

**PREREQUISITES FOR GROWTH AND AUTHENTICITY**

1. Among many native traditions, it is said life is simple if you:
  - ◆ Show up.
  - ◆ Pay attention.
  - ◆ Tell the truth without blame or judgment.
  - ◆ Are open to outcome, rather than attached to outcome.
2. To begin the process of personal growth, engage your self-observer and:
  - ◆ Delete the need to understand.
  - ◆ Make no comparisons.
  - ◆ Release all judgment.
3. You must maintain a viewpoint of accountability. Accountability is the willingness to maintain the point of view—whether or not it is yet your experience—that you are a part, cause, agent or source of your experience and everything around you.
4. Living courageously is taking action in the presence of fear. Making a growth choice rather than a fear choice.
5. Personal growth requires the surrender and transcendence of addictions, laziness and reactive behavior. This means facing your emotions rather than avoiding them.
6. Personal growth requires the surrender of denial, a commitment to telling the truth about reality, the truth about where I am and what I am doing in my life right now.
7. Personal growth requires the willingness to defer immediate gratification.
8. The true-self is revealed in the stopping of the mind. When you face your emotions they become allies, dive into them and there is dissolution, and beneath infinite silence. Silence mirrors back the neurotic condition of the false-self, created by fixation with the attachment to form. The gift of silence is that it reveals who you are not. Silence reveals the veiling of pure consciousness, through the actions of ego identification.
9. Self-realization requires engaging the Observer. This is a “focus of attention” beyond any rational state, where one identifies with the “silent-inner-true-self,” the divine, rather than the stories of the ego and rational mind. From this silence there is no rational action required “you” are the observer, what is observed and the process of observation. The silent-observer simply views inner and outer sensations, judgments, thoughts, breath and behavior without ascribing meaning to what is seen.

The silent-self-observer is like the film in a camera. It “objectively” records what is seen without comment. It becomes apparent that no matter what is seen in the world, it is first projected onto the outer landscape from within. You have a thought. Your mind projects the thought onto the outer world. You then experience a “perception” of this thought projection. This is how thoughts create reality and become self-fulfilling prophecies. Self-observation allows you to face what is seen and penetrate the projection. As if by magic the act of observation results in dissolution of the projection. One's true nature is seen as independent from one's thoughts. Our true nature, source and power exists in the silence.

10. The process of “Personal Growth” requires the participation and support of others of like mind, the cultivation of honest and sincere relationships and community.

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