



Lesson 2 Exercises

Each of these exercises is designed to help you assimilate the materials and ideas that we've covered in Lesson 2. These exercises are optional, but I highly recommend that you take the time to go through them. I think you'll find that they stimulate both your left and right brain and help to cement the important concepts from the lesson even more firmly in your consciousness.

Exercise # 1

Assignment 2-A #1

Please complete a Mandala, mind map or combination of both showing:

- a. The 10 most common foods and drinks you consume each day/week and what these foodstuffs are *telling your body* energetically. If you drink a cup of coffee what does that say to your physiology? Does your body feel normal after drinking it, but dead without it?
- b. For each unhealthy food, incorrect meal proportion or instance of skipping a meal, please explain why you do this. Try to capture answers to the following questions:
 - i. What statement are you making to your Higher Self?
 - ii. What you are doing to your Lower Self?
- c. Meditate on the mental ~ emotional experience connected to each foodstuff (food addition if you have them) you eat that is detracting from your legacy. Explore why you limit your own health and success in that way.
- d. Write down the negative things about your diet, including skipping meals, eating highly processed foods, eating too much of a food or not enough variety.



e. Write down positive things about your diet as well.

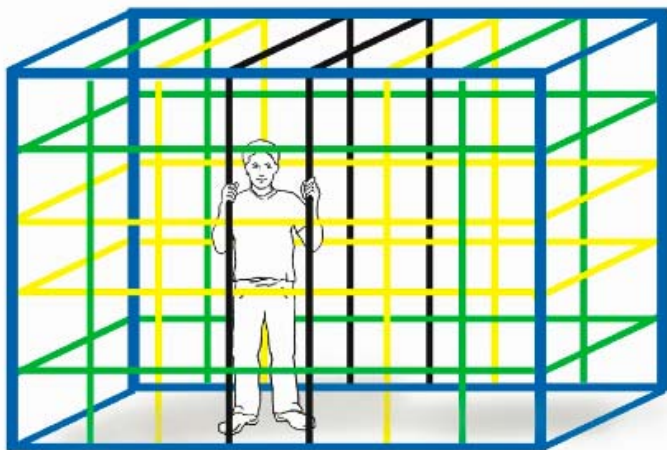
Be creative and have fun!

Exercise #2

Assignment 2-A #2

The goal of this assignment is for you to identify the bars on your life or the layers of your shadow self that you've built around yourself through the less empowering decisions that you've made. Don't worry about *why* you've built these bars, for this exercise I just want you to identify them. Don't judge them or yourself either! Be honest with yourself and accept you as you.

To identify the bars we have placed on our life, we're going to create a Mandala. Begin with a piece of artist's paper as you did with the Mandala and Mind Map in the previous lesson.



- █ Physical ~ Bodily desires and urges, animal instincts
 smell, touch, taste, sight, hearing
 - Exteroception
 - Introception
 - Proprioception
- █ Etheric ~ Earth energy
- █ Emotional ~ Balanced = Responsive
 Imbalance = Reactive
- █ Mental ~ Mind is builder
 Healthy mind = Empowering thoughts, words, and deeds.

Unhealthy mind = Destructive thoughts, words, and deeds

1) Start by drawing a picture of yourself in the center of your paper. Be sure you leave some space on one side or the other for a legend, so that you can create a key.

2) Using a red tone, symbolize in whatever way you want the less empowering decisions that you are making for your Self. Feel free to label these as well, so if you are a smoker and you're drawing a red bar around yourself to represent smoking,



you can label that bar so you know what it represents. The idea here is to capture decisions that you have made that have affected your own physical, psychological or emotional wellbeing.

3) Using a green tone, symbolize in whatever way you want the less empowering decisions that you are making regarding your loved ones. Think about the sort of decisions that you have made which affect your WE relationships and have prevented you from growing in your WE relationships. Once again, if it helps to label these decisions, feel free to do so.

4) Using a blue tone, symbolize the decisions that you have made that hampered your career development. Here you might want to think about choices that you made in your work place that may have prevented the progression you wanted, or choices about which profession to enter in the first place. What sorts of decisions have you made about skill development and improvement? Have any of those impacted your career development? Again, if it helps to label these decisions, feel free to do so.

5) Finally, using a purple tone, symbolize the decisions that you have made that have been disempowering Spiritually. Have you been dogmatic and limited yourself? Have you been part of a religious group that you didn't really agree with? Label these decisions in any way you see fit.

6) Now most big decisions we make impact our lives in many ways. A decision may affect all four of the categories I've described above. If a decision that you want to symbolize does this, feel free to combine the colors in ways that capture the decisions consequences. For example, if you were drawing a cage and one of your decisions affected your personal development and your loved ones, you could draw the bar with alternating red and green colors or with red and green stripes. However you want to symbolize the decisions is fine, but try to capture the reality of the effects that the decision has made – don't feel limited to using one color.

7) Now that you have drawn your Mandala, create a color key in the space left over, so that any reader could understand what your colors represent.



My advice to you when you create your Mandala is to be creative and enjoy the exercise. This exercise is *pure love* and comes from love. You should feel that when you're doing your exercise.

