

Unit -4 **BECOMING EXTRAORDINARY CHANGING THE WORLD**

- Be Irresistible – where we learn to be Fear Proof

HOW TO BE A SPIRITUAL BADASS

There is a great myth in spirituality today: that in order to be spiritual, we must resign ourselves from the world. In other words, to be spiritual, one must avoid big goals, ambitions, and wealth. Rubbish. I believe the most spiritual people in the world today are those who are doing things to push the human race forward. To be extraordinary is to be connected to this spiritual aspect of yourself and to feel it move you to create, change, invent, and rattle the world.

Ken Wilber, perhaps the greatest living philosopher in the world today, wrote a beautiful essay on this subject called “Egolessness.” In it, he says: The typical person wants the spiritual sage to be less than a person, somehow devoid of all the messy, juicy, complex, pulsating, desiring, urging forces that drive most human beings. . . . We want our sages to be untouched by them altogether. And that absence, that vacancy, that “less than personal” is what we often mean by “egoless.” But egoless does not mean “less than personal”; it means “more than personal.” Not personal minus, but personal PLUS—all the normal personal qualities plus some transpersonal ones. Think of the great yogis, saints, and sages, from Moses to Christ to Padmasambhava. They were not feeble mannered milquetoasts but fierce movers and shakers—from bullwhips in the temple to subduing entire countries. They rattled the world on its own terms, not in some pie-in-the-sky piety; many of them instigated massive social revolutions that have continued for thousands of years.

BUDDHA OR BADASS

Here is what I believe Yoda was saying. To truly be a great warrior in the world, you must step past your fears. It’s inevitable that we get attached to people, to our goals, and fear losing them—but a true Jedi knows that attachments to people and goals can hinder us. It is possible to move toward a goal or to be madly in love with someone—without attachment. Often what we really fear is not losing the other but losing that part of ourselves that this someone or something makes us feel. This happens when we attach our sense of self-worth and happiness to someone or something outside of ourselves. Go ahead and love well. Work hard toward a goal, but know that when you make your feelings of love and fulfillment come from an internal reservoir and not from the other person or the goal, you become much stronger. In fact, you may discover that you can love better and pursue your goals with much more ease. But it starts with a feeling within. Before we come to finding your own particular quest—that aspect of the world that you can “rattle”—you first need to find your “badassery.”

- The First component of Being fearless is self-fueled Goals

A good end goal is something you have absolute control over. No object or person can take it away from you.

over. No object or person can take it away from you. I now call goals like this self-fueled end goals. For example, let’s look at end goals for a fictional character named Vanessa, newly married to Dan. Vanessa might write down this goal: “To be madly in love with Dan.” Is this an end goal? It might seem so—but it’s not. Why? Because the attainment of this goal is largely dependent on someone else. What if she and Dan fall out of love? A better end goal for Vanessa might be this: “To be consistently surrounded by love.” The beauty of this end goal is that Vanessa controls it. It is thus

“self-fueled.” If she and Dan have a long, healthy marriage, this goal manifests. But even if the marriage doesn’t work out, Vanessa can still be surrounded by love—from friends, family, a new partner—or best of all, from her own love for herself. Setting expansive and truly powerful end goals like these is simple. And goals like these are largely within our control

When you identify self-fueled end goals that put them within your power— you will have nothing to lose. Not love. Not learning. Not beautiful human experiences. You will be free to live life on your own terms and to explore opportunities that might once have seemed out of reach or inconceivable. Too many people stay stunted in their growth because of fear of loss—but when you go deep enough with this exercise, you realize that there is no loss. Happiness is completely within your control, and when you have nothing to lose, you’re free to think and dream boldly. Replacing fear with courage is one of the key components of being unfuckwithable. Most people live their lives consistently bothered and worried about not being loved enough, about not succeeding fast enough, not being significant, not being impressive, losing the things that make us happy. But when you let go of the Brules that lead you to the wrong priorities, look beyond your means goals and create self-fueled end goals, you’ve effectively botherproofed yourself. You stop worrying about what others will think of you or might take from you, and you free yourself to dream big and be creative in other areas of your life

The ultimate beauty of self-fueled End Goals

It’s nearly impossible to go through childhood without some situation or person infecting you with the belief that you are not enough

