

Be Your Greatest Self

ENHANCED PERSONAL JOURNAL



Chris Terai

ENLIGHTENING STRIKES SERIES

Enlightening Strikes Supplement:
Be Your Greatest Self
Enhanced Personal
Journal

By Chris Terai

OFFICIAL PREVIEW

Available as a standard print 6 X 9 paperback
and a large print 8.5 X 11 paperback.

www.TheInnerBuddha.com

Getting started

The Enlightening Strikes series unleashes personal potential through a three-stage process. We begin with enlightenment, wherein we resolve our troubling misbeliefs and an intrinsic lightness permeates life. Joyful satori follows; this pervasive happiness sustains when love becomes unconditional, for in being love, we are enveloped by love. Finally, we achieve transcendence, wherein life is defined by completeness, synergy, and empowerment; this occurs when we understand and integrate the order of All That Is regarding every aspect of life, while helping others claim the same life-reforming alignments. This is the divine journey, and Enlightening Strikes guidebooks help us realize excellence throughout all three stages.

Record and index every empowering discovery from your guidebooks and life. This journaling leads to mastery; it helps you establish, retain, and leverage advancements as you rise to personal greatness, legendary life, and then beyond.

A waterproof pen and highlighter are of great use, and the Be Your Greatest Self guidebook is required. This first Enlightening Strikes guide is for all. Its sections detail knowing the self, legendary life, the truth of all that is, and the glorious ever after. Preview initial chapters at www.EnlighteningStrikes.ca and use this free content to begin if you do not yet have this first guidebook.

After reading and engaging in Be Your Greatest Self, journaling methods will be well established. Continue leveraging these techniques with Redivine Life and other guidebooks. Record and index new wisdom as an Enlightening Strike or Dragonfaller according to how it applies in your life.

To make the most of journaling

Refer regularly to this journal, reading and committing newfound wisdom to memory. Facilitate this process by making notes creative, concise, and personal. Draw figures, create bubbles and charts, and otherwise present concepts in ways that connect with the heart. Journal daily; record activities, thoughts, book content, and personal revelations. Reference these enlightening ‘aha’ discoveries in the Enlightening Strikes index to make them searchable. Any insightful realization about the nature of All That Is, what words mean when redivined, and other epiphany of life is an Enlightening Strike. They resolve life’s troubling misbeliefs, which is what in-lighten-meant; if it lightens the heart or eases the mind, it is an Enlightening Strike.

The base of each journal page contains words of wisdom. These ensure there is always something to focus on and write about, even if there was little time to read the guidebook. Highlight meaningful quotes so they are easy to find, and record relevant thoughts on that page. Explore the depth within all you read, then paraphrase it instead of copying. Because we can only paraphrase in as much as we understand and internalize wisdom, this method is very powerful.

Abundant tips and mastery techniques are also presented throughout this journal. These bonus activities and reward strategies are a gift for investing in your greatest self. Integrate these methods into life; each amplifies success.

Daily journaling accelerates progress, providing more time to enjoy the period of life where dreams become reality. Studiously recording, reviewing, and reflecting upon wisdom in *Be Your Greatest Self*, we rapidly claim greatness and legendary life. We continue journaling as we *Redivine Life*, for this helps us swiftly attain completeness, synergy, and empowerment. We even journal as we heal and empower our entire world, for this enhances our mastery of life.

Dragonfallers

A Dragonfaller is wisdom so profound that it weakens our dragons, the greatest of our life's challenges. We use Dragonfallers to heal from troubles in our past, regain our self-esteem, claim expansive harmony, and wholly embrace love. Every Enlightening Strike that heals us tremendously is a Dragonfaller; index them accordingly.

The collective Dragonfallers in the Enlightening Strikes series are the key to healing of past misgivings, claiming vast empowerment, and embracing a legendary life. Every greatest self gets a life of legend, along with a multitude of other divine gifts and empowering abilities. Enlightened life is a fabulous journey!

Initial chapters of the Be Your Greatest Self guidebook provide more than a dozen Dragonfallers, many of which are identified by a flaming dragonhead. Summarize each in this journal as you reach it, and include your summary's page number in the Dragonfaller index so it is easy to find. Cross-reference cherished Dragonfallers by including the guidebook name and the page number of the original teaching in your personalized summary.

Concisely record Dragonfallers in your own words, because logic and analytics must engage to paraphrase and summarise. Practiced consistently, this introspective engagement and personalized documentation will cement Dragonfallers as aspects of personal nature, enhancing enlightenment and harmonizing life.

If you read the preview on www.EnlighteningStrikes.ca, summarize and index your respective Dragonfallers and Enlightening Strikes in this journal now, then continue with the guidebook. If you are new to the series, you'll Be Your Greatest Self and claim legendary life in record time. Open your guidebook and enlightenment begins.

Enlightening Strikes Index

Description	Page
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	

Additional Enlightening Strikes index pages follow...