Exercise #3

Assignment 2-C #1: The Fly Killer's Bible – A Meme Complex

Once you've completed Lesson 2-C you should understand the basic structure of memes and meme complexes. Now we're going to learn more about how to identify them, how to dissect them and how they are put together. The following commandments are from *The Fly Killer's Bible*. This Bible represents a meme complex and will exemplify all of the characteristics of memes that I've described so far. Your goal is to identify the memes underlying these commandments, to discern whether the memes are empowering or disempowering and finally whether they make use of offensive or defensive strategies to reproduce and survive.

First Commandment:

Realize that all flies are telepathic. Therefore, they will know that you intend to kill them. Effective fly killing demands that you remove all intention to kill flies from your mind. Love is the best way to kill a fly.



Second Commandment:

BE FAST! Don't think! You must react or lose your chance and part of your dessert too!

Third Commandment:

CORRECT USE OF PRESSURE: Hitting and killing a fly correctly requires the same level of precision needed in archery, marksmanship, or putting correct spin on the ball in table tennis.

If you use too much pressure, the fly will splatter all over you, staining your clothes and soiling your food as the parts fly! In addition, since flies are cannibals, incorrect use of pressure results in rapid accumulation of other flies. A good marksman can, as they say, "shoot a fly from the sky at 50 meters!"



Fourth Commandment:

Always scoop up a dead fly and throw it in the garbage can or flush it down the toilet.

When flies are killed, they release scent chemicals that attract other flies, SO BE QUICK!

Fifth Commandment:

FLY KARMA: All avians reincarnate as progressively larger entities (fly ~ Praying Mantis ~ humming bird ~ blue bird ~ hawk ~ eagle ~ crane ~ Cessna 210 ~ Boeing 737)

Therefore, if you feed all your dead flies to a Praying Mantis, Beezlebub, the God of flies, will grant you pardon for your act. To kill flies and dispose of them carelessly and ruthlessly results in karmic debt, which, when opportunity allows, manifests as an act against you by an avian of comparable size to your debt. Those dying in plane crashes have often achieved “black belt” status with a fly swatter!



Sixth Commandment:

FLY HELL: If your mind is uncontrollable (you can't react without forethought) and you are slow, the flies will accumulate in your space and on your body, licking, nibbling and defecating on you. You will find yourself yelling "GO TO HELL YOU LITTLE FLIES!"

Seventh Commandment:

FLY LOVER'S HEAVEN: Acts of kindness (catching a fly and releasing it outside, feeding or petting a fly) are rewarded by Beezlebub. Each act of kindness reduces the number of flies that enter your personal space. After performing 1,000 acts of kindness to flies (of any species), Beezlebub will begin rewarding you with air miles with an airline of your choice, allowing you to achieve "frequent flyer" status!



The essence of Lesson 2-C is that memes and meme complexes make use of our brains to reproduce themselves. Sometimes that isn't so bad, but at other times, the way that those memes make use of us isn't terribly healthy and we want to avoid those situations. So we need to be able to identify:

- a) Harmful memes
- b) How those memes harm us
- c) Who is designing and proliferating those memes
- d) How to counteract harmful memes, or in other words, how to become a free thinker.

To develop these skills, we're going to practice on the seven commandments I've listed above. To that end, please create a mind map based on these seven commandments in which you:

1. Describe any possible Root Social Matrixes, Meta Social Matrixes and Sub-Social Matrixes you can identify.
2. Describe any memes you can identify.
3. Describe any meme complexes.
4. Describe any offense or defense memes. *Are there any implied offense or defense memes?*
5. Describe any impossibility walls.
6. Identify the presence of any "free thinkers."
7. Identify what you would do to keep from getting infected with the *meme complex* here titled *The Fly Killer's Bible* if everyone in your city or town completely subscribed to these seven commandments.
8. Identify how you would keep your children from getting infected.
9. List 7 common and potentially dangerous meme complexes in your life right now.
10. List 3 ways you will work to transform your disempowering meme complexes.

This assignment can be a bit tricky so let me give you a few pointers to help you start the mind map.



1) My first step would be to go through the 7 commandments and try to pick out memes. What concepts contained in the commandments are designed to be self-replicating ideas?

Once you've identified the memes, I would pick out a symbol for those memes.

2) You can create a meme complex by connecting those memes in whatever way you see fit.

3) You can also identify the memes as offensive or defensive in whatever way you want - I can make suggestions if you're having troubles. You might also illustrate what makes those memes offensive or defensive.

4) Now ask yourself, what kind of social matrix are these memes located in? Are they global? Are they national? Are they part of a particular social group? Once you know the answer to this, again you can illustrate the sort of social matrix that the concepts are located in whichever way you want.

5) The final step is to add in any impossibility walls that are part of the commandments. A meme may serve as an impossibility wall, since impossibility walls are just limiting or disempowering beliefs. So I would develop some kind of mechanism for noting which memes act as impossibility walls.

Once you've completed those steps, you've captured or described the Fly Killer's Bible in terms of its memes, how the memes relate to each other, how the meme complex spreads to others (via its particular offensive and defensive memes), and its effects on others (through impossibility walls).