Because the model of reality that we are not enough is terribly painful, we live our lives trying to prove that we’re enough. Sometimes this can be an asset; for example, my drive to prove I was enough led me to a certain degree of entrepreneurial success. But it’s not the optimal path, because working to disprove the model of not being enough has a hidden cost. That cost is that you will depend on others for validation. You may come home from work and expect to be greeted or treated in a certain way by your spouse. If this does not happen, you feel out of sorts or rejected. You may expect to be praised, noticed, or have your ideas heard by your boss or a superior at work. If that doesn’t happen, you decide you are not appreciated, not respected, or that your boss is an asshole. Or maybe your son or daughter doesn’t call you enough, or a b

This is the most disempowering kind of model to have, because you’re blaming outside circumstances for what happens in your life. This model robs you of your own ability to control your life. While you can’t control what others do, you can control how you react to others. In order to be truly unfuckwithable, you need to lose your need to seek validation or love from others and to judge them when you perceive that they are not giving you what you ne

FROM HOLE TO WHOLE

When you create meaning around others’ actions or judge others who don’t provide what you need, chances are you’re really just compensating for a hole within yourself that they reminded you of. In every case, the root cause of this is a feeling of not being enough. So we look to others for validation, love, or praise and get hurt when we observe what we believe is criticism, judgment, or

rudeness. But remember, you're in control of filling the hole within. And here's the paradox. When you plug this hole within yourself and stop demanding that others fill it for you, you actually improve the chances of having the kind of great relationships you long for. There is nothing more attractive than a person who loves himself or herself so deeply that their positive energy and love spill over to others and to the world.

BECOMING IMMUNE TO OTHERS' BEHAVIORS, CRITICISM, OR JUDGMENT

You know you have a hole to plug when you find yourself feeling hurt or creating meaning around someone else's action or words. You can't control someone else's behavior toward you, but you can control your own reaction and how your meaning-making machine construes that behavior. The key is to override our inner desire to prove ourselves or our tendency to feel as if we're not enough without the love or validation of others. I had such a moment as a teenager that's funny in retrospect, but it was so painful at the time that I still remember it vividly today. The year was 1990. I was fourteen, and Vanilla Ice's hit song "Ice Ice Baby" was at the top of the charts. I loved that song, and like every other cool kid in school, I had tried my best to memorize the lyrics. One day at recess, I spotted the group of cool kids that everyone in class wanted to hang out with. They were sitting around a desk rapping "Ice Ice Baby." Their baseball caps were on backward, and they were snapping their fingers, looking as cool as teenagers in the nineties could look. When they got to a particular verse, I knew this was my chance to prove I was hip. I jumped in and sang the verse. Loudly. With my rap face on. But I sang the wrong line. The other kids stopped and stared at me. Jaws dropped. How dare I fudge the brilliant verses of Vanilla Ice? It was sacrilege. And then the cool girl in the group we were all trying to seek validation from, said: "Jeez, what a nerd." I walked away with my

head down. Devastated. A failure. Their lack of validation tortured me. Twenty-five years later I still remember that moment. It is incredible to think that I derived so much meaning about fitting in from knowing those lyrics. It makes no sense to me today (especially given Vanilla Ice's musical track record), but it did then. If you think back, you've probably experienced this sort of thing, too. (The funny side-effect is that today I know the entire lyrics of "Ice Ice Baby" by heart. I'm never ever messing that one up again.) When you look back at the formative experiences of your life—whether they are the most painful or the most positive—you're likely to find your meaningmaking machine running on high. Someone's words or actions influenced you in some way, and you created a meaning around them. In order to be unfuckwithable, we need to be immune to such words and actions—to praise as well as to criticism. Every time you give someone the power to build you up with praise, you're also unknowingly giving that person the power to destroy you with criticism. Therefore, accept praise and criticism as nothing more than someone else's expressions of their models of reality. They have nothing to do with who you really are.

You were born enough. And we should be able to feel secure and complete in our own skin without others having to support us. Fortunately, there are some powerful tools and practices to help.

