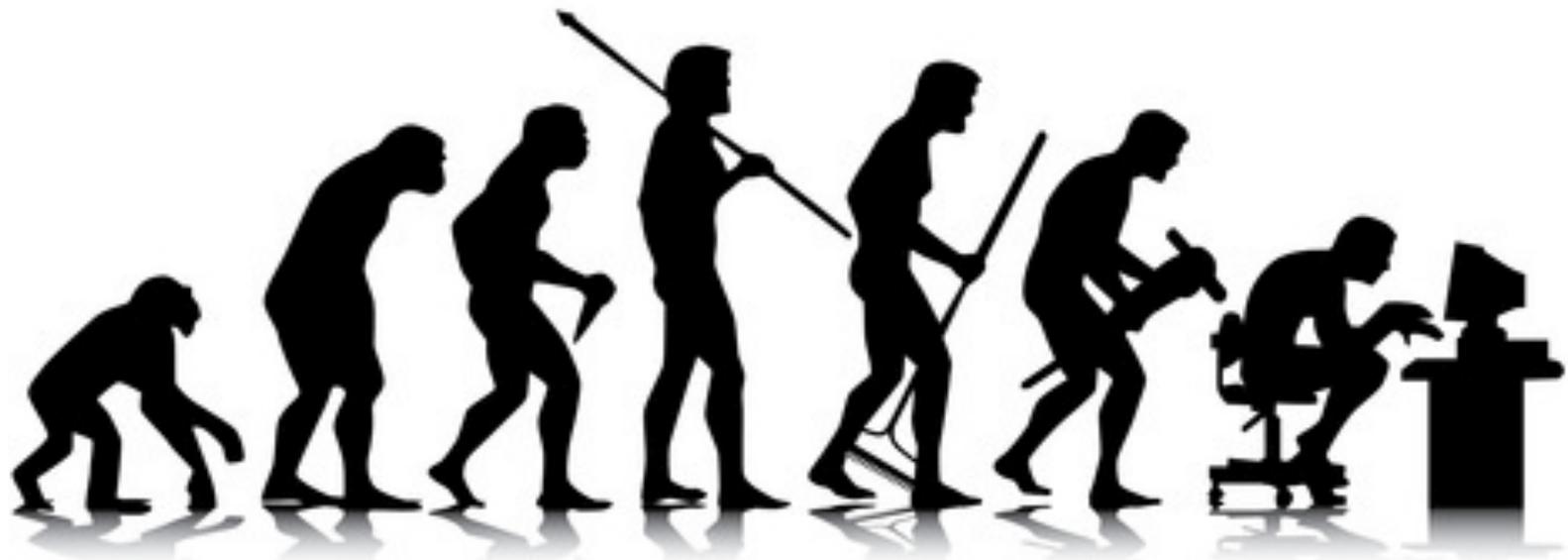




The Levels of Stress Mastery
Developmental Stages of the Modern Human



Working the Stages of Human Development

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”
— **Albert Einstein**

Changing our behavior is a self-engineering challenge with few equals. I’m talking about long-term, sustained change, not short-run bursts that sputter out before real change happens. Whether the change involves vocation, monetary, diet, exercise, habits, dependencies, or anything else, changing behavior is one of the hardest things any of us will ever try to do. This is a well-researched area, and quite a lot is known about why sustained change is tremendously difficult. The main reason we fail to change behavior is our survival configuration as human beings. We are hardwired to resist change – it’s natural. Part of the brain – the amygdala – interprets change as a threat to the body and releases the stress hormones for fear, fight or flight. Your body is protecting you from change. That is why so many people, when presented with a new initiative or idea – even a good one, with tons of benefits – will resist it.

We set New Year’s Resolutions and goals with hope and enthusiasm. We start fresh out of the gate only to sabotage our efforts and quit within a few weeks. We blame this on a lack of willpower and settle back into the same old habits that we so badly wanted to change. The question must be asked, “WHY”? There is a specific answer to this question, we fail to reach our goals because of FOCUS! Research says only 8% of people attain their goals, meaning 92% of people will fail to achieve the change they desire. The [researchers](#) attribute these results to Stress. Stress Mastery and the Shift Coaching practices are directly built to combat the thing that derails us from achieving the life we desire... STRESS. Let us explore the reasons behind our failures to make behavioral changes and accomplish the lives we truly desire.

The Survival Process of Focus

Why Focus Matters?

Most people are under the assumption that ‘stress’ is merely a part of being alive, and we just have to learn to live with it. This is just not true; we were not born to live a life of stress and then die. The challenge we face during these changing generations is the fact that so little is understood on the human survival process of how we are built for existence. If we did not have the desire to

change, we would not spend ten billion dollars yearly on personal development. People want to change, but they do not know how and current personal growth, wellness programs, are not designed for how we as humans are wired. So, people try, and they fail, they try again, and fail, after a while they just quit. Personal development fails when we attempt to create change through force and will, true change can only take place when we are in alignment to the survival processes of the human being. Willpower has little to do with changing behavior as our behavior is programmed through the stages of development that we each travel through. Willpower may get you to the gym for a week or two, but the moment life gets a little busy, the first thing we cut out is the gym.

In all walks of life, we are constantly looking for ways to increase our quality of life. Some call this success, some call it winning, some call it achievement, but I have found that most of my clients simply call it Joy. Like many people, I find great joy in accomplishment. The decades I have spent in personal development have led me to understand that as human beings, we were not created to maintain the status quo, but to continually strive to express, to experience, and to become more. We are each born with a specific purpose, and we are here to make our desires manifest, both big and small. The old adage that “All things must grow, or they die” speaks to the thrilling sensation of forward progress, of how good it feels to be in motion, and to be moving with excitement and velocity toward an outcome we desire with laser focus. When we are focused, when the motion forward is unrestrained by resistance or self-doubt, the net result is exhilaration – it’s pure Joy. Here is the truth, on a soul level we are all wired to Grow and Expand, even if we feel stuck, it is not our true nature.

Every person on the planet was born with an AIM to Explore and Expand. This is our deepest urge to grow and better ourselves. This AIM we are born with is what sets our FOCUS. This AIM is what sets our FOCUS as a child to Growth and it is this FOCUS that drives our Behavior and Actions. It is this connection that allows us to learn how to walk, to run, climb on furniture, kick a ball, and master a language, all by 2 ½-years of age. Then at age seven-years our AIM is changed to Resistance and Restriction, which changes the FOCUS to Fear and our Behavior now goes from Growth to Fear as we begin trying to fit within the culture. This new Focus of Fear creates, competition, separation, control, and fear, putting us in a Stressed state.

I ask this question, “If we want to create change and we know it will change our lives for the better, why do we fail to act or quit before we achieve our desire?” The answer, “Survival!”

The Built-In Survival Process

As human beings we are built and wired to survive. This wiring is what connects the Mind-Body connection. The understanding of this connection and the actions we take each day is crucial when it comes to our personal growth and freeing ourselves from Stress. The challenge that we face in modern times is our mind has evolved, while our body is still living in the caves that our ancestors’ dwell. Our advanced super charged mind must work on the platform of a body still operating as it did hundreds of thousands of years ago. Recall the cartoons we grew up with, the mind is operating like the Jetsons, while the body operates like the Flintstones. While the body evolution has not

followed the mind, the mind-body/body-mind connection cannot be separated. It is this phenomenon that causes us so much stress and loss of focus.

Part of this survival process is dialed-in to how we focus and how our eyes (Body) and brain (Mind) work to focus and pay attention. Our body and mind are built for our survival as human beings. The famous experiment of Dr. Daniel Simons, the [Gorilla Test](#) teaches us that we are wired to focus on one thing at a time. Everything else in the environment around our focus we cannot see, this is called perceptual blindness or inattention blindness. **(To understand: Stop and Click on the Gorilla Test and take a moment to take the test before proceeding).**

We are wired to Focus on what we are Aiming at any given time. Our Aim is determined by what we are holding in mind. Our Aim is the state (energy) we are in at that moment, this is the physiology of the body, it is either negative and Restrictive or positive and Expansive. When YOU are focused, YOU are in the Green Zone and connected to Head-Heart-Hand, thus it is ‘You’ controlling the conscious mind. This positive state sets Your AIM in Expansion and Exploration, FOCUS-Growth, BEHAVIOR-Responsive. When YOU are in the Red Zone, the Ego takes conscious mind control. This negative state sets your AIM in Resistance and Restriction, FOCUS-Fear, BEHAVIOR-Reactive.

In the video Dr. Simons stated: *“In our best-known demonstration, we showed people a video and asked them to count how many times three basketball players wearing white shirts passed a ball. After about 30 seconds, a woman in a gorilla suit sauntered into the scene, faced the camera, thumped her chest and strolled away. Half of the viewers missed her. Some people stared directly at the gorilla and did not SEE it.”*

This phenomenon has nothing to do with the limitations of our sight; rather, it has everything to do with the limitations of our minds and how we were wired to survive during those hundreds of thousands of years when we were gatherers-and-hunters. **We triage what we see thru our physiology which sets the Aim, which sets the Focus, which drives our Behavior. We focus on what we deem important in the moment and this focus is either in Growth or Fear.** At any moment we are Focused in a state and everything else in the line of vision will just fade and we are blind to all else. If our FOCUS is on a problem and our AIM is in Resistance (Negative) we cannot see the solution, only the problem. And the BEHAVIOR stemming from the FOCUS in Fear is Reactive.

As humans we are Aiming at whatever we are holding in mind and if this AIM is negative, we are being held in the past-or-future by the Ego. We become blinded and incapable of seeing the world as it truly is. In this state, we view the world according to our perception of the world. This perception stems from our beliefs and belief systems (Programs) in the subconscious mind which were set during the Tribalization Process. If we are not present and controlling the conscious mind, we are witnessing the world through the Ego, and this blinds us to the possibilities, and in most cases, we are blinded to the truth. This is perceptual blindness.

So, let’s take a closer look at this process. You have something disrupt your state, this is labeled as a problem and you become anxious and worried. The problem will set your AIM in a Restrictive and Resistant state by the triggering of a program and the connection of the Stress Loop. This

makes you feel anxious and sets your AIM (Physiology) and this sets your FOCUS in Fear, which creates thoughts of anxiety, worry and fear. The Ego then takes those thoughts and creates a construct of a story in the head, these stories are linked to our history and the past. With our FOCUS set in Fear, our Behavior and actions are Reactive, we become stressed out. **Because we are FOCUSED on the Problem and we are in Fear, we have perceptual blindness to the possible solutions. We simply cannot see the gorilla sitting right next to us.**

Perceptual blindness is what locks us into the Stress Loop. For instance, let's say you want more money; your Focus is on the desire to get more money. In this mindset, your perception of the world is that you are 'broke' (Fear), don't have enough, lack, 'money is scarce'. Because you are with thoughts of "lack" your perception is telling you that the world is based in lack, thus you will be blinded to opportunities that could increase or change your financial situation. In this scenario the AIM is Restrictive and Resistant, FOCUS is Fear, BEHAVIOR is Reactive and driven toward lack and stress.