6) Now question six in the assignment asks if there are any free thinkers in the example. Asked another way, could anyone who was infected by the memes that you've drawn be a free thinker? Now how do you answer that in your mind map? I'd first come up with a symbol for a free thinker. If you think that someone could be a free thinker and be under the influence of these memes, find a way to show that by connecting the symbol to the memes. If not, again you need to find a way to illustrate that.



7) What would you need to do to be a free thinker if everyone were infected with these memes? Or, how would you keep yourself from being infected. As with any infection, knowing how to stop the spread of the infection means, in part, knowing how the infection gets passed along. So you need to be able to identify how these memes spread. You've already done this by picking out offensive and defensive memes. Now you need to find a way to draw:

- a) Ways to prevent the particular offensive memes from infecting you
- b) Ways to prevent the particular defensive memes from infecting you

By the way, it's ok to use text here as well, so if you can't do this all in pictures, don't worry, you can add text to your map as well if you feel that it helps you to draw a map that makes more sense. This is your creation so you can do this in whatever way makes the most sense to you.

8) Question 8 asks you to describe how you would prevent your children (or your possible children if you don't have them) from becoming infected. There might be some overlap with number 7, but I doubt 7 and 8 will be the same. So you need to find a way to represent your children here and how you will help them avoid the meme infections. Again, this means you should show how you would inoculate them against both offensive and defensive memes.

One suggestion is to do something like this. You could divide your map into 2 halves. One side of the paper will capture the memetic nature of the Fly Killer's Bible. The other half will have whatever symbols you pick for you and your children as free thinkers. You can then draw the relationships between you and your children as free thinkers and that will unite the map into one unit.

Now there are 2 parts left to the assignment.

9) List 7 common and potentially dangerous meme complexes in your life right now



10) List 3 ways you'll transform your disempowering memes.

These two parts are a bit detached from the rest of the assignment, so it's ok if you treat these as separate and simply write them out.

Exercise #4

Assignment 2-C #2: Reconstructing Memes

You have been tasked by a secret government agency that has identified the meme complexes most damaging to humanity. Your job is to *reconstruct any part of* the meme complex from the task force's *most dangerous list* that you feel most capable of reconstructing. You have one week to SAVE THE WORLD before nuclear weapons are used in the *name of God*.

Please choose any part of the following meme complexes these top-secret government meme surgeons are currently working on as your assignment!

The Holy Bible

The Koran

Any of the Famous World Scriptures

Exercise #5

Assignment 2-C #3: ^vMemes

For this assignment I would like you to create a mind map for each ^vmeme from beige to turquoise. Please:

1. Illustrate 1-3 memorable experiences when you operated at this level.
2. Illustrate what your parents taught you about function at each level.
3. Try to pick out when/what age (if you have) you transcended each level and any pivotal experience that *pushed you into that transcendence?*



4. Identify your dominant ^vmeme system now (=> 50% of the time). What ^vmeme above do you *dip into*? what ^vmeme do you tend to revert to most often? *What triggers evolution AND devolution in your operational ^vmeme systems?*

Exercise #6

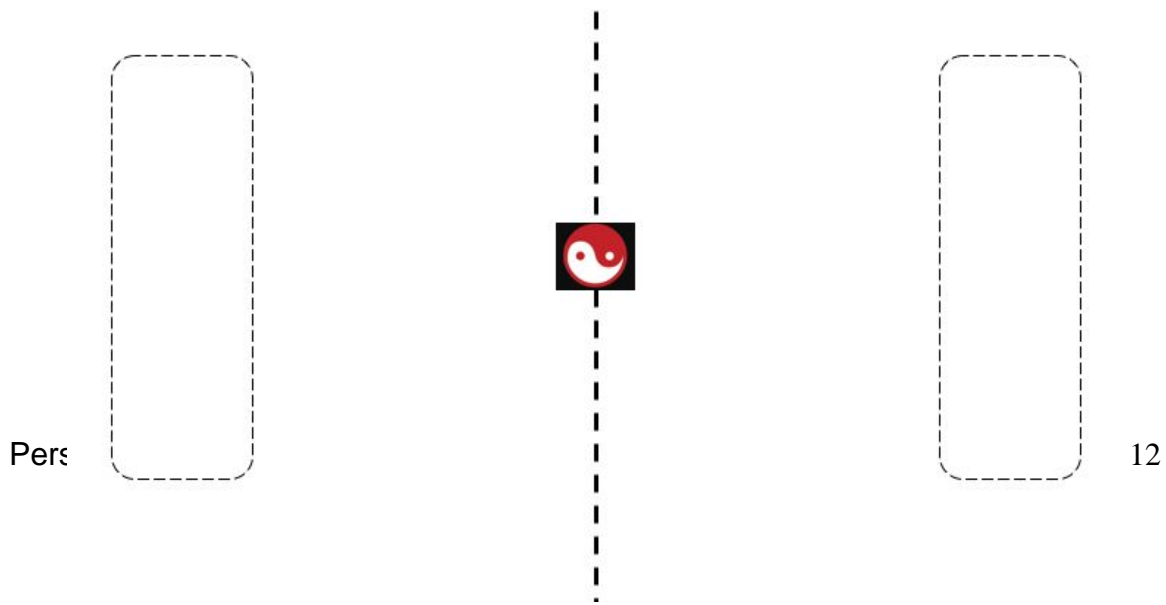
Self-Exploration and Transformation

Remember, even if we're being parasitized by an unhealthy habit or lifestyle choice, we can't remove what we don't know exists. We are often unaware of the disempowering ideas that we have and choices that we make. These are parasites that you continue to support. In this exercise, we are going to do a bit of diagnostic work and root out any parasites that might be keeping you from your legacy.

