

Be Your Greatest Self

THE GUIDEBOOK TO ENLIGHTENMENT
AND REALIZING THE LEGENDARY LIFE



Chris Terai

ENLIGHTENING STRIKES SERIES

Enlightening Strikes: Be Your Greatest Self

By Chris Terai

OFFICIAL PREVIEW

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Disclaimer: The information and solutions in this book are intended to serve as guidelines for lifestyle, thoughts, behaviour, emotions, and feelings. They are based on the personal experiences of the author and his spiritual relationship with All that is. Accept only the information that agrees with your good sense. Discuss specific concerns regarding lifestyle, health, and wellbeing with a certified specialist.

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Dedication

To All That Is, for making me who I am,
believing in me even when I could not,
entrusting me with my wife and angel,
and the gift of a legendary life.

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This preview of Be Your Greatest Self is complete to the beginning of chapter 5. Use it to see if this journey is for you, or to embark if your guidebook and personal journal are en route.

Preface: To Be Your Greatest Self

I remember life before understanding, with my monkey-brain chattering incessantly, and me thinking that was normal. I recall uncertainty and doubt, disharmony and discord. I remember joy, but I also recall pain without purpose. It seemed I had to try to have a good life, to earn it. I remember how my experiences helped me evolve, and the limitless bliss that enveloped when I stopped resisting my inner self and chose instead to be as I am.

Some life experiences are so profound that they redefine who we are, or perhaps reveal our image of self as fictional. I have rediscovered ancient wisdom by which all may recognize and navigate these experiences. This path will help you find your authentic self, that you may live inspired, lovingly embracing your purpose in peace and sublime happiness.

Enlightened life isn't a matter of chance. This resource details the methods I used to heal my past, empower my spirit, and reveal my future. It took thirty years of exploration, sixteen years of dedicated study, and several divine interventions for these understandings to develop. May they serve you well and make your journey direct.

What we do

Imagine you are an explorer with a map of earth before you; it is complete to the finest detail of roads and it even includes people. You possess the power and resources to go anywhere you wish; you may embrace the pleasures of life. The challenge of course, is that to chart a course to any destination, you first must know where you are. Absent this understanding, you might see some of what the world can offer, but you could never realize your potential, and it would be impossible to live the ultimate journey.

Life truly begins to shine the moment you align with your true nature. Discovering who you are is akin to knowing where you are on the map. Indeed, you can climb to the finest of vistas and experience a life of exquisite delight. You can do this, but only if you know who you are. Until then, you are but a precious soul wandering within a valley, unaware of the vastness of your potential and the beauty of all that is.

This resource outlines a path to realizing and embracing your identity, your greatest of great selves. If you ever suffer emotionally, regret your past, question your purpose, or feel fear and uncertainty, the wisdom will be of value. If you wish to make more of your life, to find peace and pervasive happiness, or if you are searching for your purpose, you will achieve inspiration and clarity. If you seek to explore and move into your potential, then please get comfortable. You are welcome here.

There is much to look forward to. The world has long embraced a path to enlightenment that involves reaching a state of non-self. The technique works slowly and the path is obscure. We take a very different and wholly delightful approach. You might call this the divine path, for our journey is to see the divine in all that is. If the common path is a winding forest trail, this is enlightenment's superhighway. It is fast, direct, easy to understand, and blissful to embrace.

On this journey, we will not change who you are, but together we will redefine who you see yourself to be. We will not transform your life, but through understanding your life will be transformed. We will not provide every answer, but we will outline the path that leads to all answers you seek. We will not tell you what to believe, but will instead help you explore your own beliefs, and teach how you resolve any that stand in your way. You will come to know yourself as we proceed through these discoveries, and it will become

apparent that you are not the person you believe yourself to be... that you are more, much more.

A gift of love, from my life to yours

I have been blessed with an exceptional life. I have suffered the pain of death many times, loved more greatly than most have dreamed, and emptied my vessel of all I thought was me. I have experienced blissful one-ness that no worldly sensations can explain. I have hurt people I love, and I have been hurt, and through all of this I have learned who I am. If I'd had this wisdom when I was younger, I'd have directed my life at an earlier age. In loving compassion, I give you the greatest gift I have: the ability to know yourself, that you may chart your course and experience your legendary life.

There are many resources that contain the information I share. It is found in science, the worlds of religion, and spiritual circles. There are sages who teach and temples of practice. I do not share anything you cannot learn elsewhere. What I do is simplify and teach the divine process. When one looks at the vastness of resources by which to learn, and the number of blind corners that exist, the value of a direct path becomes apparent. So many get discouraged or lost along the pathway to knowingness. None need to.

This path is easily validated by your own intuition. It is inspiring, simple to understand, and intensely rewarding. It does not take away your journey, rather it enables you to more rapidly, safely, and directly move into the next stage of your life. If followed, it will vastly increase the number of years you have to embrace wonder and live out your purpose.

What to expect

Imagine that you couldn't wait to call a loved one and say "I'm blissfully happy and there's nothing I can do about it!" There is a level

of bliss beyond human comprehension, so intense it can only be known through experience. Some call it satori, others nirvana, and still others enlightenment. I like the term enlightenment, because life becomes weightless when we remove the excess burdens. This state of blissful existence can be your normal.

We begin the path with an honest review of you... as seen by you! We meet your eager and loving guide, and then learn the fundamental reasons that people aren't already fully aligned with their inner virtues. From there we explore willpower, discovering the origin of unshakable will so we can be authentic. We explore beliefs, examine how they shape our lives, and learn methods to realign those that don't support us... the ones we see are false or incomplete. Finally, we examine life's mythteries, monolithic towers of untruth to which we've been chained, and blast them to smithereens!

