

The Foundation of Self-Mastery



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This guide was designed to provide a foundation for personal development and self-mastery. Whether you are just starting out on the journey or have been traveling the road for many years, it is my hope that the information here will transform you.

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Knowledge Disparity

The way we as a society view knowledge and wisdom has changed, and it's affected our ability to train and learn. This applies to just about every aspect of life, including business.

Hundreds of years ago, a man could spend 50 to 70 years honing his desired craft, living it and breathing it his entire life, yet still consider himself a "student," who doesn't know everything there is to know.

Now, a kid can come out of college after only 5 to 7 years, literally knowing the small end of nothing, and be labeled a "master" in his or her field.

The disparity between these two extremes is stark. Knowledge molds a person: it is one of the defining traits of a moral, evolved individual. In fact, the art of "knowing" is intimately linked with psychic evolution and the maturity of one's countenance. In other words, it's unlikely that you can have one without the other.

In today's world, there is a drought of true masters. Artisans of various crafts, be them physical, mental, or spiritual in nature. Just because someone professes to have a "master's degree" in a field doesn't mean much anymore. To some, a master's degree holder is simply a novice apprentice, waiting to take their first steps into the real world. A world where, unfortunately, they will be guided by several other so-called masters, who themselves are merely trying to figure out everything as they go along, without much true wisdom to guide them.

This is the definition of "the blind leading the blind," and if our society is any indication, it's not working.

Self Mastery Begins Where the Ego Ends

It's not enough to just go out and say you want to learn something and master it. These days, people think they are experts and savants at everything, when in actuality they are ignorant of most things. This ignorance permeates everything they do.

Of course, this spills over into their Knowledge of Self. If you're trying to get your life on track, make money, find success, and obtain true peace of mind, it all begins with work on the Self. Knowledge of self, of course requires introspection and a tearing down of the ego: this is something so alien in our culture as to be considered almost extinct.

It is an absolute must however, for any who are truly serious about personal progress. Every step you take toward build your Self up, requires an equal deficit in the ego.

As long as the ego calls the shots or has any power in your life, you are bound and limited by it. This same force, the ego, is what drives the ignorant to call themselves masters. The ego is that narcissistic twinge that whispers in the ear of the mediocre and tells them they are an untouchable genius. **The ego is the single greatest roadblock to true self mastery.**

Naturally, to understand how to dismantle the ego, one must first admit their shortcomings and seek genuine knowledge. It is this knowledge, and the wisdom that comes with it, that helps tear apart the constructs that the ego has built. Every bit of truth that is digested is like a hammer crashing against a wall. Enough hammers, and that wall will crumble.

Behind the wall is contentment in truth and self knowledge.

Understanding the knowledge disparity in our society shows us why there are so few "masters," so few people not ruled by ego. No one meditates on their craft anymore, no one hones themselves to a razor's edge, pouring over the wisdom of the ages in order to grow and build new, more sophisticated conclusions. It's all floating data not tied to anything, investing in hollow food for the ego, and empty titles that placate us and make us think we are obtaining progress, when we are really just spinning our wheels.

To build the Self you have to lose the ego, that part of you that thinks it knows everything, that part of you that strives to construct a false reality to uphold its beliefs. This applies not only to beliefs about who you are, but the nature of reality itself.

Implicit in Self Mastery is the ability to discern the world as it truly is, not as the ego perceives it to be. Thus Self Mastery involves discarding "beliefs," "opinions," and "ideologies," for knowledge, wisdom, and understanding. These are the only facets of interpreting reality that you need. Using the ego as a filter to understand the world comes with many drawbacks and flaws, which ultimately limit one's ability to function correctly.

A person given over completely to their ego is essentially **dysfunctional**. Their behavior is out of their control, they are at the opposite end of Self Mastery. Indeed, everything else but the Self controls them at that point. You know the kind of people I refer to: easily angered, manipulated by words, swayed easily by the whims of random events, easily lied to, given to false beliefs.

I just described a sizable portion of our entire population. The knowledge deficit in action.

Correcting the Knowledge Disparity

There's two aspects of self mastery that apply to any discipline: being present, and dedication.