In the text below, you'll find that you have a list of questions specific to each level of human development. These questions are based on memes, Values Memes and life challenges classically identified with each level of the Chakra system. Using a large artist's pad so you have plenty of space, draw a pronounced dotted or dashed line down the center of your page. On the far right side and left side of your page, draw a dotted line in a rectangular shape like you see on the previous page. You will draw a picture of

HOMework ASSIGNMENT

Unmasking The Shadow-self

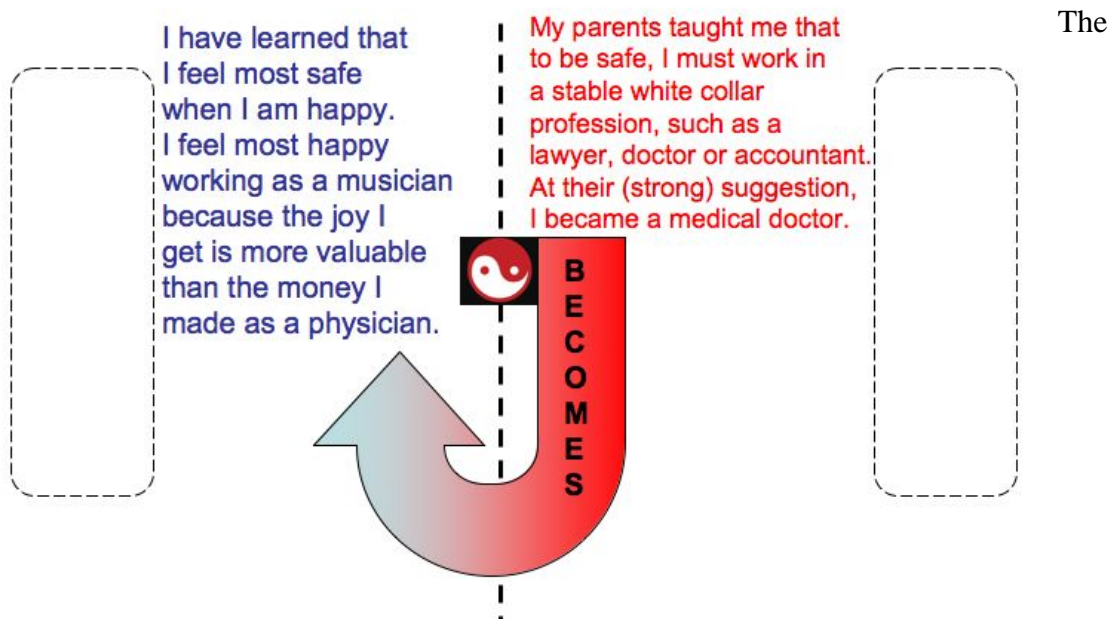




yourself that represents how you feel and how you “see yourself” when you consciously enter the shadow self (Right), and then when you see your self as transformed (your Higher-Self without the shadow tendencies).

You need not be overzealous on the art work aspect of the assignment, for it is less important than answering the questions honestly and coming up with honest transformations that will allow your Higher Self to shine through. In the middle of the page, as seen here, draw any symbol you choose to represent transformation or change, but be sure to use the colors that associate with each Chakra. Remember, the Chakras follow the colors of the rainbow – ROY G BIV – starting with Red at the root or first Chakra and working upward Orange, Yellow, Green, Blue, Indigo and Violet at the top or 7th Chakra. You will dedicate one full page to each level of your “self” as dictated by the issues surrounding that level of life development. Upon completion, lay all the pages on the floor starting from the root Chakra and stacking them up atop each other.

HOMWORK ASSIGNMENT Unmasking The Shadow-self



questions below investigate the depth of your shadow-self in regard to chakra specific life challenges. Please answer each of the questions as honestly and thoroughly as you can in



writing. Make sure you also write down the question because the Higher-Self sees your writing out the question as taking the task seriously and is therefore part of the healing process.

Once you write down the answer to any individual question or to all the questions regarding life experiences at each developmental (chakra) level, your next task is to go into your inner-being and from a position of detached self assessment, write down the *transformation* that you are *committed to participating in so that you may remove your shadow, exposing the core of your true being, your Authentic Self!* In other words, what changes will you commit to making so that the real you can be wholly present in your life?

Some of you will find that your ego reacts in very pronounced ways to this self-help exercise. This is simply because the shadow-self does NOT want you to deflate it! It wants to live, for it lives and thrives by maintaining your deceptions. *At one time in your life, be it a moment, day, month, or year, these shadow beliefs and behaviors may have protected you and served you. Now it is time to seek transformation, for you cannot bring in the new without removing or transforming the old and less empowering aspects of yourself.* **If the memes trapped within the fabric of the shadow-self are not transformed, they will infect those closest to you first, and then all you influence.** If you are a professional that works with other people, such as a physician, therapist or teacher, it is especially unwise to allow dysfunctional memes to exist in your energy field, brain and body, because this can be dis-empowering for you and all whom you come in contact with.