The Stress Loop and Conscious Mind Control

The Stress Loop is our built-in alarm system that keeps our behaviors congruent to the programming of Tribalization. The Stress Loop is established by the amygdala which is our built-in alarm system that sets our 'state', the AIM, which takes place at unfathomable speeds in as little as 1-100,000 of a second the Stress Loop is completed and the AIM is set. This process takes place when anything disrupts our environment and activates a program and rattles the Comfort Zone Cage. In the Comfort Zone we hold our belief systems, ideology, culture, and identity, which sets our perception of the world. It is this programming that makes up the Ego and creates the perception of who you believe you are and how the world 'should' be. If anything in your environment, both inner and outer, goes against this programming you will become stressed. The stress you are experiencing comes from an activated program causing your amygdala (Alarm) to hijack control of your AIM-FOCUS-BEHAVIOR. The amygdala disables the brain's frontal lobe and activates the fight-or-flight stress response putting you in the Red Zone, creating the Stress Loop. In this state the Ego takes conscious mind control and the actions are rooted in the FOCUS of Fear driving you to self-sabotage, procrastinate, worry, doubt, making the world look stressful. All of this happens in seconds and cannot be stopped as it is rooted deep into our survival processes.

The Stress Loop in action

1. Something disturbs your environment (Inner or Outer), this disrupts your perception of what should be. The program activates in the Head Brain, the alarm is sounded. This happens if anything or anyone goes against your belief systems, which is what supports the Ego. (Programming and Identity).
2. The Head Brain sends to the Heart Brain the activated signal of the energy of the program activated. The Heart Brain confirms the signal and sends its confirmation back to the

Head Brain. This confirms the emotions and feelings of the activated program and sets the AIM. **You now feel angry if an Anger Program was activated, you feel anxious if a Fear Program was activated, you feel guilty if the Guilt Program was activated, Etc....**

3. **The Heart Brain is connected to the Head Brain and this sets the Stress Loop.** This sets the state and emotions that you are experiencing from the activated program (AIM). The Gut Brain is shut down, the sympathetic nervous system (Red Zone) is activated and the Stress Response is in full reaction. The AIM (Physiology) is now set in Restriction and Resistance.
4. With the Stress Loop completed the emotions and feelings are set in the body, thoughts are streaming to match the activated program in the Head. The Ego attempts to take the thoughts and create a construct of a story. At this moment the Ego is driving to control the conscious mind and your Behavior (Fear-Reaction). If the Ego gains conscious mind control then you are stressed out, stuck in stories from the past and/or future which creates your perception of what is happening. The Stress becomes your perception and truth. The FOCUS is set in Fear and BEHAVIOR is in reaction to the stories.
5. There are two scenarios possible once the Stress Loop connects. First scenario, the Ego seizes conscious mind control and you get streamed into the activated energy. In this scenario you are reactive, and FOCUS is in Fear, which is driving your Behavior. You are caught up in the stories that are rooted to your history This feeds the program and ensures it's and the Ego's survival. In this scenario you are sabotaging any type of personal or spiritual growth.

In the second scenario, *you* identify the ego and its story playing (Awareness-Mindfulness). *You* focus on the Heart, separating You from the activated energy and the story of the Ego. Here is where Step Four of Stress Mastery, the 'Let Go Technique', comes into play. This changes the state, AIM-Expansion, FOCUS -Growth, BEHAVIOR-Response. Here is this simple technique:

- **Can I allow this?** Yes, *you* now seize control of the conscious mind. Enter 200-Courage Energy
- **Could I let this go?** Yes, *you* now agree to be flexible in what you are seeing and feeling. Enter 250-Neutrality Energy
- **Would I let this go?** Yes, *you* agree that you are willing to let the history go and start with a new blank page. Enter 310-Willingness Energy
- **When?** Now, *you* let this go and you surrender and simply witness the energy and the Ego, no fighting, no force, total surrender. You maintain control of the conscious mind and your Focus which changes the AIM. Enter 350-Acceptance Energy and as you maintain conscious mind control you rise to 400-Reason Energy where *you* are embracing life as it is.

The Steps of Stress Mastery with its techniques and tools are designed to break the Stress Loop and allow you to take conscious mind control. The process influences your mind and body and

transitions the nervous system out of the Red Zone into the Green Zone. Stress Mastery is geared toward one resolution, to maintain our AIM-FOCUS-BEHAVIOR.

Overview: Mind and Focus

As stated earlier, the human being is built for one thing and that is survival., The survival process of focus works in one of two ways, to escape danger or move us toward our desire. Here is a statement that may make you feel uncomfortable, “*The human-being always gets whatever it is aiming for.*” Each of us has created the lives we see before us according to our AIM. If your life, if the situation is not what you want you will need to change the AIM. Let’s review.

- We will get what we AIM for. Our AIM creates our FOCUS. Our FOCUS is whatever we hold in MIND. What we hold in MIND is dependent on WHO controls the CONSCIOUS MIND. This FOCUS is in either Fear or Growth. The FOCUS determines our BEHAVIOR, this is either React or Respond.
- If YOU are caught in a stream (Negative State-Energy) of a program activated from the Past, or Future, the EGO controls the CONSCIOUS MIND. The AIM is the feelings you have in the body (Physiology) which stems from the negative program activated which streams thoughts held in mind. The FOCUS is the Fear. The FOCUS drives BEHAVIOR and the result is ‘we get exactly what we aimed for...’ What you fear is being created by the actions in this reactive state. (Complaining, Blaming, Procrastination, Self-Sabotage, Victim, Depression, Resentment, Frustration, Anxiety, Worry, Etc...)

When we have a problem of any kind, if, our Focus is on the problem and we think and fret and react, over the, problem, our AIM becomes the problem and we get stressed out and create more of the problem thru our reactive actions (Stress). The issue is we are now stressed out with the problem, our entire Focus is on the problem, thus we cannot see possible solutions, i.e. The Gorilla sitting right next to us. This state creates perceptual blindness and is part of the Survival Process of Focus wired into each of us.

- Through Stress Mastery, managing the stress response, identifying the ‘Ego’ and breaking the Stress Loop, ‘Letting Go’ which raises our state (Energy), YOU take CONSCIOUS MIND control. In this state YOU are PRESENT and this allows the nervous system to switch from the Red Zone to the Green Zone, changing the AIM, putting the FOCUS on Growth (Present-Now), and sets the BEHAVIOR to RESPOND (Actions) to the problem. The response may possibly be to act or maybe to pause and plan, but in this state, YOU recognize the Gorilla and can solve the situation without stress.

When we set a course in our lives to produce any type of change, we must understand the Survival Process of Focus. The habits, beliefs, identity, that you carry are protected and designed never to change. This protection is part of the Human Survival Process and is

hardwired into each of us. **It is the lack of this understanding that causes so many to fail to reach their goals.** It is this process that also causes the stress that so many people are controlled by each day. Stress is an illusion created when we lose FOCUS and the Ego takes control.

There are stages of personal development and these stages are what sets our course in life. Understanding these stages is necessary if we are going to master stress and accomplish our goals. Let us look at the science behind our survival process tied to Focus and our personal growth.

Dr. Robert Kegan and Dr. Lisa Lahey

Stages of Development

Dr. Robert Kegan is a Harvard Professor in American developmental psychology. Dr. Kegan and his associate, Dr. Lisa Laskow Lahey hypothesized, that the challenge in personal growth and change isn't caused by a lack of willpower. They argue that failure to meet our goals may be the result of an *emotional immune system* that helps protect us from the fallout that can come from change—namely disappointment and shame. The stages of development that these researchers discovered after 30-years of research show how Stress Mastery can break the chains of self-sabotage that stops so many from achieving their goals.

In 2009 Kegan published his works in a book, "[The *Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization*](#)". Through years of developmental research, Kegan and Lahey, which had been collaborating for twenty-five years, they, concluded that we have Five Stages of Development. Let's discuss these stages and how they fit into Stress Mastery.

Five Stages of Life and Personal Growth

1. **Stage One - Impulsive mind (early childhood):** The Tribalization Process takes place in this stage. Stage One is all about taking our place with our tribe, society, and culture. In this stage, which consists of the first six-years of life ending at age seven, sets our belief systems, identity, and Ego. This programming is composed of the values, beliefs, ideology, culture, and society in which the child is raised. This environment creates the perception of how the young child will perceive the world. During this stage the child does not have an Ego or comfort zone, thus they act impulsive. The AIM is Explore-Expansion, FOCUS-Growth, BEHAVIOR-Responsive.

As this Stage One ends the Ego is set and this creates the comfort zone, designed to make sure the child does not deviate from the set identity. The Ego's (Identity) base is set in the WANTS and the Desire Energy. The comfort zone is set in the Fear Energy. This process

changes the AIM of the child was born in from Expansive to Restrictive, changing the FOCUS from Growth to Fear, changing the BEHAVIOR and actions of the child to Reactive. The Ego is built in the Desire Energy, protected in the Fear Energy, but it is anchored in the Guilt Energy. Lahey and Kegan discovered, the challenge of personal growth is not due to the lack of willpower, our lack of personal growth is linked to our 'emotional immune system'. The block we have in personal growth is tied to the fear of disappointment with guilt and shame. This is the Ego! The Guilt Energy is a very low energy that is designed to control our actions, to sway our point of view, and keep us rooted in our identity and the tribe. Guilt is the Ego's superpower.

2. **Stage Two - Imperial mind** (after 6-years thru adolescence and some adults) The studied showed that 6% of adult population live in this stage: Stage Two is about one's own needs, interests, and desires. The child now has an Ego and comfort zone. The child is building upon the programs and identity received in Stage One through the experiences occurring in Stage Two. In this stage, the child cares about how others perceive them, they become rebellious and selfish as they focus on their needs. The experiences that the child has is strengthening their identity (programming) that they will carry into Stage Three. The child stretches the boundaries of the tribe, showing rebellious behavior (teenager). They follow the rules more out of fear (of getting into trouble) than conviction that the rules and belief systems are correct. In this stage the child follows the rules, philosophies, ideologies, of the tribe because they 'have to' not because they wholly believe. During this stage of development, the child is experiencing many aspects of life and these experiences are building upon the base of the Ego, expanding their Identity. Unfortunately, this expansion of identity is built upon the WANTS that create the base of the Ego. WANT of Approval-Creates Competition, WANT to Belong-Creates Separation, WANT of Control-Creates Chaos, WANT of Security-Creates Fear. As the child leaves Stage Two - Imperial Mind and enters the next stage they are firm within the Tribe and its culture, ideologies, belief-systems, which sets the child's perception of the world.
3. **Stage Three - Socialized mind** (58% of the adult population). Stage Three is where greatest percentage of the adult population exists. In Stage Three, external sources shape our sense of self and understanding of the world. WE become socialized to the belief systems of our identity and tribe. In Stage Three we are socialized which sets our actions toward the most important things to us, these are the ideas, norms and beliefs of the people and systems around us (i.e. family, society, ideology, culture, Etc...). Stage Three is all about staying true to the Tribe and the Identity we were programmed in. Those who exist in this stage are imprisoned in the Red Zone, Ego, and stress. They are trapped in identity and Ego and this creates a perception of who they are, what they deserve, and what they can do.

