that, what are you **free to** do?

Student: I'm free to live my purpose, work with God, do my thing, do what I have to do, free to raise my vibration and consciousness, There to be my Mighty I AM Presence and for all of us, like, each person. Right. Okay. Okay.

Teacher: And when you know that, then open your eyes and come back at your own pace. Yes. That was a big one.

Student: Yeah. Interesting realizations. Super interesting things.

Teacher: What are your interesting realizations?

Student: Again, it comes back down to story. It comes back to these little “i”s. It comes back to, you know, what's the truth? And, you know, everything I just shared with you is like, well, these things have occurred, but they don't define me. It happened for a good reason. I wouldn't be who I am today without this. And if I think about some of these situations, like, you know...this is one hell of a story. These are freaking stories. Yeah. To write about. You know? They are stories to write about.

Teacher: So good stuff. So a story, by definition, would be telling the actual circumstances of what happened to someone. This is what happened and then this happened and that happened and then how they felt about it. Right? Stories are not an identity. And the stories happened to the Captain. That's whose stories they are. But you're not the Captain, right?

Student: So, yes!

Teacher: Those things happened to the Captain or human self because you came into a body to experience your “*human being*” as your game piece that jumps around on the monopoly board of life and goes through these, like, choose your own adventures, right? All these life experiences.

Student: Yep.

Teacher: But it has nothing to do with who you are. And that's the key to maintaining the positive mental attitude that you were talking about.

Student: Yes. Right? And that's another important reminder. The little “i”s perceive something that appears to be true if there is an emotion that creates that resonance. But if I can continue to just stay in that higher frame, that's gonna be my focus... to maintain that higher frame at all times. I just have to keep being in this frame at all times. Because from that frame, that's the identity that if I can possess that at all times and BE that and just recognize and remember that I am not Clark Kent. I can do my trading with Grace. I can trade with a lot of Divine Grace and flow and peace. It's all gonna be fine, whatever happens.

So I can see that that little guy was not trusting God because he was stuck in the past saying, like, am I gonna get killed right now? He's thinking I'm gonna get killed, but then it turns out that was actually wrong.

Teacher: Right, you weren't gonna get killed. The younger you wasn't even close to getting killed. You're fine, and you made it all the way to 2024.

Student: Holy shit. Wow. You're right. You're right. Whenever it doesn't seem like there's not a way to make a play, I find a way to make a play. And in my lifetime, some of these situations were like, man, how am I gonna get it out of this one? Like, what, like, what do I do here? And somehow, some way, it just worked. No matter how intimidating it was, it just worked. And so that's where I have to recognize God's hand in the whole thing. It didn't just work, and I didn't just figure out a way. It was done through the Grace of God.

Teacher: Yes, you have to recognize that God did it, and you just didn't recognize it at the time. So one of my favorite sayings is ...and I don't know who said it...but when you feel like your back is against the wall, it isn't, because God is behind you. God's got your back. So your back can't be against the wall because God is there.

Student: God's right behind you. That is deep.. Wow. I just wasn't aware.

Teacher: Now that you recognize it, you can be peaceful, right? Doesn't matter what happens. God's got you. You could be grateful. You could be all of these things because you realize who you are and that you are not your human circumstances, okay?

Student: Powerful. Thank you.

Teacher: And, so when everything feels complete, go ahead and open your eyes and come back. Your True Identity cannot change; it's changeless. Circumstances and emotions are changing, but remember, not you. Not you. Like the little boy that was afraid he was going to die because his uncle had a knife. That's not you. They're just stories that happened to your human self, but the good news is you're not that. Your human identity is like your vehicle that you get around in to experience things. That's that. Okay?

Student: Yes. Okay, I'm back.

NOTE: As mentioned before, observe how, at the conclusion of the exercise, when the student felt deeply connected to God, the Teacher used the moment to solidify his embodiment of his True Identity. She reinforced the idea that his experiences, while impactful, were just narratives that didn't affect his Spiritual Being.

Q. What about the people who actually are aware of the traumatic event but it still just keeps going around and around in their head?

A. This next story is an example of that and this is also the typical story people think of when it comes to PTSD, although now you see that PTSD is created by many types of situations.

“Never came home from Vietnam”

In the nineties, we had a student who had served in Vietnam and was one of a few survivors in his platoon. He had recurring dreams and anxiety that left him exhausted. This had been going on for over twenty years. His teacher did a variation of Transformational Meditation because of the known severity of the trauma.

When his teacher guided him through the TfM, he was asked to imagine a picture that symbolized God and a picture of his current self (the Captain). Then he imagined that God and he were looking down through plexiglass at the younger part of him that was in Vietnam, experiencing that incident. The plexiglass between himself and the event prevented him from actually being IN the event or re-experiencing the emotions and horror that were down below.