If you are training your body, for instance, invest more of your Self than "stopping by the gym." There's more to Self Mastery than lifting some weights. Part of this growth occurs in the mind, in your perception and ability to allow things to manifest rather than being obsessed with a preconceived outcome. Some form an entire identity off of going to the gym or being smart at a particular subject. This kind of behavior can only ever hold you back.

You will accrue knowledge proportional to your ability to be present in what you are doing. Applying dedication to this act will compound the knowledge over time. This is the formula for mastery.

It should be said that there are few, if any real "shortcuts" to mastery, and that includes Mastery of Self. It's not something that can be achieved while floating through 7 years of college in between partying and binge-watching Netflix (nothing against those acts, we've all been there. But it's not a path to any sort of mastery, and you shouldn't delude yourself that it is).

The art of being present is, in itself, a form of mastery that you will get better at over time.

You want the no-nonsense guide to staying present and actually absorbing more information? Meditation.

[You have to learn how to meditate](#) if you want to really consider yourself a master at anything. While there are certainly many kinds of meditations, including active ones you can perform while working, I'm referring to the straight up sitting in a dark room in the lotus position, rhythmic breathing from your diaphragm, "shamanistic" kind of meditation. You have to get primal and dig deep.

Meditation is one of the only reliable methods for tearing down the ego. It's a means by which we learn the difference between the ego-mind and the Self, and it enables you to stay focused, digest more information and at a faster pace, retain information you have learned, balance your emotions, and remain present. This is a skill successful people have been using for centuries, because it is quite simply the "key" to unlocking the potential of your mind, and closing that knowledge disparity gap.

True masters share a few traits in common. One, they always know how to live in the present moment. They are neither hung up on the past or anxious about the future. They exist from moment to moment in a balanced mental state. This opens the door for enjoyment, fulfillment, and success in their endeavors.

Second, they also understand the value of knowledge over "ego food." Self mastery is always something to be sought, and as such, false beliefs, perceptions, delusions, and fruitless opinions are discarded for larger truths and more expansive ideals. Feed your Self in everything you do. This pursuit of truth typifies the master, and is one of the defining qualities of those who have palpable integrity. And yes, this is applicable for everything from business to your progress in the gym.

Everything you do is tied to your mental states and how well you're able to live in the present and absorb / retain knowledge, as well as your ability to take that knowledge and use it.

Most, if not all, of our limitations can be traced back to a lack of mental maturity and digestion of knowledge. Meditation breaks through these limitations, hence why it is a key component in all paths of self mastery.

Eliminate the knowledge deficit. Learn to meditate and take charge of your personal Self Mastery. There are no shortcuts in this.

Unleashing Your Personal Power

The root of your personal power comes from awareness of Self. This is a key component of mastery. Everything comes back to what's going on inside of you, your willpower, your ability to discern truth.

This society predisposes us to believe that many of our struggles and concerns exist "outside" of ourselves. This is demonstrably false.

The nature of what even constitutes a problem or issue in and of itself has more to do with awareness than anything else. Fix your awareness and balance it in accordance with the natural world, you'll find that many of your problems just melt away.

It would be erroneous to think that increased awareness just numbs you from problems or makes you indifferent to the world. That perspective is often used by the unaware, those who are outside looking in.

The truth is, a heightened awareness reveals most "problems" for what they are: meaningless quandaries of the ego. Nothing more.

Once you realize that the vast bulk of all of your perceived problems that you stress over are inconsequential and mean nothing in the grand scheme of things, you will be one step closer to personal self mastery.

That might sound callous or detached, to say that your problems are meaningless. Understand that meaning is found not in the act but in the interpretation. How you process an event or thought is what affects you the most, not the act itself.

A healthy, aware person can smile through any hardship. They can overcome numerous real burdens. Make peace with a vast majority of the people they encounter. Rarely if ever get angry. Never engage in pointless arguments. Never raise their voice. They aren't anxious about future events. They lead their life with a stern but gentle hand, guiding it like an eagle on the wind. They adjust to the ebbs and flows of life and meet everything head on, with determination and high spirits.

