# Level 6: Protect

Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creating the Bridge</td>
<td>3</td>
</tr>
<tr>
<td>Project: Forward</td>
<td>5</td>
</tr>
<tr>
<td>Recharge Your Energy Centers</td>
<td>7</td>
</tr>
<tr>
<td>The Power of Level 6: Giver of All Protections</td>
<td>11</td>
</tr>
<tr>
<td>The Talu Chakra</td>
<td>15</td>
</tr>
<tr>
<td>In Real Life</td>
<td>17</td>
</tr>
<tr>
<td>Be Persistent</td>
<td>19</td>
</tr>
<tr>
<td>Find Strength in Your Weakness</td>
<td>23</td>
</tr>
<tr>
<td>Living Fear Free</td>
<td>25</td>
</tr>
<tr>
<td>Project: Work—Om/Aum – The Protector of All</td>
<td>29</td>
</tr>
<tr>
<td>Level Six Infographic</td>
<td>31</td>
</tr>
</tbody>
</table>
The mind is not a vessel to be filled, but a fire to be kindled.
—Plutarch
Creating the Bridge

Welcome back to Project:Yourself. Level Six is called “Protect”. The corresponding level of the Sri Yantra is called the “Giver of All Protections.”

In Level Five you were given what you need and were drawing who and what you needed to you, to proceed on your path of creating your new reality. In this level you are gaining protection as you continue on this path.

This is a critical level, because it creates a very important bridge between the work you’ve been doing in the previous levels and Level Seven, where you will literally start projecting!

Up until now we’ve been transforming the energy. In the last level you started putting out the physical vibration to create your new reality... and in this level you’ll actually start to access a part of your brain—the area that is located at the very base of your third eye. It’s here that you will be building up an important awareness and strength to physically start the projection process.
Begin in a comfortable seated position in a room or setting that allows for creative expansion, wherever that may for you. This can be with your legs crossed or kneeling, but be sure to keep your spine long and straight. Close your eyes as you take a deep breath in and allow your breath to shift your focus inward.

Picture your avatar here, simultaneously breathing in and out with you, releasing the same tensions spots, letting the same breath be a guide to your journey. As your torso rises with each inhale and belly falls with each exhale, picture your avatar there with you, rising and falling, inhaling and exhaling. (pause)

In this level, you will be accessing the power of Sri Yantra that lies within the inner 10-cornered figure, “The Giver of All Protection.”

Visualize the Sri Yantra at each breath, perhaps, letting each layer unfold to form its wondrous angles, shapes, corners and portals.

In this past level, Level Five, you were given what you needed to move forward... (pause)

In this level, Level Six, you are being protected as you proceed.

This is not just the idea of angel wings enveloping you as you move forward, but these 10 inner triangles are representative of the 10 vital fires within you. These are the fires of purgation (Rechak), digestion (Pachak), absorption (Shoshak), burning (Dahak), the secretion of enzymes (Plavak), acidification (Ksharak), to take out or excrete (Uddharak), the fires of pessimism and frustration (Kshobhak), the fire of assimilation (Jrambhak) and creating luster (Mohak).

Take a long deep breath in, sending this breath to your belly, your core agni, or fire, center.

Release with an audible exhale… long and deep through your mouth.

It is here that inner realization begins. (pause) It is here, in this level, where you will learn how to apply the Napoleon Hill concepts of persistence and how to live free of fear. (pause)

Take another deep inhale and again, release it fully through your mouth, letting go of your current largest fear. (pause)

As you breath in and out, think of a weakness about yourself that you are aware of. (pause)

At the next breath, think of a way this weakness has led to one of your strengths or strong points. (pause)

Return to back to your natural breath.
This level digs into these parts of yourself, overcoming the root of your greatest fears and once again tapping into the power of Om to access the protections you need to create your new reality.

Take one last deep inhale. As you fully exhale, gently open your eyes.

**Project: Reflections**

Reflect back upon your journey through Level Six’s Project: Forward and write down everything that you felt and observed. What protections and awareness did you start to feel surfacing? What thoughts and emotions were conjured up for you? Capture this now….