Then the teacher asked the part below to become aware of God who was above. The part shifted his focus from the horrible incident to God's face, and he was incredulous. God said, *"It's over. You made it."* The part floated out of the incident and merged with God, coming back into the current year and for the first time, he was actually back home in the United States. A part of him had been left behind in Vietnam reliving that incident for twenty-two years.

That particular exercise was "one and done" because when the part became aware of God, it received a profound update: a new perspective on the traumatic event and a clear path out. Healing requires the parts to realize the trauma has ended and to return to the present with the Greater Power, effectively coming *"home."* Parts are programs; they can't choose their behavior until they are presented with new information by a Greater Power whereupon they have the chance to 'hop on the rescue ship' and return to Higher Consciousness and the Now.

Q. Can I undertake this on my own?

A. No, this isn't something to attempt solo. *Kids, don't try this at home!* It's crucial to have the support and guidance of a teacher who is trained in Transformational Meditation™, especially when dealing with trauma. We never know how severe it is going to be. Libby, being a trained professional, could manage her own exercise on her own, but it's essential to have expert assistance.

Also, it's important to note that the "trauma" Libby experienced over her presentation being interrupted was mild. In contrast, in the nineties, when Libby's cherished dog was unexpectedly hit and killed by a car, the intensity of her grief required her to seek the immediate support of her own IASK teachers for Transformational Meditation™.

This highlights a key principle of TfM: if the facilitator is deeply immersed in the trauma themselves, they cannot successfully facilitate their own process. A facilitator needs to be outside the trauma to guide it properly. Additionally, a facilitator must also undergo specialized training to effectively guide individuals with PTSD, so the students would not be expected to know how to guide their own process.

Q. Is the length of time someone has had PTSD significant in their recovery?

A. No. You've read stories spanning from 16 hours to 16 years and the principle holds true. As previously mentioned, once the part perceives the Truth, it cannot "unsee" it. This awareness allows the part to reevaluate the past event with new insights. Essentially, the event becomes a closed chapter.

Q. Does the intensity of the trauma impact the effectiveness of the recovery process?

A. No, intensity doesn't alter the healing process because healing occurs once the part recognizes that it is in the Now and the trauma has ended. The real transformative moment is the realization that it is over, making the initial intensity irrelevant. Note that we use the Transformational Meditation™ exercise to transform any part, traumatic or otherwise. Often it's "one and done" and other times there are several TfMs to complete the process of healing.

Again, in all of these cases, the issue fundamentally lies in not knowing the Truth, hence our quote in the last chapter, "***And you shall know the Truth, and the Truth shall make you free,***" liberating you from the little "i"s that keep you at the lowest levels of consciousness. Remember, consciousness is the currency of the future!

Furthermore, in the narrative involving the uncle with the crazy eyes, the Teacher emphasized that the student was more than his physical self or "Captain." Instead, his human aspect was compared to a Monopoly piece navigating around the game board. As Spiritual Beings, we aren't required to depend solely on our conscious minds to solve problems; we can connect directly with the Greater Power. This connection is exactly why the Transformational Meditation™ exercise consistently achieves positive results—it is directly overseen by the Greater Power.

Although TfM brings about change instantaneously, the process of identifying and transforming all of the numerous fragmented parts of the separated self or ego takes time. There is a lot of subtraction needed! Therefore, the next chapter will introduce an extended and more comprehensive program designed to systematically locate and transform these parts across various areas of life

CHAPTER 6

Where's MY damn rehab?

“We all need to rehab something.”

–Libby Adams, Ph.D.

Where it all started...a 28-day drug and alcohol rehab program...

In his own words: “That was twenty years ago and counting”

I started drinking and smoking marijuana when I went to college. It was part of the lifestyle and peer pressure was insurmountable. I never finished college. I started a family and struggled with not working and working too much. My drug abuse took priority. I left my family a few times and couch surfed for years before finally moving back with my family under a strict set of rules. It didn't work. I hit rock bottom and was going to move away from my family – again.

I thought I was lost but the universe showed me another way to live my life. I was offered an opportunity to move into a sober living program that offered Transformational Meditation (TfM) and the 28-Day Self-Mastery Intensive. It was also an opportunity to live in a safe, healthy environment, get sober, work, return to college and spend time with my family. The day I accepted the offer was my first day of true sobriety. That was twenty years ago and counting.

It all worked for me. There was structure and accountability. I had responsibilities. I learned the true value of my sobriety. I learned acceptance and a willingness to turn my life into what it should have always been. A happy, responsible life full of love and honesty. I witnessed many others change their lives with Transformational Meditation and the 12-Step Programs. It was transformational for me because my brain was transformed. The negative thoughts were easily

and quickly recognized and handled with a positive ferocity. The positive thoughts were watered and fed until they blossomed.

The outcome – It took a few years to clean up the mess I made of my life. I paid my past debts, improved my credit and cleared my criminal record. I have a healthy relationship with my family and friends. I have a successful management career. I continue to make amends and it's glorious. Good things happen to me, which I gratefully accept and pay it forward.