Unfortunately, it is difficult to avoid coming into contact with such dysfunctional memes. Most religions, for example, are but vehicles for the perpetuation of meme complexes that serve people only for given periods of their lives. Most often these are people who are lacking in the knowledge of how to transform these memes or the courage to *separate from the flock*. This is compounded by the fact that society at large continues to perpetuate the very dysfunctions that keep churches profitable as corporate entities, including the participation in wars and other matters that should NEVER be linked to church or religion.



To protect ourselves from ourselves, we must begin to reprogram humanity one cell at a time. Each one of us is a cell in the larger organism of family, and that is a cell of a township, which is a cell of a state. This hierarchy continues until we reach the larger organism of humanity, the most dangerous organism existing on the planet today.

Let us now begin our explorations and transformations one chakra at a time. Some of you, having studied chakras in the past, may note that some of the questions are not such that they are typically associated with a given chakra. This is because my questions have to do with both biological and psychological development as related to memes and vmemes (ala, Clare Graves). As you process your answers to these questions, do not feel that you *must* transform every answer. It is only essential that you recognize which aspects of your physiology, biology, psychology and spirituality are *no longer being served* by your current beliefs and behaviors and *develop transformations for them specifically*. When you answer the questions, if your answer still serves you and you are being truthful to yourself, not just appeasing your shadow or false-self, then you should pat yourself on the back so-to-speak. You will find that self-love is the most important agent of transformation and the act of writing these questions out by hand *is a statement of self-love, thus you are already healing and becoming what you want to become!*

ROOT (Base) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. I feel safe and secure when I have \$_____ in the bank (or immediately available, liquid) at any given time.
2. I feel insecure if my total assets drop below \$_____ at any given time.
3. Do your parents feel safe and secure right now?
4. If yes, what did it take for them to feel that way and how does what they have done differ from what you feel *you* must do to feel safe and secure? Why do you think that is?
5. My definition of “the hunt” (from our primal past) as exhibited in my life today is?
6. I express my need to satisfy the hunt how?
7. At what expense to myself and others do I now hunt?
8. My definition of “gathering” (from our primal past) as exhibited in my behavior today is?



9. Is my gathering behavior optimizing my growth as a human being today? If not, please explain why and then transform this behavior.
10. How would you define your “tribe”?
11. What does it take for you to have a comfortable feeling of *belonging* to your tribe?
12. How much personal space do you need to feel comfortable in:
 - a. The space immediately around you?
 - b. Living space, as in your home?
 - c. Yard space?
 - d. The distance from other *tribes*? *Other tribes are people of different socioeconomic class, race or ethnic origin as a group, such as from “China Town.”*

What is your reaction if that space is reduced or taken away in each of these cases?

2nd (Pelvic) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. What does it mean to you specifically to *be a man or a woman*?
2. How are you happy/unhappy about your role as a male or female?
3. What is the importance of sexual relationships in your life?
4. How good is your *sexual relationship* with yourself?
 - a. Do you expect more from a sexual partner than you give (now and always) to yourself?
 - i. If you the answer to the above question is yes, then please explore your inner-self to find out why you feel you must essentially masturbate with someone else for your fulfillment. That behavior is a sure-fire way to guarantee gratification in never a guest in your life (or bed) for long! This is one to begin working on transformation for right away, but the transformation must come within. Once you track this behavior to its source, the first thing you will need to do to heal is to completely forgive whomever or



whatever is the cause as you perceive it. This may very well, and *often does*, mean forgiving *yourself!*

5. What is your definition of sexual gratification and how do you know you have achieved it? *How does your partner know and how do you know that they know?*
6. How concerned are you about mutual gratification in a sexual relationship?
7. How often do you use sexuality or sensuality to get things from others in personal or professional relationships?
8. If you have children, do you use them for, or depend upon them for:
 - a. Companionship that once came from their mother or father? This often occurs after divorce. A mother turns her son into the *leader of the house* and seeks male companionship from the son that should only come from a mature male partner. NOTE: If your shadow is working in this regard, you will a) justify your behavior, and b) need the input of someone you can trust regarding your behavior in this regard.
 - b. Sexual fulfillment or stimulation, which may take such forms as, but not limited to:
 - i. Fondling
 - ii. Kissing with sexual *wanting* or *longing*
 - iii. Actual sexual acts (considering any child under age 18 as a *child*).
 - c. Fulfillment of the role of an adult in any way?
 - d. Your sense of *being alive*? *Are you living vicariously through a child?* *This is often the case when parents push their children relentlessly in sports, music or academia under the guise of being “for the child’s good.” In these cases, the child is being deprived of her own power of choice, the ability to energize or not energize the creation she chooses, and her own natural rhythms are being altered to be that of the parents. The child is losing her ability to dream and create what she wants when the parent uses the child as a vehicle of vicarious stimulation. If you are doing this to your child, chances are you had this done to you. Through love, you can transform this activity, allowing your child a life of her own now, before the child develops a personality disorder and becomes another typical citizen of so-called “civilization.”*
9. Were you used in any way sexually to fulfill one or both of your parents (as described above)? If yes:



- a. How has that affected you and your sexuality and sexual relationships today?
 - i. If you are bisexual or homosexual today, is it because you are trying to fulfill what was missing in your developmental upbringing, or, is it because you had a normal, healthy upbringing with no sexual prejudices and simply enjoy the body/energy of the same or both sexes and feel the need to fulfill an otherwise natural urge? NOTE: Resist the attempt to lie to yourself here! For many, the urge to continue living in the shadow will be strong but PPS Success Mastery training is not for maintaining shadow behaviors. There is NO judgement in the PPS Success mastery program, only a sincere desire for growth and development in a tradition of gnosis.

Among the gnostics, *gnosis* was first and foremost a matter of self acquaintance which was the goal of enlightenment. Later, Valentinius, more usually called Valentinus, taught that gnosis was the privileged "knowledge of the heart" or "insight" about the spiritual nature of the cosmos that brought about salvation to the *pneumatics* - people who *believed* they could achieve this insight.

- b. What aspects of that behavior have you embodied in your own behavior, even if you don't particularly like it? NOTE: Chances are very good that you will be repulsed by this very behavior in others because the shadow-self doesn't like to look at itself. A classic example of this is the chronic problems of sexual misconduct among church leaders such as pastors, preachers, bishops, monks, nuns, etc. The shadow always justifies what *it wants*, yet not what others want when the action being judged is one that gratifies the need of another. For example, *your boss may be caught engaging in a sexual act with an employee and you may react and behave as though he/she is a dirty monster, yet you yourself may have, or would entertain such a relationship yourself if offered to you.* This very disempowering, judgmental behavior fills the benches on Sunday at churches around the world.



10. Plot out your *ideal day*, paying special attention to the rhythm of the day. Then, plot out your typical day. How far off of each other are they? The greater the discrepancy, the more likely you are to have energetic dysfunction at the pelvic level. How will you transform the sub-optimal day to the optimal day?
11. What three things have you created in the last three days that gratify you?
 - a. If you have not created anything in the last three days that gratifies you, why?
 - b. What can you do to allow for creation time each day?
 - c. How do you feel when you imagine having time to create *what you want* each day?
12. How would you describe your ability to *go with the flow in life*?
 - a. Are you more of a stabilizing force in a group, or are you someone that doesn't enjoy *smooth sailing and therefore has to throw some turbulence into situations*?
 - b. If you close your eyes and imagine all of your dreams coming true, do you get:
 - i. As sense of joy and feel yourself as light and happy?
 - ii. Do you get a sense of heaviness, fear, concern and/or begin doubting your self-worth and therefore feeling nervous or concerned about finding the *pot at the end of the rainbow*?

3rd (Solar Plexus) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. Between the ages of 14 – 21, were you able to pursue what *you* wanted in life or were you driven into circumstances by what you would describe as *outside forces*?
2. If you evaluate the projects you have completed and what you have created in your life to-date, are you fulfilled?
 - a. If you die tomorrow and look back on your life, do you see:
 - i. Avoidance of responsibility to your self or others?
 - ii. Fear of responsibility to your self or others?
 - iii. Abuse of responsibility to your self or others?



- iv. Procrastination?
- v. Indifference?
 - 1. If so, what is the etiology of that indifference?
 - a. Have you served your “self”, or your “Self” by adopting a posture of indifference?
 - i. What are you showing the world with the act of indifference?
- 3. Describe your energy levels for a typical day starting from the moment you wake in the morning until you are in bed under the covers going to sleep.
 - a. If they are less than optimal,
 - i. List any motives or mileage you are getting from such behaviors.
 - ii. Describe diseases you have, or have been told you could get if you keep living the way you do, that are directly or indirectly related to your management of your self and energy levels.
 - iii. Did you learn to live the way you do, positively or negatively, from someone else or is this pattern a creation of your own?
- 4. Describe your feelings about how you handle yourself with other people. This includes:
 - a. Family (e.g., getting the garage cleaned)
 - b. Friends (e.g., choosing where we will eat, drink, dance, party tonight)
 - c. Business associates (who will manage implementing such and such a new plan or program)
 - d. Business customers (your true intentions behind the sale. *We are ALL selling something to someone, all the time, even if it is ourselves.*)
- 5. What percentage of *your* projects do not get completed?
 - a. Why?
- 6. Do you have goals?
 - a. If not, WHY?
- 7. Do you allow others (anyone) to push you around in relationships?
 - a. If yes, why?
- 8. What is it that your Higher Self accepted this human body to do in this lifetime? If you don't believe in reincarnation, then what is your legacy to be in this lifetime? In either case, are you capable of leaving Earth tomorrow and feeling good about your contribution to humanity, to the planet, to the Kosmos?