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Recharge Your Energy Centers

The power of color is one of the very essences of life. You may not be aware of this yet, but you interpret life as much through color as you do shapes, textures, smells and sounds.

One of our most important energy sources is light, and the entire spectrum of colors is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on, in some part, to exist. For example, a lack of sunlight can lead to a Vitamin D deficiency, which can lead to degeneration of your bones and other physical ailments. Lack of sunlight can also lead to psychological challenges, like seasonal affective disorder (SAD). In fact, The National Institute of Mental Health has conducted studies showing that our mental health, behavior and general efficiency in life depends to a large extent on being exposed to a natural color balance. And so, when something goes wrong, or is out of balance, you can turn to color to strengthen and protect your energy centers.

For the element infusion for this level we’re going to once again tap into the power of scent and color to access and unleash your greatest strengths throughout this level. To do this, surround yourself with the color electric indigo and the scents of leather, cloves, or sandalwood. Natural scents like sandalwood increase oxygen flow to your brain.

Any time to you want to access your strengths and feed your 6th chakra, you can do small things like burn a clove or sandalwood candle, drink a spiced tea that contains cloves, or surround yourself with the scent of fresh leather and the color of electric indigo.

Surrounding yourself with the color Electric Indigo allows you to tap into the strength of your intuition and spiritual knowledge.
Feeding Your 6th Chakra—Guided Meditation

Before you begin, set the scene of the room or your space. Surround yourself with the color electric indigo, perhaps in the form of flowers, scarves or photos capturing this hue.

Then, incorporate natural scents such as sandalwood, which increases oxygen flow to your brain. You can even add in deep scents such as leather or cloves into your space. Any of this, whether it’s lighting sandalwood incense or drinking tea infused with cloves, will feed your 6th chakra to access your strengths.

Start in a comfortable seated position with a straight spine for a long line of energy and close your eyes. Let your breath be steady, at your own pace and natural flow. (pause)

Your 6th chakra is known as your third eye, your seat of your intuition. Often, this lens is blocked with past voices in our subconscious that tell us not to trust our intuition. To open this lens, as you take deep full breaths through your nostrils, start to bring your drishthi, your inner focal point to the point between your eyes in the center of your forehead. For every breath you take in, send energy to this focal point, and for every breath out, let light into the world from this very point. (pause)

Continue to take deep slow breaths here, inhaling to the your third eye, and exhaling out of your third eye, allowing your life force of breath, this prana, facilitate an opening and expansion of your ajna, your 6th chakra. (pause)

Next, begin to stretch your tongue back into the throat. Place the tip of your tongue to the roof of your mouth, flexing it to reach the main sinus cavity behind the roof of the mouth, where your soft palate begins. It may take time to reach it there, be patient. The palate is representative of your brain stem area and this tongue exercise is known as the Divine Nectar meditation or the Khechari Mudra yogic practice. It activates your medulla, therefore opening your third eye by decalcifying your pineal gland. Once your tongue reaches this area behind the roof the mouth, you can scrape that area with the tip of your tongue where you will enjoy the taste of the nectar, the secretion of the pineal gland.

Let your tongue rest in its sweetness now and take a deep breath in through your nostrils. (pause)

The scents may be penetrating your nostrils at each breath now, filling your 6th chakra with the wisdom of the world entering your body. (pause)
You may start to notice colors here, perhaps the white light you emit, the rainbow colors of the energy that runs up your spine, the electric indigo that you have surrounded yourself with awakening as your inner light. The color indigo, and all of its variations, is one of intuition and spiritual depth. It is one of respect for all men, women, children and living beings alike. (pause)

The 6th chakra is about making dreams into reality and making what you want happen as we have worked towards in all these levels thus so far. (pause)

It is about what you can see, not with your physical eyes, but your third eye. (pause)

…about psychic abilities, commanding others but with intelligence. (pause)

And about having thoughts that are powerful and positive, that they can bring others healing. (pause)

As you continue to breathe here, let your mind find strength in this color as your aura, in your key to the answers your mind has as you move forward, following your intuition.

Take a deep breath here as you anchor this belief in your intuition as your guide and your strength. (pause)

Gently open your eyes.