Understanding that I have the power to create my circumstances, use my words and actions for good, release limiting beliefs, and ask for what I want with a positive confidence continues to serve me well. I constantly revisit the 28-Day Self-Mastery Intensive and strive to evolve in my personal and professional life. I use the tools that I learned from TfM and the 28-day self-mastery Intensive to this day. I use these tools to enlighten anyone that is hurting, needs help or wants to improve their life. I am not in disbelief about who I have become. I am my true self.--Anonymous

“Where’s MY damn rehab?” Libby Adams, Ph.D.

In the ‘70s, my husband played professional basketball in the NBA for five years. When he got cut, he did not have the skills needed to cope with transitioning from that kind of lifestyle to “real life.” After teaching for nine years in the California public school system, I clearly understand that crucial skills for navigating life’s challenges were missing from the curriculum. This realization enhances my compassion for the students I work with, recognizing that they were never taught the necessary coping skills.

As a result, my husband’s way of “coping” was to escape through drugs. Eventually, he went to a 28-day rehab program, while I stayed home, caring for our two young boys, cooking, cleaning, and paying the bills. I was struggling to keep our life from falling apart.

A couple of days into the program, when I went to visit him, the director of the facility approached me and exclaimed enthusiastically, *“Your husband is doing so well—he’s the president of the rehab group!”*

Standing there, I thought, *“Oh, fantastic—he’s leading the rehab group while I’m out here juggling the kids and all the chaos. Wouldn’t it be nice to have 28 days to work on myself?”* Though it happened forty years ago, I vividly remember thinking in that moment, ***“Where’s MY damn rehab?”*** as if it were yesterday.

The program took nearly twenty years to bring to life but it started in 2001 when my ex-husband asked me to help him develop an inpatient drug and alcohol treatment program so others wouldn’t have to experience the thirteen detoxes and eight rehabs he had gone through. My immediate thought was, “Absolutely not. That’s the last thing I’d want to do,” as living with an addict had been incredibly painful.

We were divorced, and I thought I had left that chapter of my life. However, my Inner Guidance urged me to move forward, so we did. We created a structured system built on the four pillars you'll soon learn about. It was remarkably effective because it tackled the underlying issues that substance abusers were trying to escape. Transformational Meditation proved to be the perfect vehicle for their swift transformation.

Once the program had been running effectively for two years, Inner Guidance led me to create a version for people who weren't dealing with substance abuse. This was the solution I had longed for back in 1984, as I stood in that drug treatment center. In India, I rewrote the curriculum, broadening its scope to address the everyday challenges of life that affect us all.

In 2021, I was interviewed by Larry Winget, the 'Pitbull of Personal Development' and a six-time New York Times and Wall Street Journal best-selling author, who shared that TV shows about rehabbing houses had always fascinated him. He said he loves the idea of taking a piece of property and removing everything that prevents the space from being its most useful for the family—pulling off worn-out cabinets and sheetrock to get down to a solid foundation, and then building something better.

The living room is opened up and connected to the kitchen, making entertaining easier and the home more welcoming. Bathrooms are redesigned to create a more functional and inviting space. Some parts can be repaired, while others are improved to fix areas of the house that didn't work well. The result is the same house on the same lot... but better.

We all need to rehab something in our lives, right? Maybe it's your finances or your relationship with your spouse or children. Perhaps you need to rehab your health, career, or business. We've found that most people are still dealing with lingering issues from their past that prevent them from moving forward. Those are the areas in "ruin" that need to be "repaired."

I created the 28-day Mastery of "self" Course because even without a drug or alcohol problem, everyone has something in their life that needs "*rehabbing*." We all want to grow, heal, and unlock our full potential, but that process requires clearing past baggage and developing new skills. While you can't check into a drug rehab center just to work on personal growth, you now have the opportunity to do exactly that, but from home and without disrupting your daily life or job.

A good number of the individuals we've worked with are traders. Trading stocks, futures, and commodities—particularly in today's volatile financial markets—creates immense stress. These traders must rehab their stress management skills as part of improving their trading psychology.

They need to stay steady and centered, making decisions rooted in self-awareness and a connection to their inner guidance. Reacting out of fear, panic, or being impulsive leads to costly mistakes, both emotionally and financially to themselves and their clients. To succeed, they must ensure that their little "i"'s don't take control of their trades. Instead, they need to operate from an elevated and peaceful level of consciousness, allowing them to follow their trading system effectively and generate profit.

Interestingly, most of the people in the 28-day graduates are men. Within a few weeks, their wives see the massive shifts in them, and they sign up too. Like Larry Winget said in our interview:

“Everybody does have something in their life they wish were better or different, or they could just strip away all the crap that’s happened over the years and get back to the foundation. I love the comparison of rehabbing houses. I watch all those shows. And what they always do is pull off all the worn out sheetrock and cabinets and get back to a good foundation. Is that kind of the same thing?”