Living thru the perception of the Socialized mind causes the individual to live in the AIM of Restriction-Resistance, FOCUS-Fear, BEHAVIOR-Reactive. Life becomes dominated by the WANTS, Competition, Separation, Chaos-Drama, and Fear. This creates our perception of how the world IS and how the world SHOULD be. The only escape from Stage Three is thru personal growth and releasing our history (Programming) that we

received in Stage One - Impulsive Mind and was solidified in Stage Two - Imperial Mind. To enter the Stage Four-Self-Authoring mind we must question our history, belief-systems, culture, ideology, and the tribe. To do this is an unnatural process and will disturb the tribe (Outer Environment) and the Ego (Inner Environment).

4. **Stage Four - Self-Authoring mind** (35% of the adult population). In Stage 4, we begin to reconnect to our original AIM to Expand and Explore. We begin to question who we are? We question what we believe? We question our habits, actions, and the environment we live in? We question the influencers in our lives? This begins the journey into self-discovery and builds our desire to change. In Stage Four we become consumed with who we are—this is the type of person I am, this is what I stand for, as we begin to develop an internal sense of direction and the capacity to create the life we aspire. We begin taking actions to change the identity (EGO) that we have carried, we set goals to change habits that do not serve us or serve the person we now desire to be.

It is in Stage Four that we begin the process to reconnect to the Green Zone Energies of Growth. We work on our personal growth and this process takes us on a journey of self-discovery, we are letting go of the identity programmed through Tribalization, we are setting our connection to our higher self, we are experiencing higher energy. Now, this is a disturbing process at first, as we step outside the comfort zone we are met with resistance, but as we progress and shift our AIM we begin to see a new world, feel a sense of health and connection and as this all comes together stress diminishes.

In Stage Four many life situations begin to shift. The challenge presented in this stage is the life that we have known will completely change this includes relationships carried from Stage Three. It is essential to understand that the tribe will do whatever it takes to pull you back to Stage Three. They will do whatever it takes to get you back into alignment of the tribal programming and the identity of who they believe you are. Due to this built-in survival wiring to never deviate from the tribe (Comfort Zone), those who enter Stage Four will for a time oscillate between Stage Three - Socialized mind and Stage Four - Self-Authoring mind. Stage Four is solidified through consistency of practice and action. By maintaining the AIM Expansion-Explore, creating the FOCUS-Growth, this drives BEHAVIOR-Respond which drives our actions outside of the comfort zone and leads us to grow and change. This AIM-FOCUS-BEHAVIOR keeps us living in the Green Zone energies of Courage-focus, Neutrality-flexibility, Willingness-openness, Acceptance-surrender, Reason-embracing life. Mastering Stage Four will lead one to Stage Five - Interconnected Mind.

5. **Stage Five - The Interconnected Mind** (1% of the adult population). This stage is the Self-Transforming Mind and comprises a very small percentage of the adult population. In Stress Mastery stage five is Step Seven Finding the Now. The biggest shift that happens in Stage Five is the consciousness shift of YOU being over the Ego. In this state the Ego can no longer take conscious mind control. The AIM is dominated by Expansion-Explore and the FOCUS is in Growth. The Ego may remain, but the Ego, loses its power to put the AIM in Restriction-Resistance thus the FOCUS and BEHAVIOR does not get

caught in Fear and Reaction. It is important to understand that an individual in Stage Five may still experience fear, they feel the fear, but they are present and aware of the fear, thus maintaining conscious mind control and Focus. In Stage Five - The Interconnected Mind the Ego becomes disabled, thus there is no stress due to the Ego's inability to take conscious mind control and create a construct of stories. If the Ego cannot take control of the conscious mind it cannot take control of the AIM-FOCUS-BEHAVIOR. We cannot have a problem without a story about the problem, the Ego is the one that creates all stories and negative energy. The individual who lives this stage no longer thinks about being positive, being positive is their natural state.

I have found this stage quite interesting. First and foremost, there is an ongoing sense of peace as the state of stress has disappeared. I have also found that all the great teachers and their teachings seem to merge into the same message, Let Go. One begins to realize that there are only two states of the human being, Love and Fear. In this stage of development, the history has been released along with frustration, resentment, guilt, hatred and stress. Bad habits have been replaced by empowering practices, stillness is embraced, and relationships are resolute. Stage Fives brings connection of Head-Heart-Hand which unites us to our higher-self and God. It is Stage Five - Interconnected Mind that so many spiritual seekers strive toward. The question must be asked, "Why do so few people make it into Stage Five?" The answer, they are stuck in the Survival Responses and Stress. I believe we can drastically increase the 1% of The Interconnected Mind through Stress Mastery. Let us take a closer look at why so few find this stage.

The Challenge of Entering Stage Five-Interconnected Mind

The Survival Process of Focus and our survival wiring as human beings plays a tremendous role when it comes to our personal growth. It is essential to understand how the Survival Responses of the physical body (Stress Response) and mental subconscious programming (Tribalization Process), are geared to set our identity, our belief-systems and actions, to function within the tribe. The first three Stages of Development, Impulsive mind, Imperial mind and Self-Authoring mind work together without any conscious input to set the individual within the tribe.

Our ancestors survived as gatherer-and-hunters for over 160,000 thousand years due to the survival responses. The nervous system adapted to aid the human-being in the survival and functioning of the tribe. In Stage One - Impulsive Mind, the child is programmed into the culture, beliefs, and ideology of the tribe. This stage established the Identity which was set with the base of the Desire Energy. This Identity was sealed with the comfort zone and the Fear Energy. Ultimately, to complete Stage One, the Identity was anchored with the Guilt Energy. Stage Two - Imperial Mind created experiences which strengthened the tribe's culture and solidified the individual's roles (Programming) within the tribe. Finally, Stage Three - Socialized mind, brought everything to a place within the individual that created a perception that there was nothing else but the tribe, loyalty to the tribe, belief in the tribe, was established, creating a level of commitment that each individual would die to maintain.

No Stage Four

The gatherer-hunter period lasted hundreds of thousands of years, only transitioning around 10-11,000-years-ago. Our ancestors survived through the tribe working and functioning as a unit. The mission was survival and the tribe. No one within the tribe was more important than another. The hunter would bring back food and if there was a kill everyone ate, no kill, no one ate. In the tribe each member worked their job and purpose for the betterment of the tribe, not the individual. Each member went through the Stages of Development and then lived out their lives as programmed into the culture. If your father was a tool maker within the tribe you became a tool maker, if he was a hunter you became a hunter. There was no Stage Four - Self-Authoring Mind because the individual was never the focus, the focus was the whole.

During this 160,000-200,000 period of existence, our body and mind adapted its survival through the development and function of our nervous system. If there was any type of threat to the tribe the nervous system would switch over to the sympathetic Red Zone. The Red Zone would set the mind and body into a full fight-or-flight state. The Red Zone is boosted with a vigorous burst of power that would give us the strength to fight off or escape any threats. The moment the threat was eliminated, the nervous system would switch over to the parasympathetic Green Zone. This allowed the individual to connect to their purpose and function within the tribe.

In today's so-called advance culture, our society experiences more stress in one day than our ancestors experienced in a lifetime. The major cause of stress in society today is the loss of conscious mind control to the Ego. WE are stuck in stress with the AIM-Restriction-Resistance, FOCUS-Fear, BEHAVIOR-Reactive. Our ancestors did not have the WANTS of the Ego activated all day long as we do today. It is these WANTS that keeps the Ego in conscious mind control. If we take a closer look, WANT of Approval, which creates competition, everyone in the tribe was important, thus no competition. WANT to Belong, which creates separation, everyone was part of the tribe, it functioned as a perfect puzzle all the pieces fitting together. WANT of Control, which creates chaos. Everyone did their individual job, no need to control others. WANT of Security, which creates fear, the tribe felt secure as a unit, so no want of security. Our ancestors went into the Red zone when there was a real threat of danger, not because someone cut them off in traffic or disagreed with them on Facebook.

Development of Stage Four - Self-Authoring Mind

The Agricultural age marked the transition in human history from small, nomadic bands of hunter-gatherers to larger, agricultural settlements and early civilization. The agricultural age started around 10-11,000 B.C. when humans first took up farming. Civilizations and cities grew out of the innovations of this time period. As agricultural technology improved, it became possible to grow surplus crops, thus moving away from a survival economy, when everything was solely about the tribe. This provided ancient civilizations with something they could use to trade. Surplus crops could be exchanged with other civilizations for imported goods such as cloths, precious metals, and spices. In turn, this led to the development of extensive trade routes, which facilitated the spread of cultures, religions, and ideas far and wide. In short, the development of agriculture made the known world just that little bit smaller.

The agricultural revolution had various consequences for humans. It has been linked to everything from [societal, inequality](#) a result of humans' increased dependence on the land and fears of scarcity—to a [decline in nutrition](#) and a [rise in infectious diseases](#) contracted from domesticated animals. But the new period also ushered in the potential for modern societies—civilizations characterized by, large population centers, improved technology and advancements in knowledge, arts, and trade. It was this time period that Stage Four-Self - Authoring Mind came into play. The WANTS that are the base of the Ego were now activated in full force giving the Ego more conscious mind control and the human being more stress. Now to live and grow there was competition (WANT of Approval) and we had to battle to survive. Tribes were coming together creating separation and a class system (WANT to Belong). No longer was life about the tribe, we had to make sure that we got what was ours for our family (WANT of Control). War became the way to secure our piece of the land where we could live with our people. We built walls to keep us safe from the outside world. (WANT of Security).

During this transition period diversity was entrenched all around us, many humans would become dissatisfied with the lot they were born into. This created a desire to grow and change causing people to leave their tribes, traditions, and cultures in a search for meaning, Stage Four was born.

Why Only 1% Get to Stage Five

I have over 35-years in the personal development arena and I believe I have the answer to why, so few get to Stage Five - Interconnected Mind. First, it is unnatural for us to deviate from the identity set within in the tribe thru the first three stages of development. Let us just put this into perspective, for 160-200,000-years the human being survived in a certain manner. During this period the body, mind, and nervous system adapted to ensure existence. It has only been 10-12,000-years since life changed for the human-being. If we add the changes within the last 2000-years, the last 200-years, the last 20-years, we can begin to understand that our DNA and survival processes could not possibly adapt to the new landscape we currently live in. So, when one makes the decision to, work on their personal growth they must step outside the tribe, leave the comfort zone, which is designed at all costs, to get them back into the old patterns of behavior.

