

# The Busting Loose Premise and Process

**Note: If you're coming to this document after being familiar with my *Invisible Path to Success* or *11<sup>th</sup> Element* work, you'll notice that parts of what follows will be familiar and other parts will be very new. The Spiritual Coaching Program goes way beyond the contents of those two bodies of work and supports you in moving into new and previously "uncharted waters."**

As we begin our journey together of Busting Loose From The Money Game, it's very supportive for you tonight to briefly review the premise and process of this work. As you know, this work is specifically designed to challenge you to totally expand your view of who you are, what your life is really about, and where you're headed. The premise is simple.

Who you really are is a magnificent being who lives in a constant state of limitless power, abundance, wisdom and joyfulness. Your natural state is also one of having an unlimited desire and ability to express creatively. A popular phrase for describing this is "We are Spiritual Beings having a physical experience." I call who you really are your "Expanded Self."

Coming from the expanded and infinite state I just described, you decided you wanted to play a game -- for the sheer fun, pleasure and challenge of playing. That game is called "The Human Game" and it's a game that's played entirely in consciousness -- in "the mind" if you will. I realize you've been taught the human experience is a lot more "serious" than a game, but if we're going to work together, you must understand my perspective.

Like any other game, The Human Game has its own set of unique rules, regulations and structure which I'll discuss in a moment. I'm fond of comparing the mechanics of creating and playing The Human Game in consciousness to the making of a movie and often call the human experience a "Total Immersion Movie Experience." If you're familiar with my *Invisible Path to Success* work, you know all about that already.

I'm a big fan of the TV and movie series called *Star Trek*. In that show,

there's a concept called "The Prime Directive." The Prime Directive is a core principle that guides the actions of the crew of the Starship Enterprise as they explore space. The Human Game has a Prime Directive too. It's to fully explore the experience of limitation and restriction – to explore what happens when you limit the unlimited power, infinite ability to express creatively, infinite wisdom and abundance that's your natural state.

As a result, The Human Game is designed to be jam packed with all sorts of limiting and restrictive ideas and experiences. Concepts like death, poverty, loss, fear, pain, shame, struggle and sorrow have been created in The Human Game like hurdles on a track. The game, then, is for you to play The Human Game, experience severe limitation in the creation of consciousness called "3 Dimensional Reality," then eventually jump over the hurdles and back into full awareness of the infinite nature of who you really are.

To play a game, you must have "players." The Human Game works the same way. Players take the shape of Parents, siblings, relatives, neighbors, teachers, friends, enemies, associates, etc. The roles other Players play in your Game are very similar to the roles actors and actresses play in the making of a movie. That is, they say what you ask them to say and do what you ask them to do to support you perfectly in playing your Human Game exactly the way you want to play it. There's an unconditional commitment from each Player to support every other Player in playing The Human Game.

Since who you really are is an Infinite Being, in order to play The Human Game, you must use all your power, creativity and consciousness to wipe out every last trace of memory of who you really are, how much power you have, how much wisdom you possess, and your natural state of infinite abundance. As a result, to play The Human Game, you must create the Illusion of splitting yourself into two parts:

1. Your Expanded Self -- which is who you really are with all your power, wisdom and abundance, who manages all aspects of The Game from behind the scenes
2. The Player -- who totally immerses himself/herself within the illusion of The Human Game and doesn't remember who he/she really is or what he/she is capable of. I call the Player part of you "The Persona." The Persona is the part of you who's reading my words right now. It's who you've always thought yourself to be.

Words get tricky here, but it's important to understand that while The Persona and Expanded Self feel and appear separate, they're actually one and the same Infinite Being that's united at a very deep and profound level. The apparent separation is all an Illusion created by what you might call "sleight of hand" in consciousness.

As part of "the forgetting process" that's required to play The Human Game, your Expanded Self chooses the form of a helpless, tiny infant who's totally dependent on conditions outside its control to begin The Human Game. Once you (The Persona) are born (and in some cases while you're still in the womb prior to being born), your Expanded Self starts creating experiences that begin the process of forgetting, limiting and restricting you. In the popular success and self-help literature, this process is called "programming" or "conditioning."

From the moment you're born, you actually begin "hiding" your tremendous power, wisdom and abundance from yourself, and convincing yourself you're actually the complete opposite of who you really are. You also convince yourself those hiding places are so painful, dangerous, scary and deadly that they must be avoided at all costs. The process of forgetting, limiting and restricting yourself is what I call "Phase 1" of The Human Game.