And I responded, *“It’s exactly the same thing!”* That’s our perfect definition of subtraction: *“Stripping away the crap that’s happened over the years and get back to the foundation,”* as Larry so aptly put it. Your foundation is Spiritual. Strip away the little “i” *crap* and you’re back to who you always *have* been, just like the golden Buddha they covered in mud that you read about in the Introduction. We would emphasize that you are being repaired by subtraction.

The 28-day course is a spiritual journey centered on building a strong connection with your Greater Power. As noted in the Introduction, you can call it God, Higher Power, or Infinite Intelligence, like Napoleon Hill. The name is secondary; the real magic lies in tapping into your Greater Power, which is the secret sauce to transformation.

Think back to the story of the pilot who felt like he was playing Russian roulette every time he flew a plane after 9/11 and the immense stress and anxiety it caused him. After doing the Transformational Meditation™ exercise, that issue was completely gone—one and done. This was a targeted issue, resolved in moments.

While the pilot’s story shows that some issues can be resolved in a single session, people face more than one challenge. They don’t just have one little “i.” As Swami Rama wisely noted, they deal with numerous little “i”s that cause various issues. Operating in many different areas of life naturally leads to a range of challenges, as these issues show up in various forms.

A well-structured 28-day course is crucial for addressing the unique problems that arise across life’s many dimensions. And since every student’s circumstances are different, the process must be tailored specifically to their needs and delivered in a one-on-one setting.

—Libby Adams, Founder, International Academy of Self-Knowledge

Libby’s story was included in a book called Life Boosts, Volume 3, a compilation book with Suzanne Evans and Larry Winget. Her chapter was called ***“Where’s MY Damn Rehab?”***

In it, she wrote:

“In many cases, a good rehab can save the life of a substance abuser, but a ‘good 28-day program’ for a high-achiever looking to optimize their life can also improve, enhance, and liberate them from the challenges that hold them back. Rehab isn’t just for addicts anymore. It is a movement that can catapult the success of those who have the will to go after what they deeply desire.”

In his own words: “Wait! What About Me? Where’s My Rehab?”

When I was introduced to the International Academy of Self-Knowledge in 2002, I was on the heels of a heartbreaking divorce. To put it quite simply, I was an emotional wreck. I just didn’t know how much of a wreck I was.

I came to IASK through the Recovery Field. I was hired to be a Recovery Coach at the original 28-day rehab program which was designed exclusively for people with drug and alcohol issues. They trained me to facilitate the recovery process of people who were suffering from addiction. Little did I know this also meant me.

Let me explain. I didn’t have an issue with alcohol or drugs. However, I was addicted to self-doubt, low self-esteem and lacked confidence. The first page of their 28-day course manual had this quote by William James. ***“To change one’s life: Start immediately. Do it flamboyantly. No exceptions.”*** I gotta tell you, this rocked my world. You’re telling me, Dr. Libby, by way of William James, that to change my life, I must start right now, immediately? Oh, hell no! I’m not ready to do that for myself. I’ll help others recover from their stuff. But don’t ask me to work on me. I’m okay. Classic addict.

Well, here I was being trained in this transformational work, and actually living in their recovery home where I was forced (hired) to do this program with a group of men every single day. I was stuck. And, I came to love it. I figured since I was here, I may as well jump in. I am so glad I did.

It all starts with Desire because nothing in life happens without Desire. For example, you had a desire to buy this book. As Dr. Libby quotes Napoleon Hill on day one of the program: *“Desire is the internal fire of motivation. Weak desire leads to weak results; strong desire translates dreams into reality.”* Yep, sign me up.

I had the desire to kick the addiction of the false beliefs that had been running my life for a long time. I had to admit that I was powerless over the thoughts that kept me stuck. I desired to be free of this.

The other concept I live by every day is Purpose, which was Day 3 of the program. Each student is individually walked through the process of creating a customized, Personal Purpose Statement. As the program states, *“Your Purpose answers the questions, ‘Why am I here? Where am I going?’*” This has been, by far, the most important concept/practice in my life. I have had the same Purpose Statement for the past 20 plus years and it has taken me to places I never could have imagined and I’m still coaching in the program that Dr. Libby adapted for non-substance users.