Hmmm... I should have mentioned that this isn't the dry or arduous journey commonly found in self-help books. It's fun, engaging, exciting, and invigorating. Did you really think becoming your greatest self would be anything less than a fabulous adventure?

As we break through life's mythteries, we come to know who we are. We realize a love for the world we never recognized before. We see how we're supported and marvel as synchronicities begin to occur with regularity.

We heal as we align, for understanding dissolves the foundation of our fears; eventually, the barriers that once trapped us no longer exist. We feel freedom, stress dissolves, and life's blissful undertones shine through. Then, as we continue upon the path, our purpose becomes apparent and we embrace our glorious future.

It's the life of perfect happiness. The path is clear; the only question is this... how committed are you to your invalid beliefs? The journey can be effervescent if you're willing to heal and ready to love.

Navigating the chapters

This guide contains both content you are ready for and some that must wait. Only you know your life, so you must be honest in this regard. When a chapter resonates or brings curiosity alive, explore it. When a chapter brings fear or emotional anguish to bear, you've found a spiritual dragon. Skip past the chapters that bring discord alive and let the book's other content empower you before you address them. Challenging content is revisited in concert with Chapter 21: The battle of the century. You'll be ready to vanquish your dragons at that time.

We do not end suffering through more suffering; we do it by debunking the myths that form misery's foundation. Do not move headfirst into pain. Experience wonder and let the easy challenges heal and empower you. Always remember that you are on enlightenment's divine path.

Our content has been specially designed to streamline your success. Enhance limited beliefs with greatness by following these symbols:



Enlightening Strikes

Redivine life through language

Like the yin and yang, definitions of our words require both halves to be complete. Common interpretations often lack vital elements. Because we understand and interpret our reality using language, the realignment of an essential term has profound effects.

Review and commit each new definition to memory and use it to interpret the text. If you find the new perspective intriguing, ponder what you have learned. Newly enhanced definitions are called enlightening strikes because they result in enlightened understanding and strike down misconceptions. Any wisdom that heals our perception of self or the world is an enlightening strike.



Dragonfaller

Reveal your innate powers

Some realizations are so profound that they have healing effects throughout our entire life; these discoveries are termed dragonfallers. They include techniques for obliterating destructive mind patterns, tools for empowerment, methods to dissolve pain, and several means by which to shield from emotional harm. Dragonfallers are treasures of the spiritual world; collect them all, document them in your journal, and become proficient in using their power.



Enlightening Activity

Engage in right being

This is an activity icon! When we explore valuable concepts, we often suggest methods to directly engage in practice. Have fun, be amazed... drive your emotions and enjoy the high as you partake of this discovery.

When an emotion coincides with an event, we gain a memory. Positive emotions tied with healthful events create lasting healing. They have impact in both character and behaviour. This is what makes

activities so powerful. They are an engaging method to successfully transition from old habits into being your greatest self.

While you may be tempted to skip activities or only do them once, this limits advancement. Most of the activities you will engage in are actually mindfulness practices. They are most beneficial when they are repeated until the teaching or behaviour integrates as a way of being.

A good approach to getting the most out of activities is to read this book twice and perform all activities both times. Your second time through will reveal profound truths that weren't apparent the first time; repeating the activities will help you move into and explore these truths.



Lock in Your Enlightenment

Journal your profound discoveries

Your Enhanced Personal Journal contains a summary of wisdom you will use to be your greatest self and realize legendary life. It contains pages to record insights and discoveries, activities to help you excel, quotes to bring wisdom alive, and motivational instruction to keep you engaged.

When you see this icon, it's time to write. Instruction following the icon summarizes wisdom you may wish to record. Take time to ponder and document your other new knowledge and introspections as well. Personalizing this process further enhances success, so be creative and express your discoveries in a meaningful way.

The time you journal is also for introspection; use it to set yourself up for rapid success. Keep a pad of sticky note pages with your

journal at all times. When you discover something profound, summarize it on a note page and display it where the note captures your attention, such as on your bathroom mirror or on the wall above your computer. Reflect when notes capture your attention; this repetition will help lock your wisdom within.



Guru Available

For advanced exploration

Throughout the Enlightening Strikes series, we recommend several books by the world's greatest discoverers. They've gone deep into understanding one or more fundamental aspects of healing. Following the icon, we provide direction on how you can engage.

This image also showcases new guidebooks; they streamline your alignment and help keep your journey direct.

Our websites and other resources contain additional tools to optimize advancement. Relating to personal and public engagement, they help you integrate the practices we teach as your own; they also serve to enlighten society. These treasures are easily identified; whenever you see a website or resource mentioned in any book from the Enlightening Strikes series, the instruction directs you to an empowerment tool.

Time to gear up

You can begin this journey with as little as a sheet of paper, a pen, and an open mind. If you haven't yet obtained your Enhanced Personal Journal, you may wish to purchase one; you will record new discoveries daily. You'll be using the dragonfallers and wisdom in your journal to heal your life.

Aside from your journal, you need no supplemental books to realize your enlightenment, but you may consider them afterwards as a means of moving deeper into understanding. Our Enlightening Strikes series progressively expands into select aspects of wisdom.

The role of reciprocity

We operate under a principle of value given for value received. As you progress through your journey, you will realize moments of profound discovery where a barrier in your life comes crashing down. Well done! At these times, we encourage you to celebrate your achievement by sharing wisdom and inspired quotes via social media. This communication helps others find similar fulfillment; it also provides a means of support and connection. If you'd like some creative and inspiring quotes to share, visit www.TheInnerBuddha.com. You'll find sharable images with quotations under "Join Our Mission" in the main menu. You'll also find more than 300 unique quotes in the Enhanced Personal Journal... original wisdom from within the Enlightening Strikes series of books, even those that have yet to go to print!