- a. If not, what is holding you back from Self-Realization?
9. Are you a *ready, fire, aim*, or a *ready, aim, fire* person?
 - a. If you are ready, fire, aim in your behavior, what is behind your impulsive behavior?
10. How effectively do you use your *will power*?
 - a. Please give three examples of effective use of your will power, and
 - b. Please give three examples of ways you abused your will power and what you learned from that experience?
11. Do you eat the highest quality food whenever possible?
 - a. If not, why?
12. How often do you skip meals?
 - a. Why?

4th (Heart) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. I express love to my self when I?
2. I am worthy of love because?
3. When someone complements me, I:
 - a. Appreciate it and say “Thank You!”
 - b. Say “thank you”, but internally doubt or deny the validity of their complement.
 - c. Typically react with some kind of negative to counterbalance any gift of love that has been offered me by a laudatory comment.
4. Am I capable of loving others but not myself?
 - a. What is the reason behind this?
 - b. Is it really true?
 - c. How do you feel when you think that thought?
 - d. How would you feel without that thought?
 - e. Please transform that thought into the one that best represents your Higher-Self!
5. Do I feel most loved when I am having sex?
 - a. Yes. Does that mean that someone else has to be involved, or can you enjoy yourself sexually and feel the same level of love?



- i. If you can't love yourself sexually, please meditate on why it is that you need another to give something that you yourself can't give?
 1. If there is a judgement being made in this regard, please ask yourself:
 - a. What is the reason behind this?
 - b. Is it really true?
 - c. How do you feel when you think that thought?
 - d. How would you feel without that thought?
 - e. Please transform that thought into the one that best represents your Higher-Self!
 - ii. Have you asked your sex partner(s) what makes them feel *loved*, or have you just assumed that they feel love because you do?
6. I love my self as long as I _____. (You put as much as is true here!)
7. I love my significant other as long as they _____. (As much as is true here too please!)
8. Could you allow your significant other to have sex with another partner without:
 - a. Being jealous?
 - b. Being vindictive?
 - c. Being insecure?
 - d. Being or feeling insulted?
 - e. Altering your love for your partner?
 - i. If you could not allow each of the above, then it is absolutely necessary that:
 1. You clearly define the difference between *love* and *ownership*.
 2. You clearly identify what it is within yourself that *you* have not addressed in your own development that has so distorted your sense of love that you have put conditions on it. Surely you would not want conditions on love given you. If you would, then I suggest you dive even deeper to see where this masochistic tendency is coming from. *Please don't blame it on God because the closest one can get to God is UN-conditional love. If you are not sure what that*



means, start with a dictionary search for the word “unconditional.” After having completed that task, please write your self an essay on the real meaning of what you are calling *love*. Is anything called love that has conditions on it such as “I love you as long as you only sleep with me,” “I love you as long as you make enough money that I can live a certain way,” “I love you as long as you do or don’t behave a certain way around the opposite sex,” “I love you as long as you follow my religious traditions,” really love? While this exercise and my purposeful choice of words and situations is likely to cause some unrest in a number of PPSSM Practitioners, I would like you to remember that:

- a. *Like attracts like!*
- b. You can only love another *to the same degree that you can love yourself. How do you know that is enough or not too much for the others you “love”?*
- c. If your love is conditioned to a given degree, you are perpetuating life under the terms of conditional love and it is conditional love that *leads people to war to kill each other!* The same people that call themselves Christians, or who practice Islam, would probably, quite probably in fact, kill both Jesus and Muhammad if either were alive today! The same could be said for many religions! If their own followers didn’t kill them, the control-bots of other religions probably would. *Such actions are but the nasty breath of conditioned love.* We must all grow to love each other the way a healthy mother loves her infant.

NOTE: It is highly likely that anyone having a challenge with the information I’ve put here in this (4th chakra) section, also has found that they needed to do a fair bit of transformative work at the second



chakra level. If not, I suggest you look carefully at your shadow because anyone with a healthy psychology has a balance between the second and fourth chakras, for they are highly interlinked energetically and psychologically.

I am NOT suggesting that you drop everything and run out to an orgy, though it would certainly do many people a lot of good! I am simply suggesting that you look at the walls you are putting up and that you get clear on what the word love really means. Only then can you use the word correctly, for many people, even many of you, really need to exchange the word love when you use it for such words as:

- i. Control
- ii. Lust
- iii. Fear
- iv. Anger
- v. Loneliness
- vi. Cash Cow!
- vii. Security or Safety
- viii. Comfort
- ix. Tolerate or Tolerable
- x. Neediness
- xi. Sex
- xii. Perversion
- xiii. Favor
- xiv. Barter
- xv. Leverage
- xvi. Revenge
- xvii. Infection or Infectious
- xviii. Jealousy

If you want to be honest and not generate



this kind of experience for yourself over and over (karma in Hindu philosophy), then I suggest you begin using the word that most accurately represents what it is that you are disguising as “love.” Or, just tell the truth and say things like, “I’d love having sex with you as long as...”, or “I love you, but only when you give me \$_____ a week, month or year to be your private prostitute.” Yes, that is what I said and YES, that is true and you know it! Remember, this is a “MASTERY” program, not a self-B.S. program.