Element Infused Reflections

As you went through this guided meditation, what thoughts and imagery came up for you? What strengths did you feel welling up inside of you? Use this meditation anytime you want to feed your 6th chakra and strengthen your intuition and mind.

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Colour is a power, which directly influences the soul.
—Wassily Kandinsky
The Power of Level Six: Giver of All Protections

At this level you will be focusing on the inner 10-cornered figure within the Sri Yantra. This level is called “The Giver of All Protections” and is important because, quite often, when you get what you want, there is negative attached to it. The “giver of protection” gives you protection from this so you don’t have to worry about anything adverse.

The powers of the 10 triangles also go beyond “protection.” Focusing and meditating on them will start the process of realizing the “truth.” In the last level you realized the physical vibrations within you, now in this level you will start to internalize that it’s physically real and solid.
Stoking Your Inner Fires…

The 10 innermost triangles represent the 10 specific “fires” within your body. These are the fire of (1) purgation (Rechak), (2) digestion (Pachak), (3) absorption (Shoshak), (4) burning (Dahak), the (5) secretion of enzymes (Plavak), (6) acidification (Ksharak), to (7) take out or excrete (Uddharak), the fires of (8) pessimism and frustration (Kshobhak), the fire of (9) assimilation (Jrambhak) and (10) creating luster (Mohak).

The “Truth” of the Triangles:

- **Purgation:** “The purification or cleansing of someone or something.” In Roman Catholic doctrine the spiritual cleansing of a soul in purgatory.
- **Digestion:** The mechanical and chemical process of converting food into substances that can be absorbed and assimilated by your body.
- **Absorption:** This is the assimilation, by your tissues, of the nutriments and products of your digestive process. Your body literally absorbs everything through its tissues and cell walls into the rest of your body.
- **Secretion of Enzymes:** Secretion of enzymes is literally one of the most essential processes that take place in your body. Enzymes are more important than the air you breathe, the water you drink and the food you eat. This is because enzymes are actually needed for your body to perform these functions. Without enzymes you wouldn’t be able to breathe, swallow, drink, eat, or digest your food. Your body needs these enzymes (a.k.a. catalysts) to function and LIVE!
- **Acidification:** physiologically speaking, this is the process of becoming more acidic. Acids are needed to properly break down food so it can be absorbed and assimilated.
- **Take Out or Excrete:** excretion is your body’s process of discharging a ridding itself of waste products, like urea (urine) and carbon dioxide.
- **Pessimism & Frustration:** Pessimism is when you only see the negative in everything...and Frustration is the common emotional response when you are confronted with opposition. Guard against the “negatives” that can be attached to what you want to create by keeping a positive and balanced mindset.
- **Assimilation:** Physiologically speaking, assimilation is the conversion of nutriments into your living tissue and having a constructive metabolism. This is basically the conversion of absorbed food into the substance of your body.
- **Creating Luster:** In a literal sense, luster actually embodies two meanings. In one sense, it can mean inner beauty or a “light from within.” However, on the other hand, if not created properly, it can also mean having a superficial attractiveness or appearance of excellence. Use luster in a positive sense, to transmute and transform energy to create what you want.
This focal point of the Sri Yantra represents preservation and is the point where your inner realization truly begins. Drawing on the energies of the 10 fires helps to protect you from all obstacles that are standing in your way to creating what you desire or want to achieve. It’s here that you can distance yourself from all that is holding you back from what you want to achieve and ultimately boost your spiritual progress. It’s here that you will really begin to develop an awareness and deeper consciousness and really prepare to start projecting.

It’s with this awareness and consciousness that you can access the protections you need in order to continue on your path of creating what you want.
The Talu Chakra

Everywhere you look, you will probably see a Seven-Level chakra system. However, as you’re about to experience in this level, we’re going deeper—beyond the traditional chakra system—in our utilization of the 6th level of the Sri Yantra and a minor, yet powerful Chakra, called the Talu Chakra. Again, this is your last energy “bridge” before you actually start to project!