We dream of a world filled with greatest selves; every time you celebrate a success on social media, you help make this possible. We appreciate all who serve with us as we work to bring light into every life. Hashtag your posts with #BeYourGreatestSelf or #Redivine-Life if you'd like to connect with people who are on the same journey as you, and be sure to search using those tags. When we have new wisdom to share, we'll tag it with #TheInnerBuddha, or #TheGuruWithSomethingNew to help you find it easily. For more ways to connect with our community, visit the social media section of our website at www.TheInnerBuddha.com.

It's time to get started. Let's learn about you!

Section 1 - Getting Started

Too often, we read something profound and rapidly forget. Part of becoming our greatest selves is learning as we go and retaining our discoveries. This first section will help make that process natural.

These ten chapters of the guidebook explore who we are as beings, reveal the path, and engrain habits that help us rapidly absorb new concepts. There are many reminders in this section; use them to help make the learning techniques a part of your regular approach to analyzing content. Eventually, you will lock your new wisdom in without being prompted; our techniques will simply be how you learn.

Now on to greatness... let's meet your authentic self.

Chapter 1: Your authentic self

Who do you think you are? And more importantly... does it matter?

I know, you probably expected to analyze your strengths, weaknesses, successes and failures. You might have thought we should start with ways you can improve aspects of your character, such as acting compassionately, being more loving, or embracing kindness. Well sure, if we wanted to take society's common approach, we could do that. I mean, who doesn't enjoy a little beratement (as in berating, or calling down) right? Well, that's what you're doing when you decide you aren't good enough. Now, let's be clear and shout out: WE DON'T B-RATE ANYONE! We're not going there. I promise you a fun and exciting journey, and damn it, I'm delivering.

There's no validity to analyzing yourself with mind. It's plagued by your past, mired in false delusions, judgmental, and often far too harsh. Do you really want to ask it who you are? It doesn't know you. You have been blessed with a most beautiful and delightful heart. It is your heart that knows the genuine you.

There is a real you and there is an experience. They don't always match and your feelings tell you so; this is why you have feelings in the first place. When you perform a loving act, you feel love. When you perceive judgement, you feel hurt. Feelings are guideposts that point you toward your genuine self. Positive feelings build you to be your greatest version, while negative feelings are the warning signs that say "Nope... that's not the way."

If you want to understand who you are, you need to read your feelings, and this brings us to the first problem. Though we all experience feelings, we've never been taught how to benefit from them. We're like balls on a billiards table, knocked about by feelings and

emotions until the end comes and we finally sink into a hole. Is that really the life you want? Then let's take charge!



Enlightening Activity

Engage in right being

Let's ask our heart about ourselves through a fun and exciting exercise. You'll need a pen and your journal or a sheet of paper... that is all.

Begin by writing down the name of a person you admire. The individual can be real or fictional, perhaps a mentor or a superhero. Now leave two lines of space and write another. Continue until you reach the bottom of the page.

Hopefully, you have created a nice long list of admirable people. Draw a box or oval around each name. Now, in the free space beside the name, write down what it is that you so admire about this person. Are they ingenious, skillful, crafty, bubbly? Record every trait you adore about each and every one. You'll soon have a detailed list of attributes that strike your heart.

It is more. This is a collection of signposts. It tells you about yourself, even more than it does the amazing people through whom you see. It's time for a very happy fact. We gauge others based on their alignment with our divine virtues. The qualities on your page are those your heart loves; they are beautiful aspects of the you that your heart sees.

You probably don't recognize yourself as a living example of this greatest you. That's wonderful! If you were already living as your genuine self, you wouldn't be searching.

So how can this truly be you, and why has your authentic nature been so elusive? How can you be this ideal self in a world that puts up so many barriers? And my personal favorite... I can't because the pain of my past is too heavy.

Welcome to the journey of being human. First, let me say that you are 99% of the way to being your ideal self. You have a vast number of correct beliefs and very nearly all of your challenges each day are well met. However, you are likely quite committed to a few barriers that prevent you from living your heart's view.

You can be the greatest self that you love; you'll just need to tweak a few dials in the mind, remove the welder's helmet from your head, and put on some comfortable clothes. Oh yes, and we'll deal with the accidents in your past, whether you crashed into someone or they crashed into you. We can explain how it happened, how to heal from it, how to forgive the unforgiveable, and how to never suffer from it again. In short, we can help you tear down the barriers. You'll feel freedom, peace, and empowerment as each gives way. Yes, you will actually feel the alignment through improvements in your energy levels, vitality, and happiness.



Lock in Your Enlightenment

Journal your profound discoveries

Let's review our progress, for we've made a lot of headway. This is an ideal time to write in your Enhanced Personal Journal. Document every profound new knowing. This process helps you maintain momentum, and reflection on your journal will empower you with delightful wisdom and jolts of extra energy. It is tremendously uplifting to see wisdom in your own hand.

So what have we learned?

- We have a mind view of self that is not consistent with our heart view.
- Positive feelings we thought happen to us are actually signposts directing us to live in accordance with our virtues.
- Oh yes... we have virtues and we can be blissfully happy when we live them.
- Negative emotions indicate a problem or inconsistency we need to be wary of; they feel repulsive because they are intended to push us away from actions and events that do not support us being our greatest selves.
- We have barriers, and our emotions help us recognize the presence of these challenges so we can overcome them.
- We're intensely rewarded each time we resolve a barrier; energy, vitality, and happiness all increase.
- The journey need not be gruelling; there are fun and joyful ways to creatively eliminate every challenge that stands in the way of our potential.

Darn... we're smart! And smart people accept unconditional love from those who seek to help us be our greatest. It's time to meet our loving guide.

Chapter 2: The inner buddha

There exists within every one of us, a mentor. This guiding voice has been with us since the dawn of our time and will be with us to the end. It is our best of friends, and at times, it may seem our worst friend, but it never abandons us; it remains forever by our side.