The Spiritual coursework taught through the International Academy of Self-Knowledge is for those who are ready to rehab their lives and recover from the addiction of self-doubt, low self-esteem, self-esteem, or just seem to be stuck and know there is something more for them. Finally, tap into your desire to be free. You deserve to experience the very best of your SELF.
–Eugene Holden, Certified IASK Transformational Teacher

Four Pillars of the 28-day Mastery of “self”™ System

The 28-day Mastery of “self”™ Course isn’t just a program; it’s a system. Because changes are needed on many levels and in different areas, it is vital to have a system whose elements function seamlessly together to deliver tangible results and ensure lasting change. Four critical pillars support our system, and it cannot function effectively if any are missing:

1. Peak Performance and Goal Achievement
2. 28 Essential Success Skills
3. Transformational Tools
4. A Teacher/Mentor

Pillar 1: Peak Performance and Goal Achievement

This comprehensive 28-day system covers all aspects of your life, including relationships, family, work, health, emotions, and spirituality. **Pillar 1** helps you establish clear objectives for what you want to achieve during the 28-day period and beyond. Since every goal requires a solid plan, you’ll work closely with your Teacher six days a week for 45-minute sessions, developing daily routines and strategies and then monitoring weekly progress to stay on track toward achieving your goals. Your Teacher/Mentor offers both support and accountability every step of the way.

Setting goals offers crucial feedback; failing to meet a goal can either reveal a little “i” that’s hindering your progress or flaws in your plan. By evaluating your results, you can identify and eliminate barriers, paving the way to your success. Echoing T. Harv Eker’s words from Chapter Four, you will *“correct and continue.”* In Chapter Four, we quoted the NLP presupposition, ***“There is no failure, only feedback.”*** Thanks to feedback during your daily check-ins, you’re able to make swift course corrections, thereby fast-tracking your progress and forward movement.

Pillar 2: 28 Essential Success Skills

To reach those goals, you’ll need to be able to apply a specific set of essential life and success skills, especially those that support you in establishing a strong spiritual connection to a Greater Power and trusting in the unseen, invisible realm. While Wayne Dyer teaches that we are spiritual beings having a human experience, we should also strive to be human beings having a SPIRITUAL experience. Neville Goddard highlights the importance of transferring loyalty from the visible to the invisible—a skill that takes practice.

Over the course of 28 days, **Pillar 2** equips you with 28 essential success skills for effectively navigating life’s challenges. The 28-day course expands on the seven skills introduced in Chapter Four by teaching you all 28 skills in detail, one skill per day. Each day’s skill builds on the previous one, enabling you to not only deepen your understanding of the skill but to actually be able to apply it in the “laboratory of your life” as you go about your daily routines—whether at home, work, or elsewhere.

Through daily interaction, your Teacher will provide personalized support to ensure you are able to effectively apply the skills for lasting transformation

Skills 1-7 are taught during the first week and move you into immediate action in the direction of your Desires. In *Think and Grow Rich*, Napoleon Hill said that Desire is the starting point of achievement, so that is why Desire is taught on the first day of the 28-day journey.

The second day of the course focuses on Clarity, helping you refine and understand the Desires identified on the previous day. This process requires careful discernment, because the little “i”s also have desires, but those desires always lead you off course. Many people struggle to identify what they truly want, so the first two days of this system help you clarify your desires and ensure you are aligning your actions with higher consciousness and moving towards your goals.

On Day Three, Purpose, your Teacher will guide you through a closed-eye process to reveal your life’s purpose and mission with clarity. Knowing your purpose is vital because, as highlighted in Chapter 4, each choice you make either propels you toward or away from it. Your mission statement becomes your compass, keeping you on track. The remaining four skills of the first week help you create a good plan and execute it.

Skills 8-14 focus on developing keen skills of self-observation. The second week of the course starts off with the skill of Awareness, where you’ll learn four signals to recognize negative thoughts, emotions, and actions that indicate you are off track. You’ll then learn four tools, part of **Pillar 3**, to help you quickly shift back on course and elevate your consciousness. This ability to swiftly recognize and adjust negative patterns reduces struggle and empowers you to operate as your Big I—not the version shaped by limiting beliefs of the little “i”s, which we refer to as “who you are not, but is masquerading as you”.

Skills 15-21 delve into Power—Understanding what enhances Power, what diminishes it, and strategies to overcome those challenges. Trust is a foundational skill of this week which enables you to get in alignment with the True Power of your Greater Power. Using the tools learned in this week strengthen your ability to manage your thoughts and emotions, directly increasing your personal Power and building the strength needed to live powerfully and authentically. In order to maintain True Power, you need the skills of Non-Resistance (acceptance of things you can’t change), Non-Attachment (letting go when you’ve done all you can do) and Forgiveness (moving on). These are the skills that you learn to actually EMBODY and implement in the third week.

Skills 22-28 focus on Spiritual Connection. You’ll come to understand that while it’s not possible to be truly 'disconnected,' it is possible to *feel* that way. However, you’ll no longer buy into those feelings and emotions because, in the week of self-observation, you learned that your “feelings” are not your identity.

We kick this final week off with the skill of Fearlessness and by this point in the course, you are truly able to identify with Swami Rama's quote:

“Fear is the greatest enemy of man . . . When I started testing my courage, I suddenly remembered: I am not going to die, for there is no death for my soul, and death for this body is inevitable but unimportant. I am eternal. Why am I afraid? I have been identifying myself with my body—what a poor fool I have been.”