In building the levels of Stress Mastery I approach change from the perspective of how we are wired 'Not' to change. By understanding the mind-body, body-mind connection and the survival responses we can create practices to work within our survival processes. When someone steps into Stage Four - Self-Authoring mind, this doesn't mean they are in Stage Four. Many, no I will say most people, are going to step into Stage Four and fall back into Stage Three. This is the progression that takes place as one begins the process to let go of the Ego and the systems in place to protect it. The Comfort Zone is embedded in the Fear Energy and the tribe is embedded in the Fear Energy, this creates a 'Snap Back Effect' anytime we deviate from the set programming.

I believe Dr. Kegan and Dr. Lahey's percentages of Stage Four at 35% of the adult population is way off. If we took a count of the percentage of adults in Stage Four in January, we would anticipate a much different number in March. The reason is the Snap Back Effect. Many jump

into Stage Four with New Year's Resolutions making promises to themselves that they will change, only to find themselves several weeks later back in Stage Three in the same old habits and patterns. I have found there are two levels to Stage Four - Self-Authoring mind, those just beginning the process, which statistics show 92% will fail and fall back into Stage Three. Then there is that second level of Stage Four who stick with the plan and achieve their goal to leave the Socialized mind and be in the Self-Authoring mind stage. Therefore, there are so few to reach Stage Five - Interconnected Mind, to enter this higher state one must master Stage Four. I have built Stress Mastery to accomplish the mastering of Stage Four and the entrance to Stage Five. Let us look at the Three Levels of Stress Mastery.

The Three Levels of Stress Mastery

Over the last three plus decades of working in personal growth I have discovered three levels of Stress Mastery. These levels coordinate with the research offered by Dr Kegan and Dr Lahey's Stages of Development. It is very unlikely an individual can go from Stage Three - Socialized mind to Stage Five - Interconnected mind, without mastering Stage Four - Self-Authoring mind. The levels of Stress Mastery are designed to get the individual out of Stage Three into Stage Four, then master Stage Four, which would allow you to enter Stage Five. My personal mission is to increase that 1% of Stage Five.

There are a few very important questions one must ask themselves if they truly desire to change, "Are you willing to keep learning?" If you desire to change and set goals to accomplish that change, you must be willing to do things differently than the way you did them in the past. Are you willing to learn? Are you willing to explore? Are you willing to get uncomfortable? Change cannot take place through knowledge; change can only transpire through experience. Learning is about getting knowledge and then applying that knowledge, developing experience and knowing. Each of us has the built-in capacity to explore and expand our lives. Following is a guideline that may set you on a new life course.

Level One Stress Mastery and Shift Coaching

Breaking the Illusion and Setting the Focus

The first level of Stress Mastery is geared toward gathering knowledge, tools, techniques, and practices that allows you to set your FOCUS. This level is the process of stepping out of Stage Three - Socialized Mind into Stage Four - Self-Authoring Mind. To accomplish this, you will have to step outside the comfort zone and the identity (Ego) you currently carry. As you step out of Stage Three, you will begin to question the identity and beliefs, putting the Ego into a panic. The tribe will also feel disturbed as you deviate from the identity, they perceive you to be. The moment you begin to act outside the norm, the built-in survival mechanism will activate, and the tribe endeavors to pull you back into Stage Three. It is important to understand that those closest to you do not want consciously for you to fail, it is the survival mechanism that is unconsciously driving them to influence you back into the tribe. Understand this is our survival wiring that is deeply ingrained within each of us.

Level One of Stress Mastery is the process of understanding Focus and taking the steps to set your Focus out of Fear into Growth. To accomplish this, we must address the Body-Mind, Mind, Body connection and the Stress Loop. In this level it is the process of reconnecting to the Heart. This creates the Head-Heart-Hand connection, this sets the AIM-Expansion-Explore, FOCUS-Growth, BEHAVIOR-Responsive, allowing the individual to take actions outside the comfort zone. Maintaining FOCUS in Growth is key, if we lose FOCUS to Fear we will fall back into Stage Three. Here are ten engagements necessary to move out of Stage Three into Stage Four.

1. **Discover Your Purpose:** What is your purpose? Knowing this is the connection to the Heart and creating FOCUS-Growth. Once you know the Purpose you then know the pendulum swing into the Red zone when you are disconnected. This simple awareness creates a change in the AIM and sets FOCUS-BEHAVIOR in Growth and Respond.
2. **Proper Diet and Exercise:** To manage stress we must manage the Stress Response, the physiological response to stress. The purpose of diet and exercise is managing the nervous system which sets the AIM and determines FOCUS-BEHAVIOR. How does your physiology operate? How does the body repair? How does the body process foods? How does the body handle stress? These answers determine the right diet and exercise for the individual. The Pause-Plan Lifestyle System is the program used to create that perfect plan.
3. **Name the Ego:** To move out of Stage Three - Socialized Mind you must see the one thing that is keeping you stuck, your thoughts. To set our AIM in Expansion and FOCUS in Growth we must have conscious mind control. At any given moment it is either You or the Ego who is in control. By naming the Ego you begin to create awareness and Focus. Awareness of the Ego allows us to see the stories and break the Stress Loop.
4. **The Let Go Technique:** To move into Stage Four-Self - Authoring Mind we must let go of the programs that steal our Focus from our control. All negative Red Zone energies stem from programs in the subconscious mind, these programs, in order to survive must be fed. When we use the Let Go Technique, we strengthen the conscious mind control and defuse the activated program. This process will eventually lead to the programs release. No program, no disruption, equals AIM-Expansion FOCUS-Growth BEHAVIOR-Responsive, which equals Accomplished Goals.
5. **Green Focus Power Hour:** The GFPH is a series of six exercises done ten-minutes each with the purpose of setting our AIM-Expansion to start the day. These exercises are designed in an order to re-program the subconscious programming and support your growth in Stage Four. The GFPH is done first thing in the morning to set the AIM-Expansion-Exploration, FOCUS-Growth, BEHAVIOR-Respond. The key element in mastering Stage Four is Focus, we must set the day in Growth.
6. **Close the Day:** We have the GFPH for us to set the day. Closing the day is as important. We must transition our roles from our daytime roles into our nighttime roles. Closing the day sets the nervous system in the Green Zone, FOCUS-Growth, so when we go to bed

our body can repair and our mind can work on our goals. How we close our day plays an essential role in our relationships.

- 7. Get Knowledge:** To move from Stage Three we must break the Socialized Mind programming, which is comprised of the belief-systems we have carried since the age of seven-years. To accomplish this process, we must study and apply new knowledge. We must comprehend the operation of the body, mind, and how we connect as human beings. We must understand the survival processes, which are hardwired within each of us. We must gather and apply new knowledge and create the realization that there is a mind-body, body-mind connection that cannot be severed. To move into a full Stage Four, we must take the knowledge learned and through experience create ‘knowing’.
- 8. Set Higher Goals:** To grow our lives we must set the FOCUS in Growth and there is a distinct process of goal setting that connects directly to the Human Survival Process of Focus. This is called “Higher Goal Setting” which sets the goals with the clarity of the Head, connection to the Heart and imagination, generating the Hand to act in integrity (FOCUS-Growth). This is the process of setting Identity Based Goals vs. Outcome Based Goals. Setting Higher Goals is a necessary exercise to transition out of Stage Three - Socialized mind.
- 9. Build a Support System:** The moment you step from Stage Three to Stage Four you will be met by resistance in the form of the Ego and the tribe. The Socialized Mind is a culture of history and the belief-system is set in that history. The history (Past) determines security in the future, designed so you never deviate from the rules, ideologies, beliefs, culture, of the tribe. To act in anyway outside of the norms of the tribe means certain death, thru the perception of the tribe. Members of the tribe will do whatever it takes to make sure You never move in Stage Four - Self-Authoring Mind. To maintain FOCUS-Growth and take the actions necessary to create change, you need a community, support staff, partner, coach, friend, to help you keep moving forward when the AIM shifts to Resistance-Restriction and FOCUS to Fear.
- 10. Don’t Quit:** Moving from Stage Three to Stage Four will require consistent action. But I will warn you now, YOU will fall, everyone does. The key is to just keep getting back up. If you don’t quit, you cannot fail.

Level Two Stress Mastery and Shift Coaching

Releasing the History that Disrupts the Focus

Level Two of Stress Mastery begins as you solidify the processes of Level One. When you reach this level, you are unyielding in Stage Four - Self-Authoring Mind. Level One of Stress Mastery was about gathering knowledge, techniques, tools, to set FOCUS. Level Two of Stress Mastery is about the procedures and practices that will take one into Stage Five - Interconnected Mind. Level One was geared toward breaking the Illusion of stress, Level Two is about ending the

Illusion. This progression of breaking the Illusion is accomplished by releasing our history and the programs that disrupt our FOCUS which plunges our AIM from Expand to Restriction and FOCUS from Growth to Fear. Here are ten processes that will solidify Stage Four-Self-Authoring Mind.

- 1. Meditation:** In level two the GFPH is expanded to increase meditation practice periods. The purpose of meditation is to strengthen the concentration muscle (Mind) which creates more awareness (Conscious Mind Control-FOCUS). It is this resilient mindfulness that allows us to break the Stress Loop faster and faster, thus keeping our AIM-Expansion-Exploration, FOCUS-Growth, Behavior-Responsive and moving toward the life we desire. Meditation in Level Two is about becoming increasingly present and Finding the Now, maintaining this state throughout the day. Meditation is the single most important exercise to strengthen the awareness of the mind.
- 2. Focus on Releasing the WANTS.** The base of the Ego is comprised of the Four WANTS and the focus of Stress Mastery is to release these. In Level Two the focus is no longer just the basic practices of Stress Mastery. The base practices have now become part of your everyday lifestyle. Habits form around diet, exercise, setting and closing the day, and this opens us to experience deeper connection to the Heart and the Ego. The WANTS, the base of the Ego, begin to release, this creates a higher consciousness and keeps our AIM-Expansive and Explorative, FOCUS-Growth, BEHAVIOR-Responsive. We are now diving deeper in the programs we hold. Our state is on the rise as we are letting go of the Identity.
- 3. Letting Go of the Guilt Program:** The Guilt program is the anchor that keeps the Ego established in our lives. In Level Two with its advance teachings and techniques, the Guilt program begins to drop its hold on the Identity. When this happens, we become more present and the Ego loses its ability to take conscious mind control. Releasing the Guilt Program is a prerequisite to go from Stage Four to Stage Five - Interconnected Mind. The release of the Guilt Program may be accompanied by having what is called an “Immense Release”. When this happens, our life is shifted forever to a higher consciousness.
- 4. Advancing Knowledge:** In Level Two of Stress Mastery it becomes quite important to study some of the deeper teachings of teachers who have attained the highest states of consciousness. In Level One these teachings may not resonate on a deep level. In Level Two, the consciousness shifts, and the same teachings you may have studied in the past may take on an entirely new light. Books that seemed too deep to understand, now seem connected with a knowing. Advancing knowledge can be linked to science or spiritual studies or both.
- 5. Begin Teaching Others:** We become what we teach! In Level Two of Stress Mastery the objective is to create a lifestyle that supports the habits of managing the physical Stress Response, while retooling the Tribalization programming (Identity-Ego). As one advances in Stage Four it becomes about taking knowledge and turning it into Knowing thru experience. We become what we Know, and this process is strengthened by teaching

others. Understand this is not imparting knowledge, it is about teaching others our Being, our Ways, our Knowing, our Truth.

