



**DISCOVER
SOMETHING
THAT WILL**

**TRANSFORM YOUR
LIFE FOREVER!**

**Release stress, enjoy
more peace of mind,
create more success and
fulfillment, improve your
relationships!**

**THE MECHANICS OF
AWARENESS AND
CONSCIOUSNESS**

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The Shadow Self

HOW BELIEFS ARE STORED IN THE BODY

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And more....

FREE!
**INTRODUCTORY
WORKSHOP**
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“The Self Discovery Techniques are beyond philosophy or psychology; they are beyond traditional self-empowerment, hypnosis or meditation paths or spiritual training ... they are the very essence of how our mind and emotions operate - you could call it our basic “human software”.

Once you master your own consciousness by practicing these techniques ... life is an amazing adventure full of joy and success!

This is the next Evolutionary Step!”

Rob James, Creator of the Self Discovery Techniques



The Vision of an Enlightened Civilization

A World where love prevails, challenges are handled with wisdom. Humanity as a whole abounds with joy, growth and freedom. Cooperation is a standard practice.

Prosperity abounds, governments act in the interest of the highest good of the people. Creativity flows.

Health and well-being are normal states of being for the masses. Everyone on Earth has food to eat and all basic needs are met.

Nature is supported and cared for by Mankind and Mankind aligns with nature.

Mankind supports each other in attaining their highest and best.

The Mission of the Self Discovery Trainers is to support the fulfillment of this vision by acting with total commitment to supporting the highest good – the Enlightenment of Humanity.

Commitment, Diligence, Persistence, Practice = Magic!



Imagine living a life where you could do no wrong, where life flowed naturally and with ease and the Universe worked magically in a silent conspiracy to organize the outcome of your heart's desires.

Imagine that the Universe was a "dream machine" working to fulfill your dreams and desires even more perfectly than you could imagine them.

Imagine living in bliss and gratitude as your natural state and being able to realize joyful success in anything you decided to undertake.

Imagine living without stress or strain or worry and having a sense of fulfillment in just being yourself.

Imagine that everything you did or said added to

the value of others and your environment. That all the things and people you value were increased by your presence and attention.



Imagine knowing whatever you needed to know as you needed to know it and resources seeking you out to make your creative projects be realized with perfection.

Imagine living in harmony with everyone and everything and being a contributor to it all without

stress or strain, serenity in every moment and ease in every undertaking.

Imagine loving everyone and everything with abandon, being Invincible and having no need to protect or defend. Feeling connected to it all as being one Love.

Imagine that this and much more were realizable for yourself and everyone else and that it became contagious... for all of humanity!

Now, quit imagining and **decide to believe it, decide to realize it!**

Self Mastery is all of this and much more. It is worth giving everything you have to attain it.

The Self Discovery Techniques are a revolutionary strategy to accelerate the self mastery process.



“My new ability to focus and continuously develop my career has resulted in many new clients and great relationships.”
Doug C., Attorney

The Mechanics of Awareness and Consciousness

Everything in our life exists as it does because of these three forces; Awareness (Source, True Self), Empowering Beliefs, Limiting Beliefs.

It does not matter whether we are aware of them or not and whether we deliberately manage them or not.

Most self-empowerment paths emphasize working with one or two of the three elements, but unless a person develops the skill to effectively work with all three of them, their strategy is limited and will be slow at best.

By keeping it this simple we can **manage our consciousness** deliberately. In order to manage our consciousness, and therefore our life, we must master the ability to deliberately create our own decisions, beliefs and identities from **intuitive clarity** (awareness) instead of reacting from old outworn patterns that we created in the past, often from less expanded states of consciousness like fear or anger.

Unless we are a deliberate being living in **total self-mastery**, we have beliefs that are unconsciously running us and making many of our choices on “automatic”.

