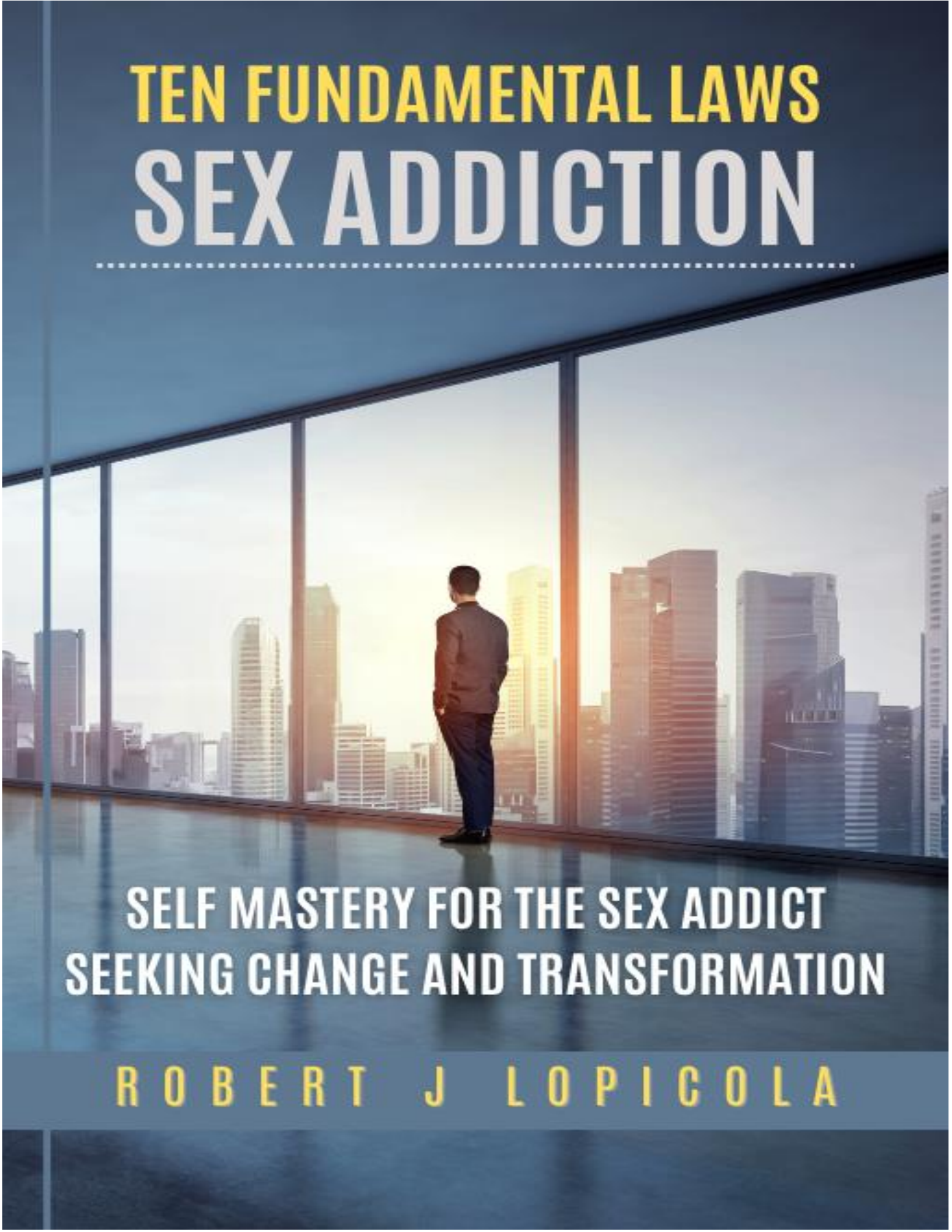


TEN FUNDAMENTAL LAWS SEX ADDICTION



SELF MASTERY FOR THE SEX ADDICT
SEEKING CHANGE AND TRANSFORMATION

ROBERT J LOPICOLA

Addiction Recovery Life Coach and Transformation Specialist Robert J Lopicola



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Academy of Life Change Coaching & Consulting, LLC

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There are several of Rob's personal stories included, from his personal perspective, and he has put every effort to represent events as faithfully as possible. There are statistics included which were gathered from various online sources.

Printed in Florida, United States, USA

Produced by Academy of Life Change Coaching & Consulting, LLC, Robert J Lopicola

www.academyoflifechange.com

This eBook will provide you with the necessary techniques and strategies that will change and transform your life. It is very important that you do not lose momentum. You are at a crucial point in your recovery and transformation. This is a time when reality sets in that you are changing and transforming, and your subconscious mind does not want to let go of your sex addiction. This book is likely to have a significant impact on your sexual sobriety, so please continue to take notes, highlight what you believe is important to you, and meditate on the information.

This book leads you to the 10 most fundamental laws of self-mastery for the sex addict seeking change and transformation. The book, in its unique style, starts with and concludes with the same premise, all you own in this world is yourself. These 10 laws will give you a significant outlined plan of what you need to do the rest of your life, not only for sexual sobriety, but also to achieve personal greatness. You will learn a great deal of the strategies necessary to love life, succeed in life, and forge ahead as a healthy, thriving individual. Remember to *apply and practice* the strategies offered.

Imagine what it will be like to live sexually sober, and healthy in mind and body. Imagine what your life will be like if you let go of all your fears? What would your life be like if you didn't care what other people thought of you? What would you accomplish if you were not afraid of failure? Where would you be if you were courageous and stretched yourself? What would your life be like if you were FREE from sexually addictive behaviors? You are on your way to have the answer for yourself as you will experience sexual sobriety.

There is no theory about what you will read on the following pages. Everything on these pages is based on real-life examples and scientific facts. You are on the verge of the greatest experience of your life. This is not the time to quit as you are nearing your life transformation from one that was sex addicted to a life where you are a thriving healthy individual. Yes, you can live an extraordinary life. You are about to catapult yourself to great heights if you apply the strategies provided in this book. These strategies must be practiced and mastered for the duration of your life.

Transformation Specialist and Author, *Robert J Lopicola*



10 FUNDAMENTAL LAWS OF SELF-MASTERY FOR THE SEX ADDICT SEEKING CHANGE AND TRANSFORMATION

CONTENTS

Law #1: All you own is you	page 4
Law #2: Do what you can with what you have	page 13
Law #3: Create a clear, laser focused vision	page 24
Law #4: Progress toward your vision	page 29
Law #5: Progress despite Fear and Negative Self-Talk	page 36
Law #6: Mind, Body, and Spiritual Health	page 42
Law #7: Save yourself	page 49
Law #8: No matter what	page 67
Law #9: Fake it to make it	page 65
Law #10: Life is a gift	page 72



FUNDAMENTAL LAW #1

ALL YOU OWN IS YOU

WHAT DO YOU OWN?

To own something implies you have full control over it. Owning something can mean you are responsible for it. You will be responsible for any damage it may cause. You could own something tangible or intangible. What you own can, in part, give you an identity. The more you own will likely establish your financial status among your peers.

You own your ideas, beliefs, thoughts, knowledge, and opinions. You own your body and are responsible for its well-being. The purpose of this Fundamental Law is that all you own is you - your body, mind, and spirit (qualities that form your character). When it comes to the elementary basics of what you were born with and die with, it is yourself.

You may “own” your car, house, clothing, business, jewelry, bank account, furniture, etc. However, many may lose their jobs, their homes could foreclose, their cars could get repossessed, their businesses could fail, their expensive clothing will age and wear out, their jewelry can be lost, sold, or inherited to the next generation, and some may experience bankruptcy and lose everything they worked hard for. Almost 800,000 Americans file bankruptcy annually. Rich, successful, and famous people lost all their money at times, including Abraham Lincoln, MC Hammer, Walt Disney, George Foreman, Cyndi Lauper, Willie Nelson, and Elton John.

Despite gaining and losing many times throughout your journey, in the end, what is left? You! During your journey through this physical experience, we call life, the only one constant is you! Remain cautious and do not allow yourself to be defined by things.

WHAT ARE THINGS?

I have collected “things” most of my life. For many years I hid behind the mask of material possessions. I, in fact, defined myself by the things I owned or thought I owned: the big house, fancy car, expensive watch, designer clothing, reputable income, my appearance, and my profession. These were the “things” that I believed defined who I was and defined my purpose. It took years for me to realize they were just things and did not define who I was.

Things can be taken, lost, and sold. Things can break, tear down, and deteriorate. My looks can wither as the years pass, and my health can, and will, decline if I disregard proper exercise and nutrition, or simply grow old. Things are simply things. We sometimes think we never have “enough” things. There is an urge or craving for more, bigger, better, etc.

This is especially true for the addict.

I falsely believed *I am what I have*, and then later, I realized that what I have has nothing to do with who I am. Many times, in my life, the “things I owned” were ruined in a hurricane, lost in a move, given away when I downsized, were sold when I needed cash, and taken when I went bankrupt. During my addiction, I gave away much of what I had freely to sustain my sex addiction. In all cases, one constant remained: me.

Interestingly, if having things were the solution to my problems, I would not have had those problems, to begin with. Therefore, the solution to my problems is not in collecting things.

WHO ARE YOU?

You are not your name, nor your profession. If you were, then if you changed your name or lost your job, you would not exist. If someone asked me, “who are you?” I would answer, “my name is Rob.” However, I am much more than “Rob.” I am me, who happens to have that name, Rob. Are you your name? Is that really who you are? Of course not.

If someone were to ask, “what do you do?” Most would answer with their career position or job title. I could answer, “I am a transformation specialist.” Great. Sounds good. But is that really what I do? Rather, I could say, “I help individuals bridge the gap from where they are now

to where they want to be while overcoming sexually addictive behavior.” That is more like it. That IS what I do. What do “you” do? Who are “you?” It is important to realize you are more than your name and job title. It is essential to “know thyself” on a deep level to gain self-mastery.

LIFE AND DEATH

When you were born, what did you own? When you die, what will you own? Nothing on your way in, and nothing on your way out. In between life and death, what do you own? Remember, things come and go, get sold, decay, get lost, perhaps some things are given away or perhaps stolen. Where do all the “things” you gathered go when you die? With you? Of course not. They must be given to someone, whether by inheritance or sold or another means. In trueness, you do not own anything. Most people own a home but pay a mortgage. The home then belongs to the bank. Most people own a car but make payments to a bank. The car then belongs to the bank. Most people wear nice clothing and have nice furniture but pay for them on credit cards. The clothing and furniture then belong to the credit card companies. Some may have paid for these things in full, but all could be lost if a flood or fire or storm hits. Things come and go. Things are things. No one really owns anything but one thing. You own one thing and one thing only. Yourself!

If you had a huge house, were driving a Bentley, had a summer home by the beach, and owned a small plane and boat for leisure, great. You have accumulated nice things and are probably wildly successful. However, if you were to get sick with cancer and had 6 months to live, what does all that “stuff” do for you? It is meaningless. Nonetheless, you will likely leave it to love-ones, sell it, or donate it. Simply, those possessions may be yours today, but its value compared to the value of your life is useless. Once again, all you have is you. The only real value in anything is in YOU. However, I believe if you can purchase nice stuff that will enrich your enjoyment of life – go for it. Nice stuff is nice. The warning is, of course, not to define who you are by them. The warning is not to attach who you are to your possessions.

MISPLACED ATTENTION

I have found that most have **misplaced attention**. Misplaced attention is when someone focuses their attention on one area of their life while neglecting another significantly more important area of their life. Many have grounded themselves in disorganized priorities.

Here is an example: *Tom purchases a vehicle he wanted badly. He proudly drives away from the dealership, grateful for his new ride. Carefully and cautiously, he arrives home, parks it in the driveway, and looks at it for hours. Tom later drives to a friend's house to show off his dream car. Later, he fills the gas tank with optimum grade gasoline, gives it a wash and wax, and gently hits the brakes when he stops at a red light – after all, he must be easy with the new vehicle. In time, he continues using the best high-grade gas, keeps up with the car washing, shines the tires, gets oil changes, and periodical engine checks. Maintenance is important to keep the vehicle healthy and strong. The car is an investment, and it must be taken care of. Later, Tom upgrades to a fancier, sportier ride. Once again, Tom has pride in this vehicle sitting in the driveway. A vehicle simply getting him from point A to Z. A few years later, as many people do, Tom trades the car for a nicer one, an upgrade, classier, and more elegant. Perhaps a few more dollars monthly, but it is worth it. “Why Not,” he may think, “I work hard for my money.” Some months’ finances may be tight, and he will count change in his drawer to make ends meet, but it is worth it. The car is a beauty.*

You may be thinking, “that is me, and I see no problem with it.” You may be correct, there may be no problem with this, but let’s consider another perspective. The vehicle is a material thing. Material things are pleasurable, and why not have them if you can afford them. I like material things too. However, he may be experiencing **misplaced attention** in his priorities.

Many will pay a few extra dollars a month for a nice vehicle but cannot afford \$30 a month for a gym membership. Many will wash and wax their car but will not get a manicure or pedicure. Many will pay extra cash for the highest-grade gasoline required for the car but stop at McDonald’s for hamburgers and fries. This is **misplaced attention**. **What about your vehicle – your body?** The car you can trade in when it gets old or has too many miles; perhaps you may sell your car for a new one. What about your body? This is your ONLY vehicle you must live inside

of during this one life. One body. One life. One time deal. No trade-ins. No selling for a new one. No upgrading. This is it. Many pay more attention to their car than their body. Do You? Why is that? Do you have **Misplaced attention**?

It is important to place your attention where it needs to be. On YOU! Here's a thought; You do not own your name. How many people on earth have your name? My name is Robert. There are many Roberts. In fact, **Robert** was in the top 10 most given boys' names in the US for 47 years, from 1925 to 1972. Robert was one of the most popular male names in medieval Europe, likely due to its frequent usage amongst royalty and nobility. To this day, Robert remains one of the most frequently given male names in the world. You likely do not even own your last name; it is likely others have that too. If your last name is Smith, Johnson, Williams, or Brown, you are among America's top 4 most common last names. This may sound like a silly idea or concept, but there is a point. There is not much on this earth you own.

There is one thing you own which no one else does, You! What about you is unique? What do you own about you?

(Perhaps the next six points can be added to your gratitude list.)