We refer to the voice within as the inner buddha, but you may choose another metaphor if you like; it is also known by such terms as your conscience, inner Jesus, Krishna connection, higher self, inner Allah, or inner voice. This presence is a direct channel to wisdom and right being. It is your guide through life.

When we live rightly, our inner guide goes silent and blissful peace and wonder shine bright. When we're conflicted, it presents multiple perspectives for us to choose from. When we're making tremendous mistakes, it blocks our peace, incessantly teaching in hopes that we'll hear. If we ignore it, the tone of the wisdom changes from support and love into whatever will drive us to listen. The inner buddha that lives in a positive environment of compassion responds tenderly; while another may chide because reprimand, threats, and reprisal are its means to be heard.

We all choose the tone of the inner buddha through our thoughts, actions, and intent. Our good demeanor then, is vital to realizing a positive relationship with the inner buddha. Genuine healthful intention demonstrates respect and directs that voice to be supportive and kind.



Enlightening Activity

Engage in right being

Take a moment, this very moment, to address the inner buddha and share your conviction to be your greatest self with the following statement:

"I am on a journey to be my greatest self. My desire is to heal and live true the goodness that lives in me. I know you have loved me since the dawn of time and I know you love me still. Thank you for standing with me even when my choices hurt others. You truly are a valued friend. I will consider your words when you are guiding me. I will always do my best to be my greatest self. I will trip up, but I will not give up. I ask you now to be supportive as you help me to be my greatest self. I ask for your kindness, compassion, and love. I ask that when I don't listen, you remind me of this vow."

Our guide's role

There is an aspect of being a guide some don't realize, and it causes confusion with respect to how the inner buddha teaches. A guide does not supply the answers. It details perspectives that we may adopt, helps test our resolve to ensure we're true to our divine nature, and gives us koans (puzzles) designed to reveal aspects of our selves we can learn from. It knows every answer, but its role is not to tell us the answers; we need to discover the solutions for ourselves.

Sometimes it appears that the inner buddha is giving us bad advice. We're faced with a choice that involves suffering. We're about to make a mistake and our inner guide is going along with us. Oh, we know it'll chatter incessantly afterwards to complain, but its nearly silent now. Perhaps we've got a defective guide. "Aherm... Mr. maker sir... my buddha's defective; can I get a new one?"

When we have an important choice to make in life, our inner buddha, our guide, is present. The choice is entirely ours; the teaching role of our guide would be compromised if it decided for us. A good

choice shows our guide that we are progressing in our resolve. When we test firm, the attribute of character is aligned and we move to address other aspects of right being. If we waffle on our decision, we're not firm in our resolve and the inner buddha will provide us options to consider. Our guide knows what we need to do, but its role is to help us realize that for ourselves. The inner buddha will present many options, often detailing potential outcomes, and we'll choose. We have free will and it won't interfere; our guide goes along with every decision we make. If we steer the ship into the rocks, so be it; our inner guide remains with us. It still loves us and will never give up on us.

Throughout our lives, our guide is at work, both seen and unseen. Events in reality hold the majority of our lessons, and we attract many we are in need of, but there are many other forms of guidance. Some of the inner buddha's methods include dreams, déjà vu, out-of-body and near-death experiences.

The dreams we have during sleep provide a way of running test scenarios wherein we confirm our alignment without affecting others. Dreams sometimes hold encrypted keys to current problems or those we'll soon encounter; they're the inner buddha's way of giving us one up on a persistent or arduous challenge. Déjà vu arises when our buddha has determined that precognition is the most effective means of helping us evolve. Near death and out of body experiences are interventions that teach us something critical; we may be way off course, non-responsive, or trapped by trauma. At times, we may be a channel of love as a tool to teach us, but we may just as well experience this as a means of giving spiritual support to another. Everything we experience in life has purpose. Even the dreadful events contain value and help us evolve. We'll discuss those great tribulations further in our journey... and fear not... we will demolish those paper dragons and laugh in glee as they fall.

I hope you can see at this time, that we're well supported. Even so, we choose our thoughts and our actions, and our evolution is in our hands. The sooner we move towards authenticity and living our virtues, the sooner we're free to chart our course to the ultimate life.



Lock in Your Enlightenment

Journal your profound discoveries

It's time to grab your journal and lock in a few great advancements. Write what you've learned, what your introspection has led to, or words that strike your heart from another source. If you aren't sure what to document, the end of a chapter often summarizes key points... and if you're still unsure, record three things in your journal that you are grateful for. Whatever you record in your journal, be sure to reflect on each point as it reaches the page, giving thanks. Gratitude is a vital aspect of healing. It helps secure our hearts in loving space, opening them to the joys that surround us every day.

What have we learned?

We have a guide within who loves us unconditionally. It can be referred to as the inner buddha, because it is wise as a buddha, and its approach to teaching is that of a buddha.

Our guide brings awareness to choices we may make, enabling us to direct our lives and grow. It is friendly if we respond to kindness, harsh if we're persistent, chattering if we've no resolve, and supportive if we ask for help. It makes no decisions for us; instead it leverages its influence to help us realize and embrace our divine nature. The inner buddha remains forever by our side, through every decision good or bad, loving as it guides us to wisdom and healthful expression.

Chapter 3: Show me my dragon!

Whoa there good buddy. I know you're eager, but we have to go over rules of the game or you'll end your first battle with your eyebrows singed off. You do want to succeed don' cha?

The first trick to beating a spiritual dragon is understanding where its power stems from. Being mythical creatures, the realm of dragon power is mythtery. No, not mystery, mythtery. Myths are the stories we tell ourselves about the world. We tend to repeat these stories a lot, and so to save from getting bored, we make them into something great. Towering monolithic mountains arise from what once was a tiny and traversable hill; it is from within these vast mountains that dragons emerge. That is the power of a mythtery, and we're the ones who create them.

