

THE AMERICAN MONK

LESSON 2

by
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How To Gain Total Self-Mastery Over Your Fears, Habits & Emotions

The mind is a wonderfully amazing and mysterious thing, with the abilities to memorize, calculate, reason and recall.

The mind can envision a creation that doesn't yet exist, view it in 3-D and extrapolate the materials needed to bring it to life. It can analyze and ponder, theorize and suppose. Our mind literally controls every function in our physical bodies, from breathing and walking to the behaviors and attitudes that stem from our innermost beliefs.

In fact, next to the Spirit itself, the mind is the most mysterious and fascinating aspect of the human body. Science can't unravel it and religion doesn't even address it, yet it is the key to everything about our world that we call "life".

The mind is, in fact, a powerful tool.



Learn to be a
master OF mind
rather than
mastered
BY mind.



One that when used correctly, can shape and bend reality to meet your every desire.

Using the power of thought, you can literally create a reality that mimics your innermost dreams and aspirations. You can create happiness, abundance and even good health.

Unfortunately, the mind doesn't know if it's being used correctly or not. On its own, the mind simply gives equal energy to any thought with focus, interpreting that focus as a desire or intent.

This tool of power and beauty also controls our fears, habits and emotions. It causes us to fear irrational things. It causes us to get addicted to certain foods, it causes us to get angry in the presence of certain people.

It doesn't distinguish between good or bad nor does it have any attachment to a particular result. It just is what it is. If left unchecked, the mind will continue to bend and shape reality as it was designed to but without any regard to the reality it is creating.

Think about it for a moment: if we didn't believe we were mad, would we still feel the anger? If we didn't believe we were hungry, would we still overeat?

THINKING CREATES AN IMAGE

In his wonderful book, "Your Winner's Image," Bob Proctor quotes his teacher Leland Val Vandewall:

"Thinking creates an image. Images control feelings. Feelings cause actions and actions create results."

~ Bob Proctor

When we think we are hungry, we are. When we think we are angry, anger is exactly what we feel. So if we think we live an abundant and blessed life, would that also be true as well?

The answer is a definitive **YES**.

What we think and believe
is what becomes true.
The true captains of their souls are those
who have control over their emotions.

MASTERING YOUR EMOTIONS CAN OPEN DOORS YOU NEVER IMAGINED.

Imagine if...

- * You could break bad habits without stress or struggle. Put an end to smoking, waking up late, or over-eating.
- * You could accomplish any task without fear or doubt.
- * You could melt away phobias ranging from fear of public speaking to fear of dogs, flying, or spiders.
- * People who cause you to feel intense stress or anger no longer have any effect on you. You can calmly stare them in the eye and control your feelings towards them.
- * You could overcome feelings of guilt or worse... depression.
- * You could literally steer your life in any direction you wanted.

THIS LESSON WILL SHOW YOU HOW

One-by-one, we'll explain you how to get rid of three of the biggest mental traps that prevent us from living a life of true potential:

1. *Irrational fears and phobias*
2. *Bad habits that seem hard to break*
3. *Uncontrolled emotions that prevent us from acting rationally*

ENDING IRRATIONAL FEARS AND PHOBIAS

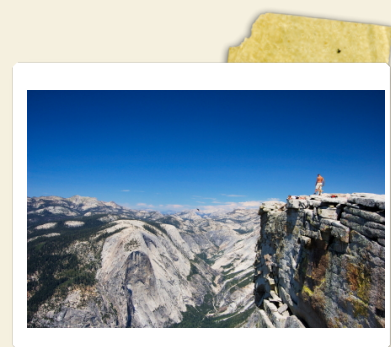
Given that our emotions are happy to "speak" on our behalf, it stands to reason that much of our life is experienced through an emotionally

influenced state of mind. If you agree with that statement, then let me ask you this:

Is it possible then, that you've missed opportunities or taken a different direction because you were driven by your emotions at the time? If you look back at your life, you'll probably find that the answer is an unequivocal "yes."

These same emotions are what cause us to overeat, smoke, drink and indulge in other habits we know aren't healthy.

They are also the cause behind depression, fear and even phobias about certain scenarios, images or encounters.