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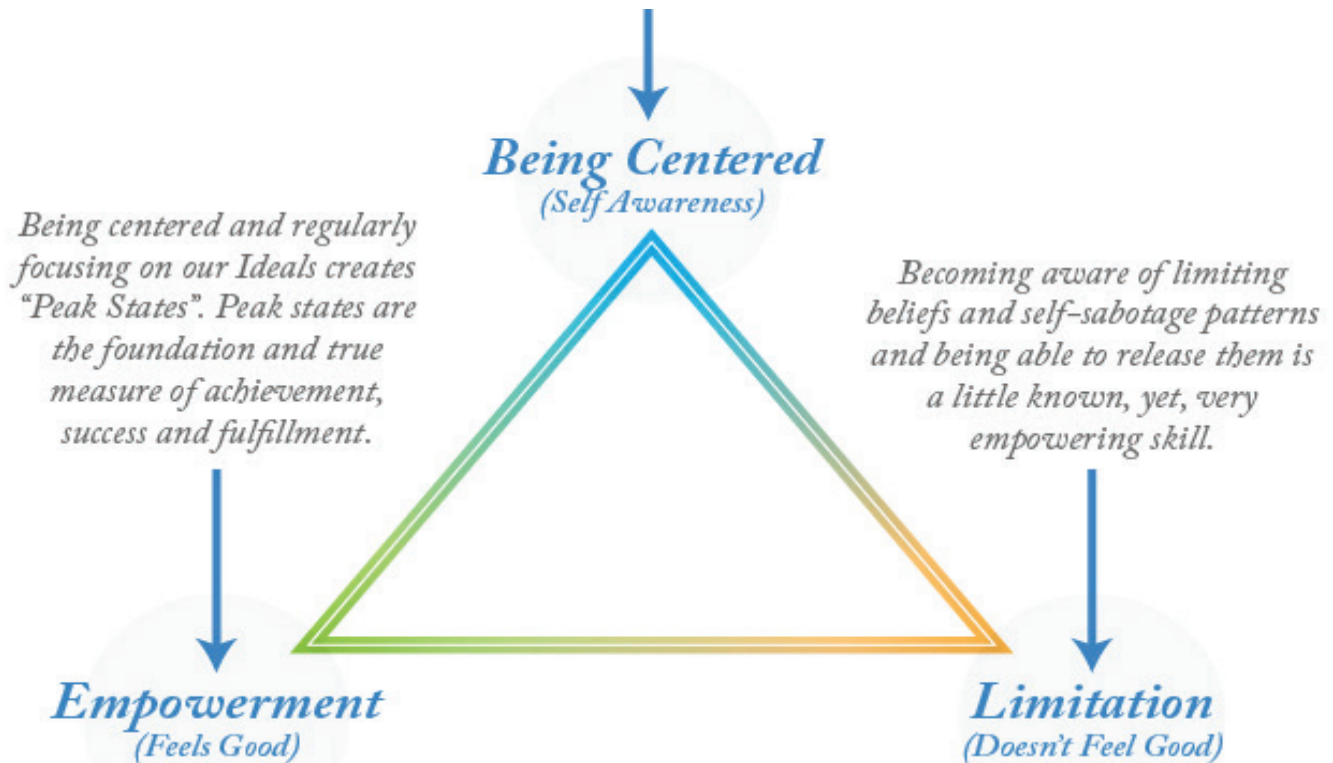
*“He who is firm in will
moulds the world to himself”* J. W. v. Goethe

THE FOUNDATION OF THE SD LIFE MASTERY PROCESS



Deepening our connection to the true self, the silent, still awareness within, is the most empowering practice we can develop as all power and creativity flow from this source.

Integrating this self-awareness into our everyday life experience is the necessary foundation for self-mastery, joy and fulfillment.



Are you ready to Master Your Self and Your Life?



Through habit we begin to assume that these limitations are "normal" and we become identified with them as part of who we think we are (our ego "identity" self).

In order to make a change we must gain perspective on our self and what we are creating by becoming self-aware, and then deliberately release the limiting beliefs and the identities they create.

If we do not master the skills of this process - we go on creating the same limiting patterns over and over in our life ...as most people do everyday. ▲

"The relationships with family have become so much more beautiful, fulfilling and light."