The secret to demolishing great spiritual dragons is to take away their power, such that they become paper dragons that one breath from your nostrils knocks flat. Yes, instead of a sword, you'll be using the breath of truth. Let's test your breath now. Go ahead, breathe in and snort. Once you've taken your dragon's power, that breath is enough to do him in.

Of mythtery and dragons

A mythtery is a story we accept that contains both truth and fallacy. Its magnitude is measured by our commitment to the untruths within it. Some mythteries become towering monolithic mountains or even mountain ranges. Unchecked and unaddressed, our most troubling mythteries give birth to dragons, our greatest of challenges. Our goal is to debunk our mythteries joyfully, safely, and confidently. This alone is enough to render dragons harmless.

Every mythtery results from misguided belief. Everything is a belief; if you say you know it, that's a belief. Examples of beliefs are definitions of the words that we use, assumptions we make about the world of senses, and stories we create from our past. These are the primary classes of mythtery.

Our lives are filled with mythteries, and some are truly delightful to experience, while others disrupt our life and cause us trouble. Whether a mythtery seems positive or negative is not actually a fact; it's more about how we handle the myth than the myth itself. We overcome most mythteries with knowledge and wisdom... the breath of truth. We'll do that shortly. But first we must look at how mythteries become mountainous, for we find the key to overcoming them within the secrets of their formation.

Romantic courtship is an exceptional tool to explain mythteries. The first stage is the honeymoon stage, recognized by phrases and feelings such as "oh, isn't he dreamy," or "my, but she is just perfect." This is the delightful, acceptance stage of mythtery. Our definition of another is incomplete, and we've filled every gap with sunshine and rainbows. Oh yes, we're enamoured, and it's a wonderful experience. It can last for quite a while, until... oh my goodness, did my angel just fart? And what's with that mole? I never saw that before.

We're starting to debunk our mythtery; the individual hasn't changed; we are simply getting to know them more intimately. We integrate the nuances into our model and continue on our merry way. Whenever we recognize that little something, it's a happy reminder that the love of our life is a real, living being. We appreciate them as we always have, likely even more as we giggle at their delightful little quirks. This is a healthy alignment of mythtery; our picture is more accurate and our happiness secure. Great work!

Let us look at an alternate scenario. We begin in the blissful bunny stage, bounding gleefully in romance. Suddenly, we experience a show-stopper. What's with that mole? I never saw that before!

Instead of inquiring about what we're seeing, we take it personally. Our thoughts of it fester and grow. We think our friends will disapprove. In our minds, the mole becomes gargantuan. It's like a growth with arms and legs; does it even have a nose? I can't kiss that mole! We feel deceived; we feel appalled. We suffer tremendously until finally, it's too much to bear and we explode. The relationship dissolves and we erase the wonder of those glorious times by reforming every positive experience into a negative one, creating hundreds of new mythteries to justify our actions and feelings. We begin to loathe, to feel hatred, and my do we suffer.

Do you see what has happened? We didn't begin with a bad mythtery; through our choices, we made one. It will impact our lives until the day we debunk it. My what barriers we can create; in this case, a full mountain range has formed from one mole, one belief, one poor choice.

This is the formation of unhealthy mythteries. We've made them all. Some are harmless and amusing, others troubling. And then there are the dragons; that most horrible thing that happened in your past is also a mythtery. It brings forth pain and suffering, even emotional agony... in you. No-one suffers your feelings but you.

Dragons exist within the towering clusters of mythteries. We don't want to see them, and we fear them, so they become ferocious. Each and every one of us has to face a dragon at some time in our lives. Those of us who would be our greatest selves go a step beyond, becoming dragon hunters. You cannot possibly imagine the joy and freedom you will feel when your first dragon falls. It's as though you

were buried alive within a crypt, and suddenly the doors fling open wide, letting fresh air and sunshine into your soul. Oh yes, you'll love fighting dragons. And when your world contains no more dragons, what then will you do? Why, chart a course good soul, and live your ultimate life.

Every show-stopper or 'mole' is a gift. We have a choice; we can grow through them or we can create a mythtery that allows us to ignore them... for a while. Eventually though, we have to face them. Healing our myths results in spiritual enlightenment. Our approach begins with knowing how we disempower current mythteries and cease to build new ones. Love is the gap within every mythtery, and it is our realization of love that ends the myth and enlightens our life.

At every show stopper, we ask ourselves if our reaction is the most perfect expression of divine love we can manage. Divine love is love for all that is. It means loving ourselves, all others, everyone and everything. One option always shines within this unconditional appreciation. Neither mythteries nor dragons survive love's light.



Lock in Your Enlightenment

Journal your profound discoveries

Let me share a delightful fact with you. You've already laid rest to four mythteries, and you've beaten them without even realizing! The first was the mythtery of identity. Ask anyone who they are and you're likely to end up with a name, summary of life events, or description of employment. Of course, none of us are these things.

How is it some rapscaillon mythtery beast made off with people's identities? Though we may never know, we've still recovered ours; well done! Through our heart's alignment we know who we are. We

are the beautiful souls who have been through our journey of life thus far; we have values, virtues, ethics, morals, and beliefs... and these align with rightness itself. We aren't our past; we're much, much more. We are the navigator, and now we know where we are starting from. With this understanding, we are each able to chart a course to our legendary lives.

Our second mythtery is the nature of the voice within. It is no adversary, but rather a loyal and trusted friend; the inner buddha has been with us since the dawn of our time, and it remains with us to the end. It guides in whatever way we respond to, and so if we treat it as our trusted advocate, we'll communicate with and know it as such.