It's vital at this point for you to understand that every living thing in the human experience chose to be here and chose each circumstance and condition it experiences. Though accepting this is just a first step, it's a major hurdle for many people to get over. Most humans have decided to agree that outer forces or influences play an inevitable part in our lives, and that we're at the mercy of powers and conditions we can't control. That's simply not true. Our Expanded Selves choose and create absolutely everything we experience – down to the smallest detail.

After having the limited and restrictive experiences in Phase 1 of The Human Game, your Expanded Self starts nudging you into Phase 2 of The Game. At that point, you begin to feel "incomplete," like you're "missing something." You start looking for "answers" and a "higher meaning" to your life. At that point, you still don't remember you've hidden your real Self and power, but you begin a search for The Truth nevertheless, and you begin a quest to reclaim the infinite power, wisdom and abundance that's your natural state. At that point, The Human Game really becomes fun – and that's

where a Coach like me becomes an invaluable ally.

The Coach knows you've hidden your Expanded Self awareness and power. The Coach knows your Expanded Self knows all the hiding places. The Coach can therefore support you in following the clues that lead to the hiding places and reclaiming your power and wisdom from them.

Because the Coach doesn't have the emotional involvement you created around the hiding places, he/she can support you in returning to them without fear to reclaim your power. Eventually, the totally committed Persona comes face-to-face with its Expanded Self and "wins" The Human Game. At that point, you begin living in the human experience with full awareness of your Expanded Self power, perfection, knowledge and abundance. You begin living in a state of total trust in yourself, incredible joy, unimaginable peace, infinite abundance, and unconditional love for yourself, others, and the experiences you choose to create. At that point, as the old adage goes, "You are *in* the world but not of the world."

OK. Let's step back a minute and look at this from a different perspective. You may be asking yourself the following question:

"In general, why would anyone want to play a game like The Human game as you've just described?"

Why does anyone play any game? For the sheer fun, challenge and exhilaration of playing, no matter how "difficult" it may seem at times. Who "made up" football, basketball, golf, soccer; or any other game – and why? Who made up all the crazy rules, regulations and structures that go along with all the games we play? Why would someone willingly choose to leave their warm and comfortable home to experience the pain and hardship involved in a "game" like climbing a massive mountain like Mt. Everest or Mt. McKinley?

Who you really are is a wonderfully adventurous spirit, ever eager to expand Itself and Its experiences. The Human Game of limitation is no big deal to The Real You. The real trick of The Human Game is hiding and then forgetting all your power and wisdom so you can play!

You may also be asking yourself this question:

"To be more specific, why would some Expanded Selves choose to play The

Human Game by going through such horrors as abuse, sickness, poverty, struggle, starvation, maiming, murder and death?"

Expanded Selves see no horror in any of those experiences. Your Expanded Self knows it's all just a Game being played in consciousness. Your Expanded Self knows such experiences aren't real, that they're just "made up" to create a Game and a playing field on which to play it. Your Expanded Self knows all your experiences are just "total immersion movie" experiences – and that they only seem real and horrible to those who made them up, are totally immersed within them, and convinced they're real.

When we talk about the power of your Expanded Self, who you really are, we're talking about power beyond anything you can imagine right now. We're talking about the power to create absolutely anything – any experience. We're talking about the ability to fully appreciate and love yourself, everyone else and everything else -- under all circumstances and conditions. We're talking about the power of absolute trust in the perfection of the Universe. We're talking about the gentle, peaceful power of harmony, joy and beauty.

No concept of power you're familiar with in The Human Game comes even close to the infinite power and omnipotence your Expanded Self must hide to allow you to play The Human Game. All the forces of nature and man put together and multiplied a billion times are but a speck compared to the power you possess in your natural state.

So where in the world do you hide power of that magnitude? In the only place capable of handling it: within the human experience itself – right inside all the limiting and restrictive experiences that compose The Human Game. In order to create everything you experience in The Human Game, tremendous amounts of power and wisdom must be invested to make everything appear real and convince yourself it is real.

Let me give you a few examples. In your natural state, you're in a constant state of peace and joyfulness. You can't and don't feel anything else. However, while playing The Human Game, you'd say you feel sadness, depression, anger, fear and a host of other so called "negative emotions." However, feeling such emotions isn't possible. You can't feel sad, depressed, angry, or afraid. The only thing you can do is create the Illusion of such feelings in The Human Game and invest tremendous power convincing

yourself the Illusion is real.