This comes with self-awareness. As you dissolve the ego, you come to realize that no "problem" of this world is worth internalizing. No issue is worth you losing sleep over or allowing it to control you by pushing you to anger or forcing you to make irrational decisions.

Everything can be traced back to awareness, or lack thereof. Remember this.

The awareness of things encompasses multiple aspects of reality. Keep in mind that quantum physics has proven at length that our awareness of something quite literally brings it into being. The observation of vibrations in wave form "collapses" them into particles.

Everything around us has subatomic sub-strata, or as some call it, an etheric counterpart. **These waveforms construct, on the subatomic level, the blueprints for atomic structures.** In other words, everything is vibration, or a wave, including all apparently solid matter.

And all of it, to some degree, can be affected by your mind.

Awareness was understood by the sages of the past as "true sight." Seeing reality for what it is, rather than what you wish it would be. It is important to realize the implications for gaining awareness, because you can no longer look at the world around you in a simple way.

"Everything is energy," "everything is connected." You hear phrases like these thrown about quite a bit in self-help and New Age literature. Many fail to grasp even the slightest implications of these simple truths though.

Quantum physics tells us that our subconscious minds are intimately connected to the subatomic world around us. That perception is largely based on our ability to interpret electrical signals properly and also send out the right signals. It's all a complex dance of electromagnetic biofeedback with the universe.

Sound complicated? It really isn't.

We make the simple complicated by giving everything fancy titles and programming each other not to accept base reality at face value.

Isolationist, extremist, fundamentalist, and deathist philosophies and belief systems have created worldviews that run contrary to reality. This is one of the reasons why there is such a lack of general awareness these days.

If we go off of the core truth that everything is energy, we can come to a host of revelations regarding awareness that are key to self-mastery and creating a more holistic, fulfilled life.

Really digest the fact that we are 100% certain, from both a mystical and scientific standpoint, that atomic matter as we know it is "hollow" and empty, that it is comprised primarily of nothing, and is in a continuous state of movement, because even stone is only a vibration of light.

Think about what this means for your personal development. What does it mean for the choices you make? How do you think your thoughts affect this world around you?

without much effort, we can come to a few simple conclusions:

- Your thoughts not only affect you, they affect everything around you.
- Your thoughts aren't just "in your head." They are subatomic signals.
- You are subatomically connected to everything around you.
- We are like cells in a giant organism, which we call Earth.
- There is a consensus, or hard, reality. Fighting this can make life difficult.
- All energy has certain signatures to it and the nature of this energy can either positively affect you or negatively affect you.

There are just some light observations for you to dwell on. What's important here is that you begin to view reality properly. This is the core of awareness. True sight. Seeing the world around you for what it is.

Western civilization doesn't place enough importance on deep ecology, or the understanding of the interconnectedness of Earth. If everything is energy, a giant mass of intermingling vibration, it changes how one may see the planet we "live" on.

The truth is, we don't so much live on Earth as much as we live inside it, or to be even more accurate, "exist as a part of."

We are the Earth. The calcium in our bones came from minerals in the soil. The carbon that comprises so much of our bodies originally came from the atmosphere of the planet, as well as other biological entities that came before us. Everything that makes us what we are, originally came from the planet itself. And on the subatomic level, we are but cells in a complex, interconnected web, that all tie back to the planet itself.

Why is this important? Certainly I could speak about self-awareness and mastery without going all New Age on you.

It's important because this is needed for true awareness. If you've ever wondered why you feel lost, unfulfilled, agitated, confused, "adrift," or apathetic, start here.

You have been sold a lie about what you are. We are not just "people" living on a rock floating in space. Reality is much more subtle and powerful than that. We are all part of a massive subatomic energy web that is a multi-layered, multi-faceted, multi-dimensional being we laughingly call a "planet."

This is something the ancients knew well, hence their innate reverence for the Earth and our place in it. It's called the web of life for a reason. Everything is connected, on so many ways that it would shock you.

Humble yourself and throw out everything you think you know, if it stands in the way of your awareness.

Your ability to achieve personal self-mastery is predicated upon understanding the nature of reality and your place in the web of life. You can lift all the weights you want, drink all the power smoothies you want, practice tai chi and go vegan, but if you don't have the foundation, you're not going to get the results you want.