1. **You own your memories.** You are the only person on earth who has your exact memories. You not only own them, but you also own your perception of those memories. There is not one soul on earth who has the exact same perception of your memories as you have. Your perceptions are as unique as your fingerprint. To a large degree, who you are at this moment is the sum of all your experiences. Over the course of a lifetime, scientists estimate that the modern human brain will hold up to 1 quadrillion pieces of information. To give you a better idea, a quadrillion is 1,000,000,000,000,000! You are the only person on earth with all that data of your experiences stored as memories. No one else has them but you. This is one piece of who you are.
2. **You own your thoughts.** You are the only person on earth who has the thoughts you have. General thoughts may be held by the general population, but your exact thoughts are yours and yours alone. Your thoughts play a huge role in your belief system. So, your exact belief system

is yours alone as well. No one on Earth has the exact same blueprint of beliefs as you have. They are yours, and you own all of them. Keep in mind that you are responsible for what you believe. Your thoughts and beliefs are heavily influenced by your environment and circumstance when you are a child. However, as an adult, you are now responsible for them. Your first thought may not be your responsibility, but you are responsible for what you do with it. You have thousands of thoughts a day. A new study has suggested that an average person has **6,200 thoughts** per day. Therefore, thousands of thoughts cross our minds throughout the day. Many people even complain that they cannot sleep immediately after going to bed as their brain does not stop thinking.

3. **You own your body.** You are responsible for the health and well-being of your body. Your body is a product of how you nourish and hydrate it. Some would say your body is a product of how you think about it. Your thoughts can trigger your body to experience all types of physiological responses, from blood pressure and heart rate changes to chemical alterations in the brain. These changes can be harmless, or they can be detrimental to your health over time. You are responsible for using your brain to take in knowledge of how to care for the body you live in. Your body will respond well to life stresses and challenges if your body functions well. You cannot “do” well unless you “feel” well. And you cannot “feel” well unless you “self-nourish” well. God’s gift to you is your life. What you do with that life is your gift to God. When I refer to God – for me, it is a spiritual being. For you, perhaps it is the Universe, the Biblical God, or another Higher Form. Your amazing body is gifted with 206 bones, 79 organs, 360 joints, 600 muscles, 900 ligaments, 1.5 gallons of blood, 5 million hair follicles, 30 trillion cells, and 100 billion neurons in the brain. You own all of this.
4. **You own your word.** This is the greatest of all! You own your word. Are you a person of integrity? There is no greater asset in life than to be a man or

woman of your word. What you say is what you must follow through with. Be careful what you say. Out of the lips comes what is in the heart. But Integrity goes deeper than simply keeping your word. Integrity is keeping your word even when you do not feel like keeping it. Doing a thing you called to do even if conditions change, your mood changes, or the circumstances change. You must do what you said you would do. This is integrity. Let your yes mean yes, and your no mean no. You can change your mind if it is for your well-being and the well-being of others. Integrity includes taking care of yourself. Self-nurture is a significant part of integrity. Regarding words you speak, research shows the average person speaks at least 7,000 words a day, with many speaking much more than that. Think about what that means to you. Those 7,000 words (at least) you speak each day are your imprint on the world. They dictate how people perceive you – and largely define you. In other words, you are what you speak. Choose words wisely.

5. **You own your commitments.** When you make a commitment, it is non-negotiable. It is not conditional. When you make a commitment, you must follow through. How many times have you made self-promises or promises to others and not followed through? You made a commitment, but something interfered, and you gave up or gave in. How many times did you start a diet? How many times did you attempt to stop acting out sexually to no avail? How many times have you joined a gym? How many times did you not organize your closets? You make commitments, but do they come with negotiations and conditions? These are not commitments. These are statements said to feel good now. You say some things that make you feel good and look good, but you have no intention of following through. Either way, you own them. Some studies show that only 8% of people follow through on their goals and commitments to completion. What is your life pattern? Have you finished what you started?

6. You own how you respond. You own your response to people, situations, and challenges which come your way. In life, you are either leaving a challenge, currently in one, or heading toward one. There is no escape. Life can be difficult. Life can bring opportunities or curses to you when you least expect it. Situations will come to you that you may never have anticipated. People will hurt you, and some people will leave you. Some friends will betray you. Some employers will fire you. Traffic may unexpectedly delay you. Storms may disrupt your crops. The list is endless. How do you respond when challenges arrive? Or when people disappoint you? When situations disrupt your routine? How you respond is the property of you. Your response is a window into the type of person you are. You are responsible for responding, not reacting.

A: Reaction is instant. It is driven by the unconscious mind's beliefs, biases, and prejudices. When you say or do something “without thinking,” the unconscious mind runs the show. A reaction is determined at the moment and does not consider the long-term effects of what you do or say. A reaction is survival-oriented and, on some level, a defense mechanism. It might turn out okay, but often a reaction is something you regret later. What do you regret?

B: Response, on the other hand, usually comes more slowly. It is based on information from both the conscious mind and the unconscious mind. A response will be more “ecological,” meaning that it considers the well-being of not only you but also those around you. It weighs the long-term effects and stays in line with your core values. What are your core values?

There are material things, and there is you. There is what you have, and there is who you are. There is your job or position of employment, and there is what you do. There are words, and there is your word. There are first thoughts which can be destructive, and there are

insightful thoughts that can be constructive. Sometimes you will be all alone in this world. There will be no one. You will experience times when it is just you. You must learn to be in love with yourself. You must learn to be your best friend. You must learn to be your own life partner. All you own in this world is you: *your mind, your body, and your spirit*.

HIGHLIGHTS

FUNDAMENTAL LAW #1

ALL YOU OWN IS YOU

- All you own is you
- What you have has nothing to do with who you are
- The only real value in anything is in you
- It is important to place your attention where it needs to be, on you
- You own your memories, thoughts, body, word, commitments, and how you respond
- You must learn to be your best friend
- You must learn to be your life partner
- Sometimes in life you will be alone
- The most important relationships are with yourself and with the Universe (God)



FUNDAMENTAL LAW # 2

DO WHAT YOU CAN WITH WHAT YOU HAVE

WITH WHERE YOU ARE

Most people “wait” for the “right time” before they do what needs to be done. Wait until they fall in love. Wait until they get the house they wanted. Wait until the right job comes along. Wait until they feel better. Wait until they are no longer depressed. Wait until summer, spring, or winter. Wait until they have more money, etc., etc. Waiting and waiting. Are you waiting? Bills will not wait for you. Stress will not wait for you. Old age will not wait for you. Rainy days will not wait for you. So, what are you waiting for?

Everything you need to do and what needs to get done is already within you and prepared for you. You may not believe this. You may think you need more time, money, or power. You may think you need a better situation, circumstance, or environment. False thinking. Deceptions. Lies. All you need is already here within you. You own you, and all you need is owned by you as well. Now, however, is the time to expand on all you have and build what you want or need. You have waited long enough. The time is now.

Life is difficult. Life is challenging. No one said the world would give you something for nothing. You must do some “work.” Faith without work is dead. All your faith in the Universe or God is futile if you do not work in line with the faith. You can have faith that the east breeze will bring your sailboat home, but you will likely not move at all unless you set your sail in line with the east breeze. Faith and work go hand in hand. Work can feel like labor, a grueling task to get something done. So, I would like to change our perspective of the word “work.” When you do what you can, and it is in line with the Universe, the work is not working at all. It is “relief.”

When you and the Universe are in line, achieving success comes easily, as if it was “meant” to be. Religious people often say that you must do the “will of God.” How do you know if you are “doing God’s will?” Perhaps you can say, “doing what the Universe has for you to do.” If you force and push something to get done and it seems everything goes wrong, then most likely, your will and the will of the Universe are not in line. You are not doing God’s Will, so to speak. Success and happiness come easily, almost as if they take no effort when you are in line with the Universe. In more scientific terms, your vibration and the vibration of the Universe are in sync. That is the more scientific perspective of how this works.

When someone asks how you are doing, you may answer, “I feel depressed,” or “I am in good spirits today.” What really happens when you are depressed? Your vibration is not in line with the Universe positively. Your vibration is in line with depression and sadness. Likely you are thinking depressive, negative thoughts. Thus, you are feeling depressed. You cannot feel depressed if you are thinking positive, uplifting thoughts. You cannot think one way and feel another.

Similarly, the alternative, you cannot feel in good spirits if you are thinking negative and depressive thoughts. The question could then be asked, “what is your vibration today?” If you are depressed, your answer could then be, “my vibration is in line with negative and depressive energy; thus, I feel depressed.” Quantum physics proves all things are vibration. All things are made of atoms, and all atoms vibrate on a quantum level.

Why is this important? A “waiting” vibration is a lazy, unproductive, low energy frequency. On this frequency, you simply will be unable to get things done. You are responsible for changing your vibration and frequency. How? Change your thoughts. Simple. Thoughts, in and of themselves, have no power; it is only when we actively invest our attention into them that they have power. They become a living, breathing entity into our reality when they have power. When we engage with specific thoughts, we begin to feel the emotions triggered by these thoughts; thus, we enter a new emotional state that then influences how we act. There is this “thought-energy field” by which your environment, emotions, and actions are the result, positively or negatively.

So, you must start with changing how you think. If you think and believe you have everything you need right now, right here, to achieve your goals and vision, you are on your way. No more waiting. No more low-energy vibration. No low depressive frequency. Tune in to the higher energy frequency of the Universe – Get up and get going.

Once you decide to change your thought energy and tune into a higher level of awareness and thinking, you can drop the wait and start climbing to self-mastery today. Waiting is procrastinating. Procrastination is a low frequency which gives way to limited results.

There is an amazingly simple formula for success. Do what you can with what you have with where you are.

You do not have to wait for the money, job, relationship, car, or house to get started. Time is now. Review these three key points and get started right away:

1. **Do what you can.** What can you do? Look at your situation and start the process for your success right now by doing what you can. I was incarcerated, and when my release was approaching, I needed to build a business plan for success. I started this early because I wanted to get going immediately. I contacted ISSA (*International Sports and Sciences Association*) for as much information as possible about personal training certifications, requirements, fees, study materials, etc. I then organized a timeline and wrote a plan for success. I gathered all the information needed, and within a short time, I had a plan in focus. I knew what I had to do and did all I could at the time. I continued doing what I could to deepen my vision. I frequently exercised to be physically fit, healthy, and strong before my release. I not only had the plan in focus, but I behaved and acted fitness and health into my reality. I played the role. I closed my eyes often and visualized having my own studio, training clients, professional certifications, excellent health, and maximizing my physical fitness. My vision was a living, breathing force in my head.

Within 6 months following my release, my business was doing well. I started with two clients who soon became five. I created a website, designed my logo, printed business cards, and completed my first personal training certification with a 98.6 grade. Within 12 months, my business flourished, I had nearly a dozen clients, and my reputation grew. I

had numerous testimonials of successful clientele, an additional certification, and started progressing toward my 2nd-degree black belt. Within 36 months, I had my own Personal Training Studio, more than a couple of dozen clients, a third certification, and owned a full house of gym equipment. Within 48 months, I had built a second business as a Certified Transformation Specialist, authored, and published my first book, *The Art of Self Mastery*, and the mindset change program therein, and opened a larger, more successful personal training, boot camp, and self-defense fitness center. Today I am a master personal trainer, addiction recovery life coach, transformation specialist, and online course creator.

My reputation was scarred severely from my previous life, but that life was over, and that person was dead. With nearly a decade of sobriety embraced on my belt and maximizing my dream potential, my life, reputation, and success have been miraculous because I did what I could with what I had with where I was.

Do what you can is one part of Fundamental Law #2. It could be reading a book, calling for information, googling to gather knowledge, asking someone you know who has what you want, or any other action you can do that will lead you in the direction you desire. You must do all you can right now! Do not stop and wait. Life will not wait for you. Do not wait to create your life. Success does not come to those who wait. Whether it is losing body fat, gaining lean muscle, building a business, saving money, running a marathon, or anything in life that is rewarding and satisfying, get up and get going now, today, this moment. The wait is over! Most people wait because they fear change and get terrorized by change. The perception of terror is a lie. Here are ten reasons why change is healthy, positive, and productive:

- *You are getting pushed out of your comfort zone: most people are comfortable with mediocrity or less.*
- *You get to experience more out of life: a broader, brighter view.*
- *You get to find out who you really are courageous and triumphant.*

- *It makes you more flexible and adaptable: these attributes are imperative for success.*
- *You will have more adventure: the boring and mundane go nowhere.*
- *Less energy to accept change than to resist it: the fight against change is exhausting.*
- *Change is an opportunity: new doors will open, which you never expected.*
- *You will experience excitement: the thrill of “living” will exhilarate you.*
- *You will learn, grow, and live: if you do not take risks, you cannot grow. If you do not grow, you cannot be happy. If you cannot be happy, what else is there?*
- *You will progress; change will allow you to progress closer to fulfilling your dreams, purpose, and goals. One life, one chance, no refunds!*

2. Do what you can with **what you have**.

The first Fundamental Law for success states that all you own is you. All you need is already within you. Tony Robbins calls it the Giant Within. There is so much you have available to you, but you may be unaware of it. Many suffer from their own “mental lies”, which keep them imprisoned with limited lives. You are held back because of your limited belief system. As Les Brown says, “there comes a time when you must stand up to yourself, within yourself, and tell yourself to shut up.” The loud, bickering self-lies of constant self-abuse inside your head must stop. You have been telling yourself you are not good enough, smart enough, handsome enough, strong enough, etc., for a long time, and it must stop today.

What do you have available to you? Well, something as simple as a **smile**.

You are alive, for one. Every day you have an opportunity to do something worthwhile. You have a chance to change someone’s life for the better with something as simple as a smile. If you wake every day believing that everyone’s heart is breaking in one form or another, you will likely treat others a bit better. A simple smile goes a long way for yourself and others.

Smiling makes your brain release endorphins that improve your mood, making you feel happier. Research has shown that smiling releases serotonin – a neurotransmitter that produces

feelings of happiness and well-being. Not only do these natural chemicals elevate your mood, but they also relax your body and reduce physical pain. Smiling is a natural drug.