The last day of Week Four culminates with the ultimate goal of the course, which is Skill #28: Freedom. You are *“free from”* the bondage of the separated self, and *“free to”* to live in Love, Joy and Peace.

Pillar 3: Transformational Tools

Thoughts, emotions, and actions form the foundation of your psychology, and when your perceptions are skewed, they trigger a cascade of challenges. **Pillar 3** is designed to transform limiting beliefs and attitudes, preventing or reversing this chain reaction of problems. To effectively implement the 28 skills from Pillar 2, you’ll also need clear signals to recognize when you’re off course and practical tools to guide you back. **Pillar 3** equips you with these transformational tools, ensuring steady and effective progress.

The challenge lies in the fact that many of your beliefs and attitudes operate unconsciously, creating blind spots that neither you nor conventional methods can resolve. However, by utilizing effective transformational tools, you can uncover the unconscious thoughts fueling your negative emotions and driving unproductive actions. By bringing limiting attitudes and faulty beliefs to light, and using the right tools, you gain the ability to shift them and create lasting change.

You’ll also discover how to conquer the uncertainty that prevents you from taking deliberate action. For those prone to overthinking, you’ll learn to calm the excessive mental chatter, or “cerebral circus” that derails your focus. If overwhelming emotions are getting in your way, you’ll gain tools to navigate and release them effectively.

If you’ve been involved in self-development programs for years, that’s a wonderful foundation! The 28-day Mastery of “self”™ Course provides the essential skills and tools to help you extract the full benefit from every program you’ve attended. Because this system is not DIY (Do It Yourself) but rather DWY (Done With You), its practical approach ensures you won’t be among the 80% who never finish the programs they begin. Unlike typical DIY courses, this approach offers live, one-on-one daily support to keep you from getting stuck and ensures consistent progress. That brings us to **Pillar 4**—the glue that holds this entire system together.

Pillar 4: A Teacher/Mentor

Many people think that knowledge is power, but the truth is, power lies in applied knowledge. While learning principles is important, it’s the ability to create a plan and take purposeful action that drives success. Implementation is what truly makes the difference.

Without a Teacher's guidance, students will be unable to effectively implement the other three pillars of this four-part system. The Teacher is crucial for enabling students to acquire the 28 skills and utilize the transformational tools, which are essential for achieving their goals. Notice how the teacher (Pillar 4) plays a vital role in the other 3 pillars.

In **Pillar 1** (*Peak Performance and Goal Achievement*), the Teacher works with the student to define and track their objectives and provide support and accountability.

In **Pillar 2** (*Essential Success Skills*), the Teacher explains each skill and supports the student in incorporating it into their daily life, ensuring practical application and consistent practice.

In **Pillar 3** (*Transformational Tools*), the Teacher provides personalized, hands-on guidance in using specific and proprietary transformational tools to reprogram the little “i”s. Transformational Meditation™, one of the tools and a core practice, is led by the Teacher as the student participates with eyes closed.

Overall, the Teacher helps you identify challenges or obstacles that may hinder your progress, and walks you through the tools to overcome them. This consistent daily support keeps you aligned with your objectives and empowers you to make meaningful changes. Leveraging our expertise helps you avoid costly mistakes, ensuring you stay on track and make the most direct route to achieving your goals, resulting in a smoother and more fulfilling experience. And most importantly, it is the Teacher that will guide and accompany you on the Spiritual Journey that will take you where you want to go.

While it's tempting to go it alone, the truly successful seek out Teachers who provide clarity, direction, and guidance, saving you time and money by helping you avoid unnecessary errors. This principle underscores why elite athletes, such as quarterback Joe Montana, who guided the San Francisco 49ers to four Super Bowl victories, always surrounded themselves with multiple coaches.

In their book, *The Winning Spirit*, Joe Montana and Tom Mitchell, a graduate of the 28-day Mastery of “self” Course say this:

“Most Peak Performers receive some type of coaching. Knowing to ask for help is a major step in personal growth. Seeking another point of view from someone we trust and respect is often exactly what is needed to reach the next level.”

“We might use a coach when we're going through a career transition, trying to get in shape, reconnecting with or refining our purpose in life, enhancing parenting skills, developing creativity, improving self-esteem, or wanting to deepen a love relationship.”

“A coach is an invaluable resource recognized by many large and small companies as a necessity to help a staff improve performances. These companies are giving their valued employees and best prospects what star athletes have long had: a trusted adviser to help them improve their performance and reach their goals.”

Joe Montana: *“If you're really committed to excellence in any field, find a performance coach who can help guide you to a higher level of achievement. Whether it's a trainer at the gym, a mentor at the office, or an instructor to improve your golf game, that's how we get better.”*

Tom Mitchell: *“Capturing the winning spirit is not a solo enterprise.”* And when completing our 28-day Mastery of “self”™ Course, he said, *“I think the secret sauce is the Personal Touch of the live one-on-one coaching that one receives with the 28-day program.”*

“God Likes to Drive Fast and Safely” by Libby Adams, Ph.D.