![Image of the Talu Chakra with text: Palate Protects your entire body]

The Talu Chakra, commonly known as the palate chakra, is a small energy center located in your brain stem. Specifically, it’s located between the central spinal canal in the medulla oblongata and the lower part of the brain's fourth ventricle, within the chitrini Nadis and behind the uvula. If you remember, nadis are the energy channels that your Prana flows through.

Located at the base of cerebral cortex, this chakra protects your entire body and all of your glands and endocrine system. The Talu Chakra also ties closely into the 3rd Chakra. This chakra is the brain part of your body, which protects your 3rd chakra. It basically makes sure that your body is processing the food you intake, is responsible for secreting certain fluids into your body to protect you and makes sure your solar plexus chakra is doing it’s job.

**Did you know?**

A majority of diseases start in your gut? The fact is, about 85% of your immune system is located in your gut and digestive tract and your brain is on of its “protectors.” Your brain and your gut are connected via the vagus nerve, the 10th cranial nerve that runs from your brain stem down to your abdomen. That's why you can feel “butterflies” when you are nervous and just as easily calm those “butterflies” and other disruptions down through the power of your brain.
Activating the “Secret Chakra”

The trigger point of this chakra is the root of your palate at the back of your mouth. The Talu chakra is often regarded as the secret chakra and so there is little concrete knowledge on it. However, it’s said to be home to the emotional circuitry which governs your wellness and even more importantly, it’s also said to lay at the edge of enlightenment!

An effective way to activate your Talu Chakra is to run Kundalini energy through it. To do this, revisit the your Project:Work from Level Three.

Through the Spiral Breathing exercise, draw the Kundalini energy through your body ...from the earth, through your root chakra and into your second chakra where you are “creating” from your sexual energy...it continues to flow through your solar plexus (where your inner powers lie) and heart that radiates unconditional love. It reaches your throat chakra where you are open to communicate and speak your truth...and then reaches this point of your Talu (or palate) Chakra.

This continued flow and transmutation of the energy from the earth within yourself, and through your Talu Chakra, will give you the power to access the protections you need to proceed and ultimately boost your projection powers!

Take a moment right now to do the Project:Work from Level Three, focus your Kundalini energy and flow it through your Talu Chakra to activate and open it up ...and let it flow beyond. Doing this exercise now will help prime your entire body and mind to draw the specific protections you need, that you will be clearly defining in the “In Real Life” section.
In Real Life

What do you need to protect yourself as you go through each action or piece of your the “organized plan,” that you set out in Level Five, to accomplish what you want? What protections do you need so you will be successful and not get knocked back down?

Take a few minutes and go through your plan of action that you created in the Real Life section of Level Five. Look through each of the people and things that you wrote down, that you are drawing towards you, to achieve what you want. As mentioned previously, sometimes when you get what you want, there are negative things attached to it.

1. Considering each of these people and/or things, what are any possible negatives attached to them?

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2. Next to each, write down a specific “protection” you need or an action you can take to clear obstacles. This could be anything. It could be spiritual knowledge that you feel you are still lacking, choosing a specific mantra to bolster your positive actions to gain abundance or love, or something as simple as taking regular vitamins to support your focus on your health.

3. Next, think one level higher, beyond the obstacles that stand in your way. What „protections” do you need as a person to achieve your goal? This could be anything; it could be another person, an event, even a car! Make a list of these things.

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4. Lastly, focusing on all that you have written down, once again tap into the powerful force of Kundalini energy. Focusing on all that you have written down, go through Spiral Breathing, focusing all of the Kundalini energy on creating the protections that you need to achieve all that you want.

Use the power of your newly opened Talu Chakra to really open up and be aware of everything that you need protection from. Listen to your intuition here—what is it that are the obstacles that need clearing? What is it that you need to protect you on your path to creating what you want? Harness the power of Kundalini energy and make it happen!
Without PERSISTENCE you will be defeated, even before you start. With PERSISTENCE you will win.
–Napoleon Hill
Be Persistent

As Napoleon Hill characterizes it, “Persistence” is the sustained effort necessary to induce faith, something that many people lack. The root cause of “lack of faith” generally arises out of fear. This could be fear of failure or fear of anything negative happening.