Your smile can have a direct impact on others. According to many studies, smiling is considered contagious and is extremely rewarding. Neuropeptides, neurotransmitters, dopamine, endorphins, and serotonin are released when a person smiles. The orbitofrontal cortex plays a role when a person smiles in response to someone else smiling. When you beam at someone, a lot happens during that interaction without you knowing it. According to a paper published in the journal Trends in Cognitive Sciences, it turns out that not just our grins, but all our facial expressions are contagious. Plenty of studies have shown that when you smile, you appear more attractive and confident to other people because the physical act of smiling affects the part of the brain that regulates your emotions. Much like when you yawn, others will yawn. When you smile, others will smile too. So, smile! It makes everyone in the room feel better because consciously or unconsciously, they are smiling with you. Growing evidence shows that we all have the instinct for facial mimicry, which allows us to empathize with and experience other people's feelings. Your smiling makes you feel good, and in turn, you make others get the same rush of good feelings. This is power, and you have it within you.

Regarding your climb for success in your journey of Self Mastery, you need to look within. Ask yourself these questions:

- *What are you passionate about?*
- *What are your dreams?*
- *What do you want out of your life?*
- *What will make you happy?*
- *What can you do that will help others?*
- *What legacy do you want to build?*
- *What do you love to do?*

I was a meteorologist for nearly two decades. My childhood dream came true, and I loved my career. Unfortunately, my disease of sex addiction took that from me. My mindset was progressively sick at the time. Later, when my mentor guided me to good mental health and a

positive, productive design for living, I had to uncover another dream. I was passionate about helping other people through fitness and nutrition, and later, helping sex addicts transform and free themselves from its grip. I am exceedingly passionate about public and Inspirational Speaking as well. Ah, I could follow another dream and help people. Thus, I created a new life for myself. I am gratefully successful and happy.

It was my responsibility to create a new life, not the responsibility of anyone around me. Also, and most importantly, I chose to not use my past as a limiting factor in my life. I was not going to be a volunteer victim. Some people hold my past against me. I can understand some have a difficult time believing people can change. I do not challenge their beliefs. It is ok for them to feel that way. I, however, do not have to allow their belief to limit my destiny.

Additionally, I certainly will not live a limited life. That is not who I am today. I am here to fill my life. I want to live a full life, so when I die, I die empty.

You must find your passion. Search within and uncover your dreams. What drives you in life? Where do you want to be in 5 or 10 years? Who do you want around you? What type of lifestyle do you want to live? These questions are imperative to ask of yourself during the process of Fundamental Law #2 for success in your life.

Do what you can with what you have. What do you have? Strip yourself down to the bare minimum. What do you own? What do you have available to you to build on, and what are your abilities? Are you an expert in any area? Do you want to be an expert? Think of ways to become an expert. Write a list of your very basics. What do you have available to you to build a successful life with? You have you, and that is a start. You have your ideas, dreams, passions, and thoughts. You have your history, a lifetime of experiences to draw from. You can see, smell, hear, taste, and touch. Do not forget; you have a smile to offer the world. Change yourself and change the world with your simple smile. There is power within you. It is time to let it out. Do not limit your life because of the limits other people force on you. Do not allow someone's opinion of you to become your destiny. Your destiny is in your hands. Live full, so when you die, you die empty. Now, get up and get going!

3. Do what you can with what you have **with where you are**.

You must do what you can with what you have. If you do everything you can with everything you have, it is inevitable to have at least some measure of success. In time you will do better as your knowledge and experience grows. If you knew better before, you would have done better before. Today you know better, so do better.

Many do not realize their abilities and what they are capable of until situations arise. You may have had an experience that called for great courage, and you showed up. You may have had an experience that called for great wisdom, and you showed up. Perhaps you may have had an experience that called for an immediate decision to be made, and you showed up. You surprised yourself, and possibly others, how you showed up unexpectedly at various times. A man or woman may not realize their greatness until a situation calls for it.

For success in life, however, some people will hold back their potential because of where they are. Where are you? Are you in a dead-end job? Are you in a loveless home? Are you living in fear? Are you homeless? Are you in jail, or worse yet, prison? Is your living situation holding you back from reaching greatness? Do you feel where you are is not a place to begin your journey toward success? Hopelessly stuck in a job you hate. A marriage that is failing. A relationship you despise. In a family who is unsupportive. Surrounded by friends who drag you down. In a jail cell isolated from the world. Alone renting a room in a stranger's house. Where are you right now in your life? Is your situation holding you back?

The only factor limiting your life is your limited belief system. There is no place you can be today which will prevent you from success. Success begins where? Success starts in your imagination. Success is born out of your thoughts and is watered by hope. Imagination and hope are the first fruits of success. All success starts in your imagination. From imagination comes hope. Hope is a feeling of expectation and desire for something to happen. Hope is a feeling of trust. No matter where you are, you have imagination and hope.

FROM THE AUTHOR

I was in a prison cell block when my imagination freed me. I created a world for myself. Hope kept my imagination alive, and action gave it the breath of life. I acted on my imagination and hoped by **1.** doing what I could with **2.** what I had with **3.** where I was. Following my release, I continued doing what I could, with what I had, with where I was.

I paid for my books and course material for my personal training certification upon my release. While in this process, I worked as a landscaper for 6 months. The pay was crappy, and it was hard labor, but I was a felon and registered sex offender, and I wondered who else would hire me? Labor was what it was for me. So, I did what I had to do with what was available. I had to make money, save money, and build my personal training business. **I had laser focus, and nothing would get in my way.**

After I finished working deadly hours in the hot summer sun, I would ride my bike 4 miles to the gym and back to improve my fitness. After all, I was about to build a personal training business and needed to be in top physical and mental shape. Additionally, I found two people, a younger woman of 23 and an older man of 55, to train FREE for 90 days. I needed testimonials to build my business. They agreed to allow me to train them for free for 90 days, and they would be my initial testimonials. I was completing my certification as I was training two people three days per week. I would ride my bike to and from the gym to train myself and them, all while landscaping 6 days a week, 6 am through 2 pm. I was exhausted. I had to do what I had to do. I went to a couple of job interviews but was declined employment because of my felony record. I had to be an entrepreneur if I were to have measurable financial success and stability.

In addition to working full-time and biking to and from the gym, I rode my bike several miles a day back and forth to 12 step meetings. I had to stay plugged into these for my sobriety. As I write this, I am sober and clean from alcohol, Methamphetamine, and sexually addictive behaviors for well over a decade. For me, it is not about sobriety anymore. It is about living a spiritual life, one that is peaceful and serene. When I act out sexually, my life is chaos. I love the peace too much to let it go. Besides, I have experience, and I know where alcohol,

Methamphetamine, and sexually addictive behaviors take me, and I never desire to return there again!

It did not matter where I was in life (*behind a jail cell, my mom dying one year before I came home, living alone in a bedroom my brother let me use for 18 months, rejected from jobs, laboring in the summer sun landscaping, riding a bike in the rain, thunderstorms, and oppressive summer heat, recovering from alcohol, drug and sex dependence, living in a conservative republican town as a gay man, rejoining society after 60 months behind bars in fear, no one giving me money to rebuild my life, no car, and health issues which often made me very fatigued*) **I was going to make it no matter what!**

I did what I could, with what I had, with where I was. Today I have a thriving business. I am a successful entrepreneur. I have respect from the community. My story and experience have benefited countless lives. There are numerous testimonials from those whose lives changed from my Transformational Coaching. I bought a beautiful vehicle I am grateful for. I purchased a Jeep Wrangler for leisure. I live in a beautiful home that I cherish. I adopted a dog who is the love of my life. I produced a *phenomenal Sex Addicts Recovery and Transformation Accelerator Program* that is available to men around the globe and is saving and changing lives, and a business that touches hundreds and thousands of people. I am sober and clean and grateful to God and all those who supported me along the way. I am not bragging, I am simply expressing that I did what I could with what I had available, and it worked. **All I had to do was do what I could with what I had with where I was. Please let this inspire YOU that if I can do it, so can you!**

You have incredible power within you. You have an inner resource of greatness. You can do anything you desire. **Do what you can with what you have with where you are.**

HIGHLIGHTS

FUNDAMENTAL LAW #2

DO WHAT YOU CAN WITH WHAT YOU HAVE

- Everything you need to do is already within you
- Success and happiness come easily, almost as if it took no effort at all when you are in line with the Universe
- You are responsible for changing your vibration and frequency
- Do what you can with what you have with where you are
- Success does not come to those who wait
- Every day you have an opportunity to do something worthwhile
- There is power within you, and it must be explored
- Do not limit your life because of the limits other people force on you
- The only factor limiting your life is your limited belief system
- Success begins in your imagination
- You have an inner resource of greatness



FUNDAMENTAL LAW # 3

CREATE A CLEAR, LASER-FOCUSED VISION

Do you know what you want to do with the rest of your life? Out of nearly 8 billion people on Earth, 60% are not doing what they believe they were meant to do. 44% of college students have no idea what they want to do after graduation. Large numbers of people have no idea what they want out of their lives. Science says only 8% of people achieve their goals, leaving a whopping 92% of people who set goals and never achieve them. It takes great power to achieve your goals once you know them.

It takes immense willpower to leave your life of mediocrity and traverse into one full of meaning and purpose. The gravitational pull to remain in a life unlived is strong. It takes courage, faith, and commitment to rise to your dreams and passions. Gravitational force is powerful.

It takes 7.2 *million* pounds of thrust to get a rocket out of the Earth's atmosphere. *Escape velocity* is the scientific term for escaping the gravitational influence of a massive body, such as Earth.

There is an incredible amount of energy needed to escape your life of mediocrity. Gravity never goes away. Much like the Earth has its constant gravitational force, life has a similar way of holding you back. Fortunately, there is a higher force of energy to tap into, which can catapult you upward to great heights.

Negative thoughts affect your body negatively. They make you sweat, physically tense, and mentally anxious. Positive thoughts positively affect your body. They make you more relaxed, centered, open, and alert. Positive thoughts cause the secretion of endorphins in the brain, reduce pain, and increase pleasure. The thoughts you are thinking, and the words your mind is processing are all electrical impulses. These can be measured as if you had a few wires

hooked up between your head and a machine. So, thoughts are energy, the same as everything else. Thoughts have power!

Negative thinking leads us to focus on the worst aspects, or possible outcomes, of a given situation instead of the positives. This negative thinking can cause us to experience a great deal of stress, worry, and sadness if we continue to adopt these thought patterns. Conversely, the power of positive thinking is remarkable. In fact, the idea that your mind can change your world almost seems too good to be true. Most of the time, healthy, happy people think about what they want and how to get it. In this way, developing a positive attitude can profoundly change your entire life.

The Bible, written thousands of years ago, promotes positive thinking and transforming the mind to achieve greatness. It teaches us to think about what is noble, what is just, what is honest, what is pure, what is uplifting, etc. Later, it adds that you must set your mind on what you want and believe totally, free from doubt. It cautions that if you have doubt, expect to receive nothing. One of the writings goes on, adding you must *decide* what you want. The *indecisive* man is like the waves of the sea getting tossed to-and-fro and should expect to receive nothing. These are great historic words of wisdom.

You are the creator of your life and destiny. You decide where you are going. You do not get in your car, and it takes you where it wants you to go. You must drive and lead the way. The car will go where you take it. The universe will not get you the interview or the house or the relationship. The Universe may provide the interview, and it is up to you to take it. The relationship may show up, but it is up to you to notice it.

The universe will respond to what you think about and your actions. Everything around you will respond to what you are doing and thinking. The Law of Attraction as well as universal vibrations and frequencies, are what you tap into with your thoughts. Be careful what you are thinking. The Bible says, as you thinketh, you are!

I want to, ever so abundantly, emphasize the importance of your thoughts and decisions. Fundamental Law #3 states that you must create a clear, laser-focused vision of where you want to be. You must believe in that vision whole-heartedly with no doubt at all. Know what you want

to be true! Find what you are passionate about. Uncover what area of YOU is an area you desire to expand your knowledge and expertise in. Discover new areas of your imagination. Think about what you want as your legacy. Once decided, get up and get going!

When you have a dream, a passion, something you want out of your life, you must pursue it no matter what. You must not allow anything to remove you from your dream. You must believe in your dream and that which you want to achieve. You must exercise great force to succeed. When I decide, I am committed. Absolutely nothing gets in my way. I am responsible for my vision, what I do to achieve that vision, and who I allow to join me during the journey there.

Negative, dramatic, and people who gossip are not welcome on my journey. Those who suck the life out of me, who I call *vampires of life*, are not welcome on my journey. The complainers, haters, back-biters, and those who choose to be stuck in mediocrity, are not welcome on my journey. However, if they want to ride along with me to reach their dreams, passions, and new heights in life, we can join hands and **together** escape mediocrity. With the right people, WE can do together what we cannot do alone.

The Escape Velocity needed to reach your dreams leaves absolutely no room for negative self-talk, negative conversations, doubt, vampires of life, and others who are going nowhere fast. The Escape Velocity for your passion for coming alive and leaving the gutter of misery takes great effort! There is no room for doubters to join you. No one must see your dream but you! No one must believe in your passion but you! You must see it, smell it, feel it, know it, trust it, and taste it! You must baptize your dream in the oil of determination and perseverance.

If you believe, free from doubt, you cannot fail. If you think powerful, positive thoughts, you cannot fail. If you trust with certainty the thing you want and follow through with all your capacity, strength, and conviction, you cannot fail. Leave doubt behind. Leave the haters behind. Leave the opinions of others behind.

LIKE AND EAGLE

An eagle can see a roti, which is a flatbread, on the ground from over one mile away. Its eyesight is extremely keen, one of the strongest in the animal kingdom. Imagine, if you will, swapping your eyes for an eagle's, you could see an ant crawling on the ground from the roof of a 10-story building. Objects directly in your line of sight would appear magnified, and everything would be brilliantly colored, rendered in an inconceivable array of shades.

You must have a vision of what you want in your life as keen as an eagle's eye. An Eagle's only focus is on its goals, not on fear. The Eagles are intensely fearless. After setting their target to hunt an animal, they follow through with a clear and precise plan. They only put their focus on that one thing. They will not shift their focus until they get what they are hunting for. In the same way, you must focus on your goals with a laser's precision!

Eagles soar alone to great heights of over 10,000 feet. When it rains, most birds head for shelter; the eagle is the only bird that, to avoid the rain, will fly above the cloud. Be an eagle and fly to great heights, above the storms of life, where only other eagle's fly. Leave the chickens where they belong, on the ground. Do not gather with the chickens, or you may believe you are one of them. Do not slow your pace as chickens do. Chickens fly less than 9 mph for no longer than 300 feet. Eagle's fly at nearly 65 mph. Do not be a chicken, be an Eagle climbing to great heights at great speed. It is time to pick up the pace, leave the chickens behind, and soar like an eagle!