9. I have time to love others (husband, children, family members, patients) but don’t have time to love myself?
 - a. What are you avoiding if you know this is true?
10. I love _____ and even when they abuse me I don’t do anything about it.
 - a. Please look at your answers to questions 1-6 to see if you can put anyone’s name in the blank spot here.
NOTE: Love, Truth and Honesty are very tightly intertwined and the more love one has for themselves or others, the more they deliver Love, Truth and Honesty in the same package.
11. I experience the most love in my life when_____.
12. I feel loved by God (or what ever you believe to be the grand intelligence behind the Universe) when/if _____.

5th (Throat) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. I am able to effectively communicate with my mother. If she is no longer living, then the question is relevant to when she was alive. If you were not raised by your biological mother, then apply the question to whomever was your “adopted or surrogate” mother.



2. I am able to effectively communicate with my father. If he is no longer living, then the question is relevant to when he was alive. If you were not raised by your biological father, then apply the question to whomever was your “adopted or surrogate” father.
3. I get along best with and communicate best with:
 - a. Males?
 - b. Females?
 - c. Neither of the sexes. I communicate and feel best with animals.
 - d. Plant life?
 - e. Other?
4. When I feel the need to communicate to family, friends or co-workers about:
 - a. Safety or security
 - b. Sex and sexuality
 - c. Use of will-power, energy of getting things done, or issues related to (my or your) personal boundaries (not abusing or letting others abuse you)
 - d. Giving and receiving love
 - e. Communicating, hearing and “listening”
 - f. Future, creativity, coming up with new and useful ideas, or
 - g. Issues of spirituality, Soul, religion or God

I feel comfortable doing so. If not, what feelings do you have in regard to each specific issue you are challenged to communicate about or listen to others talk about? What changes do you feel in my mind, emotions and body when you allow yourself to “feel” your reaction to any given situation you have recently experienced or know from past experience you have issue with? Once you know and write down these experiences and their possible causes, please *transform them*.

5. Am I afraid to express myself in a group setting, be it family, friends or other group settings?
 - a. If you are afraid, what is the source of that fear? How will you transform it?
6. I have pain now or have had problems/pain in the past in my:
 - a. Face below the nose and including the entire jaw and ear region.
 - b. Ear(s). (list which ear or ears)
 - c. Neck. (which side)



- d. Shoulder, arm and hand. (which side?)
 - e. When I allow my consciousness to go into that pain and pain area, the following thoughts and emotions arise.
7. I do well with listening to my inner-voice?

6th (Brow or 3rd Eye) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. I often “intuit” things before they happen.
2. If you do intuit things before they happen, how often do you act on them in advance to either facilitate the positive or transform the negative?
 - a. If you don’t often do this, why? What are you afraid of?
 - i. If you don’t use or trust your intuition, do you get/have pain or any problems with your eyes, central nervous system, particularly at the brain stem level, have headaches, or any unusual neurological symptoms?
 - ii. Do you have disturbing dreams or nightmares?
 1. What do you feel your Soul or the spiritual domain is trying to tell you? Are you listening?
3. When you are problem-solving, do you “see” the problem and/or solution within your *mind’s eye*?
4. How often do you have dreams that give you the answers to your:
 - a. Challenges in life?
 - b. Answers to your prayers?
 - c. Ideas or insights to assist you with:
 - i. Your creative pursuits?
 - ii. Athletic pursuits or challenges?
 - iii. Health pursuits or challenges?
 - iv. Work creations?
 - v. Communications?
 - vi. Ability to *see into* the spiritual aspects of life?
 - vii. Religion?



5. How much of your working knowledge, the knowledge you *use on a daily basis*, can you attribute to *inner Truth*? *By this I mean knowledge truly having come from within not book knowledge or passed onto you by someone else.*
6. If you acquire *Truth through insight*, how comfortable are you accepting it as working fact that you can live and function without having to have so-called “scientific reference” to back it up?
 - a. If you need academic support in order to *trust* your own insight, *why is that? What are you afraid of?*
7. If by some strange occurrence you lost your entire body and were kept alive from the neck up (as is the case when someone’s spinal cord is severed at the level of C1 or C2), how much of a life would you have and what would it be like?
 - a. Could you still be productive?
 - b. Could you still be creative?
 - c. Could you still experience orgasm?
 - d. Could you still find “God” or commune with the Supernatural?
 - e. Would you ask someone to “pull the plug” on/for you?
 - i. What emotions rise in you as you ponder this hypothetical situation and what experiences do you have in your body as they arise?
 1. Are any of the experiences and emotions you are having reoccurrences of past experiences?
 2. What transformations to empower can you make here?

7th (Crown) CHAKRA

EXPERIENCES FOR TRANSFORMATION and/or ACKNOWLEDGEMENT

1. What holds my atoms together?
2. What created all that exists in the world of the five senses and beyond?
3. Why is there evil in me, my life, and in the world?
4. How is it that some Yogi’s can live on breath alone, not eating *anything for years on end? Why do they not starve to death like most people would in 10-14 days?*
5. What is the purpose of a human life?
 - a. What is the purpose of your life?
6. When you are deeply challenged in life, from where do you draw your support?
From what do you draw your strength to overcome your challenges and progress?



7. What is the gift of every disease and where does it come from?
8. Where is heaven and where is hell? Can I send a letter there?
9. What happens when you die?