- 6. Find Like-Minded People:** As one masters stress, they will experience a profound shift in everything that was once true to them including relationships. In the stages of development discovered by Kegan and Lahey, there is a large percentage of the population in Stage Three - Socialized Mind. Those in Stage Three perceive the world through Fear and stress. As one shifts into Stage Four - Self-Authoring Mind they will find that old relationships no longer seem to connect, and that there seems to be fewer people to connect with. I have found that as a person shifts fully into Stage Four and moves toward Stage Five - Interconnected Mind, it is essential to explore and find like-minded or like-level connections. To share this journey most of us will be stepping outside our tribe.
- 7. Forgiveness:** In Stage Four and Level Two of Stress Mastery you will find yourself in a consistent state of letting go. Your awareness is elevated, increasing the ability to see the Ego quickly and break the Stress Loop. This increased awareness creates a consistent practice of releasing the past and history. To accomplish and maintain this higher state, we must atone and forgive everyone, and everything, from the past. This will require a deep practice of forgiveness. Forgiving everything, everybody, and especially ourselves becomes a daily exercise.
- 8. Releasing History:** Our past is an illusion and if we continue to live it in the present we cannot grow. Letting go of history doesn't mean we just forget everything that has ever happened to us, no it is about not having any attachment to what has happened to us. Releasing our history takes great courage and must be done with the mindset that YOU are the most important person on the planet. This is done by being selfish with a capital 'S' with the understanding that we cannot save, help, or change anyone if we do not change our-Self. To release our history is to release the Ego and its hold on our present, this is stepping into Stage Five - Interconnected mind.
- 9. Pause-Plan All Day:** When we pause-plan we activate the Green Zone, which sets our AIM and FOCUS in expansion and growth. The more advance meditation practices of Level Two allows one the ability to essentially meditate all day long. Practicing pause-plan is Step Seven of Stress Mastery, "Finding the Now." In this state one is consistently letting go of any Ego interruptions, this allows you to live, work, and play in AIM-Expansion FOCUS-Growth BEHAVIOR-Responsive
- 10. Open Your 'EYE' and See the World:** In Level Two of Stress Mastery and Stage Four - Self-Authoring Mind, we begin to 'know' that Stress is an Illusion. We begin to 'see' life as it really is. We can 'see' the person checking us out at the supermarket, we can 'see' their upset, we can 'see' that this is not them. We begin to know who they are on a level that creates empathy. No one is the Ego, no one is fear and negative energy, no one is separate, no one is better or worse than anyone else. As one nears the shift to Level Three of Stress Mastery and Stage Five - Interconnected Mind, the world is seen through light.

The light of the body is the eye: if therefore thine eye be single; thy whole body shall be full of light. But if thine eye be evil; thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness! Luke 11-22

Level Three Stress Mastery and Shift Coaching

Becoming the Focus

Level Three of Stress Mastery is when one enters Stage Five - Interconnected Mind. In this state, the Ego loses its ability to stream negative energy and hi-jack the conscious mind. One lives their life without stories and stress. I am going to do my best here to describe this state of being.

In Shift Coaching, as one moves deeper into Stage Four and Level Two of Stress Mastery, I begin to teach a simple practice of Now-Surrender-Let Go. In this level one becomes naturally present, there is no effort to be in the moment. It is important to understand that in this state we are not enlightened, for the simple fact that there is still that voice in your head, and there are still activated programs happening within. But there is no stress. The reason stress seems to disappear is the Ego is below our consciousness, so we control the conscious mind, therefore there are no stories, no stories, no stress. Conscious mind control becomes a state of being, not something that is strived for.

In Level Three of Stress Mastery, it is simply about presence and being in the NOW. This level of consciousness creates the ability to identify any type of upset or disruption that would pull you out of the NOW, allowing SURRENDER to whatever is activated, creating the ability to LET Go, which naturally brings one back to the NOW (NOW-SURRENDER-LET GO). This practice takes place hundreds of times a day, it would be impossible for me to count how many times this happens within a day. Another important note here is there is no effort to practice Now-Surrender-Let Go, this becomes what Drs. Kegan and Lahey discovered in those who live in Stage Five - Interconnected Mind. Here are some characteristics of Level Three of Stress Mastery.

- 1. Good Health and Energy:** In Level Three of Stress Mastery the nervous system works as it was designed. The survival mechanism built within each of us is designed to alert us to danger through the sympathetic nervous system (Red Zone). When the Red Zone goes off, the body and mind react and assume we are in danger, but as soon as we escape the threat, our nervous system is designed to switch gears and activate the parasympathetic nervous system (Green Zone). In the Green Zone our body resets and repairs. When one reaches Stress Mastery, they disconnect the Ego's ability to take conscious mind control and with this, the Ego loses its capability to lock in the Red Zone with stories of the past or future. Our epigenetic expression establishes health, and this is determined by which nervous system is activated, more Green Zone, more Health.
- 2. Peaceful Demeanor:** In Level Three, the Ego is still in there trying to do its best to survive, but it cannot win the fight. In this state the outside environment no longer affects

the inner-being. Disruption is dealt in a responsive manner without getting caught in the history or worrisome future. This all happens automatically as You are over the Ego which allows the breaking of the Stress Loop to become a habit. In this level of consciousness, we are living life connected Head-Heart-Hand. Our dominated state throughout the day is with AIM-Expansive, FOCUS-Growth, BEHAVIOR-Responsive.

3. **No Guilt:** Guilt is an energy programmed in each of us during Stage One - Impulsive Mind during the Tribalization Process. Within the Tribe, guilt protects relationships by discouraging relationship-damaging behavior and encouraging people to repair their damaged relationships after they have transgressed. For the tribe to remain a cohesive unit, the relationships within the tribe had to be interconnected. Guilt is an energy used to control someone to act the way we desire them to act. The Ego uses guilt to keep you stuck in the state of Stage Three - Socialized Mind.

We deliberately induce guilt in others as a means of influence, yet such guilt induction can be costly to one's relationships. The wish to avoid guilt also motivates people to self-regulate, which has positive effects for self and society, but only if one is of a higher consciousness (Stage Four-Five). Guilt is a very low energy of the Red Zone, its thirty, death is zero, enlightenment is 1000. Guilt is the anchor of the Ego and what is important to understand is that nobody was born with the Guilt Program, it was installed during Stage One, Tribalization. When one reaches Level Three of Stress Mastery, they have released the Guilt Program, without the program there cannot be Guilt. In this state of Level Three, one can see people attempting to use guilt, but without any effect. Without guilt, the Ego is weakened drastically!

4. **Linked to Purpose:** In Level Three of Stress Mastery you become linked to your Purpose. In this state you develop a deep awareness of who you are at the deepest levels. Every action, work, play, spiritual practices, no matter the task at hand, are done from the higher energy of You, linking Head-Heart-Hand. There are Ten Purposes that comprise the tribe and in this level of consciousness you create such self-awareness that you can interact with any Purpose without becoming disturbed. This connection to Purpose creates clarity, empathy, and correlation with source.
5. **Values and Identity Based Goals:** In this level of Stage Five - Interconnected Mind you begin to map out your life in a very different manner. No longer are you merely setting goals to go from Point A to Point B. Everything you do is tied to your purpose and the core values you carry in the Heart. This is a different process than the beliefs held in the Head. When we set goals from the Head, we are basically telling ourselves that we are unhappy and do not value Point A, where we are in the moment. When in the Head we believe that Point B is better and will make us happy, so we value Point B. This traps us in the 125-Desire Energy which is the base of the Ego.

We now set our course in life with a connection to the Heart using the Heart's superpower of Imagination, along with the tools of the Heart, Gratitude and Faith. We get clear what

we want and look to our values to determine if this is in alignment, creating a “WHY” and Clarity of what we want. We then place the want (goal) in the Heart thru imagination and go to work in the consciousness of courage, flexibility, willingness, and surrender-acceptance. We act and live from the Heart where we connect to faith. In this state, Point A is valued, and Point B is realized.

6. **Meditation:** Level Three of Stress Mastery creates a startling shift in consciousness, which allows the practice of meditation to be done with little or no effort. In this state one can sit for hours without being pulled out of the meditation. Now, the Ego is still blabbering, thoughts are still there, but the thoughts are not built into a construct (Story) that pulls you out of the meditation. Meditation in Level Three is taken from the meditation room and inserted as part of our daily life. In this state one can discern the body while working, this grounds us in the Now. To activate this process, I have two areas of the body in which creates a connection to Head-Heart-Hand (Now), the feet and fingers. When I am moving my body, I connect my index finger and thumb, this sets my concentration that creates a loop to keep me present. The feet are what I use to stay grounded when stationary. The feet are an excellent connector to the Now, I conduct most of my business standing and when I sit, I position my feet to ground me. Again, this all takes place without conscious thought, these have become habits of grounding. Our meditation practice is to build up our awareness, so we can maintain mindfulness throughout the day.
7. **Embracing Stillness:** Dr. Kegan and Dr. Lahey found that only 1% of the population reaches Stage Five - Interconnected Mind, I believe the reason this percentage is so small is there is entirely too much noise in our lives. I had a client who was searching for one thing, Peace. He had recently sold his business which is housed in a very chaotic atmosphere with a lot of people, telephones, and noise. One day I received a call from him, and he stated, “I am freaking out!” He then told me his partner had left, and he was alone in their new office all by himself, and it was so quiet he was having severe anxiety. Our culture has lost the beauty and power found in silence, tranquility, and stillness.

During Stage One - Impulsive Mind we are programmed from the environment in which we live and as we go into Stage Two, we have a set identity (Ego) and programming within the comfort zone. The comfort zone is the Fear energy and anything outside the programming within the comfort zone is going to set off an alarm of fear. Many of us were raised in a chaotic environment during Stage One as my client was, so when there is stillness, quiet, peace, this sets off the alarm. Simply put, chaos is part of the comfort zone. He was comfortable with chaos and this was the primary reason he searched for peace; his life situation was steeped in drama. In Level Three of Stress Mastery the consciousness has shifted and the programs that caused drama and chaos have been released, so stillness becomes what we seek. In this consciousness one will embrace being alone.