Exercise 1: The Person in the Mirror (for Creating Self-Love)

Exercise 2: Self-Gratitude (for Appreciating Yourself)

Exercise 3: Becoming Present (to Remove Sudden Fear and Anxiety)

- Embrace your Quest where we learn how to put it all together and live a life of meaning

Knowing we are enough

If it is true that “I am enough” and if we don’t need to get validation or praise from others, what is the driving force that pushes us to do big things in the world? What would prevent us from just being happy couch potatoes, doing nothing but enjoying the present? Marisa replied: If you sit on the couch all day and do nothing, it is precisely because you don’t think you’re enough. You’re afraid. You’re afraid of failure. You’re afraid of rejection. You’re afraid that those things will be proof positive that you indeed are not enough. So you do nothing. Marisa continued: But if you believe that you’re enough, that’s when you take action. That’s when you go out and try something new. That’s when you apply for that job you really want. That’s when you ask for that raise. Because you’re enough. And even if you fail, you won’t take rejection personally because it’s not you—you ARE enough—so it must be your methods or your approach or skill or whatever—and because you know you’re enough, you know you can then improve those methods and skills and your approaches and then try again. I found that to be a beautiful paradox: Knowing we are ENOUGH gives us the courage to do MORE, do BETTER, do our BEST. When we learn to be unfuckwithable, the biggest fears that hold so many back no longer bother us. We boldly pursue big dreams and goals. But we’d be happy even if we lost all our goals and possessions because our end goals are self-fueled goals—feelings that we desire to have, such as being surrounded by love, enjoying beautiful human experiences, or learning and growing. When you learn how to fill the holes within, and you no longer need outside validation to know you are enough and when you set end goals that come from your deepest feelings about living a meaningful life, you have graduated to the next level in recoding yourself and moving forward on your path towards the extraordinary. You’re now armed with the fortitude you need to take on truly massive goals—goals that change the culturescape itself and create a dent in the universe.

Becoming Extraordinary

At this level, you feel secure and confident in your own abilities and strengths.

At the same time, you start to actually change the world around you so that you contribute to the growth and expansion of other human beings. You decide that you have a greater purpose and role to play, and you decide to influence the world in a positive way. You feel a calling, a push to make the world a better place.

Life happens THROUGH you. Thus as you ascend the levels, your relationship with life changes:

First Life happens TO you

. Then Life happens as you CHOOSE.

Then Life happens FROM you. Then Life happens THROUGH you

. At Level 4, life is working through you to cause you to give back to life. You become a servant to a higher calling. This calling is what we call your quest.

The most extraordinary people in the world do not have careers. What they have is a calling.

How do we define a calling? It’s pretty simple: A calling is your contribution to the human race. It’s something that helps us leave the planet better for our children. It doesn’t have to be a massive new business or a game-changing piece of technology. It can be a book you’re working on. It could be dedicating your life to raising remarkable children. It could be working for a company with a mission to change the world in a way that resonates with you. The key is that when you have this calling,

work dissolves. What you're doing excites you. It's a passion; it's meaningful. You'd probably do it for no money, since it's anything but work. I once witnessed someone ask Richard Branson how he maintains work-life balance, and his reply was, "Work? Life? It's all the same thing. I call it LIVING." When your work becomes a calling, the old model of work disappears.

THE BEAUTIFUL DESTRUCTION

Finding your calling starts with identifying your end goals

Sometimes you have to destroy a part of your life to let the next big thing enter.

I call this the beautiful destruction. Trust is the key that unlocks it

ENTER KENSHO AND SATORI

Kensho is a gradual process that often happens through the tribulations of life. A relationship breaks up, but you learn from it and your heart becomes more resilient. You lose a business, but you use the hard-earned wisdom to start your next one. You lose your job, but you learn who you are beyond your career. You suffer a health problem, but you discover personal reserves you didn't know you had. Kensho is the universe giving you tough love. Bottom line: You go through some kind of pain or difficulty through which you learn different ways to feel, think, and be. You might not even notice these changes while they're happening. Imagine the tectonic shifts of the continents. We can't see them happening, but mapped over time, it's clear the world has

In contrast, Dr. Beckwith defines satori moments as big insights that happen suddenly and change you forever. They can happen anytime, anywhere—while you're out in nature, listening to music or seeing inspiring art, holding hands with a loved one, quietly contemplating, or being in a personal growth situation, such as with a therapist, teacher, or healer. Once you've had a satori moment, the stuff that used to scare you or hold you back is left in the dust. You've leveled up and can operate on a whole new plane. If you were to plot your growth as quality of life over time, satori moments would look like sudden bursts upward, while kensho moments would start with a dip and then shoot upward as you recover and then assimilate your new learnings.

So, you see, here's a new model for understanding the problems that happen to us in life. It could be that our problems are nothing more than a friendly universe whispering in our ear as we hike through life:

Behind every problem, there's a question trying to ask itself

. Behind every question, there's an answer trying to reveal itself.