Instead of having confidence and faith in attaining what they want, many people are willing to throw away their desires and goals at the first sign of opposition, negativity, or trouble. VERY few stand strong and continue on, despite challenges that come their way.

Countless successful people have come against resistance, obstacles and negativity on their path to abundance. However, in order to succeed they overcame any potential fear and pushed through with persistence! For example:

**Tim Ferris:** The man behind the 4 Hour Workweek, and who has changed how countless people view work and life, was rejected by 26 publishers before one gave him a chance. The 4 Hour Workweek ended up on the bestseller’s list for years and sold all over the world.

**Richard Branson:** As the billionaire mogul of Virgin, even he’s had his share of failures. Remember Virgin Cola or Virgin credit cards? Probably not! He’s lost hundreds of millions of dollars but has not let fear of failure or negativity stop him.

**Walt Disney:** He was the magnificent creative force behind Disney World, Mickey Mouse and countless other brilliant animations. Well, his first animation company went bankrupt! A news editor also fired him because he supposedly “lacked imagination.” It’s estimated he was turned down 302 times before he got financing for creating Disney World. Disney persisted and left a legacy of joy for children around the world.

**The Beatles:** Many record labels rejected them. In one of the famous rejections, the label said, “guitar groups are on the way out” and “the Beatles have no future in show business.” Soon after, the Beatles signed with EMI, Beatlemania hit the United States by storm and they became one of the most prolific bands in history.

Don’t worry; even if you temporarily fall into the fearful and faithless camp, all is not lost! Remember, as Napoleon Hill advised, “Repetition of affirmation of orders to your subconscious mind is the only known method of voluntary development of the emotion of faith.”

Again, FAITH, if you don’t have it already, is a state of mind that you have to develop voluntarily, through applying and consistently using the tools provided to you to create or get what you desire. Be PERSISTENT in this...It is that simple!
Taking Stock

On your path to getting what you want, there can be negatives attached that arise as challenges and obstacles. One of the keys to getting through anything negative is to use this level of the Sri Yantra and all of the tools and practices that you are learning in Project:Yourself to “protect” yourself and overcome challenges.

Take stock of all of the practices and tools that you’ve learned in this course so far. What will help you battle the fear, challenges or obstacles you are facing? Continue to identify what the practices and tools are that bolster your faith and will “protect” and keep you on your path to creating what you want.

Coupling your desire with intense PERSISTENCE, not to mention, WILLPOWER is a Molotov cocktail for blasting away any obstacles that stand in the way of getting what you want!

It’s only through persistently driving yourself towards the reality you want to create, and sticking to the practices, tools and organized plans to get yourself there, that you will succeed. And only persistence will truly get you past any negatives that have attached or obstacles that have been placed in your way.

Much like Faith, Persistence, in and of itself, is a state of mind. So, the good news is that you can cultivate it! As Napoleon Hill explains, a “persistent” state of mind is based upon the following:

1. **Definiteness of Purpose**: knowing what one wants is the first and, perhaps, the most important step toward the development of persistence. Strong motivations can overcome almost any difficulty.
2. **Desire**: pursuing the object of your heart’s desire certainly makes it easier to obtain and maintain undying persistence!
3. **Self-Reliance**: belief in your ability to carry out your “organized plans” will encourage you to follow through with persistence.
4. **Definiteness of Plans**: “organized plans”, no matter how weak or impractical, encourage persistence.
5. **Accurate Knowledge**: knowing that your plans are solid, based on experience or observation of success, encourages persistence. Conversely, if you just make “guesses” versus basing your plans on “knowing”, you’re going to destroy any shred of persistence within you.
6. **Cooperation**: sympathy, understanding and “harmonious cooperation” with others will develop persistence.
7. **Willpower**: concentrating your strength of focus on building plans for getting everything you desire can also lead to fostering persistence.
8. **Habit**: Persistence is the direct result of habit. Your mind absorbs and becomes a part of your daily habits. In essence, it becomes what it feeds upon. For example, FEAR can be effectively overcome by forced repetition of acts of courage.
Cultivating Persistence

Now it’s time to take inventory of yourself! Just how PERSISTENT are you? Remember, as Napoleon Hill reminds us, it’s only through persistence that you will succeed.