Toni B., Land Planner





The Shadow Self

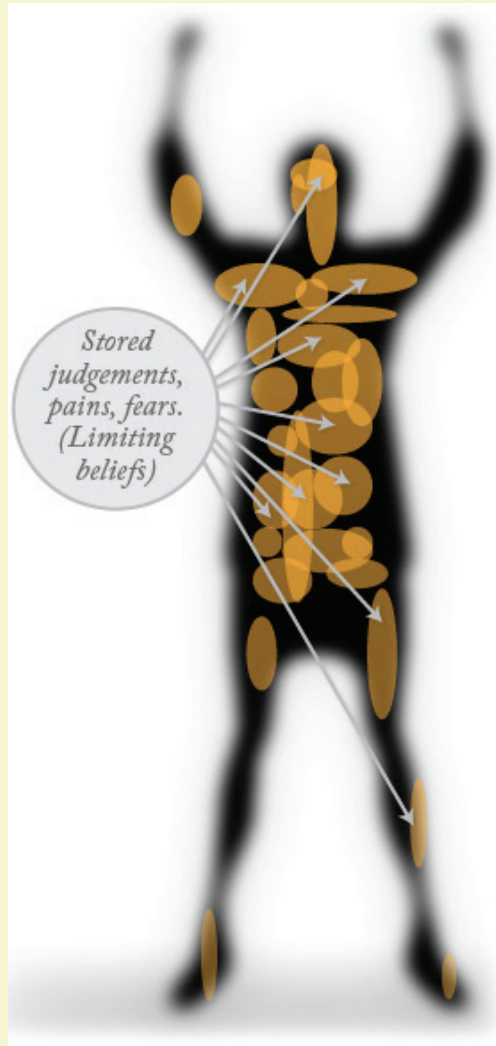
How Beliefs are Stored in the Body

The body/mind is in the projection of our consciousness and stores the judgements that we hold onto throughout our life-time(s). Most of these we are not aware of (the subconscious mind).

As these *judgements* (limiting beliefs) accumulate, they are experienced in the body as contractions (stress, fear, pain, obsessive desires, emotions, addictions, etc.).

Ultimately they are the source of all our problems in life such as disease, stress, and limitations.

They absorb and block our **creative power** and steal our natural feeling of well-being.



The *Self Discovery Techniques* are the most direct, effective and efficient way to regain this natural process and restore our life to self referral, self mastery and joyful success.

By practicing the techniques regularly we begin to **take command** of our healing and evolvment and it becomes a natural habit. Higher and higher states of joy, **fufillment** and creative power unfold themselves as part of our innate nature, our true self.

This process has been described by the great masters, yogis, and sages throughout time and has been called many things: Nirvana, *enlightenment*, self-actualization, living in grace, samadhi - it naturally empowers us to our **maximum potential.**



"I am the Master of my Fate: I am the Captain of my Soul."

From 'Invictus' by William Ernest Henley

Q & A



“What is a Self Discovery Life Perspective?”

Experiencing the Self Discovery Life Perspective with a Licensed Self Discovery Life Mastery Trainer is an opportunity to gain a broader perspective on your self and to better understand how you create the results that you do in your life - both those that are empowering and limiting.

You will gain a much clearer perspective in all areas of your life.

You will become much more aware of the beliefs and sabotage patterns that are limiting your progress, growth, and results.

You will create a vision that is based on your core ideals that inspires you to take actions that fulfill more of your potential.

You will decide on an action plan based on clear intuition – empowering you to create intentions and goals that are in alignment with your true vision.

“Who can benefit from the SD Life Process?”

“Whether a person is far along the self-empowerment path; has been meditating for years; is already living a great life, or if they are just starting on their own self-exploration, or are experiencing challenges in their lives – no matter what their present situation –

the Self Discovery Life Mastery Process can support them to create a fulfilling life that is beyond whatever their minds can imagine.”

**True Success =
Well-being + Effectiveness.**



“As I let go of old sabotage patterns, I develop more stillness, focus and effectiveness, which benefits my family and business immensely!”

Anja W., Consultant



THE BENEFITS OF THE SELF DISCOVERY LIFE MASTERY PROCESS:

- ▲ An increase in the ability to be present and focus attention, resulting in being more effective, clear and discerning; operating “in the Zone”, or “Flow”;
- ▲ An increase in the skills and ability to manage the mind and emotions;
- ▲ Quickly and effectively learn how to meditate. If you already meditate, learn how to “super-charge” your meditation ability for greater well-being and more peace of mind;
- ▲ An increase in the ability to discover unconscious sabotage patterns and limiting beliefs, and how to release them;
- ▲ An increase in the ability to manage one’s belief system, resulting in greater success and fulfillment in any chosen area of life;
- ▲ An increase in life force, vigor, energy (chi, prana) resulting in more youthful vitality and creative energy;
- ▲ Greater mental clarity, resulting in an increased ability to learn and more effectively apply knowledge (increased intelligence);
- ▲ Increased ability to release the stresses that cause pain and disease, resulting in better health and well-being;
- ▲ An increase in the ability to become more fully self-expressed, resulting in more authentic and empowering relationships.

Which of these benefits would be most important for you?

To learn about the Self Discovery Life Mastery Process; our **FREE Introductory Workshop**; the Complimentary Self Discovery Life Perspective; One-on-One Personal Training; Basic, Advanced and Relationship Mastery Workshops; Interesting Articles; Free Audio and Book Downloads; and much much more - **visit:**

SDLifeMastery.com