Behind every answer, there's an action trying to take place. And behind every action, there's a way of life trying to be born

That new way of life trying to be born is your calling. And who knows how this calling might influence the world and those around you?

You are the chosen one

THE GODICLE THEORY

As you ascend the levels and get to Level 4, several unique and beautiful new models of reality will open up to you. I found the models below to be consistent in every person I interviewed for this book. Each is a unique approach to living, and each leads to the other: 1.

Extraordinary people feel a unique connectedness and kinship to all life

2. Extraordinary people are open to intuitive insights they attain through this connection.

3. Extraordinary people allow their intuition to lead them to a vision that pulls them forward.

4. As extraordinary people serve this calling, the universe blesses them with luck. This feeling of being lucky reinforces their sense of connectedness and kinship to all life. It's a virtuous circle because each leads to the other. The feeling of being lucky or blessed leads to a feeling of even greater connectedness with the world as you seek to share these blessings.

Picture

Second, if we're all connected, then we're capable of intuitive insights gained from this connection.

Third, there is a higher collective mind that seeks new visions for the betterment of itself and that picks individual Godicles to work on them. These Godicles experience this calling as their "quest." And finally, if we are particles of God, then it's beautiful to think that we are endowed with certain God-like power

You Feel a Connectedness with All Life

At this level, you start to feel a deep connectedness with the world. All of humanity—all cultures, all nations, and all people seem to resonate with you as part of one family

You Are Tapped into Intuition

Your intuition at this level becomes incredibly strong. You feel drawn to people or opportunities as if you had a homing beacon. You often wake up with amazing ideas floating around in your mind. These intuitive impulses seem to guide you toward the right opportunities and ideas.

Thanks to intuition, when you set end goals, you don't necessarily need to know HOW to attain them. Too many people trap themselves in the chains of realistic goals because they refuse to see beyond the HOW. Don't worry about the HOW. Start with the WHAT and the WHY. When you know what you want to bring forth in the world and WHY you want it, choose it. Then take whatever action intuition guides you toward taking

You Are Pulled by a Vision

At this level, your goals are plugged into your larger mission. A mission provides the fuel that keeps us going. Without a mission, work is a four-letter word. With a mission, work dissolves. As many mission-oriented workers say, their job stops being work and becomes something that adds to the quality of their life, rather than detracting from it.

At this level, you wake up every day excited about what you're working on. It may be your day job, or it may be a volunteer project or a venture you're working to get off the ground. Whatever it is, the calling to serve is strong. It drives you. It lights a fire under your ass to move. In the old paradigm of goals, you needed motivation to go after your goals. A whole industry of motivational tools has been born to support such efforts. But motivation is only needed when you're chasing a Brule—a

means goal. When you chase end goals, especially end goals related to your calling, you no longer need to be “motivated.” Instead, you are PULLED by your vision

You Feel As If Luck Is on Your Side

At this level, all sorts of coincidences, synchronicities, and lucky breaks seem to happen to push you forward. You thus tend to be positive, enthusiastic, and optimistic about the world and life.

When you’re working on a goal that is out of alignment with your calling, very often you will face roadblocks. This is why we sometimes fail to reach our goals. But think of these roadblocks as kensho moments—as gentle taps to get your blinders off so you can see what you’re really meant to be doing with your life. Here’s a new model worth considering. Failure is often nothing more than good luck in disguise

Discovering your quest

Brule 1: You Have to Be an Entrepreneur

Many of the most important people in the world today are not entrepreneurs. Many leading scientists, engineers, and innovators who are changing the world are doing it as employees at large, well-run, mission-driven organizations.

Entrepreneurism is a means goal, not an end goal. The end goal is usually living a life of purpose, combined with the experiences that freedom and money can bring. But in today’s world, you can get those things by working for the right company.

Extraordinary people focus on whatever actions they need to take to move their mission forward. So, instead of thinking, I have to become an entrepreneur so I can fulfill my mission, focus on your mission as the end goal, and let it guide you. Start with your mission and then decide if it will mean becoming an entrepreneur, joining an established team, funding a company, or going to work for one. Don’t get stuck in the entrepreneur-versus-employee model. Bottom line: Entrepreneurship is not a goal in itself. It is the side effect of having the right end goal

Brule 2: The Career Myth

Let’s talk about your career. Are you really in the right career for you? Too often, people pursue careers solely for money or titles. Both can be dangerous to your long-term happiness. Getting sucked into these models can happen to anyone choosing a career path because they majored in a particular field in college, or their parents nudged them into it, or the culturescape suggests a certain career as the proper path—and not because it’s meaningful to them. You could be damning yourself to soul-stealing work for years or decades in that kind of job

Is your company a humanity-plus or a humanity-minus company?