Our friend, the inner buddha, provides options so we can embrace our true identity and live as our authentic self. If ever we are conflicted, it will tell us; if ever we falter, it will be there to help us up. It is our guide, and though we might not yet fully realize who we are, the inner buddha knows. It is expending every effort to help us be our beautiful authentic selves. We might consider the inner buddha to be a most trusted advisor. It's reading the map and helping as we make decisions and direct our lives.

Our third mythtery defeated is the mythtery of how dragons form. We know they originate from certain myths we tell ourselves, with most myth being a distorted perception of something we don't fully understand. We know that the greater the myth, the greater the spiritual dragon it may spawn. Mistaken word definitions, beliefs, and stories we tell ourselves are the origin of dragons. Our lives simply contain events; it is we who make our dragons.

Finally, if we debunk our myths, examine and refine our beliefs, and ensure we understand the depth of our words, we can defeat dragons. Armed with truth, we can take down every dragon without exception.

Chapter 4: Demolish a mythtery

Imagine for a moment, if what you meant by the word "Hi" is hello, yet for the other with whom you are speaking, it meant yes. Confusion would ensue, if only for a moment. "Hai" is Japanese for yes.

What if you were looking at a new car, and the salesperson said it came with a spacious boot? Would you understand their meaning? The British term for trunk is boot.

We think in words. Our words enable us to understand what another is communicating, and when those words are received in a form that differs from the sender's intention, the meaning is obscured. We've gone through life using words as a means of developing understanding, and where our definitions of those words are maligned, our understanding is likewise skewed.

Our stories are words and symbolism we devise to explain our past. We create and communicate these stories with the expectation that our meaning will be our receiver's meaning. Discrepancies arise when our receiver interprets our metaphor differently; these disparities grow when those who've misinterpreted life lessons teach their distorted view. Over time, this confusion leads to logical and reasonable wisdom becoming obscured by myth. We redivine life when we replace that myth with understanding. We will do that today.

Mythtery fight! Developing willpower

Ready yourself for battle. These definitions hold within, the power of great understanding. They are the enlightening strikes used to overcome our spiritual adversary. Embrace the deeper meaning and see the power of enlightened definitions as we overcome a common but life-changing mythtery.



Enlightening Strikes

Redivine life through language

Willpower - The end result of gathering sufficient information for conviction to develop. Essential information includes beliefs about the undertaking, the one who will do the task, the nature of the task, and the reward or outcome of successful completion. To exercise willpower is to act with genuine conviction.

Most acts of will are easy, such as in the statement “I will go to the store,” while some test our resolve: “I will love all beings without exception.” The difference between easy and difficult acts of will is the magnitude of the gap between supporting knowledge and beliefs; the greater the gap, the less likely sufficient understanding has developed for will to be expressed. The common misinterpretation of willpower is it is the application of force in hopes of a desired outcome; this most often results in failure.

Failure - A success in which we test a theory on how something might be achieved. Every one of these attempts teaches us critical aspects of what does and does not work, directing us toward optimal solutions. Testing of theories is the only means by which we push our abilities to their limit. Every great achiever has moved through such tests to develop a method that results in a desired outcome.

Negative emotions regarding failure stem from attachment to our theory. We can easily overcome feelings of distress if we recognize that every failure is a successful gathering of knowledge and wisdom, and that we're now one test closer to the outcome we seek.

Try - An attempt to achieve a goal without completing the necessary fact-finding and belief-building exercises. Though trying sometimes

leads to a desired result, to try is often self-defeating due to the absence of foundational knowledge and a shortage of willpower. When someone tells us to try, they are saying that they've made an assessment and gauged the probability of success to be high. They are making an effort to supplement our research and belief building exercises with their own wisdom and experience. It's rare that we can put 100% effort forth on wisdom we do not have.

Believe - To make real within one's mind. This choice has no bearing on what is actually real. Everything you know, you believe. There is nothing you know that you don't believe, and your convictions in this regard are always open to refinement as new facts arise. It can thus be seen that what we believe is liquid and flowing, like water, not concrete as so many presume. This is good, because we heal every time we correct limiting beliefs.

Belief – The result of repeated observations processed by the mind, wherein consistency is now taken for granted. Seeing and engaging with doorknobs throughout life has left us with a belief about what that piece of hardware is and how it operates. A child told (s)he is gifted enough times develops a belief through repetition and excels.

We operate on hundreds of thousands of beliefs, most of which are subconscious, and the bulk of which serve us very well. Among these hundreds of thousands of beliefs are a handful of misunderstandings; these are the primary source of disharmony in our lives.

Body - The physical manifestation capable of experiencing contrast, through which we perceive existence. Body is not us; we experience by means of a body, but we are not a body. Devoid of consciousness, the body is inanimate; no experience is occurring. We are the life, the consciousness, the inner force.

Your battle armor is a good analogy. Absent your presence, it's just form. Enter into it and you can use it, but nobody would suggest that there's a suit of armour walking onto the battle field. We know it's you, and you are not the armor. Our relationship with body is akin to this, but don't think the body unimportant. We must be responsible stewards of our bodies; it is only through them that we know the life we do.

Have you committed these definitions, your enlightening strikes, to memory? They are the foundation by which we'll address our past misperceptions and heal. Now my friend, let's put your newfound wisdom to good use.

Our mythtery lumbers onto the battle field

We stand before a challenging mythtery, and is it ever a vicious looking beast. It's become mountainous, built up by all the times we've tried and failed. It's every "I will" we felt ended in defeat. Our mythtery is the elusive understanding of willpower, and the enlightening strikes we've gathered will take him down.

Wield that sword of truth!

Life is a battle between will and fear. Where will is stronger, we grow; where fear is stronger, we regress. But from where does willpower come? It is common for us to say that our actions will be aligned with our inner character when certain conditions are met. "I will be honorable when I have enough money / time / happiness / corporate success / <other creative requirements go here>." In truth, every excuse is merely a means of rejecting or delaying alignment with our wholesome and authentic inner self. Circumstance is never the driving force behind sustainable will.