8. **Higher Teachings Merge:** In Level Three of Stress Mastery, one will begin to get the sense that spirituality at its essence is actually ‘so simple’ that it can't even be talked about! You will begin to get the feeling that every spiritual teaching you have ever read is

pointing to the same phenomenon. The teachings from all sects are there just to rattle your mind and take you to the ultimate Truth in the Stages discovered by Kegan and Lahey. It all comes to a point where you no longer need more knowledge, it becomes all about experience. The teachings from the Bible, Torah, Quran, Vedas, Tao Te Ching, Bhagavad Gita, Buddhist Sutras, Kabbalah, ACIM, and many New Thought teachings are giving us the same message, LET GO. To increase the 1% of those who find Stage Five - Interconnected Mind, we must let go of the Identity, our History, our Attachments, in Stress Mastery it comes down to Letting Go of the Ego. When we let go of the Ego we let go of Shame, Guilt, Apathy, Grief, Fear, Desire, Anger, and Pride. I personally love to study deep spiritual teachings and I have found these teachings change every year, even if the teaching comes from the same source, the comprehension of the message deepens to the point where you just know.

9. **Release Our History:** Expectations are driven by the Hopes of the future. We expect something to happen without good reasons for that expectation, hoping that the future will magically work the way we perceive it should work, according to our beliefs and history. Expecting people to behave a certain way, expecting a result to happen because we want it to happen. Expectations are premeditated resentments. Expectations among people are often based on an implicit social contract, that is, without verbalizing expectations about give-and-take in a relationship. People construct stories in their heads about legitimate expectations of each other, when these are not met, we fall into reaction.

Expectations are driven from our history and the beliefs we hold. We have beliefs that certain situations create certain results, which lead us to expect said result. If during Stage One - Impulsive Mind, you received a program that created a belief that happiness is found in a typical marriage, white picket fence and children, but it turns out you can't have kids, you're going to suffer until you undo this flawed expectation and realize happiness isn't necessarily connected to any of those things. Holding onto the past is always damaging in some way. Even holding onto positive events from the past creates limitations in people's lives and sets boundaries for the future. Could you imagine someone who is living a successful life today, spending all their time re-living a success they had 10 years-ago? They would not be successful today; they would be stuck in history.

Releasing our history does not mean we cannot recall events. It means the past events are not relived in the present. I can easily talk about my early abusive years as a child, but I do not relive the trauma in the present because the history was 'Let Go'. This allows me to talk about it when appropriate without emotion and pain which would drive my AIM into Resistance and FOCUS in Fear. In Level Three of Stress Mastery, the release of the history is the release of programs that steal our focus, thus shifting our AIM-Resistance, FOCUS-Fear, BEHAVIOR-Reaction.

10. **Find the NOW and Become the Focus:** Stage Five - Interconnected Mind is a state of consciousness when we develop the ability to Let Go. The process of letting go allows one to maintain conscious mind control, and dare I say, connect to God. This is not a

belief to me, it is a knowing, which was gained from profound experience. But, how does one get to Stage Five-Interconnected Mind and Find the NOW? Answer, WE each must travel through the Stages of Development discovered by Dr. Kegan and Dr. Lahey.

The Levels of Stress Mastery are built using the Seven Steps of Stress Mastery and Levels of Energy. Stress Mastery is a blueprint that can carry one through the Stages of Development. It is impossible to force our way through these stages; force goes against the human survival process of Focus. Our ability to grow, develop higher consciousness, attain peace, is tied to Focus and our birthright to Expand and Grow.

The Stress Mastery Systems of Transformation

The systems of transformation found within the teachings of Stress Mastery are rooted to the Human Survival Process. The teachings naturally work with body, mind, and spirit, connected to the way we are wired to survive and grow as human beings. Bill Cortright has focused on stress and the role it plays in all personal development for 35-years. Mastering Stress is the fundamental key toward, well-being, optimal health, personal growth, and spiritual connection. Bill's new book, "The Illusion of Stress" Finding the NOW thru Focus, will be released in the Spring of 2020. There are several options for one to get started on the process of moving through the Stages of Development and getting started with Level One of Stress Mastery.

The Stress Mastery Podcast: Heard in over 100 countries, approaching 800 episodes and one million downloads, Bill and David Barreto (Super Millennial) discuss all aspects of Stress Mastery. The show is a free download Monday-Friday, the discussion is built around a single weekly topic, tying in Body-Mind-Spirit. The episodes, Monday - 'Millennial Monday', David gives the millennial view of the week's topic. Tuesday - 'Health Huddles', discussing the body and health. Wednesday - 'Meeting of the Minds', discussing the aspects of the Mind and personal development. Thursday - 'Connection Thursday', discussing higher and spiritual aspects of the topic. Friday-Book Study, each book is gone through in its entirety and connected to the teachings of Stress Mastery.

The Stress Mastery Webinar Workshops: The Webinar Workshops are free classes given on one or more aspects of Stress Mastery. These classes are held to 35-people maximum, to allow interaction between teacher and participants. Each session is an active class of activities and comes with corresponding materials and video. These workshops are held bi-monthly and a place in the class must be reserved.

The Stress Mastery Community: This is a full functioning community that allows a person to accomplish Level One of Stress Mastery. The community has Modules that hold courses on everything needed to accomplish the first level of Stress Mastery. The community is built on a platform, which includes an App, which allows interaction from any device including, phone, tablet, and computer. In the community there are specialized Coaches to motivate, educate, and inspire you on your Stage Four journey. The community has advance members sharing their

experiences and helping participants to successfully move from Stage Three-Socialized Mind into Stage Four-Self-Authoring Mind.

The community holds all the tools and teachings of Stress Mastery, including The Pause-Plan Lifestyle System, a 220-page book, that contains the full diet and exercise programs of Stress Mastery. Every evaluation, resource and courses, one needs to master Level One of Stress Mastery is part of the community. **The first 30-days in the community is Free.** NOTE: *The platform that the community is built upon cannot be changed, so, when you enter it will ask for a credit card, but there is no charge or obligation for the first 30-days, after this period the charge is only \$24.99 per month. The platform is developed with the utmost security to protect information and after a free 30-day trial we will send you a reminder, so you can make the decision to stay or leave. It is important you have peace of mind, if there are any issues, we promise to rectify it immediately.* -Bill Cortright

Stress Mastery Coaching: The coaching system of Stress Mastery is called **Shift Coaching**. The purpose behind this coaching practice is to motivate, educate, and inspire, the client in the scientific techniques to move one toward their desires and goals. When we move toward our desires, we set the AIM-Expansion, FOCUS-Growth, BEHAVIOR-Responsive.

Motivation is creating ‘true’ accountability that helps the client through the challenges of the transitioning process of moving from Stage Three - Socialized Mind, into Stage Four - Self-Authoring Mind. The natural challenges that come with this transition are met with a tailored course geared toward the client's requirements to shift.

Education is teaching the client the Human Survival Process of Focus. Supporting the client in the knowledge of how we are wired as human-beings for survival. Education of the Mind, Body-Body-Mind connection, stress and the Stress Loop, and the Survival Responses of the Stress Response and Tribalization Process. Shift Coaching is focused on the education of Body, Mind, Spirit and how this all ties together in Stress Mastery and into the individual's life situation.

To Inspire the client is a two-phase process. First, is the process of connecting the client to the Heart and their Purpose and Higher Core Values. This process opens the client's understanding of when they are truly connected and the absolute signs when they are disconnected. It is this level of awareness that allows the client to move from Stage Three - Socialized mind, into a solid foundation of Stage Four - Self Authoring mind. Second, the coach derives inspiration opening the mind of the client, thus creating the ability of the client to perceive obstacles that in the past may have derailed their growth and snapped them back into Stage Three. To inspire means to excite, encourage, or breathe life into. Inspire comes from the Latin word that means to inflame or to blow in to. When you inspire something, it is as if you are blowing air over a low flame to make it grow. Shift Coaching is to inspire one to grow by lighting the flame within to Explore and Expand.

If one is searching to get healthy, expand their career, increase their prosperity, heal relationships, end self-sabotage and procrastination, or merely looking for more peace in their lives, Shift Coaching will bring results that will last a lifetime. Let's look at the levels of coaching:

Level One Shift Coaching - Reconnection to Focus: In Level One Coaching the emphasis is the reconnection of Focus. This reconnection is tied to the Body-Mind, Mind-Body Connection. The 12-week coaching curriculum is geared toward the individual's assessment of the Five Life Categories, Career, Finance, Health, Relationships, Personal/Spiritual Development.

Level One of Shift Coaching focuses on the Survival Responses. First, The Stress Response, which addresses the physiological reaction to stress. This is managed through the proper diet and exercise program, which is constructed from the evaluation of the individual, determining how their body handles stress, processes foods, and recuperates. The client is instructed in The Pause-Plan Lifestyle System and the tailored program (Diet and Exercise) that is suitable for their physiology.

The second Survival Response, The Tribalization Process is dealt with through the exercises that discovers the client's unique Purpose and Higher Core Values, which connects Heart. Understanding and knowing the Purpose is a key element of moving out of Stage Three-Socialized mind. It is this exercise that begins the reconnection to the Heart and separation from the Ego. To complete the Heart connection, one must get the clarity of the Head, this is done through Higher Goal Setting. This process develops the clarity of what one really wants and sets the plan in the Head. Finally, finishing this progression brings us to the connection of Head - (Clarity, Goals, Plan), Heart - (Purpose, Values, Imagination), Hand - (Integrity of Action). It is this connection that allows one to move out of Stage Three-Socialized mind.

Addressing the Survival Responses sets the course of the coaching. Reconnecting Focus is about setting the AIM-Expand and Explore (Physiology), FOCUS-Growth (Conscious Mind Control), BEHAVIOR-Responsive (Steps of Stress Mastery). The Seven Steps of Stress Mastery sets the techniques that will be utilized to remain in Stage Four-Self-Authoring Mind. These steps will create awareness, let go of old programming, and create new habits to support Stage Four.

Level Two Shift Coaching - Releasing Programs that Disturbs Focus: In Level Two Shift Coaching, the client has established the techniques and tools to manage the Survival Responses. In this level, one is seeking to move completely into Stage Four-Self-Authoring mind, through releasing the history and old programming, and raising all Five Life Categories, Career, Finance, Health, Relationships, and Personal/Spiritual Development into the AIM-Expand, FOCUS-Growth, BEHAVIOR-Respond, by bringing all categories into 200-Courage Energy or above.

Level Two Shift Coaching no longer is about the basics of Stress Mastery, it is in this level where the client turns their energies to releasing the WANTS, and the Identity. When a client is solidly in Level Two Stress Mastery, they are now fully in Stage Four-Self-Authoring mind. The practices of Level One must be expanded and the coaching

curriculum must be set to activate and release the deep programs of the Ego that makes up one's Identity and history. The shadow is addressed, and the 400-Coaching of the Higher Entrepreneur course introduces the deeper teachings of Shift Coaching.

In level two there is a strong focus on releasing the WANTS with a focus driving toward releasing the anchor of the Ego, Guilt. While one who is working in Level Two will be advancing and shifting all areas of their lives, it is the release of this one program, Guilt, that will allow one to enter the elusive Stage Five-Interconnected Mind of development. Practices in meditation, letting go, mindfulness, deeper knowledge, utilizing Green Focus Management, are all boosted to accomplish the transition from Stage Four to Stage Five.