HIGHLIGHTS

FUNDAMENTAL LAW #3

CREATE A CLEAR, LASER-FOCUSED VISION

- Developing a positive attitude can profoundly change your life
- Negative thoughts affect your body negatively
- You must never allow anything to remove you from your dream
- You are the creator of your life and destiny
- The Universe will respond to what you think about and your actions
- If you think powerful, positive thoughts, you cannot fail
- Leave doubt behind
- Leave the haters behind
- Leave the opinions of others behind
- No one needs to see your dream, but you



FUNDAMENTAL LAW # 4

PROGRESS TOWARD YOUR VISION

Progressing toward your goal or vision comes easily if you are on the right track. **Q:** How do you know if you are heading in the “right” direction? **A:** When the result seems to work out “coincidentally” as if it is “meant” to be, when the result you’re seeking happens relatively smoothly. When your vibration and the vibration of the Universe are in sync, then exactly what is intended by your confident, determined commitment will unfold for you. When you are not forcing a thing but allowing it to unfold in your life as it should, your vision will unfold seemingly without much effort.

Some would say you were coincidentally at the right place at the right time. I do not believe this to be an accurate statement. *You have the power to make any time the right time for you to be in the right place.* You make your life unfold. You are the creator of your destiny, whether you believe this to be true or not. You do not have to believe something for it to be true. *Ripley’s Believe It or Not* is based on facts, whether you believe it or not. There are no coincidences. A coincidence is a remarkable occurrence of events or circumstances without an apparent casual connection. A coincidence is something that is not planned or arranged but seems like it is. However, if you understand how vibrations, frequencies, and the Law of Attraction work, you will know a coincidence is the Universe responding to your thought vibration. Remember, you make “coincidences” happen in your life by your thoughts and beliefs.

The basic Law of Attraction states that you will attract whatever you focus on into your life. Whatever you give your energy and attention to will come back to you. Stay focused much how the eagle stays focused on its prey. Stay *Laser focused* on your vision and goal, free from fear and doubt.

KEEP FEAR OUT

Fear is an unpleasant feeling triggered by the perception of danger, real or imagined. Most fear is imagined and thus not real. Michel de Montaigne said five hundred years ago: "My life has been filled with terrible misfortune: most of which never happened." Studies have shown that 85% of what people worry about never comes true. Therefore, remain courageous as you progress toward your vision. Courage is to do a thing despite your perceived fear.

The belief that *coincidence is what makes things happen for you* prevents you from owning the power you have within you. You simply have the power to carry out what you are determined to do. Thoughts are energy and have power. You can make where you are with what you have, work for you. Most successful people make success happen under all circumstances. They are friendly, interactive with others, and confident. They look for opportunities, circumstances, and people who are makers and shakers in the community. They vibrate on a deep level in line with their dreams, visions, and desires. These factors will open many doors for you which would otherwise remain closed.

Fear is a limiting factor. Fear is your imagination deliberately lying to you. Fear prevents you from taking risks, growing, and being fulfilled. There are times when you limit yourself from opportunities, people, and situations that could catapult you closer to your vision. At these times, you must stand up to yourself, within yourself, and tell yourself to stop fearful talking. Take risks. Take chances. Get up and get going. Opportunities are available for you everywhere. Make all circumstances work for you. Always be determined. There is no room for doubt, fear, and close-mindedness when you are driven and passionate about your dream.

Three challenges will come against you:

- **Obstacles**
- **Rejection**
- **Negative people**

OBSTACLES

Obstacles are difficulties that may seem impossible to overcome. They are perceived, believable barriers which can prevent you from moving forward. They come in many forms. Typically, they come in the form of lack or scarcity. Not enough of something! You may believe you do not have enough time, money, experience, knowledge, etc. You may start telling yourself you are not qualified. Perhaps you lie to yourself, whispering in your own ear how you are a failure, that your dreams are too big for you to achieve. Maybe you feel inferior to others or doubt your possibilities and vision, fearing disappointment, thus contemplating that giving up is a better option. Imagined lack and scarcity are great deterrents to success.

Obstacles could arise that slow your momentum: an injury, illness, or family calamity. These may slow your pace a bit, but certainly, there is no reason to cancel your vision. Do not procrastinate, have a plan, ask for help and progress toward your vision no matter what! No obstacle is too great to overcome if you are free from doubt, if you visualize it with laser focus, and are determined with steadfast perseverance.

You must never quit. You must never tire out. You must never allow obstacles to have power over you and your dream. The only limit to your success is your limited belief. Expand your belief and imagination. All great successes start with imagination. Deliver your imagination into the world without delay!

REJECTION

Not everyone will like you. Not everyone will agree with you. In fact, there will always be a few who do not like you. It is inevitable. It really is not important why. Their opinion of you does not have to be your destiny. It is none of your business what others think of you. If someone brings up your past and it is not who you are today, tell them you are not interested. Rejection is a fact of life. Rejection is everywhere. If you want Self-Mastery, it is your obligation to never give up. No one will save you from rejection. My experience says, *“others may not see me for who I am and what I stand for. Others may see me for whom I used to be, what I used to do, or who they perceive me to be. I cannot own their opinion. I cannot give my power, time, and strength to*

their opinions if I want to champion my life. I must accept their opinion as theirs and not mine. I know who I am and what I stand for. I will stand for who I am, and I will be all I can be. I am responsible for myself. No one is responsible for me and what I do with my life except me. I own my life, and I must prevail no matter what.”

Abraham Lincoln is one of the greatest examples of rejection and persistence never to give up. Abraham Lincoln did not quit. Born into poverty, Lincoln was faced with defeat throughout his life. He lost eight elections, twice failed in business, and suffered a nervous breakdown. He could have quit many times – but he did not, and because he did not quit, he became one of the greatest presidents in the history of our country. Here is a sketch of Lincoln’s Road to the White House:

- 1816: His family was forced out of their home. He had to work to support them.
- 1818: His mother died.
- 1831: Failed in business.
- 1832: Ran for state legislature – lost.
- 1832: He was unemployed – wanted to go to law school but could not get in.
- 1833: Borrowed some money from a friend to begin a business, and by the end of the year, he was bankrupt. He spent the next 17 years of his life paying off this debt.
- 1834: Ran for state legislature again – won.
- 1835: He was engaged to be married, his sweetheart died, and his heart was broken.
- 1836: Had a total nervous breakdown and was in bed for six months.
- 1838: Sought to become speaker of the state legislature – defeated.
- 1840: Sought to become elector – defeated.
- 1843: Ran for Congress – lost.
- 1846: Ran for Congress again – this time he won – went to Washington and did a good job.
- 1848: Ran for re-election to Congress – lost.
- 1849 Sought the job of land officer in his home state – rejected.
- 1854: Ran for Senate of the United States – lost.

- 1856: Sought the Vice-Presidential nomination at his party's national convention – got less than 100 votes.
- 1858: Ran for U.S. Senate again – again, he lost.
- 1860: Elected president of the United States.

Lincoln was a champion, and he never gave up. Rejection need not govern your life and the possibilities as it did not for Lincoln. Rejection is not what will interfere with your success. Other people's opinions of you will not defeat you. What others think of you will not defeat you. What YOU think of YOU is what will determine your destiny. Do not settle for mediocrity. Do not settle for what others think of you. Rejection is an opportunity to prove you are stronger and more capable than another person's biased opinion based on their limited beliefs and knowledge. Remember, their opinion of you is none of your business. Most people will not see the Champion in you because they are unable to see the Champion in themselves.

When it comes to rejection, I have learned the following five points to be true:

1. There will always be haters
2. Do not read the comments
3. You are not here for the haters
4. When caught in the chaos, you must back up, look within, take a new perspective of matters, then forge ahead
5. If someone brings up your past and it is not who you are today, tell them you're not interested

NEGATIVE PEOPLE

Many studies have reported that 86% of people are unhappy with their lives. Imagine that. Some studies suggest 87% of people are unhappy with their jobs. Studies suggest the heart attack rate increases on Monday mornings between 6 am and Noon. People's hearts are breaking to go to work Monday morning. The divorce rate is nearly 50%, and many who stay together are

unhappy. Studies have shown that 8 out of 10 married people are unhappy. Health is not good either: 4 out of 10 Americans are obese, plus 9.3 million Americans are suicidal. Negative, depressed people are everywhere; they are in your family, fellow employees, and your circle of friends.

These are toxic people who tend to frequently complain, gossip, and suck the life energy out of others. They tend to look at the negative in others and themselves and never seem to find their own peace. Peace and serenity elude these people, and they are lost in the chaos of their thinking. They seem to be neatly wrapped with negative drama, failed relationships, health issues, jobs they hate, friends they gossip about, financial insecurity, their car often breaks down, and their bills are typically unpaid and in collection. If this is you, it is time to look at your life and make the necessary changes. If you associate with people like this, it is time to evaluate your associations and make changes. Do not allow negative people to drag you down. You are responsible for the negative people you allow in your life. It is not the negative people in your life who are the problem. The problem is you and why you allow and tolerate negative people in your life. It is time to say goodbye and move on. Get up and get going!

MOVE FORWARD NO MATTER WHAT

There will be times in your life when you are in a slump. Times when things just do not go right. It would seem all the odds are against you. Negative people, haters, backbiters, rejection, and obstacles will come in many forms, but you must never quit. You owe it to yourself. You must believe you deserve success and happiness. If you do not take control of your life and the direction you are going in, someone else will direct it for you. If you do not commit to success and move forward with a determined effort, the negative forces in life will beat you down. You do not have to accept these forces in your life. DO NOT give tough times power over your destiny. DO NOT give your heart and soul to negative situations and people who will drown you in doubt and fear. Be courageous. Hold on to God or the Universe and drive yourself closer and closer every day to the person you want to be, the person you are here to be. You can overcome ANYTHING. I do not think this; I KNOW this to be true. I know we all have within us the ability to

make it no matter what. You can do this, and you will. Believe. Trust. Know. Just do what it takes to be all you can be, no matter what! You MUST progress forward no matter what comes in your path! Commitment and determination must come with no negotiation and no conditions!

HIGHLIGHTS

FUNDAMENTAL LAW #4

PROGRESS TOWARD YOUR VISION

- The basic Law of Attraction states that you will attract into your life whatever you focus on
- Thoughts are energy and have power
- Most successful people make success happen under all circumstances
- Opportunities are available for you everywhere
- No obstacle is too great to overcome
- The only limit to your success is your limited belief
- It is none of your business what others think of you
- What you think of you is what will determine your destiny
- Most people will not see the Champion in you because they are unable to see the Champion in themselves
- You are responsible for the negative people you allow in your life
- If you do not commit to success and move forward with a determined effort, the negative forces in life will beat you down



FUNDAMENTAL LAW # 5

PROGRESS DESPITE FEAR AND NEGATIVE SELF-TALK

FEAR

Fear is an emotion induced by perceived danger or threat, which causes physiological and behavioral changes, such as mounting an aggressive response or fleeing the threat. The feeling of fear implies anxiety and usually a loss of courage. The universal trigger for fear is the threat of harm, real or imagined. This threat can be for our physical, emotional, or psychological well-being. While there are certain things that trigger fear in most of us, we can learn to become afraid of nearly anything.

Fear weakens our immune system and can cause cardiovascular damage, gastrointestinal problems such as ulcers, irritable bowel syndrome, and decreased fertility. It can lead to accelerated ageing and even premature death. Although there are fears that can arise in your own personal path to greatness, each can be solved in its own unique way. Ironically, your biggest fear is not something to be feared at all. Most fears narrow down to one common denominator. Fear is a natural part of life, and all fears have a source that can be discovered and overcome, one step at a time. Ten of the greatest fears which prevent individuals from being the best version of themselves are:

- 1. Fear of failure**
- 2. Fear of success**
- 3. Fear of loss**
- 4. Fear of being judged**
- 5. Fear of losing your identity**

6. Fear of losing control
7. Fear of time
8. Fear of who you really are
9. Fear of the loss of the known
10. Fear of what is next

If we broke down each of these fears, we could determine that the common denominator is **FEAR OF CHANGE!** Most people would rather stay in a “known hell” than go into an “unknown heaven.” Most people would rather stay where they are comfortable even if they are unhappy. Many are comfortable with mediocrity or worse.

When someone changes their situation, circumstance, or environment, they tend to feel out of control. This can be extremely uncomfortable. Who wants to be out of control? Some people are unaware of the consequences of not changing. They have lost perspective and the knowledge that options are available. Many people fear who they will be without THAT job, relationship, husband, wife, house, city, etc. The unknown is fearful. Change can create the fear of an uncertain future. Uncertainty is scary. Fear of change stops people from acting. Therefore, many remain in a rut, unhappy, immobile, unsatisfied, and live a life of mediocrity.

There are several steps you can take to break the chains of the Fear of Change. You must take these steps so you can climb out of your life of mediocrity and build a new, successful, fulfilled, and satisfying life you deserve. Accepting failure as a part of your journey is key to your growth and change.

1. **If you do not take risks, you cannot grow.** And if you cannot grow, you cannot be your best. And if you cannot be your best, you cannot be happy. And if you cannot be happy, what else is there? **TAKE RISKS TO GROW**
2. **Acceptance is key to success.** You have what you have. You are where you are. You can only do what you can do, but it must be your best. Do your best, and the best is all you can do, and if you do all you can do, then that is all you can do. You must accept

what you have with where you are, but make sure you do all you can with what you have and where you are. **ACCEPT AND MAXIMIZE**

3. **Fail your way to success.** Failure is a must if you want to grow and prosper. Accept failure as your teacher, classroom, and guide to success. Success often follows failure since it frequently occurs after other options have been tried and failed. **FAIL YOUR WAY TO SUCCESS**
4. **Recovering from failure is key to success.** Through failure, you will become great. If you keep moving forward despite failure, no matter how many times, you will **learn** resilience. Resilience is the driving force behind determination, not allowing failure to beat you down or cause you to give up. Determination is the driving force behind courage. To reach great success, you **MUST** know resilience. **BE RESILIENT**
5. **Everyone has failed**, and everyone will fail again! You are not alone. Remember, all successful people have failed. Failure is part of the journey. Do the thing you want imperfectly. It is far better to do a thing imperfectly than to do nothing at all. Failure teaches you to look deeper and discover new understandings. Failure can shed light on where you are going. Failure will help you develop new strategies. Failure will teach you new ways to approach old problems. **ALLOW FAILURE TO BE YOUR GREATEST TEACHER**

NEGATIVE SELF-TALK

One of the most significant barriers to self-mastery is negative self-talk. Most people talk negatively to themselves about themselves, thus creating their own limited lives. As a result, many are unfulfilled, unhappy, dissatisfied, overweight, unfit, and depressed because of their own dreadful thinking.