Consider and then write down the following:

**Where are you persistent** in your actions and in your life?

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Where are you lacking in persistence?

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*Measure yourself courageously.* Lying to yourself or avoiding the truth will not help you to overcome challenges and obstacles or get you what you want!

Take a moment and **quietly analyze what you have written.** This self-analysis may lead you to discover new truths about yourself and give you a new grip on yourself and what you truly desire.

PERSISTENCE is merely a state of mind...one that can be directly created by HABIT. Napoleon Hill established four non-daunting, simple steps to cultivating a “habit of persistence.” The necessary steps are:

**STEP 1:** A definite purpose backed by burning desire for its fulfillment.

**STEP 2:** A definite plan, expressed in continuous motion.

**STEP 3:** A mind closed tightly against all negative and discouraging influences (including negative suggestions from relatives, friends and acquaintances.)

**STEP 4:** A friendly alliance with one or more people who will encourage you to follow through with your plan & purpose (this is a great focal point to keep in mind when you are forming your Mastermind!)
A person's strength is to know their weaknesses
–Russell Simmons
Find Strength in Your Weakness

This may come as a surprise to you…but you don’t have to be good at everything or have everything going just perfectly in your life. Instead, knowing your weaknesses can help you identify your strengths and where you need to find help or the “protections”, as mentioned before.

It may seem counter-intuitive, but knowing your weaknesses helps you become a better person, identify where you are passionate and where you will truly be successful.

Here’s a simple, yet great exercise to stay in touch with what the core of your weaknesses really are. Create a list:

**Write down areas in your personal and professional life that you believe or think are your weak areas. What are your real weaknesses?** Consciously focus on how you currently see your weaknesses. Make sure to base this on what you’re doing in your life right now, rather than focusing on your past or your future desires.

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Next, here comes the fun part…time to once again go through a slightly morphed version of the 2-Way Mirror Exercise from Level 1!

**The Other Side of the Mirror:** Think about someone in your life that you are seriously close to. This can be a best friend, a family member, someone you trust. Get in touch with that person, face-to-face; you can even do this on Skype if they aren’t close to you. But it’s really important that you reach out to this person where you can see each other. Ask them to be BRUTALLY honest with you and have them write a counter-list (without seeing what you wrote down) of what they honestly view as your weaknesses.
Self-reflection can lead you to a few answers, but getting an outside view will help you either solidify your observations or can shatter a few of the illusions you may have about your strengths and weaknesses!

**Compare each of the lists (their list and yours) against one another while you are face-to-face. Do they match up or are you seeing some surprises?** For example, did you think you were strong in one area but on the person's list, that doesn’t appear to be the case? Mismatching like this generally pops up when you’re telling yourself you’re one way, but an outside, objective view reveals your real strengths and weaknesses instead.

**Take a few minutes to analyze any surprises or mismatches across these two lists.** Why do you think some of the qualities and weaknesses you’ve spotted and the other person you asked have shown up differently? If there are mismatches, is it possible that you think certain things are your strengths, but in truth they aren’t?

Capture the other person’s counter-list and your thoughts, feelings and observations below:

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Living Fear Free

What if you don’t get what you want? What if something negative does happen to you? What if you “fail” in your estimation? Don’t be scared of what you are doing or scared to try something. Fear is like a poison that you can CHOOSE not to drink. When you can train yourself to “feel the fear and do it anyway” you’ll start to see the results that you’ve always WISHED you could see.

The biggest obstacle in any business or personal relationship isn’t money or trust or any other excuses we tell ourselves, it’s an emotion that we empower by not moving THROUGH it. Take a deep breath and move through the fear! Ask yourself, “What’s the worst that can happen?”

Now it’s time for you to confront your own fears head first! Confronting fear is not for the faint of heart. It takes heart, integrity, and an immense desire and willingness to no longer be kept hostage by your fears.

Are you bound and determined to get everything you desire in life? To truly REINVENT YOUR REALITY?