As another example, when playing The Human Game, many people choose to experience what they'd call pain, neglect, poverty, shame and sorrow. In your natural state, you're in a constant state of joyfulness, peace and abundance. You have the power to create anything you could ever want or imagine -- instantly. Therefore, it's not possible for you to really experience pain, neglect, poverty, shame or sorrow. The only thing you can do is create the Illusion of such feelings and experiences in The Human Game and invest tremendous amounts of power convincing yourself the Illusion is real.

As you know, as Players in The Human Game, none of us goes gladly into such experiences as pain, neglect, poverty, shame or sorrow. You can therefore see that the disguises, myths and Illusions we create are VERY convincing! Plus, as The Persona "grows up," so grows the belief in the reality of the Illusion. We lead our lives carefully negotiating around events and circumstances that would cause us to interact with any of these "painful conditions." Inevitably, however, our lives are filled with the very conditions we try hardest to avoid.

There's an old adage that reads like this: "Our worst fears befall us." Your Expanded Self counts on this so you can have the experiences you came to The Human Game to have!

Your Expanded Self knows what's true and real. You, The Persona, however, are always confused. The more you play by "the rules" of The Human Game you've been taught and the more you try to avoid "painful" conditions (whatever they may be), the more you seem to experience them – and the more out of control and powerless you feel. That's all part of your Expanded Self's plan and what Phase 1 of The Human Game is all about.

Even though The Human Game may seem excruciatingly painful at times, your Expanded Self, The Real You, is reveling in the sheer joy of playing!

Your Expanded Self must keep you, The Persona, from remembering who you really are in order to stay and play The Human Game. To maintain the myth of limitation, your Expanded Self creates a "voice" within you that discourages any attempt to go near the hiding places of your power and wisdom. That voice tells you to avoid this or that, warns you of impending "danger," scares the hell out of you if you try to pull back the disguises to see what's really going on.

That voice is your diligent, constant companion, ever vigilant in guarding you from your real knowing and power. That is, until you're ready to know. It's very supportive to acknowledge the presence of the voice your Expanded Self created for you, and to recognize and appreciate the role it plays in your life.

Your Expanded Self knows when you're ready to re-discover your power and wisdom. So, your Expanded Self guards the hiding places of power and wisdom until there's clear evidence you're ready to rediscover The Truth. At that time, your Expanded Self displays the same diligence and consistency supporting you in finding and reclaiming your power and awareness as It did when hiding it. The process of reclaiming your power is called "Phase 2" of The Human Game!

Once we've established that you chose to play The Human Game and experience limiting and restrictive events and circumstances, you can then look at your life and begin to see what your Expanded Self chose, and how you hid your power and wisdom to play The Human Game in those specific ways. This is also where a Coach can be so helpful.

If there's a history of poverty and neglect in your life, for example, you can see that such experiences were the choices your Expanded Self made to help you play the Human Game the way you wanted to play it. We can all look at the things in our lives that seem to keep re-occurring (despite our best efforts to prevent them) and see they're precisely what we came here to experience. We can also begin to appreciate the brilliance behind how it was all setup and worked so well for so long.

Many people experience war, famine, peace and prosperity, but even though we may describe such experiences with the same label, the actual experience is unique for every individual. Though it appears that outside circumstances and outside events thrust you into your experiences, you can be sure it was all well orchestrated by your Expanded Self with absolute support from the Universe.

Giving up the "victim" role may be the hardest part of transitioning into Phase 2 of The Human Game. Many people are really attached to the desire to have someone else fix them; fix the conditions of their lives; or somehow manipulate circumstances to make things "better."

In most games, there's a clear signal when changes or shifts are made. In

football, there's half time. In baseball the innings change. In golf, there's a new hole to be played. So it is with The Human Game. No matter what experiences you chose to have in The Human Game, from what's viewed as the most negative to the most positive, whether from rags to riches or riches to rags, whether fame and fortune or infamy and disgrace, there comes a time when you, The Persona, says, "Wait a minute; there has to be more to this. There must be more going on than what I'm seeing."

That's the signal you give your Expanded Self and that's when your Expanded Self knows It has an opportunity to start revealing The Truth to you. That's also when you begin to entertain the possibility that you can experience a wider, more expansive, more loving, joyful and unlimited view of who you really are.