The decision to live as one's authentic inner self is not a function of desire or commitment either; these falter when the true foundation

of will is not in place, for will is not want. Sometimes we think force is the answer, and state we will because we have to. This too fails. We cannot coerce ourselves to develop lasting willpower; force does not build will.

Willpower is a function of wisdom; it lives in the realm of mind. To develop will, one must seek understanding. The three domains of mind, body, and spirit work in harmony to help willpower develop.

The essence of one's authentic inner self is spirit, or heart. Mind exists as a means of processing and learning from lessons in life, enabling us to evolve as authentic beings. The physical realm of body is the source of experiences from which we grow. Body is decidedly not us; we are merely participants and observers with respect to the physical. Mind too, is not us; it is a tool by which we realise, understand, and engage at an emotional level. This leaves spirit, our feelings, the essence of us.

We live in the heart and we live in the mind.

Suffering tells us where life is maligned.

When our authentic inner self - heart or spirit - is challenged, the mind works to resolve the discord. It processes the situation in accordance with the information it has from education, introspection on past experience, belief structures, and observation. Mind then provides guidance.

If we follow the guidance, the mind is friendly and helpful; if we reject the mind or its conclusions, we force it to continue resolving the discord. This is not a bad thing; our mind presents all possible solutions and our heart determines the fit. If the conclusion of the mind does not fit character or heart, the solution is incorrect. If the conclusion involves risk or worries the heart cannot accept, it will reject the solution until those risks and worries are addressed.

When our mind hasn't enough wisdom or internal knowledge to develop a viable path from discord, we garner this information from worldly choices and their outcomes. This experiential direction is in accordance with our needs. The less aligned we are, the more mistakes we make and the greater the intensity of our blowback.

When choices are not aligned with right being, worldly feedback involves much suffering. We do our best to avoid suffering, and so this feedback helps direct us. Eventually, our mind has gathered enough information on what does and does not lead to harmony; a conclusion arises and is presented to the spirit for consideration. If the solution is accepted, it comes complete with the will to align actions with character; if the solution is rejected, the wheel spins once again with mind reverting to its state of disharmony and life remaining uncomfortable. Suffering continues until clarity about alignment develops at a core level and the desire to be right becomes intense; it is by this mechanism that suffering helps us evolve.

When the critical pieces of information are present in mind, we develop understanding (wisdom) and our hearts accept the solution; it is at this point that we gain the will to advance or otherwise address our challenge; this is what willpower really is. When heart, mind, and physical action align with values and one's righteous inner character, willpower arises as an unshakeable monument of the aligned realization.

Too often we seek to express willpower as though it were something within us... a virtue. Willpower is a function of understanding; it cannot develop unless sufficient wisdom is present. Great effort and energy are often expended in a noble but futile attempt to utilize willpower before we have sufficient wisdom, and of course it fails. We all suffer this failure until we understand the origin and nature of will. We move forward by being open to learning, accepting life's

lessons, recognizing our authentic inner nature, and aligning with right intention; these are the choices that develop our wisdom, unshakable will, and the power to be who we are.

And the mythtery falls!

Wow, that was an epic battle for the history books! Did you see it trying to throw our past failures back at us? How deftly you dodged, and then you counterattacked by showing that those failures are in fact the process by which we learn and become great. It threw the pain of past misgivings your way and you blocking them with your understanding that they were the best choices for the level of wisdom you had, realizing that you are now stronger, more aligned, more powerful. Its massive foot rose and stomped to squash you flat, but you held strong, for you had brilliant wisdom, the knowledge of where willpower originates, and so there was no force that could contend with you. My, but you are an amazing hero indeed. You'll do well with this my friend. There won't be a challenge that can stand up to you; I am certain of it.

I'm going to go off now to write a ballad about your glorious success. Give yourself a pat on the back. Take some time while I write to reflect on what you've learned and record it in your journal. This isn't a battle to forget. It's life-changing... your mythtery has been reduced to a pile of rubble, and with it's fall, you've gained the ability to leverage willpower.

Picking through the rubble

Wait... what's this!?! Beneath that pile of rubble is stone of another color. Our mythtery's fall took out the bulk of another myth... our belief about personal failure. We see it lumbering off to the right, seeking solace in the other mountains of mythtery so it can nurse its wounds. It's not defeated yet, but it's weakened. We decide not to chase after it, for we see it's other supporting structures... guilt,

shame, and judgement; we decide it's still formidable. We'll gather more enlightening strikes and take it down when the time is right. For now, we'll just glow in our victory.



Lock in Your Enlightenment

Journal your profound discoveries

1. Mythteries fall easily when we correct supporting misbeliefs.
2. Taking out our great fears and barriers can in fact be a lot of fun!
3. We've never lacked willpower; we just needed to understand its origins and build it from a genuine source.
4. Failures are actually essential successes along the pathway to each outcome we seek. Nobody becomes great without them.
5. You do have the power to take on the challenges of your life, your greatest mythteries. Armed with truth, you can be legendary.

It is time now to record, rest, and reflect. After every mythtery fight, take the time to reenergize and realize what you've discovered. Let it gel for a day more, reviewing the points until they have moved into you. Reflect on your past to find the truths your new understanding reveals, and commit aloud how you will respond next time. Forgive past choices which were realized without understanding. Know you have aligned and that those earlier misgivings were part of the path that led you to knowingness and right being.

Chapter 5: Crushing anger

Wow. I'm still reeling over yesterday's epic battle. Right fine work you did there - why, you didn't even dent your armor. You're a natural, and that's good; you'll be legendary in no time. Since we're on a roll, let's move in on our next mythery. I saw him behind the cliffs to the right of the trail. He's equally impressive.