Self-mastery is first and foremost an alignment. The mastery is the act of achieving knowledge of Self, and to do that, you must see things how they are. You must be a student of the natural world.

So many of life's problems come from the distortions that are created when the mind is led astray. These distortions disappear upon alignment with nature, and the result is a "lifting" of the veil, as some call it. It's like waking up into a new world.

Nature Is Your Guide

Reestablish your bond with nature. This is not something that can be avoided if you are seeking inner peace, fulfillment, and self-mastery.

You might wonder just what the significance of nature is on the Path. Why is it so important? As I mentioned earlier, it is due in part because we are intrinsically connected to the natural world.

We are, after all, built into it. We are nature. This is just simply the reality of biology, electromagnetism, and the makeup of planet Earth. It is not something that can be readily avoided or argued out of.

There is so much you can learn from the natural world. The wisdom it holds is beyond most of what can be garnered from books.

Humans have become adept at "explaining" things using various forms of rationalization via language and writing, but are out of touch with how most knowledge is actually imparted: through experience and energy transference.

You can learn much about yourself and how you relate to the world simply by taking the time to sit outside and connect with living things.

Let the energy bodies of other living things penetrate yours. Typically, in a man-made structure such as a house, we are often cut off from all living things. Brief interactions with loved ones and pets are the only biological / electrochemical stimulation we get.

It is especially important to be amid plant life. All animals on the planet evolved alongside plants in a natural setting, where continuous envelopment in plant auras could take place.

This encourages normal and healthy energy transference. It helps "clean" our energy, gather information about our surroundings on a subconscious / instinctual level, and aid in the regenerative processes of our body. Without a continual connection inside of nature, you essentially cut yourself off from the web of life and in turn, cut off your primary means of processing unhealthy energy.

Depression, restlessness, mood imbalances, lethargy, agitation, irritability, lack of focus, mood swings, irrational anger, and insomnia can all be signs of a disconnect with natural energies. Other more physical symptoms can develop as well.

When compounded with a poor diet, this creates a recipe for disease and an unbalanced life.

Inadequate nutrition will magnify problems you have on an electromagnetic level. The opposite can be true as well, a healthy relationship with nature and understanding of the movement of energy can buffer the body against poor dietary choices, at least in the short term.

Remember to always keep the natural in mind. Think of all of the other animals on Earth, including our ancestors. They spent millions of years of evolution "inside" of the energy fields of plants, and thus were molded by these forces.

Biological life depends on the interconnected web of energy bodies to sustain itself properly. Without a connection with natural energies, your mind and body will suffer. The wise understand this well. The ignorant ignore it at their peril.

Science has proven that even the mere presence of plants can uplift moods, cleanse the air, neutralize bad energy, and stimulate such bodily functions as digestion and proper sleep cycles.

They are technically our great ancestors, from whom we descended from long, long ago. Animals are subservient to plants from the standpoint of holistic thinking.

We need them, not the other way around.

Mammals, especially, are the "newest" creatures on Earth in terms of our history. Plants of the kind we have on Earth have existed several hundreds of millions of years longer than mammals have even existed.

This essentially means that they were fully fledged creatures embedded into the web of life, providing energy networks, filtering nutrients and constructing / deconstructing the landscape of Earth before one mote of calcium ever formed a human bone.

Think of how preposterous it is to believe we can be healthy or happy apart from plants. The opposite is indeed true: we can not fully realize our potential or know true health or happiness without finding our place in nature.

This is one of the great secrets that sages have tried to impart upon their students since the beginning of time, and something that religion and materialism has done quite the job of covering up.

Meditate in nature. Let your feet touch the bare Earth.

Don't be afraid to reach out to anything that calls you. Don't feel silly if you want to pet a tree or tell a passing insect what's on your mind. (Just don't let the neighbors see!)

The truth is, humans as a species have lost their way severely. We are wanderers in a barren desert, stumbling about, desperate for even a drop of truth to fill our empty cups.

This society we have built gives us precious little to work with.

Yet much of what we need is right in nature for the taking. The energy and wisdom you could gain from one hour of introspective meditation under a tree is a gift that far too many of us never get to experience.