Self-Talking, or Inner Dialogue, is clocked at about 4,000 words per minute. As much as 10 times faster than when we speak with another person. The inner dialogue is more condensed, and we do not use full sentences because we know what we mean. Interestingly, self-talk does maintain characteristics of what would be considered normal dialogue between two people. Your

mind contains various perspectives and can argue with itself; it has different perspectives that can confirm each other, and each perspective within your mind can go as far as talking over the other. It must be freeing to realize you are not actually insane, as you may have thought. However, what you say to yourself, when you say it, and how you say it, has a tremendous impact on your self-esteem, beliefs about yourself and your potential, and your overall sense of self-worth. Inner Dialogue is a significant ingredient for Self-Mastery and success, or failure, in life. Be cautious how you use it.

Most people find it natural and easy to talk negatively about themselves as well as to others. Life has a way of conditioning us to be negative. How? There are three main reasons:

1. **Most people are influenced by the media.** The media has a powerful influence and is driven by false and exaggerated information, chaos, turmoil, and heightened drama. Thus, the masses are negatively influenced. Negative news can affect mood and lead to feelings of hopelessness, anger, and fear. One study from the *National Library of Medicine* found that people showed an increase in both anxious and sad moods after only 14 minutes of watching TV news.
2. **Most people are unhappy with their bodies and health.** Most people are overeating, overworked, and over-stressed. In the U.S., 85.8 percent of males and 66.5 percent of females work more than 40 hours per week, and despite these extensive hours, over 35 million Americans are living in poverty. Almost 90% of Americans are unhappy with their jobs. Over 70% of Americans are overweight or obese. These conditions show how unhappy so many people are.
3. **Many have an addiction problem.** People escape their depressing lives through overindulging with drugs, alcohol, and sex. Rather than coping with life in a healthy way, many succumb to addiction. Addiction to drugs and alcohol is a destructive epidemic. 1 out of 10 Americans is addicted to drugs or alcohol. Over 30 million Americans are addicted to sex, and nearly 17% of sex addicts attempt suicide. Numerous others are addicted to gambling and overeating. Drug overdose deaths continue to impact communities across the United States and the suicide rate is on the increase.

- From 1999 to 2019, nearly 841,000 people died from a drug overdose.
- Drug overdose was a leading cause of injury-related death in the United States in 2019.
- Over 70% of overdose deaths involved opioid-like prescription opioids, heroin, or synthetic opioids (like fentanyl) as well in 2019.

Negative self-talk is toxic. You have the great inner critic who constantly tells you how you are not enough as you are. You may believe that you are inferior to others, not handsome enough, tall enough, strong enough, financially secure enough, etc. Much of this negative self-talk comes from your faulty belief system. Many people critique themselves on the inside by other people's outside. Remember, the world is a masquerade ball, and most people are wearing masks (metaphorically). The advent of social media is amplifying this.

Negative self-talk will lead to limited thinking, perfectionism, and depression. Pay attention to how you think or talk with yourself. Studies have shown that 87% of negative self-talk goes unnoticed by the conscious mind. Awareness is key.

Pay close attention to your inner conversation. **Listen closely.** Listen to how you speak with others. Be cautious how you speak inside yourself and outside yourself. The world can be a negative place to live, but your brain is the most important place; you live there 24 hours a day. In your brain, you think, self-talk, process, digest, and evaluate your circumstance, perceive the world around you, and formulate your dreams, hopes, and goals for the future. Make it your safe place.

There comes a time when you must stand up to yourself within yourself and start a new internal dialogue, talking louder and clearer, with more power and conviction, and with stern pertinacity, the things you are determined to be! Speak within yourself about your strengths, what you have overcome, the challenges you survived, and the determination you showed when times were rough, when money was low, and when the storms of life had beaten you down. You are a survivor. You have overcome.

You have greatness within you. Speak these things with confidence as you sit with yourself. Transform your inner dialogue. For these things are who you are. Stop that negative flow of energy! Begin, here, today, right now with a new voice. It is time to transform yourself from the negative old life to a bright, strong, positive, successful one you deserve! **No more waiting!** Now, get up and get going!

HIGHLIGHTS

FUNDAMENTAL LAW #5

PROGRESS DESPITE FEAR AND NEGATIVE SELF-TALK

- The top ten greatest fears can be summarized in this: Fear of Change
- If you do not take risks, you cannot grow
- Acceptance is key to success
- Fail your way to success
- Allow failure in your journey, for, through failure, you will become great
- One of the most significant barriers to Self-Mastery is negative self-talk
- Life has a way of conditioning us to be negative
- Pay attention to how you think and talk with yourself



FUNDAMENTAL LAW # 6

MIND, BODY, AND SPIRITUAL HEALTH

There is an innate connection between these three: your mind, body, and spirit. Good health in all three areas is imperative if you want to achieve Self-Mastery. You cannot do well if you do not feel well. You cannot feel well if you do not eat and think well. You cannot be serene if you are not spiritually healthy. To be spiritually healthy, it is suggested you connect with nature, the God of your understanding, people in the world around you, and your inner self in a healthy way. We will mature spiritually when we realize we are not alone, as the ego will make us believe, but rather that we are connected to everything around us.

Self-Mastery involves massive success in these three areas – Mind, Body, and Spirit.

THE MIND

The mind is a powerful place. An old friend once said, “I will not go in there without a 9mm and a flashlight.” It’s funny but true. He was sober from drugs and alcohol for many years and did not yet trust his thinking abilities. He realized when he got sober and clean that his thinking was misguided, misplaced, and mis-everything, so to speak. He had a faulty belief system. He was aware that his thinking needed significant change if he were to live well. If you want to change your life, you must change your thinking, hence, your mindset. Einstein said, “you cannot fix the problems of your life with the same **mindset** that caused them.” Your mindset **MUST** change.

It is not your mind which brought you to a place of needed change and transformation. It is your mindset, how you think, how you process, and how you perceive the world and yourself.

If you want to transform your life and gain Self-Mastery, you must change your mindset. Formulate new patterns of thinking. Develop new opinions. Learn new strategies.

Play the game differently. Look at your world from a new vantage point. Take a broader view and wider perspective. Be open to possibilities. Take suggestions. Surrender your old ideas and adopt new ones. Take on a new personality. I love this Bible verse, "...put away the old personality which conforms to your former course of conduct, and which is being corrupted according to its deceptive desires, but that you should be made new in the force actuating your mind and should put on the new personality. Strip off the old personality with its practices, and clothe yourself with the new personality, which through accurate knowledge is being made new..."

How do you take on a new personality? Practice new principles to develop your new personality, in other words, your new mindset. Practice such things as *tender affection, compassion, kindness, patience, mildness toward others, forgiving each other freely, clothing yourself with love, not letting the sun go down with you in a provoked state, not letting a rotten word come out of your mouth, and whatever you say let it be said for building up. Let all malicious bitterness and anger and wrath and screaming and abusive speech be taken away from you along with all badness. Become kind to one another, freely forgiving one another. Eliminate shameful conduct, foolish talking, obscene jesting, things which are not becoming but rather have gratitude and thanksgiving. Quit sharing with others what is unfruitful.* These key points were published in the Bible thousands of years ago and still apply today.

Think about such things as being *noble, honest, chaste, loveable, well-spoken of, whatever virtue there is and whatever praiseworthy thing there is, continue considering these things.* Think about these things and practice these things, and you will experience joy, peace, goodness, and self-control. You must change your mindset to transform your life and become a person of massive Self-Mastery. Practice these things. Why? Practice makes what? No, no. No one can be perfect. Practice makes improvement. Improve who you are. Improve how you think. Improve your mindset. Improve your life skills. If you do, you will experience Self-Mastery.

THE BODY

Your body is a marvelous gift from the Universe. Here are the 10 most amazing facts about your body published at *All Pro Dad*:

1. 100 trillion cells started with one

Your body is made up of approximately 100 trillion cells. They all came from the division of one single cell. Every minute, 300 million cells die, but that is just a small fraction of the total cells we have. We produce 300 billion new cells every day, and your body is constantly repairing and rebuilding.

2. Your brain is an amazing super-computer

The brain is composed of 80 percent water. The brain can hold five times as much information as the *Encyclopedia Britannica*. Nerve impulses travel at 170 miles per hour. Oh, and it does all this on the same amount of power as a 10-watt light bulb.

3. Hair today

Every day, the average person loses 60 to 100 strands of hair. But there's good news: We must lose over 50 percent of our scalp hairs before anyone notices. Also, hair is virtually indestructible. Aside from flammability, human hair decays at such a slow rate that it is practically non-disintegrative.

4. Your heart works its heart out for you

The human heart creates enough pressure to squirt blood 30 feet. Such pressure is needed to pump blood through 60,000 miles of veins and capillaries. The heart pumps 6 quarts of blood, circulating three times every minute. So in one day, your blood travels a total of 12,000 miles.

5. Your skin is the ultimate touch screen

Each square inch of your skin includes four yards of nerve fibers, 600 pain sensors, 1300 nerve cells, 9000 nerve endings, 36 heat sensors, 75 pressure sensors, 100 sweat glands, 3 million cells, and 3 yards of blood vessels.

6. Your eyes alone are a study of genius

Our eyes can distinguish up to one million color surfaces and take in more information than the largest existing telescope. People blink once every four seconds. That is because eyelashes act as windshield wipers, keeping dust and grime from getting into the eye itself.

7. The liver is a hardworking organ

Your liver works hard at over 400 functions, including detoxification, protein synthesis, and the production of biochemicals necessary for digestion. However, you could have two-thirds of your liver removed from trauma or surgery, and it would grow back to its original size in four weeks.

8. Take a deep breath

Your lungs have a surface area the size of a tennis court. To oxygenate blood, our lungs are filled with thousands of microscopic capillaries. The large surface area makes it easier for this to take place and to get the oxygen where it needs to go.

9. You have a disposable stomach lining

Your stomach gets a brand-new lining every four days. Strong digestive acids quickly dissolve the mucus-like cells lining the walls of the stomach. So, your body replaces them routinely before they are compromised.

10. You cannot hide from your fingerprint

Just three months into a pregnancy, an unborn child already has fingerprints. At just 6 to 13 weeks of development, the distinctive whorls have already developed. Interestingly, those fingerprints will never change throughout a person's life. And your fingerprints are your own unique bar code indicating the true miracle you are.

You are responsible for your body. It is the only vehicle you own. There are no trade-ins.

There are no new bodies available for purchase, nor do you have any other option than the one you have. Many people abuse their bodies with unhealthy nourishment, yet they will put the best fuel in their car. Many people will sit home lazy, unable to afford a gym membership, personal trainer, or nutritionist, yet will make a huge monthly car payment for transportation that depreciates with time. Many people will complain they are overweight and unhappy with their body yet will not do what it takes to refine it. Most people will abuse their body, but their

body wants to be strong and healthy and is a magnificently self-healing machine. Your body wants to live and prosper. It heals itself repeatedly so you can live. Nayyirah Waheed once said this, which I love deeply: *“And I said to my body softly, ‘I want to be your friend.’ It took a long breath and replied, ‘I have been waiting my whole life for this.’”*

The human body is so resilient it can survive the removal of the stomach, the spleen, 75 percent of the liver, 80 percent of the intestines, one kidney, one lung, and virtually every organ from the pelvic and groin area. The human body is quite flexible and adaptable. The brain is the most resilient organ in the body. The heart is the most powerful source of electromagnetic energy in the human body, producing the largest rhythmic electromagnetic field of any of the body's organs. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. Your body is amazingly resilient and wonderfully designed.

It is imperative that you take full responsibility for the machine that drives your life. You have one body, one vehicle, one machine to live in for 70 or 80 years. It is resilient, strong, hardy, and irrepressible. For Self-Mastery, you are to take care of your body through healthy nourishment, cardiovascular exercise for heart strength, and resistance training for strong, lean muscle mass. Self-Mastery involves recognizing the importance and significance of the great gift you were given. Respect this gift. Some might say your body is a gift from the Universe and your gift back to the Universe is what you do with it.

THE SPIRIT

The spiritual part of you is your character and emotion, which drive your perceptions, ideas, beliefs, and behaviors. It is not only what you believe but how you live. The spiritual part of you is how you behave when you are alone, the way you give of yourself to others, and how you connect with nature, the Universe, and/or God. The spiritual part of you is the part that is connected to love, deep feeling, empathy, understanding of others, and forgiveness. The mind and body work together and need to be in partnership for Self-Mastery. The spiritual part of you must also join in this partnership.

The spiritual is selfless, God-centered, and giving generously to others by listening, honoring, and respecting others. It is the part of you where you experience peace and serenity. It is the part of you that can get quiet with yourself and connect with the vibration of the Universe. It is the part of you that connects to a higher frequency and feels safe and home under any circumstance, in any situation, and against all odds. It is the part of you that knows you are right where you need to be, and all will be provided that is necessary. My Spiritual Advisor, Tony, calls this spiritual side of life *"home with God."* When I was incarcerated, suffering greatly with my sex addiction, and facing all the harm I caused so many others and myself, he said, "one day, you will find you can be home no matter where you are." I discovered the meaning of those words years ago but long after he stated them. It happened one day when I was outside at recreation during my incarceration. I felt the sensation of being home. I will never forget that experience.

For Self-Mastery, you will need to learn and practice quiet moments alone with yourself. You will discover there is a difference between being alone and lonely. You will discover that being alone is peaceful and serene. Some studies suggest 1 in 3 adults fear being alone. There are some who have an intense fear of being alone and experience great anxiety, and this is called Autophobia or Monophobia. This is an extreme case, and one suffering from this may need professional help to develop techniques and skills to overcome it. However, most who fear being alone are not phobic but simply carry a feeling of loneliness deep within. It is this loneliness that is uncomfortable, not necessarily being alone.