Here’s another opportunity to dive into the deepest depths of yourself to remove a powerful and often all-consuming obstacle—your FEAR.

Work through and write down the following:

What is your deepest fear? (Really dig in deep here...is it fear of being alone, failure...fear of success...or even death?)

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What is the worst that can happen if your fear comes true?

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Feel what it would be like to experience that fear. Come to terms with your fear, be grateful for the lesson and release it.

When you deal with “the worst” the Universe no longer has to bring that lesson to you. Do this for each and every one of your fears. Don’t forget to write down your thoughts, feelings and realizations!
Facing Your Own Death

You may not actually realize this yet, but the root of almost everyone's fear...is DEATH! Think about it... We make money because we are scared to be homeless and we need to eat...which is because we do not want to die. We don't want to be alone, or without a partner, because we are scared we will die alone and without love. Everything we do is from the fear of death.

Take a few minutes now and go through this powerful “Death Meditation” to REALLY get in touch with the root of your fears...you might be surprised at what it reveals and how you feel afterwards:

Find a quiet peaceful place for this meditation. Begin by lying down, in a supine position, allowing your body to connect with the ground beneath you. Have the top of your head directed toward an image of the Sri Yantra.

Breathe in and out through your nostrils, sending your breath to all parts of your body, feeling calmness in your cells, blood, muscles and bones. (pause)

At the next inhale bring your awareness to your breath’s ability to sustain you. Observe the conditional nature of life. You need this breath, you need food, you need water, you need sleep and you need light ...all to live. (pause)

Consider the unpredictability of these things...of life. One will never truly know how long life is, when the time comes for death. There's no way to really define how, when or where with certainty. (pause)

Think about how short life is in our fast paced world. Days soon become weeks, which roll into months and become years. (pause)

Think of the shortness of this very moment now. We are only here now, in this present moment. The past is gone and tomorrow is not here yet or may never come. (pause)

Mostly, we spend our lives fearing death. Afraid of the consequences of dying and of letting go of our material body. (pause)

Imagine you are laying on your death -bed. Your friends and family are all around you. Perhaps people you never expected to be there, but you are unaware of this. Your body is thin and mind is weak. You cannot move or get up. You can just simply be. (pause)

You start to feel heaviness on your chest, on your arms, legs, shoulders, hands and feet. You are being pressed down by the weight of death. Your body is too weak to fight; you are letting go as you die. (pause)
You begin to feel that your body is less defined. Your 4 limbs are no longer really part of you, it seems. You are truly melting with the earth beneath you. (pause)

You become very tired, in a way you have never felt before. Your body and space are dissolving; your senses are not sharp anymore. Vision feels blurry, sounds seem muffled, and smells are long gone. The outside world is slipping away. (pause)

Your physical body is no longer what it was. You become pale, losing blood and all cellular fluids, your muscles lose strength and agility and you are drowsy. Your tongue is thick, heavy and dry. Your eyes have rolled back. You have no control. (pause)

You do not have feelings of happiness, or unhappiness, you feel numb.

You start to have visions of water dissolving into fire, of hazy smoke, of blues and grays.

The last energy of your body is withdrawing; letting the heat, if any, find its way to your heart center.

Your life force, your prana, has become short, sips of air, exhaling deeply into emptiness. (pause)

Awaken your inner body. Your core, Let your mind still be present here, to let go as the body leaves the earth. As all the elements dissipate. Earth, water, fire, air. (pause)

Now your consciousness has dissolved and merged to space. You are in a complete void… an empty state of being. Surrender, feel and know this state. Become this space. (pause)

You start to notice a white and read light coming from the crown of your head. The male and female essence. You start to feel clarity in your mind. Bliss in your heart. These lights merge and surround your consciousness.

A thick cloud forms, but it is welcoming. It approaches this light of red and white, and dissolves the merged pink hues into unconsciousness.

You are one with this merge.

You are aware. You are perfect. This is the true moment of death. (pause)

Take 4 rounds of respiration here, inviting life into every part of your body. Your toes, your calves, your thighs, your hips, your belly, your chest, your arms, your hands, your shoulders, your neck, your back, your head. Fill your whole body with this new breath, one that has let go, is grateful and free.