Level Three Shift Coaching - Becoming the Focus: Level Three Shift Coaching is based in the higher teachings of Stress Mastery. The focus is to release the Guilt Program. When one enters this level of coaching, they have created a tremendous shift in their lives. When this happens, there is a profound shift in consciousness and the client views the world in a different light. Stress is now gone as the shift takes the power from the Ego to obtain conscious mind control. When this shift happens, there are deep changes in both body and mind. The client finds their life becomes more peaceful and calm even when there is some sort of the upset in the environment, this is called attaining equanimity, which is Stress Mastery. All Five Life Categories have shifted, and one now works, plays, and lives in another level of consciousness.

Stress Mastery Lectures and Workshops: Bill Cortright is releasing his new book. “The Illusion of Stress” in April 2020. Keynotes, lectures, and workshops are currently being scheduled. Every lecture and workshop are geared toward the group or company’s main point of interest, mission, or theme. These lectures and workshops can be geared toward wellness, productivity, focus, or the combination of these and how they fit into Stress Mastery.

Mr. Cortright is speaking in churches and other like organizations at no cost for the lecture. These talks can go as deep as the organizers desire.

Stress Mastery Corporate Initiative Series: Mr. Cortright has been involved in corporate wellness since 1995 working in some of the largest companies in the world. In 2020, Mr. Cortright and his team are developing a new corporate program geared toward creating an initiative to set a company’s course with their employees toward the future. This series is geared toward viewing the employee as an asset with a goal to make them successful within the company and at home. This initiative is built around introducing the employee to the tools, techniques and practices of Stress Mastery. This process is designed to incorporate personal development and wellbeing into the workplace with a goal to give the employee the tools and education, so they can improve all aspects of their lives. The purpose of this initiative is to create a healthier, more focused, more productive and a more loyal employee. Bill believes this is the future for companies as the millennial and Z-generations begin to take a more prominent role in the workplace. Programs are built around the Steps of Stress Mastery, Wellness, and Focus Management.

- **Corporate Initiative:** Every Corporate program is designed to meet the goals, needs and budgets of the company. The tailored program is designed to become part of the corporate culture, so when a new employee is hired, they will go through the processes of the program. Each program is built with the long-term benefits in mind.
- **Executive Level:** Special programs are designed for the C-Suite and upper management to give them the understanding of Stress Mastery and to allow those in charge to experience the benefits of the programs. To master stress, organize a process of dealing with problems, and enhance the ability to focus, benefits every player in the management roles.
- **Community:** Every company will have an on-line Private Community built to support the programs initiated and to allow coaches to work with the employees as they progress through the programs. The community is built on a platform that will contain further education and a space where information and communication can be shared.

Stress Mastery Consultation: The consulting services can be based on an individual that is transitioning their career or business or company seeking to develop Focus Management within their lives and the workplace. Consultation can include the following.

- **Business Transition:** Setting up websites and new marketing geared toward the on-line presence of today's world.
- **Medical Practices:** medical offices are set-up to take advantage of the growing wellness initiative taking place. Each office will have the Pause-Plan System incorporated. This includes full program, supplements, testing, and training for all staff.
- **Egoless Selling:** Sales is a profession that one flourishes according, to how one handles stress. In sales it is common to observe even the most successful salesperson having major issues with their health and/or relationships. In other salespeople we identify individuals getting stuck in their sales numbers, still others grow only to sabotage their efforts and fall back. Egoless Selling is a system that uses Stress Mastery and tools of Green Focus Management to empower the salesperson to master the very thing that brings them down... Stress.

The Connection Tools of Stress Mastery

The tools of Stress Mastery are used to evaluate each individual and then tailor whatever they may need for the Stage of Development they may be in.

Wellness - The Pause-Plan Lifestyle System: This is a system that comes complete with Bill's latest research and program designed to reset and manage the physical stress response. Our wellness, health, energy is tied to one factor, the epigenetic expression of our cells. This expression is dictated by the activation of the nervous system. Our nervous system response is in one of two states, Stressed and in the Red Zone or Focused and in the Green Zone. The

management of this survival response can only be done through proper diet and exercise which is matched to the individual's physiology.

The Pause-Plan Lifestyle System contains programs set within a system that resets an individual's physiology and body back to a stasis state and programs that create a lifestyle management process to maintain the stasis of the body. There are three Stress Responder types which constitute the reset phase of the system. Each Responder has a specific diet and supplementation geared toward creating balance in the body. Let's take a quick look at the Responders.

Stress Responders:

1. **Cage Rattler:** This responder has adrenal issues with the stress response imbalanced. When the stress response is imbalanced all other hormones, those for repair and recuperation are disconnected. Usually in 4-6-weeks the reset is complete.
2. **Stress Belly:** This responder has liver issues which can be from a fatty liver or an overworked liver. This regimen is specific and gets results in little as two weeks. The diet and supplements are geared to get the liver back to full function. No health can be obtained if the liver is not functioning at an optimal level. Many times, this stress responder may have to transition into another reset but not always.
3. **Hormone Trap:** This responder is put into a regimen designed to create a hormone connection. This is not about male or female hormones, it is about the reconnection of the HPA-axis, which creates the wellness communication with the hormone connection that tells the body to burn fat and repair muscle.

Three Pause-Plan Program Levels: Not everyone needs to reset the body and enter the Stress Responders. Some will go straight into the Program Levels. There are three levels of programs and these are determined by how the individual's body processes carbohydrates. It is sugar that affects the stress response and the state of the body. The purpose of the diet and exercise program is to manage the nervous system. Whatever nervous system is activated (Red or Green Zone) determines the epigenetic expression of every cell in the body. The stress response is a response that cannot be shut off and is only managed by the correct diet and exercise based on the person's physiology. There are four base supplements for each Program Level, these are to maintain the stasis of the body.

Evaluation of the Body

Wellness Survey or Lab Tests: The evaluation process to determine the proper Pause-Plan Lifestyle program has two options. One, the Wellness Survey, which is filled out and sent to the Stress Mastery team. This is analyzed and the individual is sent a detailed email that leads them into their program. The advance option is to do the Stress Mastery lab panel. You can use our on-line lab and there is no need for a doctor, or we will send you a list of labs for your physician to perform. WARNING: We are not doctors. We are not looking at labs to diagnose. We are

looking at the physiology of how the body is processing food, recuperating and handling stress. We do have a medical director that can be seen if you are interested.

Adrenal Evaluation: This simple evaluation can give us an idea of what level of adrenal function you may be in. There are four levels, Optimal Function, Insufficient Function, Adrenal Fatigue, Adrenal Burnout. This evaluation can help tell us how stressed the body may be.

Evaluation of the Mind

Discovery of Purpose and Higher Values: This evaluation is an exercise that you go through to discover your purpose and higher values. This process is done by going through an exercise that exposes the beliefs held within the subconscious mind. All Five Life Categories are evaluated, Career, Finance, Health, Relationships, Personal/Spiritual Development. This is done in two parts, first a rapid-fire question and answer to questions in each category. Second, an evaluation on how the belief exposed serves you within the Ten Purposes of the Tribe. This process will reveal your Purpose and Values. Knowing our Purpose allows us to discover our higher-self and notice our pendulum swing when we go into the Red Zone and disconnect from our purpose. The answers are sent to the Stress Mastery team which analyzes the answers and determines what purpose is revealed.

Five Life Category Assessment: The key in moving through the levels of Stress Mastery we must get through all the Stages of Personal Development. To accomplish this all %Life Categories must be in the Green Zone 200-Courage or higher. This evaluation will give a score as you start the Level One Stress Mastery and it will give a snapshot if a category may need more attention. Most clients score 50-60 on the evaluation as they begin the Seven Steps of Stress Mastery, after 12-weeks the average score jumps to 85.

Higher Goal Setting Exercise: The survival process of focus is what sets our AIM and the key element in progressing through the stages is the art of setting goals that are Intune with how our survival process operates. The Higher Goal exercises are designed to take the individual through a process that educates them in the physiology that sets the AIM-FOCUS-BEHAVIOR. In this exercise we set the Head, we get the clarity of what we want? We set the goal and plan with precision. Then we take the goal from the Head and connect it to the Heart and the superpower of imagination. This process takes the outcome-based goal and creates the Identity Based Goal by connecting Head-Heart-Hand.

System of Focus

Green Focus Management: The system of Green Focus Management uses the Steps of Stress Mastery along with a system that sets the week, day, hour, to create a space that one works in the Green Zone and with the AIM-Expansion, FOCUS-Growth, BEHAVIOR-Responsive. The Green Focus Management system uses techniques that organizes the individual.

A system is defined as a set of principles or procedures according to which something is done, an organized scheme or method. A system must work within how our physiology and how our body responds to stress. A system must work within how our brain uses energy and within the function

of the nervous system. A system must allow us to work in today's content overload and technology driven society. The Green Focus Management System is based on the following.

- **Set of Principles:** The principles of GFMS are from how the physiology of the mind-body, body-mind functions within the survival process of stress.
- **Procedures:** The procedures are directed to create focus on the task at hand by removing distractions and locking in the conscious mind.
- **Organized Scheme:** The scheme is built off setting each day, closing each day, and monotasking the work at hand.

Seven Steps of Stress Mastery

Step One: Diet - Green Zone

Stress Mastery begins with the management of the physiological response to stress and this is done through diet. Our physiology sets our AIM which determines our FOCUS, and this drives our BEHAVIOR. The Survival Response of the Stress Response is part of our survival DNA and it is never shut off. The management of the Stress Response determines if your physiology is in the stressed reactive Red Zone (Sympathetic Nervous System) or the responsive Green Zone (Parasympathetic Nervous System). The true purpose of diet is to manage the stress response and it is this management that allows our nervous system to work in the Green Zone and set our AIM-Expansion, FOCUS-Growth, BEHAVIOR-Responsive. When we are in the Green Zone, we have willpower, metabolic balance, well-being and more importantly we have a higher connection which creates the growth Focus and Higher Performance.

A simple evaluation will reveal how your body recuperates, processes food, and handles stress. This evaluation is used to create the proper eating plan that works with your unique physiology to live, work, and play in the Green Zone.

Note: Steps one and two of Stress Mastery are all about the physiology and how the body functions within its programming built around stress. To manage this programming one must have the appropriate diet and exercise built around how their body works and the lifestyle they live. To give the proper plan and education around this, I had to write a separate book entirely for diet and exercise. This 220-page book is found in the Stress Mastery Community and is a 'free' download. Simply enter the community go to Courses and go to Resources and download "The Pause-Plan Lifestyle System" book. You also have 30-days free in the community where you can explore and do other evaluations that I will discuss later. Feel free to DM me directly in the community. Bill

Step Two: Exercise - Biomarkers of Health

Step Two of Stress Mastery is designed to create healthy Biomarkers of Health. The key biomarker for health, longevity, and performance is Biomarker One-Muscle explained in “The Pause-Plan Lifestyle” book. Our current health and our long-term health are determined by one thing, our body’s ability to recuperate and repair daily. The purpose of exercise is to maintain and or increase muscle, as muscle is what maintains the other biomarkers that cause disease. Stress and exercise are a new science that we all need to learn. The Heart Rate Variability (HRV) is what determines if the body is in the Red or Green Zone. If you exercise but your body cannot recuperate, you will lower the HRV and increase your stress by locking in the Red Zone and put the AIM in Resistance causing us to be stressed out.