Through practicing spiritual principles and quiet meditation, you will learn that you can be your best friend, enjoy time with yourself, and find peace and serenity during quiet moments. The mind, body, and spirit work together, and all three need a partnership for Self-Mastery. The three are the combined threesome of who you are. Through practice and practice and practice, you can redesign and restructure your entire life pattern by changing and transforming your body, mind, and spirit.

HIGHLIGHTS

FUNDAMENTAL LAW #6

MIND, BODY, AND SPIRITUAL HEALTH

- The mind is a powerful place
- You must change your mindset to transform your life
- Take on a new personality
- Practice makes improvement
- Progress not perfection
- You are responsible for your body
- Your body is amazingly resilient and wonderfully designed
- Practice quiet moments alone with yourself
- The mind, body, and spirit must work together



FUNDAMENTAL LAW # 7

SAVE YOURSELF

No soul on earth can save you if you are unwilling to be saved. Unfortunately, there are so many today who are imprisoned by self-torment and self-loathing. They are emotionally unavailable to transform their lives. They are unwilling to be saved. Why?

This analogy will give a perspective:

There is a lifeguard on a boat with a friend who witnesses a man fall overboard. The friend tells the lifeguard to jump in and save the man. The lifeguard waits a moment. The man who fell overboard is panicking in the water, screaming, thrashing his arms around. The lifeguard just watches, although with great eagerness. His friend bumps him in the shoulders and tells him more aggressively to go in and save the drowning man. The lifeguard says, “not yet.” His friend is angry and about to jump in himself. The lifeguard says again, “not yet. Wait!” After a few minutes, the drowning man stops thrashing about and is about to sink under the water. “Now he’s ready,” the lifeguard says and jumps in. After the drowning man is safely on the boat, the lifeguard tells his friend, “When the drowning man is panicking and thrashing about, he will only take me down with him. But when he is ready, tired of fighting, and exhausted enough, he will be ready to be saved. It is when he is done fighting that he is ready to be saved.”

Are you ready to be saved?

Are you thrashing about and panicking through life? Do you worry endlessly and go to bed at night anxious about the next day? Do you tire mentally thinking about how your bills will get paid next month? Do you tire physically because you lie awake at night as the “washing machine” of your thoughts keeps spinning in your head? Do you go to work on Monday morning

hating your job and your employer? Do you make dinner Friday evening for the man or woman you are terribly unhappy with at home? Do you take on the world and volunteer as a victim? Do you frequently complain, moan and groan at anyone who will listen to you? Do you dread waking in the morning for another day of 'this?' Are you waiting for life to get easier, hoping the marriage will get better, wishing the job will improve, and praying the bills will get paid on time? One fight after another in your head. Always hoping. Always wishing. Always praying. Yet always miserable. Waiting to be saved. Waiting for the person, the job, the moment when life will get easier. Waiting seems to be your life. Yet, what is happening? You are unhappy and miserable and, on some level, hopeless. Waiting is not working for you. Are you ready to be saved? If your answer is yes, you must save yourself, ***but not by yourself.***

How do you save yourself? Well, I passionately believe we can do together what we cannot do alone. Therefore, we need others to help in our saving. How? There are many answers, however, I will confine my answer to three main factors in which you must save yourself.

- 1. You are responsible for changing your mindset**
- 2. You are responsible for changing your frequency**
- 3. You are responsible to trust the Universe (God)**

Here are a few guarantees about you that I know to be true: you are not God; you cannot change another person without their consent; you cannot carry the world on your shoulders; you are not in control of how others think; you are not in control of how others see you; you are not responsible for your first thought; you are not perfect, and you cannot see the world from another person's perspective. Here are a few more guarantees I also know to be true: you have all the power within you to change your life; you have the power to change your past; you have the power within you to be happy and peaceful; you have available to you serenity and joy; you have the power to love yourself; you are a piece of art being molded by your thoughts and perceptions; you can see the world from a wider broader perspective, and you are responsible for your every thought AFTER your first one. These are undeniable facts I know to be true about you!

As I stated before, during your transformation, you must find a person who has what you want, who has been where you are, and if you do what he did, then you will get what he has. It is that simple. You can use this equation in all areas of life, personal, social, romantic, and professional. One significant piece of your life change is to find this person. Better yet, throw these thoughts to the Universe, and the right person will show up. Have you ever heard these wise words, “when the student is ready, the teacher will show up?” The person you need to mimic for your own transformation may already be in your presence, perhaps in your phone list, or someone you work with. Unfortunately, you had not noticed because you were not ready.

1. You are responsible for changing your mindset

If you are ready for change, then look around. I bet your mentor is likely to be close by. If not, be open-minded and available, trusting the Universe will bring such a person to you. It is likely he or she has already crossed paths with you, but you were not available at the time. Today you are ready. In finding someone who has what you want and who has been where you are, you will come to believe it is POSSIBLE for you too. All you need to know is that it is possible. If it were possible for him who was where you are now, then, of course, reason would imply it is possible for you too. That is a great starting point. Remember, you do not have to be great to get started, but you must get started to be great. Every great and successful person started at the beginning.

Knowing and believing it is possible for you is the beginning of saving yourself. Opening to possibilities will begin to transform your mindset, which is a significant factor in saving yourself. You alone are responsible for changing your mindset. It has been stated, *“the same mindset that brought you into the problem cannot be the same mindset to get out of it.”* Your mindset must change. The change begins with these two: having a mentor and believing in the possibilities.

Knowledge is useless if it is not applied. You must learn to apply the knowledge you have and the knowledge you gain during life. Application of what you know is key. The drug addict KNOWS he must stop using drugs. The alcoholic KNOWS he is probably drinking too much. The obese man KNOWS he needs to stop eating poorly. The lazy woman eating potato chips at home watching Netflix every day KNOWS she needs to hit the gym. The sex addict KNOWS he must gain control over his impulses and stop acting out in sexually addictive ways. Knowledge means little to

nothing if not applied. “How?” is the fundamental question of all time. Many people KNOW, but few know HOW. Getting a mentor and following in his footsteps is one major key answer to the how.

The Sex Addicts Recovery and Transformation Accelerator Program is your mentorship program where you will gain Self-Mastery by following the curriculum and being an active member of the support group.

2. You are responsible for changing your frequency

A great man I respect, the late Bob Proctor, preached about the frequency of thoughts and its key role in your success, happiness, and joy in life. I have learned a great deal listening to him. What is your frequency? What frequency is the channel of your thoughts? As my Spiritual Advisor says, “what channel are you tuned in to, E.G.O (Easing God Out) or G.O.D (Good Orderly Direction)”?

Imagine you and I sitting in a room, and you want to watch channel 10 news. I get a television, bring it in the room, apply the antenna, and turn it on. I remotely turn to channel 10. Suddenly, almost miraculously, we are watching channel 10 news.

The question is: did the frequency of channel 10 news come in the room with the television, or was that frequency already available? Well, it is obvious, it was already available. We just needed the TV to tune into it. In a similar manner, as I know this to be true, the frequency for peace and serenity is also here available for you. It is simply a matter of tuning your thought frequency to that channel. If you do, you will discover peace and serenity. This is and always has been available for you. However, your frequency, your thoughts, get tuned into another channel: chaos, depression, hopelessness, fear, and addiction (E.G.O.).

It is time to change your frequency by changing your thoughts. You will change your thoughts by changing your mindset. One way you change your mindset is by finding a mentor and doing what he did. It starts by learning to listen so you can listen to learn. It progresses by taking suggestions. It further progresses when you start to design a new way of living because you know your old design did not work for you. The new design for living begins when you do things

differently. It has been said a million times that insanity is doing something over and over the same way expecting a different result. If nothing changes, nothing changes.

There is a frequency in the Universe, in fact, many frequencies, by which you can tune in to. You are responsible for which frequency you choose. The greatest secret and greatest frequency are trusting in the Universal Order of things (G.O.D.). There is an undeniable perfect order of our Universe by which all things happen as they do for life, prosperity, and serenity. All things in our universe are constantly in motion, vibrating. Even objects that appear to be stationary are vibrating, oscillating, resonating at various frequencies.

There is an undeniable fact that frequencies and vibrations exist, and you have the power to tap into the frequency of thought which will bring you in line with the Universe. In so doing, you must trust the process of the Universe (G.O.D.). When you match the frequency of prosperity and peace, you must know and trust that all things in your life will evolve, transform, and migrate toward prosperity and peace. Some of the most successful people on earth validate this fact. Einstein said, *“Everything is energy, and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality.”* You are responsible for TRUST! You must believe it to see it.

Lisa Nichols said, *“the first step is to ask. Make a command of the Universe. Let the Universe know what you want. The universe responds to your thoughts.”* Dr. Joe Vitale stated, *“The Universe will start to rearrange itself to make it happen for you. You do not need to know how it is going to come about. You don’t need to know how the Universe will rearrange itself.”* Marci Shimoff said, *“and in this process, it’s important to feel good, to be happy, because when you’re feeling good, you’re putting yourself in the frequency of what you want.”* Over 2000 years ago, Buddha said, *“all that we are is a result of what we have thought.”*

There are vibrations and frequencies which are all around us and within us. In fact, quantum physics proves atoms and molecules have a natural frequency at which they tend to vibrate. Therefore, all things in our universe are constantly vibrating. Here are five compelling facts to consider.

1. *By testing the response of the human body on a vibrating platform, many researchers found the human whole-body fundamental resonant frequency to be around 5 Hz. However, in recent years, an indirect method has been proposed, increasing the resonant frequency to approximately 10 Hz.*
2. *Vibrations refer to the oscillating and vibrating movement of atoms and particles caused by energy. Frequency, measured in hertz (Hz) units, is the rate at which vibrations and oscillations occur. Frequencies are used to determine and differentiate vibrational patterns.*
3. *432 Hz is said to be mathematically consistent with the patterns of the universe. It gets said that 432 Hz vibrates with the universe's golden mean PHI and unifies the properties of light, time, space, matter, gravity, and magnetism with biology, the DNA code, and consciousness (you can do your own further research to learn more about this).*
4. *Humans are sensitive to mechanical oscillations ranging in frequency from well below 1 Hz up to 100 Hz. Lower frequencies of vibration lead to human motion sickness, while higher frequencies can lead to general annoyance and discomfort.*
5. *The frequency of music therapy can reduce stress and promote relaxation. It has been shown to be more effective than prescription drugs in reducing anxiety levels before surgery. A study published in 2017 found that a 30-minute music therapy session combined with traditional care after spinal surgery reduced pain.*

3. You are responsible for trusting the Universe (G.O.D.)

You must let go of your old design for a living. The old you must die. I had to let the old me die. I mourned his death. If you knew me then, you would not know me today. You must let go. You must learn a new way of life, a new way of thinking. You can change everything about yourself once you change your perception of everything about yourself. Perception is everything. I will explain how it happened for me, so maybe you can understand more deeply how you can trust the Universe (G.O.D.), wave your white flag of surrender, and realize you are not God and cannot carry the world on your shoulders. You must let go and surrender. You must take on a new personality, a new mindset, and change your frequency. It is crucial that these changes take

place if you want to transform. From here, you must learn to trust the Universe, God, or whatever Higher Power you believe in. The Great Secret, which I know to be true, will, in time, completely transform your totality. What is that Great Secret? Trusting! This is in part the partnership of a new mindset and a new frequency.

HOW IT HAPPENED FOR ME

My Spiritual Advisor, Tony, told me about a day when I would *“click my heels,”* much like Dorothy in the Wizard of Oz, and come to realize I was always home. “Home” had always been available to me. I always believed I was alone in the world and disconnected from God and others. Sex addiction kept me isolated, lonely, and feeling deeply inferior. I believed I had to be in control of everything around me. I thought I had to carry the load of my past, present, and future all by myself. I carried a lifetime of shame, guilt, and self-hatred. I had no clue how to let go and surrender. I was in the claws of fear and inferiority. I “wanted” and “needed” to get well. I “listened” to the suggestions. I, however, wanted to be in control and make my own decisions. Many times, deep within, I knew my self-willed decisions were not healthy for me, yet I would make unhealthy decisions repeatedly. I was living through a cycle of destruction and chaos. I had to *“click my heels.”* One day I did.

There is a remarkable truth I have come to learn and know. The truth keeps my life peaceful, serene, and in order. Have you ever heard from religious people that you are to do the *“Will of God?”* Well, what is the will of God? When you are in line with the Universe, or G.O.D., if you will, the story unfolding in your life is smooth and easy.

You must save yourself by changing your mindset, changing the frequency of your thoughts, and trusting the Universe. These three are imperative if you want to gain massive amounts of Self-Mastery in your life. No one on earth can save you until you are ready to be saved. No one has power over you unless you give them power. Far too many people give their power and loyalty to misery, unhappiness, and pain. You must save yourself and change what and who you are loyal to. Immense Self-Mastery is in your hands.

HIGHLIGHTS

FUNDAMENTAL LAW #7

SAVE YOURSELF

- We can do together what we cannot do alone
- You are responsible for changing your mindset
- You are responsible for changing your frequency
- You are responsible to trust the Universe (G.O.D.)
- You cannot change another person without their consent
- All you need to know is it is possible
- You must learn to apply your knowledge
- Get a mentor and follow his or her footsteps
- Change your frequency by changing your thoughts
- You must let go of the old design of living which has failed you
- There is an undeniable perfect order of the Universe by which all things happen as they do for life and prosperity (Good Orderly Direction)



FUNDAMENTAL LAW # 8

NO MATTER WHAT

Walking out the gates of prison to the freshness of freedom after 1,829 days was one of my most powerful experiences. I felt a mixture of fear, excitement, and exhaustion. I certainly felt overwhelmed by what lay ahead. I had no clue what the future was going to bring. On July 12, 2017, I walked into freedom with a shameful past, an unknown future, and an overwhelming amount of baggage. I had little money, no job, and no expected source of income to sustain me. I had a compromised immune system with Hepatitis C, four felonies, and a destroyed reputation. I was nearly 50 years old with 5 years of prison behind me. I had no vehicle, a suspended license, in debt with high court fees, and no place to call my own. My brother gave me a bedroom for a little while until I could get on my feet. The life ahead of me was intimidating. I fell asleep fully exhausted that first night after reuniting with family and friends. But, unlike the dark days of prison, it was quiet. No banging. No screaming. No cell doors slamming. No correction officers looking through the cell door window. No count time. I was on my own for the first time in 60 months.