Slowly open your eyes as the light and truth enters your pupils, surrender to this present moment.
Once you get your fears out and confront them, you will find that it’s usually not that big of a deal. As Napoleon Hill explains, if you can separate yourself from manmade fears—like fear of poverty, loss of freedom, ill health, criticism, old age, or even death (like in the meditation you just went through)—you can “make way for self-confident faith in yourself, the indispensable ingredient of a life worth living.”

Before you move on the Project:Work for this level, take a few minutes to reflect on the meditation you just went through and capture all of your thoughts, feelings and realizations.
Now it’s time to really anchor in all of this work on gaining “protection” and working through what’s holding you back through another powerful Project:Work. Up to this point, you’ve focused on your fears and weaknesses, so let’s once again put the power of your personal frequency to work. Drawing on the power of Om, we are going flip those fears and weaknesses, so they are not weak and fearful anymore. As the Rigvega, an ancient and sacred collection of Vedic Sanskrit hymns, confirms, Aum is the source of the fifty sounds of the Vedic Sanskrit language. It really is the Protector of All!

Through this Om meditation you will physically create an overarching “protection.” You will literally be re-programming your brain with the Mmmm sound as it hits rolls off your palate and triggers your brain...

Start out by finding a quiet, peaceful place for this meditation. Begin in a comfortable seated position. Let your legs melt into the ground beneath you as you close your eyes. Start to draw your breath in through your nostrils, flowing to your throat, diaphragm, chest cavity and belly. As you exhale, allow your belly to meet the spine, expelling all the stagnant air from your body. Do this a few times, at your own pace. (pause)

Now let the breath become slow and natural, continuing to breath in and out through your nostrils. (pause)

As you breath here, focus on what it is that you need to protect yourself with.

Chant the word ‘aum’ as you concentrate on these protective forces. Begin with a deep breath and say it as a loud audible sound. Elongate each syllable.

Continue to chant loudly, about 5 repetitions of chanting your mantra of aum with your breath.

Now start to soften the chant to the sound of a gentle whisper. Allow this whisper to vibrate at the palate and the roof your mouth. Elongate the sound of the m, “hmmm”, each time you chant, feeling it in your palate, the medulla oblongata, your brain stem. Let the hum fill your mind. Continue this chant this way, for 10 repetitions.

You may start to feel this vibration of aum in your head as you open and purify with the power of aum. (pause)

Now begin to only think of aum as your mantra in your mind, repeating the mantra as you become a state of peace within your mind and body. (pause)
Return to your natural breath. Now imagine a lotus flower. The beautiful and bright petals standing free towards the light even amongst it’s muddy, dark waters. (pause)

It protects itself from the dark.

Lotus flowers are thought to be “immortal”, since they survive many weather conditions and return in muddy ponds year after year.

Perhaps their immortality lies in the way they stand free and let go of sorrow, fear and anger.

Begin to see yourself as this lotus flower, full of strength, protection and light.

The lotus flower does not struggle with fear as she thrives in the world around her.

Take a deep breath in and breathe in the fullness of your strength. Breathe out any residual fears that lurk in your mind. Continue to breath in strength and breathe out fear this way. (pause)

Bring your awareness back to the importance of seeing yourself as a lotus flower, free of anger of past moments, free of fear for future moments. Let this strength and liberation of release flow through your body with your breath. (pause)

Gently open your eyes.

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

— Marie Curie
LEVEL 6: PROTECT
SOCIAL CONSCIOUSNESS

POWER
Renders you invincible against internal and external setbacks holding you back from your destiny.

REAL LIFE
Identify the protections you need on your path to getting what you want & harness the power of Kundalini energy to make it happen!

LEARN
Master persistence, knowing your weaknesses and living a fear-free life to become stronger and free yourself to create everything you desire.

PROJECT: WORK
Create an overarching, physical “protection” through a powerful Om meditation.

COLOR & ELEMENTS
Access your strengths and feed your 6th Chakra by surrounding yourself with the color of electric indigo and the scents of fresh leather, cloves and sandalwood.