I believe that the key to long-term career happiness is the ability to differentiate between humanity-plus and humanity-minus settings. Here’s how I define these terms. Humanity-minus companies are often businesses that exist solely for a profit motive. There’s nothing wrong with this, but it’s harder to get excited about your company’s mission when it’s not adding any value to the world, or worse, if the company is selling harmful products like junk food or is engaged in unsustainable practices like fossil fuels

Other humanity-minus companies are founded on artificial demand—that is, selling products we don't truly need and that might even be potentially harmful, but they are marketed as necessities for well-being or happiness. You know what I'm talking about. We see those ads on TV every day.

Humanity-plus companies, in contrast, push the human race forward. Some examples include companies focusing on clean, renewable energy sources, companies that promote healthy eating and living, or companies working on new ways to elevate and improve life on our planet. Ideally, these are the companies we should be working for, supporting

You can work for a company in a traditional industry like airlines, insurance, electricity, and more, and that company might still have a powerful mission that inspires you and others. Think of Southwest Airlines, for example—it's a traditional industry, but they are contributing to the world by radically innovating on customer service and customers' experiences when they fly. Whatever your mission turns out to be—whether it's starting your own business, joining a business, pursuing a cause outside of work, letting your creative light shine out to the world, or devoting yourself to raising amazing children, there's really only one thing you need to remembering

You don't have to save the world. Just don't mess it up for the next generation.

DISCOVERING YOUR QUEST

The first question is:

Recall a time when you experienced Heaven on Earth. What was happening?

The second question is: Imagine you have a magic wand and with it you can create Heaven on Earth.

What is Heaven on Earth for you? And now the final question:

What simple, easy, concrete step(s) will you take in the next twenty-four hours to make Heaven on Earth real?

While asking yourself these questions, what words and phrases come to mind?

What images do you see? Write them all down. Draw pictures. Record yourself speaking your thoughts if that helps the ideas flow.

As you do this, pay attention to your emotional reactions. (Remember: True end goals tend to be feelings.) Do you feel your heart open or beat faster?

Does your gut literally respond? Does your breath catch or deepen?

Do you gasp with excitement? These are your first big clues to your mission. Remember the words of Steve Jobs: Have the courage to follow your heart

Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary

ADVICE FOR THE EXTRAORDINARY SOUL

Your true greatness comes when you focus not on building a career but on finding your quest.

SO TAKE A STEP AND TRUST

I want to share some wise advice from the book *Think and Grow Rich* by Napoleon Hill. Basically, he says that if you aren't sure what to do, just take a step—a tiny baby step. When the universe calls on you, even if you don't know the exact path to success—take a baby step. Baby steps show intention. They show that you're standing at attention and you received the marching orders. You may not know the optimal path to get where you're bound to go, but your boots are on and you're going. You may be stepping into the big wide unknown, but you'll take the marching orders anyway

Baby steps are more powerful than you think. They telegraph your intention to the universe

So, don't worry if you don't know exactly how to reach your goals. Just take one small step at a time.

1. Step out of the culturescape.

2. Toss away the Brules.

3. Grab your toolkit for consciousness engineering

. 4. Pick up your empowering models of reality.

5. Don't forget to pack your systems for living.

6. Keep your mind firmly on bending reality.

7. Walk with Blissipline

. 8. Hold your end goals firmly in your hand.

9. Be unfuckwithable.

10. Open that door and march firmly toward your quest. The world can't wait to see what you're going to do next.

- **Tools for your journey –Introducing the six phase meditation**

WHAT IS TRANSCENDENCE?

Transcendence is the act of going beyond the physical world to embrace that which cannot be seen. In this content you learned about transcendent practices like gratitude and forgiveness. Here we'll go deeper and create a structured practice around these processes. You've learned a ton of new systems for living in this subject

INTRODUCING THE SIX-PHASE

The Six-Phase is a mental hack to get you to the level of extraordinary faster than ever before. Each phase of the Six-Phase is designed to enhance one of six key skills. The first three contribute to happiness in the now. The next three contribute to your vision for the future.