It was going to be up to me what the days ahead would bring. I knew what I had to do - I had to move forward No Matter What!

I knew distinctly and clearly that I must move forward and reshape my life and future no matter what obstacles creep up on me. I knew without any doubt success was possible for me. It was knowing it was “possible” that gave me the willpower. I learned along the way that the “how” is none of my business. If I want to do well, I am obligated to simply have a goal (vision) and take the next step closer to that goal. I could take only two paths: closer to or farther away from the goal. I chose to take purposeful steps closer. However, to do this, I needed several character

assets that would get me where I needed to be. After years of spiritual practice behind me, I am grateful that I had these within me. Do you have these within you?

- **Determination**
- **Belief**
- **Perseverance**
- **Passion**
- **A Vision**
- **A No Matter What Attitude**

The ‘No Matter What,’ attitude was essential. In fact, that attitude continues to be essential today as I continue to progress and further cultivate Self-Mastery. Life happens, and life can be quite difficult. I got bombarded with rejection, hate, judgment, and even threats along the way. I have learned that no enemy outside can cause me harm if there is no enemy within. I must move forward despite other people’s opinions and actions. I am powerless over them, but I have power over myself. Another person’s opinion of me does not have to be my destiny, nor is it any of my business. All winners have cheerleaders and those who root for them. Winners also have rivals who hate and judge them critically. Many experts say that if you want to achieve greatness, you must be willing to be hated. There is one way to avoid having haters. Sit on the sidelines, do nothing, do not set goals, be average and no one will judge or hate you.

I had no idea what was going to get in my way, but I knew no matter what, I would not stop and sit on the sidelines. I would make it no matter what. Do not sit on the sidelines!

In time I rebuilt a successful business, a beautiful home to be proud of, good credit, a new positive reputation, and truly joyful life. My story and my business were helping other people recreate their lives. My experience, strength, and hope started saving lives and producing significant positive life changes in others. If you knew me over a decade ago (as of the writing of this program), you would never have thought I would be of help and guidance to others. That prospect seemed impossible. I have learned nothing is impossible.

I did not do it alone. Although critics and rivals came against me at times, there was support and encouragement from some family members, a few friends, spiritual principles, God, and most importantly, my Spiritual Mentor, Tony. Tony had what I wanted. He lived a life of peace and serenity as I only hoped I would. So, one day I learned to listen to him. It was then that I listened to learn. He told me what I needed to do to have what he had. I did just so. I never imagined I would experience what I have. It was so simple – but it was not easy.

The ingredients for Self-Mastery are here in this chapter. Read it and reread it. Jewels are here for you. Take them in.

I needed to have a mentor who was where I was, had what I wanted, and all I had to do was what he did to have what he has. I listened. I listened. I listened. I learned. I learned. I learned. The ingredients came together, and my life was transformed. I learned from a Great Teacher and now I had to take what I learned and move forward no matter what! You must find a mentor who has what you want and has been where you are, do what he has done, and you will have what he has. This program will provide you with that mentorship.

I hate being the bearer of bad news, but as you transform your life to Greatness, rejection will come to you. Some will judge you unfairly, even harshly and bitterly. Others will not like you, perhaps despise you. There will be those who shun you. Many will not help you. Some friends will disappoint you. Some family members may be toxic and criticize you. Therefore, you must take these steps so you can gain Self-Mastery and move forward No Matter What:

- **Distance yourself from severely toxic family members and friends** – they may not be aware they are toxic. In fact, they may point the finger at you. Beware, some family members may do this under the umbrella of “love” and concern for you.
- **Leave people out of your life who break you down** – there will be some who, for their own agenda, will talk you down and criticize you. Let them go!
- **Remove yourself from gossip and others who speak hatefully** – if you want to know what type of person you are, look at the friends you have. Reality check.
- **Surround yourself with a village of strong, powerful, positive people** – this is one of the most powerful suggestions to build a strong, powerful, positive life.

- **Trust the Universe (G.O.D.) and know you are always safe** – the EGO makes you believe you are alone and separate, but we are all connected in one form or another.
- **Do not look to be saved by another person, save yourself** – no one is God, and no one can save you. You can be thrown a life raft, but it is up to you to grab hold.
- **Forgive those who hurt you and move on, let them go** – forgiveness is for you to let go of resentments. Resentments and anger poison you. Forgive. Then let them go!
- **If someone does not want to be in your life, let them go** – never beg a soul to be with you. Wash your hands and let them go. Many will never see the value in you because they do not see it in themselves. If you wronged them and they want to be out of your life, let them go. You are powerless over their forgiveness or lack of. Never crawl before anyone. Make amends if you wronged someone. Wash your hands. You cleaned your side of the street. Let them go.
- **Help people live a better life using your experience, strength, and hope** – you are a survivor. No matter what you did, you survived and changed. If you knew better, you would have done better. Today you know better, so do better. Let the pain, mistakes, and heartache of yesterday be your greatest light to lead others out of theirs.
- **Make your life have meaning and purpose. This is your responsibility** – you are the only person responsible for the life you choose. It is more than your past, upbringing, and reputation. You have the power to transform and change everything about you. It is your responsibility to recreate your life and find meaning.

MENTAL DAY

It is perfectly acceptable for you to invest a day being alone for a mental break. Maybe you need to cry, sleep late, be lazy, snack and watch Netflix, or just close the blinds and wallow in bed for a day. Take it but do not stay in it. Once Mental Day is over, move forward no matter what. Get up and get going no matter what. If you feel stuck, get up anyway. If you stay stuck, it is your responsibility to get unstuck. We can do together what you cannot do alone. Ask for help, not because you are weak, but to keep you strong! Call a group of people from your “village” and

have a “mental intervention.” Invite them over to help guide you out of your head. You must have a no matter what attitude.

Do what you must, no matter what. Do not allow fear to paralyze you. Do not procrastinate, as procrastination typically follows close behind fear. The feeling of being overwhelmed then follows procrastination. A destructive cycle begins when you are paralyzed with fear. When you are paralyzed with fear, the progression is as follows:

- 1. Fear**
- 2. Procrastination**
- 3. Overwhelmed**
- 4. Stagnant**
- 5. Feeling like a failure**
- 6. Feeling miserable**
- 7. Self-loathing**

If you allow fear to paralyze you, the result is self-loathing and misery. So then, how do you move forward no matter what when undeniably, fear may step in? Fear of the unknown is so powerful to the subconscious mind it is emotionally equivalent to being chased by a killer in the woods. The psychological impact on the amygdala from fear can be dreadful. Fear is among the most powerful of all emotions. Since emotions are far more powerful than thoughts, fear can overcome even the strongest parts of our intelligence. (This does not include the healthy fears such as avoiding speeding, passing a red light, touching a hot stove, etc.)

Fear of change. Fear of the unknown. Fear of the future. Fear of failure. Fear of success. Fear is simply an illusion for the most part but feels real and powerful none-the-less. Fear is a part of life and must be tolerated and accepted. Fear is sometimes used for protection, and other times it is mistaken, misunderstood, and exaggerated. To move forward no matter what, you must possess three-character assets to see you through:

- **Courage** – to do a thing despite the presence of fear.
- **Acceptance** - fear is a part of life.
- **Trust** – over 85% of what we fear never comes true.

THE URGE TO QUIT

Every person has felt it. Every king has felt it. Every warrior has felt it - the urge to quit. Impatience and frustration can be the catalyst causing you to quit. There is an old proverbial story of a son who wants a tree. His father tells his son to plant the seed for a tree. The son complains it will take years for the tree to grow. The father then tells him to hurry and plant the seed immediately, for time is of the essence. Another story, not so proverbial, is of a 76-year-old woman who decides she wants to go to college to pursue her 4-year degree. Her daughter in shock, tells her mom, “You are going to be 80 years old,” implying the decision is ridiculous. The wise mother responds, “well, I’m going to be 80 years old anyway, might as well have that degree.” Do not allow impatience or frustration to deter you. They are as poisonous as fear. Do not allow age, fear, or another person’s opinion to deter you.

You must not quit. You must move forward no matter what. Do not allow your internal conversation to deter you. Your own voice within can paralyze you. Remember why you started? Why did you start moving forward, to begin with? Did you forget the reason? Did you lose your vision? Did you start doubting yourself? Did fear walk in, and courage walk away? What is your why? You must take risks along the way. With a strong why, the risk will be easy.

You must take risks to grow. You must grow to improve. You must improve to be happy. And if you are not happy, what else is there? You are responsible for your happiness. Happiness comes from gratitude. Joy comes from gratitude. In *positive psychology research*, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Remember when you prayed for the things you have now? Have gratitude. Remember when you begged God to remove you from a situation, you are now out of? Have gratitude. Remember where you were 5 years ago, 10 years ago, or even 6 months ago? Have gratitude. Gratitude is one of the great keys to Self-Mastery.

Change your attitude to one of moving forward no matter what. Do not stay on the fence. Nothing is moving with you on the fence. Do not be indecisive. You will be tossed around like the waves of the sea. An indecisive man should expect nothing. If you want to give up and quit and go back to where you came from, you may have forgotten what it was like back there. Remember why you wanted to leave or change the situation, environment, or circumstance? Why did you want to shake things up? Why did you get up and get going in the first place? Remember to remember. Fear causes amnesia. It is easy to forget when paralyzed with fear. Practice no matter what attitude. In time, it will be easier. Practice makes what? Not perfection. No one can be perfect. Practice makes improvement. This is about progress, not perfection.

FAILURE

Failure is excellent indeed. Failure is a great wise teacher. You must fail on your way to success. It is a must. Failure cannot kill you. Failure gives you an opportunity to learn from your mistakes and do what is right the next time around. Failure teaches you to learn from your mistakes so that you can avoid making the same ones the next time. Therefore, fail and go at it again. Fail again, go at it again. If Norman Larsen had quit and did not move forward no matter what, we would not have WD-40. He failed 39 times. If Abraham Lincoln gave up and quit after all his failures, he would never have been President. He failed politics for decades. If the Wright Brothers quit, who knows when aircraft would have been invented. They failed many times and were ridiculed by family and friends. They were told they were insane and “nuts.” Yet, they followed their childhood dream to fly regardless. They moved forward no matter what. You know what happened, they flew and became very wealthy.

The stories of those who moved forward no matter what are endless. Winners move forward no matter what. Winners fail on their way to success. It is time for you to get up and get

going no matter what. Fail your way to success. Keep going no matter what. You can do it. Your dream is possible for you. Allow the possibility to drive you.

HIGHLIGHTS

FUNDAMENTAL LAW #8

NO MATTER WHAT

- The no matter what attitude is essential
- As you transform to greatness, rejection will come
- Distance yourself from toxic family members and friends
- Leave people out of your life who break you down
- Remove yourself from gossip; Surround yourself with a village of strong, positive people
- Trust in the Universe (God)
- Do not look to be saved by another person, save yourself
- Forgive those who hurt you and move on, let them go, If someone does not want to be in your life, let them go
- Help others with your experience, strength, and hope
- It is your responsibility to make your life have meaning and purpose
- Do not allow your internal conversation to deter you
- You must take risks to grow
- Do not be indecisive
- Winners move forward no matter what



FUNDAMENTAL LAW # 9

FAKE IT TO MAKE IT

The newness of life comes from the newness of mind. You are responsible for beginning the process. You must leave indecisiveness and mediocrity behind you if you are to gain Self Mastery. You must leave the *comfort of discomfort* for you to achieve greatness.

SUBCONSCIOUS MIND

The subconscious mind controls nearly 90% of your behavior. In fact, your subconscious mind causes you to feel emotionally and physically uncomfortable whenever you attempt to do anything new or different. It goes against changing any of your established patterns of behavior. Especially true for the sex addict. You can feel your subconscious pulling you back toward your comfort zone each time you attempt something new (your comfort zone may be to act out sexually). It has been said 95% of our decisions are made by our subconscious mind throwing fundamental beliefs about free will out the window. If you are not living your potential and want to live a life of Self Mastery, you must change how your subconscious mind works. Why? This is the only way to change your behavior. Your behaviors are based on your belief system, which for the most part, is faulty and in the subconscious.

The subconscious mind is a databank for everything, which is not in your conscious mind. It stores your beliefs, your previous experiences, your memories, and your skills. Everything that you have seen, done, or thought is also there. Yes, this is a powerful and significant portion of who you are and what you will accomplish. To transform your life and gain Self Mastery, this powerhouse in your brain needs change. Much of your belief system is based on your past experiences.

You can change your past by changing your perception of it. But how can this be done? You must trick the subconscious mind and fake yourself into a new belief system. Fake it to make it. In essence, like a computer, you will hack your subconscious mind and eliminate the “virus” causing your faulty beliefs and perceptions. It is this “virus” which keeps your sex addiction alive and thriving. Thus, you will create a new foundation to build upon. The result, a new mind to recreate your life. The next chapter of your life is about to begin. This fundamental law for Self-Mastery, fake it to make it, is paramount for life change.

“Fake it till you make it” is an English aphorism that suggests that by imitating confidence, competence, and an optimistic mindset, a person can realize those qualities in their real life and achieve the results they seek. The phrase was first attested some time before 1973. Since then, strategies have been studied with positive results for a changed mind. Researchers have found that “acting” a certain way allows your brain to “rehearse” a new way of thinking and can set off the desired chain of events in the future. Here are a few scientifically backed strategies for “faking” your way to make it:

- 1. Force yourself to smile**
- 2. Strike a powerful pose**
- 3. Pretend you know the answer**
- 4. Dress for the job you want**
- 5. Listen to happy music**
- 6. Mimic good leaders**
- 7. Fake confidence to gain influence**

As it happens, faking it may help you become it. This idea originates from social psychologist Amy Cuddy. For example, Ms. Cuddy’s research shows testosterone (the hormone that governs confidence) and cortisol (the hormone that affects stress levels) both contribute to our confidence. In her study, Cuddy found that high levels of testosterone and low levels of cortisol help us to feel more powerful. Conversely, high levels of cortisol can increase anxiety and reduce our confidence.

The study observed power poses (arms open, chin up, hands on hips) produce higher levels of testosterone than more timid poses (small, slumped posture, shoulders in, eyes downcast) and certain body movements or postures produce changes in hormones. Her research reveals that by paying attention to those non-verbal cues (and doing things to change them), you can shape your mind and how you perceive yourself, not just how others perceive you.