Someone who is afraid of spiders for example, believes they are afraid before they even see the eight legs. Just the mere suggestion can cause them to shiver, shake and sweat and yet, there's no spider anywhere in sight.

Now some fears are certainly justified and "reasonable"; those are the ones that you should keep. Walking by a dark alley at night should invoke some level of fear so that you remain alert and ready to run if danger comes your way.

Feeling afraid when you encounter a rattlesnake is another reasonable fear, one that will cause you to move away quickly and avoid

The fear has passed because the situation no longer exists. With an irrational fear however, the potential for the situation always exists and therefore, the fear can never pass.

being bitten. And that's a good thing. Reasonable fears protect you and keep you safe.

sense of danger goes away and you begin to relax.

Irrational fears on the other hand, are those where running or protecting yourself isn't an issue. Fear of those spiders for example would be reasonable if they were crawling on you but fear of spiders on a fence 10 feet away or even the mere image of a spider isn't rational. No escape is needed because there's no danger present. And realistically, how do you run away from a mental image of a spider?

These kinds of fears become phobias. We dread a particular person, event or situation to the point that it consumes our existence yet, there's not really anything we can do to eliminate the fear.

We can't run, we can't hide and we certainly can't fight something that resides only in our imagination because in reality, that's all the phobia is: an imagined fear of possibilities or the unknown.

A fear such as this isn't manageable because you can't conquer it and return to normal. When you walk past the dark alley for example, your adrenaline is pumping and your senses are on fire. But once you've passed the dark alley, the

This same process is true of any fear or perceived need. The more we believe we're hungry for example, the more driven we are to eat. It doesn't matter if we've just finished a meal and it doesn't matter that we know we're not really hungry.

We'll stress and struggle over the idea of a candy bar or bag of chips even though we know we'll regret eating it later. But again, none of that matters. Once the perception has presented itself, we can't focus on anything else.

THIS IS NO WAY TO LIVE

But there is a way to control your fears and phobias. It's a technique I learned many decades ago called The Metaphor Technique. At the bottom of this lesson I'll let you download a special audio where I will guide you through using this technique.

But first, let's go on to the second mental block...

OVERCOMING ADDICTIONS

What is an addiction anyway? There are many definitions, but the simplest is something that you are dependent upon. That means you have

a great need for it. You want it deep from the very core of your being. You desire your addiction to the point that if you can't have it, it will consume your thoughts until you appease the addiction and partake in whatever it is you're addicted to.

But let's stop and think about that: why are you addicted to it? Is it a physical addiction? A psychological addiction? Or a combination of the two?

Many addictions are in fact both, and will produce withdrawal symptoms that affect both the body and mind. But in order to be addicted to something, you definitely need to believe in the addiction yourself. Many smokers for example begin to panic when they realize they're almost out of cigarettes. They will mentally calculate how long they can go before they need to go buy again. Going out of town? They'll stock up to ensure they don't run out while they're away. This isn't a physical response since the addiction hasn't yet been removed. There's no reason for the body to go into withdrawal because the smoker is still smoking.

SO WHAT DRIVES THE PANIC?

That's right—the mind. The smoker believes that he or she is addicted to cigarettes. So much, so that they aren't willing to risk what will happen if they run out. That's their belief at work, not their body. In fact, the body never even has the opportunity to experience withdrawal because the mind makes sure that this event never occurs.

And what if the smoker did decide to stop? It is the mind that reacts immediately, knowing that the cigarettes are no longer available well before the body ever realizes the deficiency. The mind will go into withdrawal almost immediately, regardless of whether or not the body is experiencing any effects from the lack of tobacco.

Most addictions are started by a stimulus of some sort. It could be a stimulus coming from the outside, such as a picture of a slice of apple pie or an actor smoking a cigarette on your favorite TV show. If you are someone who is affected by this stimulus, just the mere image is enough to start the ball rolling.

A thought is formed, even if it's on an unconscious level, and the energy begins to build. Stimulus, thought, action. You can't control the stimulus; it's everywhere you look. You can't really control the energy either since this is the true cause of the addiction.

What's left is the thought. And therein lies the solution to your problem. When you can control thought, you control the energy and the action.

The key is changing the thought towards your addiction. But now, the final mental block... uncontrollable emotions!