Evaluating how your body handles stress and repairs is key in creating the ideal exercise regimen for your unique physiology.

Step Three: Name the Ego - Create Awareness

Name the Ego is about creating awareness that you have a voice in your head. All day long we live with an inner critic that complains about everything. Most people go through life and believe the voice is them...it is not. The voice consists of the thoughts and stories you are carrying in your mind. These thoughts come from the beliefs you hold in the subconscious mind (Programs) and these beliefs sets our physiology, which sets our AIM-Resistance and Restriction, FOCUS-Fear, BEHAVIOR-Reaction. We cannot intellectually change our life situation if it is the intellect that has built it. You intellectually know that grabbing two doughnuts and a cup of coffee with four sugars and cream for breakfast as you rush to work is inefficient. To change this, you must change the program that causes it, this cannot be willed. The identity that you believe you are is not you, it is a cluster of programs that make up your belief systems and habits, it’s the Ego. The Ego’s purpose is to keep you in Stage Three Socialized mind and trapped within the tribe. When we give the Ego a name we begin to separate ‘it’ from ‘us’ and this creates awareness.

Step Four: Let Go Technique - Be Honest

The Let Go Technique is about releasing the programs that are causing behaviors that don’t serve your highest self. When a program is activated in the Head, we experience it in the body (Heart) and this creates what is called the Stress Loop. Let’s say you have an anxious thought; how do you know you have an anxious thought? You feel the anxiety in the body. The Stress Loop works like this, anxious thought, the Head brain communicates to the Heart brain, you experience anxiety. The Heart brain then communicates to the Head brain, confirming that we are in anxiety, completing the Stress Loop. As you feel anxious, more thoughts are created, and the Ego constructs a story about why you are in anxiety and the Heart keeps you in the loop and you feel stressed out. Now, if you have awareness and identify the Ego talking about anxiety,

you can focus on the Heart and by having that awareness, you change the AIM from restriction to expansion, changing the FOCUS from Fear to Growth, changing the BEHAVIOR from Reaction to Responsive. The process of Letting Go changes the communication from the Heart brain (Variance) to the Head brain and this changes your state. More important, it weakens and eventually releases the program that caused the anxiety, no program, no anxiety.

This step creates complete honesty as you begin to separate the two 'I's, 'I' of Identification, (Ego) and 'I' of Presence (You). You then see the stories, excuses, complaints, blaming, stories that you believed that something outside your-self was causing disruption in your state. You become honest and accept respond-ability in the Now.

Step Five: Green Focus Power Hour - Reset

Step Five of Stress Mastery-Green Focus Power Hour (GFPH) is about resetting the programs in the subconscious mind that drive our behaviors. The first seven-years of life in Stage One-Impulsive mind, we each go through what is called The Tribalization Process. This process is when you are programmed with your identity (Ego), belief systems, behaviors, habits, all to fit and act within your tribe. The Tribalization Process is rooted deep in our survival biology and it creates your identity without your conscious input. You were basically programmed to act, think, believe, in those first seven-years, which sets your AIM-Restriction and Resistance, FOCUS-Fear, BEHAVIOR-Reaction. The GFPH is a series of exercises that are designed for you to reprogram the subconscious mind with the programs and habits that serve your higher purpose and growth. The GFPH is the way to set each day in the Green Zone, this process sets the AIM-FOCUS-BEHAVIOR to increase both Focus and Performance.

Step Six: Meditation - The Answer

Meditation is the answer to all problems. When we have a problem there must be a story expressing to us that we have a problem. Without the story, the problem would be simply a situation that needs attention. A problem is created through our history, a story we bring from the past into our present. We strengthen a problem by focusing on it, complaining about it, thinking about it, and reliving it over and over in the Stress Loop, which sets the AIM-Resistance and Restriction, FOCUS-Fear, BEHAVIOR-Reaction. Meditation is the natural progression of the steps of Stress Mastery. As you master the first five-steps you begin to shift your consciousness and the way you feel and think. This process takes one out of Stage Three-Socialized mind into Stage Four-Self-Authoring mind. It is this stage that meditation becomes the key exercise in Stress Mastery. As working out tunes the body, meditation is a workout that tunes the mind. The more tuned the mind, the more awareness, the more control of the AIM. The increase in awareness allows you to seamlessly identify the Ego attempting to create a story around a situation, allowing the break of the Stress Loop, no story, no problem.

Step Seven: Finding the NOW - Stress Mastery

Stage Five - Interconnected mind defuses the Ego so it can no longer take conscious mind control. The Ego may still be in the Head, but losing the ability to take conscious mind control, it also loses the ability to set the AIM into Restriction. The increased awareness allows us to effortlessly set the AIM-Expansion, FOCUS-Growth, BEHAVIOR-Responsive, keeping us present and in the Now. In the Now there is no stress, without stories based from our history or a worrisome future, there cannot be stress. In the Now we are connected Head-Heart-Hand. Head is where we get clarity, plan, set our AIM (Conscious Mind Control). In the Now, the Head is connected to the Heart, where we hold our Purpose, Values, and superpower of Imagination. With the Head-Heart connected in the Now, the Hand is then connected in Integrity of action. The FOCUS-Growth powers Integrity, setting our BEHAVIOR to respond and act, even if we feel fear or the voice in our head is screaming for us to procrastinate. Finding the Now is Stress Mastery, a state, when the outside circumstances of your life, no longer disrupt your inner-being, this is Stage Five-Interconnected mind.

Focused Energy Stream for Each Energy Level

Dr. David Hawkins created these energies, which he called his “Map of Consciousness”. I have used these energies in Shift Coaching since the mid-nineties. The Red Zone Energies are the states expressed when the AIM-Restriction-Resistance, FOCUS-Fear, BEHAVIOR-Reactive. The Red Zone was programmed in Stage One-Impulsive mind, strengthened in Stage Two-Imperial mind, and solidified in Stage Three-Socialized mind.

When we make any attempt in personal development, we step out of the Red Zone Energies into the Green Zone Energies, we enter Stage Four-Self-Authoring mind. The Red Zone Energies will always eventually fall to Guilt and Shame, while the Green Zone Energies will rise if we maintain conscious mind control. Here lies the challenge of entering Stage Five-Interconnected mind. If one should enter the 200-Courage Energy, they change the AIM and create FOCUS-Growth, but if they should become negative and fall back in the Red Zone, they must enter back into the Green Zone thru 200-Courage. This is the challenge when we leave Stage Three and step into Stage Four, our programmed subconscious mind is designed to remain as it was programmed in the first stages of development.

Each of us has a predominant energy, this is determined by the sum of the programs one holds within the subconscious mind (Programming). If one has more fear programs than other programs, the predominate energy will be Fear, this person will be anxious. To change our state and energy, we must release the programs that pull us into the Red Zone. This is done through the processes of Stress Mastery, but it is important to understand that we cannot release a program unless it becomes activated. This is the reason someone does not jump from Stage Three-Socialized mind to Stage Five-Interconnected mind.

To enter Stage Five-Interconnected mind, one must have a predominant energy of 350-Willingness, 400-Reason. It is this level of energy that disengages the Ego's ability to seize conscious mind control. I have all my clients print and get familiar with these energies. There are many levels and intensities of Red and Green Zone Energies.

Level Three: Enlightenment: Being

700-1000 Enlightenment-Being, Boundless, Timeless, Ageless, Eternal, Glowing, I AM, Great Masters such as Jesus, Buddha, Krishna, Babaji, Lao Tzu, Muhammad, Rumi, Socrates, Yogananda, Osho, Today-Eckhart Tolle, Adyashanti, Sadhguru, Mooji, to name a few.
600-Peace-Calm, Free, Awareness, Complete, Knowingness, Perfection, Presence,
540-Joy-Centered, Fulfilled, Oneness, Space, Timeless, Unlimited, Whole
500-Love-Fulfilled, Free, Light, Pure, Quiet, Serenity, Tranquility,

Level Two: Growth Energies: Self-Mastery to Stress Mastery

Stress Mastery

400-Reason- Embracing, Wonder, Secure, Radiant, Enhanced, Gentle, Enriched, Loving, Intuitive
350-Acceptance-Surrendered, Beautiful, Well-Being, Playful, Harmonious, Understanding, Warm

Self-Mastery

310-Willingness-Optimistic, Abundance, Everything is OK, Friendly, Gracious, Joyful, Cheerful, Promising, Favorable,
250-Neutrality- Flexible, Assured, Explorative, Integrity, Open, Motivated, Receptive, Spontaneous, Willing
200-Courage- Alert, Aware, Confident, Focused, I Can, Initiative, Purposeful, Strong, Happy, Positive.

Level One: Survival Stress Energies

Ego Focus Future

175-Pride- Aloof, Boastful, Vain, Unforgiving, Self-Satisfied, Prejudiced, Smug, Opinionated, Clever, Closed, Bigoted, Bored, Critical, Righteous, Never Wrong
150-Anger- Aggressive, Annoyed, Outraged, Stern, Resistant, Resentment, Rude, Pushy, Harsh, Defiant, Irritated, Impatience, Jealous, Mad, Mean, Belligerent, Overwhelmed
125-Desire- Anticipation, Reckless, Possessive, Obsessed, Can't Wait, Driven, Frustrated, Manipulative, Demanding, Greedy, I Want, Selfish, Must Have It,

100-Fear- Anxious, Shy, Nervous, Embarrassed, Cowardice, Doubt, Worry, Trapped, Irrational, Panic, Terrified, Tense, Timid, Skeptical, Paralyzed, Hesitant, Avoidance,

Ego Focus Past

75-Grief-Blue, Abandoned, Abused, Cheated, Disappointed, Unloved, Sadness, Pity, Regret, Helpless, Inadequate, Torn, Unwanted, Rejected, Misunderstood, Sorrow,

50-Apathy, I Can't, Bored, Lazy, Stuck, Unfocused, I Don't Care, Drained, Lost, Indecisive, Doomed, Listless, Despair, Giving Up, Discouraged, Too Tired

30-Guilt, Can't Win, Cut-Off, Worthless, Loser, Failure, Hopeless, Useless, I Don't Care, Defeated, Negative, Inattentive, Demoralized, Powerless, Regret, Manipulative

Below 30-Shame, Unworthiness, Dirty, Broken, Unwanted, No Way Out, Empty, Embarrassed, Humiliated, Suicidal