Here's why we're focusing on these six phases:

1. **COMPASSION.** I believe that all human beings need love and compassion in their lives. This phase is about helping you be kinder toward others and kinder toward yourself. It's a powerful self-love tool.

2. **GRATITUDE.** We may have many goals, but it's important to appreciate and be happy about what we've accomplished thus far. Gratitude has a high correlation with well-being and happiness

. 3. **FORGIVENESS.** Being at peace with the world and the people around you is one of the most effective ways to maintain Blissipline. Plus, it makes you unfuckwithable.

4. **FUTURE DREAMS.** As you learned in chapters 7 and 8, it's hugely energizing to have a vision pulling you forward—a picture of how you want your life to unfold in the future.

5. **THE PERFECT DAY.** This phase gives you a sense of control over how life unfolds every day. It translates your future dreams into actionable steps.

6. **THE BLESSING.** We need to feel supported, resting in the knowledge that whatever big projects we're setting out to do, things are going to be okay. This phase is about making you feel safe and supported in your quest.

How to practice six phase meditation

There's a lot of freedom in how to do this method, but here are some guidelines: **WHEN TO DO IT.** Typically it's easiest to do it in the morning or at night before bed. Some people can do it in their offices. The main thing is to find ten to twenty minutes of uninterrupted time. I like to do it in the morning because it charges me up for the day. But you can do it at night if that works better for you: Just visualize the next day unfolding, having an incredible sleep, and then exploding into your day. **HOW TO SIT.** You can sit any way you want. There's no major method to it. **STAYING FOCUSED AND KEEPING AWAKE.** A lot of people have random thoughts during meditation, or they drift off to sleep. The Six-Phase is geared to the way the mind naturally works—which is to always be active. You don't have to silence your mind. If a random thought arises, that's okay. Just push it aside. Or maybe you can use it in a later phase. Is there a goal you're excited about? Great! Save it for Phase 4: Future Dreams. Got a work meeting on your mind? Play it out in Phase 5: The Perfect Day. Are there things you're worried about? Pour the power of The Blessing over it all.

Phase 1: Compassion

Think of someone you truly love—a face or smile that makes your heart glow. For me, it's my daughter, Eve. At the time of this writing, she's two years old. Eve's smile is a question I could spend my entire life answering. I start by picturing her and her smile. As you picture your loved one—a partner, parent, child, close friend, mentor, or even a pet—make a mental note of the feelings of compassion and love that well up. This sensation becomes an anchor. Now imagine this love as a bubble surrounding you. See yourself in a white bubble of love. Now imagine this bubble expanding to fill the entire room. If there's anyone else in the room, imagine their being included in your bubble of compassion and love. Now imagine the bubble filling your entire house. Mentally project a feeling of love to everyone in that house. You could “feel” love sent to them. Or you could simply mentally repeat a statement such as, “I send you love and compassion and wish you well.” Now imagine the bubble filling up your entire neighborhood or building . . . Your entire city . . . Your country . . . Your continent . . . And now the entire planet Earth. For each, see yourself sending love and compassion to all living things within the bubble. Don't get hung up on how you see or feel the bubble. Just the thought of sending love and compassion to all the citizens of Earth is enough. You've just completed the compassion phase. Now on to Phase

Phase 2: Gratitude

Start by thinking of three to five things you're grateful for in your personal life. It could be the fact that you have a warm bed or the fact that you have a terrific job. It could also be something simple, like the fact that you have a warm cup of coffee waiting for you in the kitchen. Now think of three to five things you're grateful for in your work life. Perhaps the easy commute you have. Or that coworker whose smile always lights you up. Or a boss who appreciates you. So far, so good. Now for the most important part. Think of three to five things you're grateful for about yourself. It could be

the fact that you look so damn good in that favorite dress of yours. Or that you can really think on your feet in meetings. Or that you never forget a friend's birthday. Or your remarkable intellect and your knack for picking incredible books to read. Self-appreciation is something we all need to do in abundance.