My personal trainer was married to a race car driver and said she was concerned for his safety. I watched a few of his races on TV and I could see how dangerous it was because they were driving so fast. There was literally no room for error.

After taking the 28-day Mastery of “self”™ Course, he was able to focus and raise his consciousness while he was driving. Transformational Meditation was one of the keys to raising his consciousness, but so were the various skills, especially Power and Non-attachment. He could not be attached to winning the race, and just focus on driving his best and BEING his best. After 28 days, he had an entirely different perspective. He learned the skills needed to be a great Master of his “self” which allowed him to be at the top of his game. He won the Grand-Am Rolex Series Championship that year. He told me, *“When I put on my helmet, God is driving the car.”*

I smiled and responded, *“Apparently God likes to drive fast and safely.”*

We hope that the stories throughout this book have resonated with you and sparked a desire to explore the transformational process further. In the next chapter, we will offer you some actionable steps in the real world. It's not just about understanding the process—it's about taking the next step to experience it for yourself. Let's explore how you can move forward on this journey and discover how to make that happen.

CHAPTER 7

NEXT STEPS IN THE REAL WORLD

“Information without Transformation is impotent.”

–Libby Adams, Ph.D.

The Next Step

This book serves as your wake-up call. It's not here to be another addition to your self-help library but rather to be the last self-help book you'll need to read. Because after this, you'll understand why true transformation requires taking the next step: engaging in one-on-one work with a Certified Teacher who can guide you through your unique journey of personal and spiritual development.

When you read personal development books by those who have coached individuals to significant achievements, you'll notice that, almost universally, their most successful clients were those they mentored individually. This highlights the significant gap between simply knowing something and being adeptly guided to implement it effectively, as much as we might hope otherwise.

We could easily write this book, market our video program that teaches the 28 skills along with the accompanying course manual and videos, distribute our written 10-step TfM process and other tools, and claim that these resources alone will lead you to success. Indeed, this approach would allow us to reach more people and increase profits with minimal effort. However, our extensive experience over 30 years tells us this is not effective. We prioritize your success above all, which is why we emphasize the indispensable role of one-on-one customized guidance.

So, the choice becomes clear: continue collecting information, or take action toward real transformation. We believe this book has shown you why the latter is not just preferable – it's essential for achieving the lasting change you seek. What if the missing piece of your personal transformation isn't more knowledge, but action? Imagine looking back a year from now, wondering why you didn't take the step that could have changed everything.

Why Traditional Self-Help Falls Short

Q. If books alone could solve life's problems, wouldn't we all be living our best lives by now?

A. The reality is that transformation requires:

- Personal guidance tailored to your specific situation
- Real-time feedback from someone who can see your blind spots
- A compassionate mentor who understands both the destination and the journey
- Practical experience in applying wisdom to your unique circumstances

Beyond Intellectual Understanding

We hope that you are beyond your mind creating resistance at this point. If you do have thoughts like *“I can do it myself”* *“I’ve tried similar things before”* you know that they are just little “i”s and you understand that they say things that aren’t true. The kind of transformational journey we are talking about cannot be done by you. And...you have not tried THIS before.

The Crucial Next Step

To personally experience the transformational process, your next step is to enroll in the 2-hour *Introduction to SELF-Discovery™ Course*. During this session, you’ll work through two specific challenges or blocks you identified while reading this book—whether it’s fear, job stress, or relationship issues—and transform them. You’ll also go through the Alignment Process™, a guided meditation designed to connect you with your Greater Power and bring all four expressions of mind into balanced harmony.

The 28-day Mastery of “self”™ Course is by invitation only, so we just start with a 2-hour course. That session allows you to determine if the work is a good fit for you while enabling us to assess your readiness. If you are receptive after the initial session, the 28-day Mastery of “self” Course promises to deliver powerful results.

At this moment, IASK offers you a clear way forward. During your 2-hour, one-on-one video session with a certified Transformational Teacher, you'll realize that it's more than just a consultation—it's your gateway to:

Understanding your specific blocks and how to overcome them

Discovering firsthand how to access your intuitive wisdom through direct experience

Benefiting from personalized guidance tailored to your individual circumstances

Experiencing a powerful technique that has revolutionized countless lives

Also, the course includes a money-back guarantee, so there's nothing to lose—just the opportunity to experience a groundbreaking process that will revolutionize the way you think about transformation. You will shift the paradigm from personal development to spiritual evolution. While we are confident in our process, we understand that you may still be unsure so should the results not meet your expectations, a full refund will be issued. We've witnessed its success for 30 years, and we are prepared to back your journey fully.