By that same turn, don't let the trappings of religious thinking or woo-woo mumbo jumbo philosophies make you apathetic and lofty.

It's important that if you want to connect with nature and find yourself in the process, that you be ready for some real work, some real training.

Mastery is Our Natural State

Nature creates all of the stressors needed in order to mold a biological being into a fit, balanced, healthy being.

Over the course of millions of years, our genes have come to expect these stressors. We might think that all of the technological advancements that shield us from the elements do us a lot of good, but the part everyone forgets is that comfort and weakness are not states nature does well.

There is a reason why human beings seem to have some of the worst physical capacity, worst adaptations, worst senses, and most diseases, out of all animals. It is caused by our lifestyle.

If you do not interact with nature, eat a proper diet, and put your body to the test by training your muscles and bones, gravity and cellular atrophy will make a mockery of your comforts.

Diseases manifest when the body is not given the conditions to thrive.

That being said, this society is a ripe breeding ground for disease. Our muscles and bones are weak, we lack essential plant-based nutrients, we're starved for sunlight and oxygen. Many of us don't even breathe right.

The answer to this is to simply let go of your comforts and live.

I began my training by spending no less than an hour a day outside, performing katas, climbing trees, practicing movement that put my body against gravity, and made sure to meditate in the elements.

Lifting weights in a cozy gym is one thing. You can gain a lot from this, especially if you are just starting to get your life and health on track. But make no mistake, there is no substitute for raw training outside.

Overturn stones with your bare hands, push against sturdy trees, run up steep hills, climb over debris. Feel the stuff of the Earth as you trundle through underbrush and feel the sun soak into your skin.

Most of the Western World is Vitamin D deficient, and this is related to mood imbalance, among other things. Most animals are solar by nature. Our genes long to be exposed to the sun.

Likewise, our muscles are built to be used. They are built to be broken and remade. If you are not tearing your muscles every week, you're living wrong. You want to be building yourself, not allowing yourself to decay.

This is the reason why even the smallest of animals tend to have an almost unnatural, forceful, wiry strength. Have you ever felt the force with which a small animal like a dog or groundhog can push and how fast they can run?

This is because they are constantly using their muscles. They are constantly using their bodies to push against gravity and the elements. This isn't any kind of deep spiritual revelation here. It's just common sense.

If you aren't using your body for what it was biologically designed for, it's going to break down. Just like if you don't feed your body the fuel it was designed for, it will break down. Same goes for the mind.

If you don't play by nature's rules, nature is going to teach you a lesson. You'll be reaping the results of that lesson with decades of poor health, lethargy, mood imbalances, depression, anxiety, low stamina, and unawareness.

It's tradition in many paths of self-mastery for new seekers to be given menial labor tasks: sweeping, carrying water, raking, scrubbing walls, gardening, and the like.

This practice arose in part because there really is no viable substitute for physical work outside. These repetitive tasks also are in a way not unlike yoga in that you can stimulate the body without too much stress on the mind, leaving it free for introspection and meditation.

If the thought of meditating while you rake the yard doesn't exactly sound like the path to self-mastery to you, understand that we must all start somewhere. If you are undisciplined, depressed, apathetic, unbalanced, moody, and have trouble sleeping, this is exactly what you need.

I would go far as to say this is all you need. The rest will follow.

I'll say it again because it is so crucial to understand: there is no shortcuts to self-mastery, and there are no substitutes for nature. Our body's expect biological stressors in order to push our cells toward strength and not weakness.

If you do not provide these stressors, the body breaks down and becomes an unbalanced, limp mess.

The chemical imbalances that so often result from a weak, underused body are what cause mental blockages and mood disorders, and are a leading cause as to why people feel like they have no answers or nowhere to go in life.

Self-mastery can be a deep, complex journey that spans your whole life and involves more than a little bit of mystique and occult teaching. But if you are just starting out and are in need of real guidance to jumpstart your life and really change the way things are going, you have to start at the beginning.

That means getting out of your house and working your body and mind.

The Aura Pulling Technique

This exercise is one of those little gems that catapulted my early development along the path. Variations of this technique can be found in different martial arts traditions under different names if you dig deep enough, but I've always referred to it as aura pulling.