That's also a signal to your Expanded Self that His/Her role is about to change. In Phase 2, your Expanded Self shifts His/Her message from fear and trepidation to confidence and trust. Your Expanded Self knows when you're ready and fully committed to opening to your natural state of power and awareness. Your Expanded Self knows the support He/She gives you will now shift to pulling back the curtain on the Illusion of The Human Game and letting you see – and experience – The Truth.

Your Expanded Self then takes you on a guided tour of who you really are, what's really going on, and exactly how you convinced yourself The Illusion was real in Phase 1 of The Human Game. Through that process, you're also led, as if on a gigantic Treasure Hunt, to the places where you hid power so you reclaim it and expand back into who you really are. Reclaiming your power and wisdom and returning to your natural state is an amazing experience that can't be adequately described in words!

The clues on the Treasure Hunt are obvious and numerous. Each experience you have in Phase 2 is in complete and perfect support of your commitment to remember who you really are. For instance, if you have an experience that angers and confuses you, it's precisely in that anger and confusion that your Expanded Self has hid your power. So, you dive into that experience, using what I call "The Process" to take your power back from it.

Look at your life. Are there "dark" places you taught yourself to stay away from? Those places are precisely where your Expanded Self hid your power and wisdom!



If asked, nearly every soul immersed within The Human Game would say he/she would like to experience more abundance, freedom, joy, peace, fulfillment, satisfaction, etc. To really experience such a transformation, however, it takes a massive commitment to move beyond his/her limited belief systems about itself and others. The willingness to view one's life from a totally new perspective can be daunting, especially if the Persona thinks it is safer to keep the status quo in place. In other words, a desire for spiritual understanding is a lot different from the absolute commitment to experiencing it!

Many Personas have reached the point where they want to make their life "better" – and they feel embracing the "Spiritual" side of life can enrich them with increased wealth, happier relationships, greater peace of mind, improved health, etc. Tapping into the Spiritual side of life (which has been my life's work) can help create the Illusion of producing results like that. However, for those who want to go all the way; who want to reach the true pinnacle of The Human Game; for those who want to "go for the gold," it takes a commitment like no other.

To take a quantum leap forward and actually win The Human Game, it takes a commitment to trust your Expanded Self (even when it's tough to do so) and reclaim power from every limited belief system you ever created within The Human Game. It takes a commitment to acknowledge, accept and appreciate the power and magnificence of who you really are.

And that's just for starters!

There's no prescribed time or place for making a commitment like that and entering Phase 2 of The Human Game. Each Persona has the opportunity to do it if and when he/she chooses. However, it's supportive to know you can go for the gold -- and you can "win" it. Let me take a minute to clarify what I mean by "the gold." The term "the gold" in The Human Game is generally used in athletics as an accolade achieved when one individual (or team) "beats" another individual (or team) in a competition. The exact opposite is the true meaning of "the gold" as used here.

As it relates to The Human Game, "the gold" means getting to the point where you play The Human Game without limits or restrictions. It means playing The Human Game with full access to your infinite power, wisdom, abundance and peace. There's no competition to do that. One doesn't win

while another loses. We all have the ability to "win" and will "win" when we choose to. I can't tell you exactly what getting the gold means for you or what it'll look like. Why? Because we're all different and it will unfold as your Expanded Self chooses and designs for you.

You don't "achieve" the gold. You don't somehow, through good works and being nice or persistent, "earn" the gold. You simply commit to accepting that the gold is what and who you really are. You simply commit to opening to The Real You and accepting that everything about you is the energy and perfection of the Universe.

It's not my role to urge you to play The Human Game. You already are, whether you acknowledge it or not. It's not my role to encourage you to enter Phase 2, remember who you really are, and begin reclaiming your power (although I doubt you'd be here if that wasn't your intention). This work is not about what's right and wrong. It's simply another of the unlimited ways your Expanded Self has provided to support you in playing and enjoying The Human Game to the fullest.

To me, moving into Phase 2 of The Human Game, reclaiming power, and "going for the gold" as I just described is the ultimate game and I'm on fire with passion, excitement and joy to be playing it. I also love supporting others who wish to join me on that journey. The goal of this work is to help you:

- Understand what Phase 1 was really all about and the mechanics behind how The Illusion was created and sustained
- Move Into Phase 2 Of The Human Game
- Understand what Phase 2 is all about
- Rediscover who you really are
- Reclaim your power
- Have an ongoing dialog with your Expanded Self to support you on your journey
- See everything you experience through the lens of Truth instead of Illusion
- Go for the gold in the most supportive way for you
- And so much more – all custom-designed to meet your unique wants

and needs