MASTERING YOUR EMOTIONS

We've all experienced loss and suffering in our lives, some more so than others. What's interesting however is that some of us are able to cry a little and then move on while others

Guilt is our compulsion to repeat the act correctly and alleviate the feeling of having done something wrong. Undo the wrong, and you'll feel better about the thing.

experience such a profound sense of loss that they just never seem to recover.

The same applies to other emotions, anger at a spouse, a feeling of betrayal towards a friend, disappointment towards a loved one.

*Emotions drive brain waves,
so the stronger the emotion,
the higher the brain wave will be.
Its no surprise then,
that when we experience
intense emotions,
we have trouble thinking
clearly and logically.*

THE SIN-GUILT-PUNISHMENT TRAP

There are many standards that have been pounded into you over the years, “shalls” and “shall nots” that authority figures have set for you to follow. Generally, these things that you are told to do or not to do are done so with the intention of helping you and protecting you.

“Don’t play with fire,” for example or “look both ways before you cross the street.” Some are not so logical, such as don’t eat meat on Friday, but regardless of the logic behind it, the emotional reaction when we miss the mark is the same.

Guilt is the feeling we get when we know we’ve done something wrong. The size of the sin is

irrelevant in that they will all produce the same sensation and try as we might, we can’t stop thinking about the wrong that we’ve committed.

If we are unable to right the wrong, punishment comes into play. We believe that by committing the sin and not acknowledging the guilt and making it right, we deserve (and expect) to be punished.

In the event that no tangible punishment comes, we are left with the unrelenting guilt and we will subsequently set about punishing ourselves.

This is often the case when someone dies. No longer able to “make things right,” we now regret things that were said or left unsaid but have no way to make amends. This creates a guilt that can’t be appeased. We are aware of the sin and it causes us great remorse, but there’s no punishment to allow us to pay our dues.

Unless we can break this cycle and alleviate the negativity we are experiencing, many of us can become overwhelmed with the guilt, allowing it to affect our attitude about ourselves and our outlook on life. And for some, that can mean depression.

Depression is that ugly little thing that no one wants to talk about but millions are treated for every day. There are many different types of

depression. From clinical depression which involves a chemical imbalance in the brain to a general and unspecific feeling of unease.

Obviously, if a chemical imbalance is involved, you should seek help from a mental health provider as quickly as possible. But if your depression is more of the general “blues,” you might very well benefit from the things you learn here.

People typically develop depression after stressful events in their lives. This could be something as serious as the loss of a loved one or a divorce to smaller events such as a series of missed promotions or financial issues.

Researchers have developed a theory called:

“Learned Helplessness”

This refers to an attitude that you are unable to adequately manage your lives. This is often marked by the expectation for things to go wrong because, of course, you’re the one handling them.

Negative self-talk often accompanies these feelings of inadequacy:

- * “I’m such an idiot...”
- * “What was I thinking?”
- * “I’ll never have [a nice car, a good job]...”

This self-talk just strengthens the idea that you are less than competent and whenever a new misfortune occurs, this just reinforces your low opinion of yourself.

What we must do here is
change our attitude
about the events in question.

Instead of focusing on the negative,
redirect your energies
by using the event to stimulate
a creative change in your attitude.

If you’ve just lost your job for example, this gives you the opportunity to find a new and better means of employment. Maybe it’s the push you needed to finally start that business you’ve been talking about or make a change in your career path.

JUMPING FROM THE FRYING PAN

When you master the art of separating yourself from your emotions, you begin to see new opportunities through manifestation. This is because you are no longer attached to the outcome and no longer live in fear of the unknown.

They refuse to “jump from the frying pan” because they fear the possibility of the fire below. But our evolution relies on change and when you gain control over your emotions, you start to realize that change just might be exactly what you need.

This awakening allows new possibilities to become plausible. We begin to see past the limitations we’ve imagined for ourselves to the real and limitless potential we truly possess.

“Every event, every person, every moment of our lives represent new opportunities for growth, enlightenment and abundance. We just have to let go of our emotional-mind so that we can see clearly what lies before us.”

Lesson 2: Download & Listen To The Metaphor Technique [here](#).