It isn't nearly as arcane as it sounds. In fact, it is a really good exercise for anyone into physical fitness and personal development at any stage.

You're going to want to find a tree. The older and bigger the better.

This exercise involves a combination of yoga, martial arts, and meditation all in one. It is a physical visualization technique that tones the core and focuses the mind. I should say that at the start, it isn't at all "easy." In the beginning you are likely to flounder a bit. Eventually your body will adapt.

Stand next to your tree of choice, so that if you were to extend your arms, the tree would be just out of reach. You can also stand a bit closer, so that your hands wind up on either side of the tree if you extend your arms. Either way is fine. You won't be touching the tree.

Stand with your feet about shoulder width apart, and bend at the knees until you are in a sustained squat. If you are not used to this kind of a pose, you might only be able to keep it for a short period of time. You should train yourself as needed to sustain this pose by practicing it often before your workouts.

In this pose, you are going to perform slow and deep breathing through your nose. You should be filling your diaphragm. Focus on a steady, rhythmic breathing pattern.

As you slide into a comfortable breathing routine, begin to extend your arms outward one at a time, as if you were palm striking the air. Make sure your movement is slow and deliberate. Take your time to focus on the feeling of your hand as it cuts through the air.

Do not skimp on this part. You want to your full awareness on your bodily movements. Breathe slowly and move your arms in tandem with your breathing.

This is a typical kind of kata technique so far, but we're about to mix it up a bit. This next part is what really makes this exercise effective and can create surprisingly strong results.

You will now begin to visualize the tree's aura. It would be extending many meters past the trunk of the tree in all directions. Yes, if you're performing this exercise, you're already inside of the scope of the tree's energy field.

The denser, more potent energy will be right outside the trunk, extending a couple inches in every direction. Visualize this energy as glowing white, bright green light. It is vibrancy and life. Let this image seep into your mind. Feel it.

Once you begin to connect with the tree in this manner, you are ready for some aura pulling. This is an ancient technique that teaches one how to feel and draw energy from their surroundings consciously. Whether knowingly or not, most animals (including humans) do this in a subtle way all of the time. Energy transference is a natural part of life on this planet.

Instead of "palm striking" or punching the air when you extend your arm, you will begin to visualize yourself "grabbing onto" the thick, dense energy right outside the tree's trunk.

Actually make the hand movements as if you are grabbing hold of something in the air, and pull it toward you. Visualize yourself pulling thick bands or sheets of pure energy to your body, and wrapping yourself in them every time you draw your arm back.

Allow yourself to sink deeper and deeper in this visualization, while maintaining even breathing and steady stance. You'll find that it takes an immense amount of mental and physical concentration to perform this for any great length of time.

That is part of the point.

Regardless of how much you know or understand the power of visualization, it doesn't matter as it will work regardless. This technique, if practiced correctly for several minutes every day, can dramatically increase your core strength, leg strength, endurance, mental focus, mood, and overall physical and mental health.

It also has a litany of hidden benefits, such as connection with nature and an increase in personal energy.

Remain dedicated to the visualization once you have the physical aspects of the technique down. It is actually the most important part. You want to get to the point where you can feel the aura of the tree without visualization.

You might feel a rush of heat or electricity run up your arm, or a certain "fullness" all over your body when you perform the exercise. Your skin will feel electrified to the point where the hairs on your skin will stand on end. This is normal and expected.

A pervasive feeling of calm is also a side effect. As you establish a bond with your tree, you will begin to share palpable energy. Once enough of your subatomic structure begins to be provided by the tree, you will begin an upward spiral of energy transference and building instead of decay.

This can work wonders for your mood, health, recovery time, and mental focus.

It is important after every session of this exercise that you visualize yourself "pouring" back all the energy you gathered from the tree. It might sound stupid but one way to do this easily is to literally embrace the tree and visualize yourself just emptying all of the excess energy back into the tree.

This is what is known as a grounding exercise and is important not just to maintain the proper bond with the tree, but to ensure that your own energy body remains health. Energy burnout is a very real thing, and can result in giddiness, headaches, body aches, restlessness, inability to focus, mania, and even in extreme instances, seizure-like symptoms.