Today, we'll be crushing a massive mythery: excess anger. It's found every time we leverage aggression in place of love. Yes, anger is not just a response to danger; things are far more nefarious than that... but be brave, magnificent stout one; with wisdom, you'll prove victorious.

Gather your power

We're going to need a few more enlightening strikes to address this foe. His myth has been made great by not just you, but all of society. What a magnificent beast he his... look how his alabaster shape glitters in the sun. Maybe you'll take him down intact and I can use his backstraps to build a nice countertop. My that would look fine in my house; oh, but I digress. Let's get back to the battle.

Here are the words and their deeper definitions. Apply your intellect and realize the wonder of their power. Wield them as you did the previous; you'll be certain to succeed.



Enlightening Strikes

Redivine life through language

Spiritual stress - a disparity of health wherein the individual is weakened, often by self-centeredness (I'll-ness). To focus primarily on one's self and selfish desires creates a great deal of discord.

Spiritual stress is a direct result of living contrary to our virtues. It is especially potent when we are aware of the discord and permit it to persist. The opposite of I'll-ness is we'll-ness, an all-encompassing interest in all that is.

Emotional duress - a stress inducing state wherein judgement has brought us to punish ourselves for our actions or those of another. Most emotional duress occurs due to unhealthy responses to harmless life situations. As an example, we may call a rainy day miserable. The weather is simply rain; misery is our chosen response.

Blessing - a choice to counteract an offense from another being with a compassionate counterstrike. Blessings are exceptional means to sap the power from any affront; they leave the attacker bewildered and feeling safe. Few blessings are required to realize victory in most battles, and they're often an effective way of exerting dominance so the attacker ceases their attempts to challenge you.

Mindful - To be in attendance, aware. To empower our mind to make choices instead of letting uncontrolled feelings bat us about.

My what a lumbering monstrosity!

Do you see him over there, towering magnificently to our left? Wait! Stop! Don't race forward so quickly! It's not the minion of pain you see towering at the peak; that's simply your body's reaction to the beast. And it isn't that carrion of sadness the minion is feeding from either; that's your spiritual state when you let the beast come forth. We are fighting the structure that supports them. Yes, that colossal mountain you thought was just ground... it's your mythtery. Impressive, isn't it?

It's a good thing you stopped when you did; those creatures upon it cannot be beaten directly; they'll only fail when we overcome their

source. Now, I'm sure you feel pretty small standing before this adversary. It's because you have the wrong weapon. Let's lose that sword, and here... take my cloak.

The art of ranged battle

The mythtery of excessive anger has afflicted every one of us many times in our lives. It's so large we often don't recognize; but with awareness, it's easy to detect. That fringe area of small trees at its base is called an emotional queue. It tells us when the monster draws near. When we detect those unsettling feelings in the presence of a potential threat, we're being told to ready kind words.

The closer we get to that beast, the more likely it is to stomp us flat. We are no match for it physically; anger and aggression only make it stronger and physical violence makes it great. That's why we'll be using virtue to battle it; we may be small, but we're kings of virtue. This beast has no resistance against rightness and so each of today's enlightening strikes will prove exceptionally powerful. Feeling ready? Stand strong in your cloak of compassion and let's watch you wield wise words.

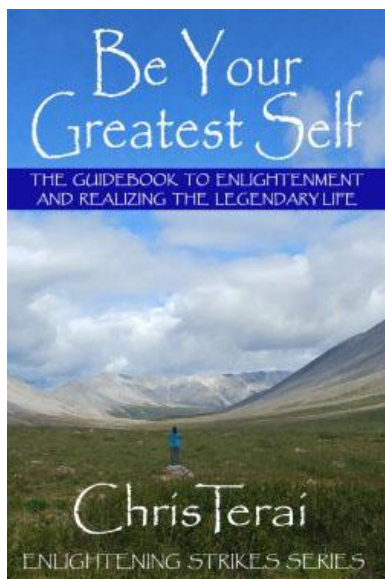
Hey! Was that a mutter of complaint? Do you really want to build the beast stronger before you take it on? That's no small power you wield; it's the might of kings and legends. Just because words are non-physical, don't presume them weak. Why, powerful words have taken out far more fearsome beasts than this; I should know... they rest ready on my tongue during every battle, and they're often my go to tool. Just ready them and feel their might.

I see that you remain concerned because of your armor. Compassion comes with its own shielding force, so it helps us be strong even as it weakens our foe. Compassion is a delightful form of virtue, because unlike most expressions, we don't have to be vulnerable to

express it. You'll be using compassion as your primary offensive and defensive tool in this battle.

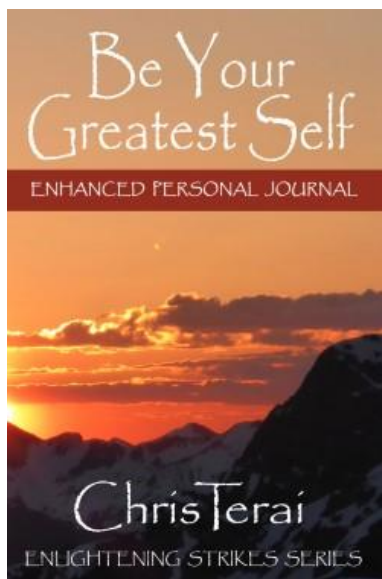
A smile breaks from your left ear to your right. Ah... there's the confidence I've been waiting to see. Yes, you're building true spiritual power now...

The journey continues as we banish anger with compassion, reclaim love's intensity, dismantle disease and illness, learn to manifest time, heal our relationships, and claim superhuman clairsentience and more. Join in. Be Your Greatest Self. Claim your legendary life.



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