You can also "faith it till you make it." This may help some not to feel like an imposter. You instead have faith in who you are and what you offer, and that energy exudes and broadcasts so clearly that you magnetize what you want naturally. Either way, you must fake it or "faith it" till you make it.

"FAKE IT TO MAKE IT" NEUROLOGICALLY

You have the power and ability to rewire your brain. If you are depressed, it is likely because you think depressingly. If you are happy, it is likely you are thinking happy thoughts. It is nearly impossible to be happy and think negatively. How you think, creates, or recreates your brain, your mindset, and thus, your life story. You have the power to create new brain cells – which are called neurons – throughout your life.

This process is called neurogenesis. The brain can also reorganize itself by forming new neural connections throughout life. This is called neuroplasticity. This was developed by neuroscientist Jerzy Konarski. These facts are important for Self-Mastery and to transform your life.

This is by far the most amazing part of this Fundamental Law. You have the remarkable power to change and transform your life simply by thinking positively. You can FORCE your brain to change its conclusions, which will change your life. The Fake it to Make Fundamental Law has more power than you have imagined. You are about to create matter from nothing! The brain is made of billions of neurons, neuropathways, and neurotransmitters. As if from the invisible,

these neurons simply show up in your brain simply by invisible thoughts. Neurons are what make up everything you think. These are where you hold all your memories and experiences. In fact, every bit of data you hear, read, smell, taste, and touch get stored in the neurology of your brain - every bit of it.

When you practice martial arts, the Sensei has you repeat self-defense moves dozens if not hundreds of times. It seems senseless to you, and the Sensei may be unaware of what is happening. He knows if you do a task enough times, you will remember how to do it without much thought. Practice and repeating a task will make it a “habit.” In the gym, we call it “muscle memory.”

Most likely, you can ride a bike without thinking about it. Maybe you can rollerblade or ice skate without concern. You have excellent precision when bowling or shooting pool. With focus, your shot is with uncanny accuracy. You likely can type on your laptop without having to think where the letters and numbers are. The highest typing speed ever recorded was 216 words per minute, set by Stella Pajunas in 1946, using an IBM electric typewriter. Amazing neuron development for Stella.

The fake it to make it principle for self-development and life improvement is the same. If you have a thought and think that thought repeatedly, you will create a habit, and thus, “muscle memory.” Some people tell a lie so frequently they begin to believe it. In fact, they believe it rigidly. Yes, through practice and repeating the lie to self, neurons, neuropathways, and neurotransmitters from the lie are created. Hence, a memory can be created and believed to be true by the conscious mind from this lie. This is powerful, and you have the power to do the same thing to change your life for the better by creating new thinking patterns. Fake it to make it – lie to yourself *with positive affirmations* repeatedly. Quite frankly, the negative beliefs you have been loyal to about yourself and the world around you originated from repeated lies - lies from your parents, your friends, and lies you tell yourself. Change the story!

Force positive thoughts repeatedly upon your mind. Say things such as “life is great,” “I have plenty of money,” “I have a great job and progressing nicely,” “I am an amazing person,” “God is taking care of me,” “I can do anything I put my mind to,” “I am going to the gym and will lose all my unwanted body fat,” “I am having a great day,” “I have everything I need in my life,” “I love rainy days,” “I am so peaceful walking in nature,” “I am free from sex addiction,” etc. You must think a thought frequently to make it so. With repeated effort, your brain will create, from nothing, new neurons, which will create a new belief system. The old belief system does not work for you.

Change your mind, change your brain. It is vital to put your actions in line with these thoughts. Smile. Join a gym. Go for a walk in the park. Talk to God. Write a gratitude list. Listen to the rain as you meditate. Start practicing behaviors in line with your new “forced” thoughts. It is time for you to “Fake it to Make it” as you transform your life and gain Self Mastery. It is possible and available for you. Tune into the frequency and vibration of what you want in your life and out of your life and make it so. Your thoughts determine what frequency and vibration you tap into – positive or negative. All you must do is fake it to make it by thinking, whatever you want for yourself, to be true. Thoughts have immense power. Use them wisely.

LOYALTY

What are you loyal to? Most people are loyal to their fears, insecurities, and negativity. Are you loyal to doubt and indecision? Are you loyal to your inner voice, screaming not to take risks? Are you loyal to mediocrity and stagnation? Are you loyal to the voice of your sex addiction? Beware of what you are loyal to. Your loyalty may be what is keeping your life limited. To gain Self-Mastery, you must be loyal to the possibilities, risk-taking, change, and limitless potential. You must be loyal to trusting the Universe, or God as you understand Him, and realign yourself to vibrate at a new frequency. More on that in another volume of this program.

Who are you loyal to? Are you loyal to toxic negative people? Are you loyal to others who keep you sex addicted? Are you loyal to intensity, drama, and unhappiness? Are you loyal to a job you hate? Are you loyal to an abusive, destructive relationship? Have you thought about who you are loyal to? Where is your loyalty? If you are not sure where your loyalty lies, look at who you are associating with. The answer will be obvious. To whom your loyalty is, so is your heart. Where your heart is, so is your behavior. Where your behavior is, so is your life. Are you living the life you dreamed of? If not, it is time for this next chapter of your life to be one of fulfilling your dreams. It is one of gaining Self Mastery and sexual sobriety.

NEXT CHAPTER IN OUR LIFE

Your foundation is your newly redeveloping subconscious mind. The bricks you build with are your behaviors, beliefs, perceptions, and ideas. The mortar between the bricks which hold it all together is your determination to move forward no matter what. The no matter what attitude is the glue that holds it all together.

The next chapter in your life begins with your desire and ability to fake it to make it. It is catapulted from within you once you decide with conviction to do what it takes. Remember, Self-Mastery is not for those who want it nor need it. It is for those who are willing to do what it takes to get it. Are you willing to fake it to make it, or *faith* it to make it? What are you willing to do? Are you willing to change who and what you are loyal to? Are you willing to change one thing about yourself that needs changing, everything? If you answer yes, you are ready!

HIGHLIGHTS

FUNDAMENTAL LAW #9

FAKE IT TO MAKE IT

- The newness of life comes from the newness of mind
- Trick the subconscious mind and fake yourself into a new belief system
- You must leave indecisiveness and mediocrity behind
- Much of your belief system is based on your experience
- You can change your past by changing your perception of it
- You must be loyal to the possibilities, risk-taking, change, and your limitless potential
- Where your heart is, so is your behavior



FUNDAMENTAL LAW # 10

LIFE IS A GIFT

Life is a gift. It has been said that God's gift to us is our life and our gift back to God is how we live it. How do you live your life? What set of morals and values do you choose to live with? Is your life making you happy and fulfilled? Have you given up on your dreams and lived a life of mediocrity or less? Why did you allow your dreams to die? What are you going to do with this great gift you have – life? It is a one-time deal. No one will get out of it alive. One way or another, it is a one-shot deal for roughly 70 years, maybe 80.

When I was incarcerated, I realized we are all living a life sentence term in one form or another. It is interesting to note how many “free” people are living in a “prison” of unhappiness. Remarkably, 86% of Americans are unhappy. Global happiness levels have declined as well. North America is 19th in the world with the most unhappy people (Finland at the top of the list for the happiest and Venezuela at the bottom as the most miserable) in the 2019 *World Happiness Report*. Why are so many unhappy? Of course, there are many reasons, but there are three which are the significant cause:

- 1. Overthinking**
- 2. Perfectionism**
- 3. Lack of Gratitude**

OVERTHINKING

This brain is designed for survival, not for happiness. The brain releases cortisol when it perceives anything related to fear, anxiety, or any other negative feeling. All animals have

cortisol, even clams. All mammals manage it with the same basic structures, like the amygdala, the hippocampus, and the hypothalamus. We humans use this limbic system together with our cortex to promote our survival. That means we have billions of extra neurons to find potential threats. It is as if your brain naturally looks for threats or creates fear. As discussed in the last chapter, fear of change, fear of taking risks, etc. When your cortisol turns on, your cortex looks for signs of threat, and it is good at finding what it looks for. That triggers more cortisol, which triggers more threat-seeking. You can end up in a bad loop. The good news is you can stop it when you understand this operating system.

Overthinking is the result of one fact of human existence: we all have patterns of behavior. These patterns develop over time based on life experiences. And just as patterns are learned, they can also be unlearned. You may very well have developed by practicing and practicing the destructive art of overthinking. You are responsible for unlearning this destructive behavior. One technique, as discussed previously, is to practice gratitude. Another would be to meditate. One way to meditate is to sit in a quiet room, close your eyes, and take deep, long breaths for a few minutes each day. In time, this will likely produce a quiet mind.

PERFECTIONISM

There is a rise in perfectionism, which is especially troubling because it has been linked to various mental health issues. A meta-analysis of 284 studies found that high levels of perfectionism were correlated with depression, anxiety, eating disorders, deliberate self-harm, and obsessive-compulsive disorder. Many factors can contribute to perfectionism. A few include frequent fear of disapproval from others, feelings of insecurity and inadequacy, as well as mental health issues like anxiety or obsessive-compulsive disorder.

Perfectionism can be dangerous to your mind and body. An article in *Review General Psychology* found that perfectionists are more likely to struggle with depression or anxiety and more likely to die by suicide. Perfectionists are also more likely to be diagnosed with conditions such as chronic fatigue syndrome or fibromyalgia. Perfectionists have conditional self-esteem and can only like themselves when they do well. But no one can do well all the time. Perfectionists often feel like imposters or frauds and constantly fear being exposed.

You can use techniques in this program to change how you think and what you expect from yourself. You must unlearn the concept of perfection and learn a life of balance and awareness. It is your responsibility to live a life of balance.

“God, grant me the serenity to stop blaming myself for not being perfect, the courage to forgive myself because I am doing my best, and the wisdom to know everything is going to be alright.” – Sobermode

LACK OF GRATITUDE

This is the Monster of all defects of human nature. This is the one most significant cause of unhappiness and misery. Look, there are places in this world and situations where gratitude is nearly impossible. Wars, famines, pestilence, disease, and poverty. Yes, there are places in our world that are near impossible to experience gratitude.

With this fact, let us take a minute and look at a Holocaust Survivor, Viktor Emil Frankl, who suffered greatly in the Nazi Concentration Camps. He is an Austrian neurologist, psychiatrist, philosopher, and author. He is the founder of logotherapy, a school of psychotherapy that describes a search for life meaning as the central human motivational force. After surviving the Holocaust, he said, *“everything can be taken from a man but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances.”*

If you are unable to change a thing about your circumstances, you can change your attitude to those circumstances. One significant way to change your attitude is to introduce gratefulness into your daily routine. Amie Gordon, PhD, a research scientist at the University of California, has said, *“gratitude is a powerful way to boost well-being.”* Many studies have shown gratefulness to be linked to:

- **Improved quality of sleep**
- **Self-control**
- **Relational harmony**
- **Happiness**
- **Generosity**

- **Reduce depression**
- **Lasting neurological positive impacts on the brain**

Have you ever asked someone, yourself, or the Universe, *“what am I to be grateful for?”* The question is not to be asked by you, but TO you. Yes, the question the universe asks of you is, *“what are you to be grateful for?”* Viktor Frankl puts it like this: *“ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life, and he can only answer to life by answering for his own life; to life he can only respond by being responsible.”*

All you have in this world is you. No one is responsible for how you respond to life but you. You are not a victim. You are not stuck. You are not inferior. You are not useless. You are not hopeless and helpless. You are, in fact, a most amazing piece of work designed for greatness. You are, in fact, creative and emotional, with the ability to appreciate beauty. You have thousands of touch senses; you can control your hands with precision. You have the ability to communicate thoughts and emotions through language. Your brain is processing information at an immense rate of speed. You have the ability to teach, learn, and develop relationships. Your face alone has 50 muscles and the unique ability to make nearly 10,000 facial expressions. Your Face!

You are amazingly designed. You can appreciate beauty through taste, sound, sight, touch, and smell. You can stop to watch a sunset or listen to the beauty of a bird’s song. You can decide your course of action in almost any area of your life. You are wonderfully designed.

Imagine – you own all this. All you have is you, and all you want out of life is possible for you. I love the words of King David, who published these poetic words of gratitude thousands of years ago when speaking to his God, “I will praise you because I have been fearfully and wonderfully made.” (psalms 139:14). In ancient Hebrew language, the word “wonderfully” is “pala,” which means to be separate, distinguished, or unique. King David certainly felt distinguished and unique, separate from other forms of creation such as animals and trees. He knew the miracle of life and was filled with gratitude for it. The ancient Hebrew meaning behind

“fearfully” means to have a deep respect for. He not only had gratitude for his life, but he had a deep respect for it as well. King David concludes his poetic statement of gratitude about being wonderfully made with “I know that full well.” It is in the “knowing” how amazing he was made by which he was filled with gratitude.

All you own in this world is you. You own your memories, thoughts, body, words, commitments, and how you respond to life. You are a miracle. Yes, you are distinguished and unique. Perhaps when you look in the mirror, you will realize how wonderfully made you are too.

HIGHLIGHTS

FUNDAMENTAL LAW #10

LIFE IS A GIFT

- We all have patterns of behavior
- Just as patterns are learned, they can be unlearned
- Practice gratitude
- Perfectionism can be dangerous to your mind and body
- It is your responsibility to live a life of balance
- You can change your attitude in any circumstance
- You are responsible of how your respond to life
- You decide your course of action in almost any area of your life
- You own your memories, thoughts, body, words, commitments, and how your respond to life
- You are a miracle

WHAT 10 POINTS IN THIS BOOK STAND OUT TO YOU?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT FIVE AREAS OF YOUR LIFE NEED CHANGE?

1.

2.

3.

4.

5.

WHAT FIVE GOALS DID YOU CREATE AS A RESULT OF THIS BOOK?

1.

2.

3.

4.

5.

**WHAT ABOUT YOUR THINKING CHANGED AS A RESULT OF READING
THIS BOOK?**

**WHAT FIVE CHANGES ARE YOU NOW READY FOR
TO TRANSFORM YOUR LIFE?**

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

**WHICH FIVE TOXIC PEOPLE DO YOU NEED TO GET OUT OF YOUR LIFE
AND WHY?**

1.

2.

3.

4.

5.

**WHICH FIVE GOALS ARE YOU WILLING TO ACHIEVE THIS YEAR AND
HOW?**

1.

2.

3.

4.

5.

ADDITIONAL NOTES