If you perform this exercise with at least a decent modicum of regularity, you will get results. Your mind will be sharper, you will find that your empathy will have increased. Your body will be more toned, you will have better digestion. It's one of those "hits all the targets" kinds of practices, specifically designed for people just starting out on the path of self-mastery and who are looking for real results without getting too "woo-woo."

However, I do understand that the thought of bonding with a tree might be foreign to some. You don't have to concentrate on this aspect of the exercise at first. Trust the process, the rest will follow.

Part of self-mastery is correcting wrong-thinking, which means eliminating the false views of nature and reality.

Techniques like aura pulling are meant to substitute the natural kinds of behaviors and actions we would be performing were we still entrenched in the web of life and doing things that all other animals do routinely.

Subconsciously absorbing the energy of the biomass around you is something all animals do as a matter of course. This symbiotic transference is as natural and common as breathing air on the physical level.

Aura pulling is an easy way to visualize what is in all honestly supposed to be second nature for us. If your mind has trouble grasping that trees are living creatures with a subatomic body that extends past their physical shell, you haven't seen anything yet.

Such things were well known to all ancient traditions. They only sound arcane because our society is designed to keep the focus on the physical and material. If it's even slightly outside of the visible electromagnetic spectrum, suddenly it becomes voodoo.

Mental barriers might keep you from understanding these concepts at first, but don't let such things deter you from practicing the exercise. As you perform the exercise, your mind will open and your awareness will increase naturally.

I was already somewhat open to this when I first practiced it because I had already done several guided meditations and had been involved with martial arts for many years. If you are new to these concepts, it might sound like something off the wall.

What's clear is that the vast bulk of everything in modern, materialist society hasn't done you or anybody else any favors in terms of personal development. Most of the West is an unhealthy, apathetic mess. Now's the time to try something different.

Realizing Your Potential

I always say, don't settle for mediocrity.

You have the potential for so much more than you realize. If you are seeking self-mastery, you might already be aware of this in theory, but how much do you really believe it?

Understand that we were meant for so much more than disease and limitation. That is not the natural state we belong in. Far from it, actually.

Be invested in your personal journey and you will be taken places you didn't even know were possible.

I remember how delighted I was to find out there was so much more to life than the normal banality that mainstream society pushes on us. The best part is, you can use everything you learn about yourself and the world to improve upon your material life in every way. It's not just "spiritual" improvement.

You might be someone who just wants a simple life. You want your health, enough money to enjoy yourself, and the freedom to do it. You might just want moderate success and comfort.

These simple goals are far more achievable when you know yourself and the world around you. When you discard all the lies and begin to train the body and mind, it transforms every aspect of your life.

This was my primary concern when I decided I wanted to help people with self-mastery. I don't want to give people advice that isn't pragmatic and doesn't help them address their real world problems.

Far too much "spiritual" and "religious" teaching doesn't really do much in the way of helping people overcome real problems. It's more or less just comfort for the ego at that point.

The world is starved for practical advice on self-mastery.

With the right tools, however, realizing your potential is not difficult. It only requires dedication and implementing such techniques as the ones discussed here.

Dedication is what I want to focus on as we close this text out.

Lack of discipline will hinder you immensely. You can be given all the ingredients you need for transforming your life, but if you don't take advantage of them, what are they worth?

It's time to take that first step and start actively changing your life around. It all hinges on your actions though. There is no magic solution or way around this. I'm fully aware that there are plenty of people looking for a golden ticket to enlightenment, wealth, and success, but I'm here to make sure you absolutely understand that there is no such thing.

Change is only going to happen if you create it, and that starts with having the rock-solid determination to make the necessary changes in your life.

That means you have to do more than read about meditation, you actually have to do it. You have to do more than read the pithy sayings of fitness gurus on social media. You have to actually work out and build up your body.

If it sounds like work, that's because it kind of is. There's fun to be had in self-mastery, to be sure, but those first steps of breaking bad habits can be arduous.

You can do it, though. There's nothing stop you from realizing your potential, other than your Self. Don't stand in your own way.

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