

**Master Your Inner World**  
**To Succeed in the Outer World**  
**January 28, 2019**

- PLAN NOW: Be in Costa Rica...How? When Rules come out, SPECIAL CALL!
- Skinny Jeans Promo
- Next TNL – Tuesday, February 12th at 7:30 PM CT at Mannatech Corp offices and [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Next Dallas Business Training is this Saturday, February 2<sup>nd</sup> at 9 AM at Mannatech Corp offices and [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Are you in the Achievers Club?  
<https://mannatech2.s3.amazonaws.com/mtlibrary/107262904840689.pdf>
- Mannafest 2019 -25<sup>th</sup> Anniversary April 3-6. It is an event not to miss...  
<http://mannafest.com>

T. Harv Eker Book "Simple habits and behaviors that have helped me achieve success"

1. Introduction

- a. The key to success lies directly in you.
- b. How you do anything is how you do everything.
- c. What you get out of this book is exactly what you put into it.

2. Mystic Path

- a. Most people do not live the way they do because they like it. Rather they do not know what else to do.
- b. Anyone who wants it badly enough will find it...then everything alters itself dramatically.
- c. Transition is not always smooth as a part of you is already transitioned and not bothered by the external disruption that may follow.
- d. So, the question is do you want to be happier, have more inner peace, inner power, more fun in your life? Then this is the path.

3. The Power of Presence

- a. Critical to step into your true essence is being able to stay present.
- b. Unfortunately, most people do not love themselves...the old saying goes "you can't give what you don't got."
- c. When you feel fantastic about yourself, there is an energy that is within you. And that same energy is transmitted outside of you to everyone and everything. But first the energy must be there...leads to success.
- d. We know this by experience around people with magnetic personalities. You want to be around them, buy from them. Being around them makes you feel secure.
- d. "You've got to become the type of person that you've always wanted to be..."

4. Locating the Source of Happiness

- a. In visiting his elderly mom, feeling sad about when she will depart, he recognizes that he wants no regrets when he leaves this planet.

- b. Living life to its fullest so your priorities are set straight...if we are to do that in a real versus superficial way, we have to work on the source of happiness and success...which is inside of you.
  - c. Starts with you...each of us has a life philosophy and most looks like "Have, Do, Be." "When I have this, I will be happy." Most people looking for a feeling.
  - d. Enlightened people look at it exactly the opposite: "Be, Do, Have." The "Have" comes after the being and then doing.
  - e. The answers can only be in one place and that is inside you!
5. The Inner Game of Success
- a. Harv would teach people all his steps to success after he achieved a lot. Some did well and others not. What was the difference? Same knowledge, same instruction. The problem? "a leak in the tool box."
  - b. Work on you first...as if the strength is not in you it will never spring forth in your business. "My inner world creates my outer world." You cannot find true happiness and inner peace in the outer world unless it originates internally.
6. Silencing your Mental Chatter
- a. "Don't believe a thought you think" Harv's eclass.
  - b. Exercise: You are assigned 4 minutes to prepare a 3 minute talk you will give to 200 people on the importance of honesty.
  - c. Did your mind chatter help you write the speech or was it mostly negative. Who is this non-supportive entity that is screaming in your head? It is obviously you...so the query: who is the one that is listening?
7. False Self versus True Self
- a. The True self...higher self, the original self that came into the world. The false self is basically the person you learned to become.
  - b. We learn by personal experiences: baby learns to lie about issues to get attention because it worked the first time. Some of us still carry on that strategy 30 years later.
8. Undoing Childhood Conditioning
- a. Your personality is based on your need to survive.
  - b. We also got some conditioning...parents mainly, but also teachers, media, religion, peers, family, friends, TV, etc. So, your blueprint is not really you? It is automatic, unconscious.
  - c. The key to freedom is to be able to dis-identify from your conditioned mind and your conditioned personality and be able to separate yourself. This gives you CHOICE.
9. The Cautionary Tale of the King
- a. Story of the King: loved greatly by all; had his own spring; the water supply became contaminated and all the townspeople went insane. They soon began to hate the king because he was crazy (unlike them). Then the king was out and about and drank from the water supply and went crazy and all the townspeople loved him again.
  - b. Often we drink from the metaphorical fountain, fitting in with ideas and opinions of those around us...when instead we only need to tune in to our true selves.
  - c. Only find out we are living our false self when we question the "reality" we wrongly believed to be true.

#### 10. Piercing the Veil of the Conditioned Mind

a. 2 choices:

1) recondition the mind, slowly taping over the old tapes with newer more supportive beliefs/habits

2) bypass the entire fear-based, problem based system and live from your higher or true self;

b. You can always access your true self but only by quieting that conditioned mind. Then experience peace, power, joy and tap into that inner wisdom.

#### 11. The Power of the Quiet Mind

a. We have an internal intelligence, but there is also one far superior to us.

The miracles of nature tell us that is not so many other things.

b. Think of this based on your faith or lack thereof...

c. When you start absorbing the false self you are blocking this source of higher energy.

d. So, the primary reason most people are not as powerful and peaceful as they'd like to be is they are missing something, lacking this connection.

What blocks that channel is your conditioned mind...the false self.

#### 12. Moving Toward Your Higher Self

a. Once we pierced the veil of the conditioned mind, we find our true self...

b. Harv's Zen teacher "If what you've been looking for was where you've been looking, you would have already found it."

c. Stress simply comes from your mind yapping about you. Stress is created from your mind. The good thing: you can change this today.

#### 13. Overcoming Overwhelm

a. **Thoughts lead to Fear lead to Actions and Actions lead to Results.**

Overwhelm comes from thoughts. "there is not enough time, you are not going to get it done, It isn't true..."

b. Just ask/connect to where it comes from: What must I be thinking right now?" worry, doubt, fear...

Who is talking? The conditioned mind.

c. Just stop thinking and start trusting...you are still breathing, right?

d. You are not your mind. Your mind is only a part of you. So, YOU make the decisions on what you want to believe. BE AT CHOICE.

#### 14. Awareness: The Key to All Change

a. All change is awareness.

b. Harv offered up a challenge for the next 7 days:

Simply observe your mind and watch your thoughts...track your most dominant thoughts.

Marcus Aurelius says "The quality of your life depends on the quality of your thoughts."

c. Having no thoughts is where you want to be. Tap into that higher self. Thinking can be hazardous to your health and wealth.

d. Your mind still is the vehicle through which actions happen but it is not the same place.

15. The Next Steps

- a. Acknowledge yourself for simply observing your mind...
  - b. What am I thinking? Every few moments watch your mind in action.
  - c. You are going to get some feedback as the mind will not support you as it wants to stay in its habitual way of thinking.
  - d. Live your life based on joy and purpose versus fear and obligation.
- "You have no idea how many of your thoughts, feelings, actions are based on some form of fear, including the two biggies: approval and control."