Phase 3: Forgiveness

Forgiveness is like a muscle: The more you flex it, the stronger it gets. Get it strong enough and you become unfuckwithable—negative people and events just won't affect you as much. Start with the list of people or events to forgive that you made in Chapter 7. Each time you do the Six-Phase, focus on just one person or event. Keep in mind that the person could be you. You could be forgiving yourself for something you did in the past that still gnaws at you. Next, bring up in your imagination the person or event. You will now repeat the three steps we discussed in the forgiveness exercise in Chapter 7. **STEP 1 IS SET THE SCENE.** Bring to mind the scene or image where you will do the forgiveness exercise. For example, when I was forgiving myself for a bad business decision that cost me millions, I imagined seeing a younger version of myself facing me in my office from 2005. **STEP 2 IS FEEL THE ANGER AND PAIN.** For no more than two minutes (it's okay to estimate), allow yourself to feel the pain and anger. It's even okay to yell or pound a pillow. Let the emotions out, but don't spend too long on this. **STEP 3 IS FORGIVE INTO LOVE.** Practice asking the questions I mentioned in Chapter 7: What did I learn from this? How did this situation make my life better? Also remember the idea of "hurt people, hurt people." Ask: What could have happened in the past to this person to cause them to hurt me so? As you start asking these questions, you learn to see the situations from another's perspective. The forgiveness may not come from one session, but no matter how grave the wrongdoing, the forgiveness can come. It just takes practice. When the forgiveness comes, it often is so thorough and complete it can be

Phase 4: Future Dreams

Remember your answers to the Three Most Important Questions from Chapter 8? Here you start making use of them. Bring up one to three items from your list of answers. Now just allow yourself to daydream. See yourself having the experiences, growth, and ability to contribute that you wrote on your list. Remember to take a longer-term view—I suggest three years. Bring in emotions. Emotions are key. If you're seeing yourself visiting a new country, imagine the awe and excitement you would feel from making such a journey. Or imagine the pride and accomplishment you might feel as you easily pick up a new skill. I like to spend three to five minutes on this phase. If you have problems visualizing, don't fret. Instead of seeing the goal, think about it using a technique called lofty questions by author Christie Marie Sheldon. Here you phrase the vision that you want for yourself as a question in the present tense. For example: Why am I so easily able to visit incredible countries? Why am I so good at making, keeping, and multiplying money? Why am I so successful in love? Why am I at my ideal weight? For many people, the phrases are easier to do than the visualization. Or you could combine them. Ultimately it's having the thought that matters. Just so you can hear the idea, see the idea, even smell the idea . . . and it will all work out fine.

Phase 5: The Perfect Day

Here you start with a simple question: In order for me to start achieving the items on my Three Most Important Questions list, what should I be doing today? Now think of your day unfolding—the commute, the morning huddle with your team, your noon assignment, then that lunch meeting . . . all the way to wrapping up at work, coming home, and meditating or reading before going to bed. For each of these tiny slices of your day, imagine the moment unfolding perfectly. Author Esther Hicks suggests that if you're prone to skepticism or negative thoughts, start with the phrase,

“Wouldn’t it be wonderful if _____”. For example, ask yourself: Wouldn’t it be wonderful if I had a stress-free commute, listening to my favorite songs? Do this for every segment of your day until bedtime. As you do this, just imagine, just pretend, that you have power over how your life and day will unfold. Just pretending that it’s so tends to give you more control and power and will lead to your having more positive experiences throughout the day, even if you’re simply noticing positive experiences over negative ones.

Phase 6: The Blessing

Here you imagine that there’s a higher power ready to support you on your quest. It doesn’t matter if you’re an atheist or what religion you subscribe to. Your higher power could be your cultural or mythological god, your saints or prophets, or even a spiritual or angelic being. If you’re an atheist, your higher power may simply be your own inner reserves of strength and fortitude. Feel this higher power flow from the top of your scalp down over your forehead, eyes, face, neck, shoulders, arms, abdomen, hips, thighs, legs, and feet. Imagine yourself protected and surrounded by a force that’s ready to protect you and keep you on the right path to your dreams. Now imagine yourself thanking this higher power or energy, and see yourself ready to face the day. When you’re ready, open your eyes. And you’re done

THE RESULTS YOU SEE AND THOSE YOU DON’T

When you practice the Six-Phase, you start to reap all the benefits of meditation that you might read about. But since this system goes beyond just relaxation, you also reap the rewards of compassion, forgiveness, and much more. The Six-Phase reminds you that you can be happy and peaceful—but that you can still be a force for positive change in the world. And that we should never, ever stop aiming for our beautiful dreams.