Dragonfaller Index

Description	Page
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	

Additional Dragonfaller index pages follow...

Journaling Pages:
For Daily Realizations,
Enlightening Strikes
and Dragonfallers

Refer to the last pages in this book
for suggested formatting options.

More than 300 numbered journal pages are included, each with a lined space for notations, and an inspirational or educational quote related to the Enlightening Strikes series of guidebooks. Most of these quotes are from Chris T of The Inner Buddha.

Interspersed between journal pages are more than a dozen tips and exercises that enhance success. The next two pages serve as examples. The bulk of these tips are exclusive to the journal.

*Wealth is more than financial abundance;
it is the whole sum of wholesome.*

– Chris T

Tip 5 – Essential Dragonfaller! The Firehose Technique

Thought patterns related to suffering can seem so daunting as to be nearly unapproachable. However; a method pioneered by The Inner Buddha makes it easy to reclaim your power. When confronting your most debilitating mental challenges, use our firehose technique and have a blast!

Every time you explore a catastrophic memory or unhealthy fantasy, feelings are intense and the vision in your mind is very clear. Use this to your advantage. Walk into the scene from the side, dressed powerfully, and take a firehose to the whole thing. Laugh as the background washes away in the torrent you direct, and give every figment that wants to persist a second blast. Relish in the fun you have obliterating your once troubling memory.

Reflect afterwards and see the effect you've had on your old thought pattern. Feared rooms in your mind are empty now, save a trickle of water streaming away on the floor. Embrace your new freedom! You won't even recall the details of that pattern any more; you will remember what it was about and that is all. Within, you will feel free. You are.

Now address those bare rooms. Where sadness reigned, plant dreams, wholesome thoughts, and fantasies that make you giddy inside. Note that just like when you took the firehose to your past, building your new happy space is also a blast. Make it all about you, and while you're at it, appreciate what you see; you've attained the power to reshape the reality within.

*Be highly visual when using the firehose technique.
Delight as pieces of your shattered memory fly across
the room. No unhealthy thought pattern survives
this empowering approach.*

Tip 11 – Expansive empowerment

It is commonly accepted that it takes three weeks of repetition to build a habit. While this has proven accurate on some occasions, an essential component is missing from this perspective; it is feelings.

We create a memory whenever feelings are tied with an activity. The more wholesome our feelings, the greater our probability of engagement and success. For this reason, tie wholesome acts with healthful feelings; embrace these feelings and find ways to enhance them. Do this by finding the light and embracing the love.

The light is the goodness, and love is our relation with this goodness. When we find the light, we recognize something we can relate to, such as goodness in the habit we wish to engrain. When we find the love, we move into relation with that wholesomeness, wherein feelings become intense and empowering. Spiritual schools call this process of finding the light and love embracing the holy spirit, wherein ‘holy’ is wholly realized and ‘spirit’ is the sum of wholesome feelings, a product of love.

Each of our pasts is mired with failed attempts to force ourselves to embrace healthy habits; reflect and recognize that all of these failures resulted from either not finding the light or from not embracing the love. The very fact that force was required reveals this. The dominant issue was never our ability; it was simply alignment. When we find the light and embrace our love therein, we have the power to reform behavior and claim any wholesome habit.

*We often look to things for happiness,
but the joy we seek arises through love;
it doesn't come from things. – Chris T*

Enlightening Strikes / Daily Journaling Format Suggestion

Notes

Date Jul 12

Profound and enlightening realizations go here. Be concise.

Highlight valuable content for future review.

It's not the love other send that we feel. It's the love we
send back! Others simply create awareness in us of their
love, causing us to love. That's what it is to feel love. It is
internal, not external, and if we want to have more love in
our lives, we need do nothing more than embrace love in
all we say think and do. ← This is profound. Enter it in the

Enlightening Strikes Index. You'll want to refer back!

This bottom area is for practice exercises and notes

that you are less likely to refer to in the future.

When I think back to the times I needed love, they were
always times I had problems loving someone else or myself.
Usually, I was judging myself. I think that's why I felt
unloved... because I was feeling the lack of love; I just didn't
know why. I wonder if this book addresses how to love more
completely. (you bet we do!)

Dragonfaller Format Suggestion

Title → The nature of the authentic self is virtue

Notes

Enter the essential notes here.

> What we appreciate about our superheroes and mentors is their alignment with our divine virtues.

> Their greatest qualities live in us.

> Feelings are guideposts that help us be our greatest.

> When we live true to our virtues, bliss shines; when we sacrifice them, we suffer.

> The attributes of the mentors and superheroes to whom I relate are all aspects of love.

Personal notes go here.

Virtues I connect with in my mentors and superheroes are:

Honesty

Compassion

Justice

Fearlessness

Strength

Friendliness

Integrity

Resourcefulness

Charisma

and I love these virtues!!!