Q. What is the cost of waiting and not addressing your issues now? Remember Dr. Stephen David, who wrote the Foreword? Here's his answer to that question:

A: Every day you delay is another day spent:

- Making decisions without access to your full intuitive wisdom
- Navigating relationships without proper tools
- Missing opportunities that your developed intuition could reveal
- Staying stuck in patterns that no longer serve you

A. Every moment you spend hesitating is a moment:

- Your intuitive abilities remain underdeveloped
- Your challenges continue to impact your life
- Opportunities pass by unrecognized
- Your true potential remains untapped

Dr. David continues:

*“Now that you have finished the book, you can see why I was excited to write the Foreword. My hope was to inspire you to take the same IASK journey that I have. The investment I made to participate in the 2-hour **Introduction to SELF-Discovery Course** and the 28-day Mastery of ‘self’ Course™ has already paid for itself over and over again in innumerable ways. This intensive, compact curriculum and the momentum achieved is well worth the cost and specialized content and experiences in the 28 days program.*

In fact, the question should be, what was it costing me not to have access to higher levels of functioning and apply this knowledge to improve my whole health, including spirit, my finances/career and my relationships. It is likely the best investment I have ever made in my growth as a human being. Now that you've completed reading this book you will understand why it makes sense to just take the next step by enrolling in the 2 Hour session and 28-day curriculum and experience rapid positive transformation for yourself. in all aspects of your life for the benefit of yourself and others.”

Q. What Makes This Different?

A. IASK's approach is unique:

- One-on-one attention focused solely on your specific situation
- Proven methods for accessing your intuitive wisdom
- Immediate, practical application to your current challenges
- Expert guidance from certified Teachers who have walked this path

Q. Who is the Introduction to SELF-Discovery Course ideally for?

- You believe in a Higher Power
- You know that you can BE more, DO more and HAVE more but it hasn't happened to the degree you want it to yet
- You know your thoughts create your reality but you don't know how to change them
- You have tried other things and have not gotten the results you want
- You are still searching and open to finding what you have been looking for

Q. Who is it not for?

- People who don't believe in some version of a Greater Power
- People who are so skeptical they aren't open to giving it a try
- People who want someone to convince them that they should do this
- People who are unwilling to take a next step beyond reading

Q. What if I'm already a Spiritual Teacher or a Coach?

A. If you already run a coaching business, we are eager for you to explore the International Academy of Self-Knowledge, our courses, and Transformational Meditation™. You can integrate the TfM exercise into your existing offerings. Additionally, most coaches lack a 28-day course in their repertoire of programs. Often, coaches feel they aren't facilitating enough profound and lasting changes for their students. We have a proven system.

The first step to becoming an Academy-certified Teacher is to complete the 28-day Mastery of "self"™ Course, followed by a Teacher Training where you'll learn how to instruct our courses.

Q. What is the Power of Immediate Action

A. Consider this: Those who schedule their 2-hour session immediately after reading this chapter consistently report one common regret – wishing they had done it sooner. Why? Because even in just two hours, you will:

- Experience a taste of your true potential
- Understand why traditional self-help hasn't worked
- See a clear path forward for your personal transformation

As we close this final chapter, you face a choice. We feel good about urging you, yet we trust that you will make the right decision for yourself. This book itself is designed not as a complete solution but as a **catalyst for taking action**. It was written with YOU in mind and it has only one purpose: for you to learn enough about rapid transformation that you are willing to take the next step in the “real world” and put it to the test.

Begin your journey to real transformation.

Again, this book was never meant to be just another resource – it's meant to be the last book you'll need to read before taking real action. Your transformation begins with a single decision. Imagine the clarity, peace, and empowerment you could experience after just one session. Let this be the moment you say “yes” to your potential and move into the life you were meant to live. The next step in this journey is yours to take—we can’t wait to see where it leads you.

Your transformation begins with a single decision. Imagine the clarity, peace, and empowerment you could experience after just one session. Let this be the moment you say “yes” to your potential and step into the life you were meant to live. The next move in this journey is yours to make—we can’t wait to see where it leads you.

No more questions or stories to delay action. We are excited to meet you! It’s your turn; let the next story be YOURS.

Here are your next steps should you choose to take them:

Put this book down.

Enroll in the 2-hour Introduction to SELF-Discovery Course at:

www.YouAreNotClarkKent.com

Or scan this QR code:



On behalf of the Teachers at the International Academy of Self-Knowledge, we thank you for joining us on this journey. To close, we leave you with a quote from Dr. Wayne Dyer's beloved sage, Lao Tzu: ***"The journey of a thousand miles begins with a single step."***

If you've enjoyed this book, we ask you to consider leaving a review on Amazon, Barnes & Noble, Audible and Goodreads. It does not need to be long, but reviews really help in getting the online platforms to find new readers for books. And if you have friends or family who you think would enjoy this book, please recommend it to them. Word of mouth remains the best marketing any author can hope for.

