

# CRACK *Your* EGG

Session 1



What The Egg Is

# **CRACK YOUR EGG**

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Session #1:  
What The Egg Is

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## Opening Thoughts:

“You are the culmination of an extravagant evolutionary journey. Your DNA contains more information than all of the libraries in the world: information that goes back to the beginning of life itself.

In potential, you are the most formidable all-around athlete who has ever roamed this planet. Many creatures possess more highly specialized sense organs, but no total sensorium is so well equipped and integrated as is yours.

(The unaided human eye can detect a single quantum of light – the smallest amount possible – and discern more than ten million colors.)

Your brain is the most complex entity in the known universe: its billions of twinkling neurons interact in ways so multitudinous and multifarious as to dwarf the capacity of any computer ever yet devised or even imagined.

The best way to describe your total creative capacity is to say that for all practical purposes it is *infinite*.

Whatever your age, your upbringing, or your education, what you are made of is mostly unused potential. It is your evolutionary destiny to use what is unused.”

**George Leonard**

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# Foreword: Living In The Egg

*“Crack Your Egg... What kind of a title is that?! It makes me think about omelets...”*

Well, you won't be thinking that for very long.

I mean, they probably said something similar to Christopher Columbus, and he managed to make *his* point with *his* egg, right?

**There's actually a good reason why I chose this terminology.**

You see, throughout recorded history humanity has been periodically uplifted by the contributions of gifted individuals, whose teachings, philosophies and ways of life have gradually raised the level of human awareness.

There are numerous examples of how single individuals can produce far-reaching changes in the consciousness of humanity, and the way “we, the people” lead life here on Earth.

It seems sometimes as if these people have lived ahead of their time...

However, upon further reflection it becomes apparent that they lived precisely when they should have. Or otherwise they could never have provided the direction and contribution necessary for humanity's upward evolution and progress.

Many such human signposts never received the recognition for their great contributions until long after their passing, if ever at all.

But without exception, each one of these people was (and *is*) endowed with extraordinary perceptive, intuitive, and creative abilities, which could afford them and others fresh insights into the way in which the world and life in general function.

**So who am I talking about?**

You may be inclined to think that I'm referring to the likes of Copernicus, Galileo Galilei, Leonardo da Vinci, Mozart, Einstein, or even religious figures...

**But I'm actually talking about people just like *you*.**

Whether you know it or not, you're gifted with a power to create, shape, and mold your life in ways you probably can't even begin to imagine... even if any prior setbacks you may have experienced have led you to suspect otherwise.

You're probably just unaware of that natural ability, *because you're living in an 'egg.'*

I fully realize that may sound ridiculous... But bear with me here, because believe it or not:

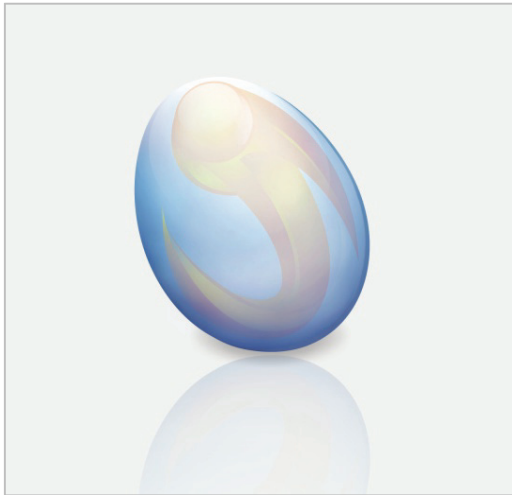
*Before long, it will actually makes sense to you!*

Let me explain...

# What 'Egg?'

**Most of us have created a virtual 'eggshell' around ourselves that blinds us from the truth that there's much more to life than what we tend to make of it.**

This eggshell is basically an energetic cocoon in the form of a 'low-vibrational' web of suppressed thoughts, feelings, and limiting belief systems, and their associated big-time 'negative' emotional charge. The latter is actually what's holding the whole structure together like some kind of superglue, or a heavy construction cement layer.



Together, these factors make up an 'energetic' eggshell that acts like a 'force field' that completely *colors* and *filters* our worldview, *locks up* our naturally expansive potential, and blocks the flow of universal life energies in and out of our 'mind/body'-systems.

It filters our perception of *who* we are, *where* we are, and 'the world and life in general'... often even to the extent that most of us get *so mesmerized* by our experience inside that 'egg,' that we simply can't conceive of any other reality anymore.

*In short, it's a mental, emotional and spiritual prison that may have confined us for all our lives.*

German philosopher Arthur Schopenhauer once said:

*"Every man takes the limits of his own field of vision for the limits of the world."*

And he was right on the mark:

**The limits of our 'fields of vision' are really set out by our 'eggs.' So once we expand that field of vision by flinging open the doors of this mental, emotional and spiritual prison, we'll see our lives (and the lives of those around us) transform in ways we often can't even begin to imagine.**

However, as long as we *don't* crack this 'egg,' we basically keep our 'blindness' on. We squeeze all our amazing potential into its limited confines, and close ourselves off from the natural flow of the very *life force* that drives us forward in life.

*Put differently: we keep ourselves small.*

This not only builds up ongoing tension and frustration, but also keeps us from living the lives we really want. And as if that's not enough to deal with already, it may eventually result in all kinds of problems that manifest themselves as financial challenges, physical and mental health issues, relationship problems, performance blocks, emotional discomfort, and so on.

**But as you'll learn, life is *only* such a drag when you're living in that 'egg.' As you 'crack' out of it and set yourself free, your life can't help but take on the form of the experience that you *really* want it to be.**

*Now I know that may all sound too good to be true, and I don't blame you for being skeptical.*

The pages that follow, along with the rest of the program components, will give you all the supporting insights and techniques you need to experience this effect for yourself.

I've personally gotten rid of supposedly 'incurable' affections like severe intestinal allergies and eczema, but also managed to dissolve depressions and all kinds of self-sabotaging and even self-destructive tendencies.



My life has improved in practically *all* areas – be it physically, emotionally, socially, financially, and what not... to a point that I never thought would come to fruition.

**And although I did very much try, I didn't get there by seeking to fight and manipulate my world into submission to my (questionable) desires:**

I tried to do so both through obsessive and relentless *action*, as well as by trying more *passive* approaches that involved popularized, allegedly infallible (and above all supposedly very *secret*) 'spiritual laws.' But it all turned out self-defeating.

*Instead – as ridiculous as it may still sound – the key to the freedom, success and fulfillment I was after was to “crack my egg.”*

So as you go through these pages, you'll realize that my use of the 'Egg' as a symbol is not some cute repackaging of old wives' wisdom, new age mumbo-jumbo, or pedantic self-help platitudes.

*Quite the contrary:*

You'll come to see it for the carefully thought-out philosophy that it became after years of study, (self-) observation, trials, tribulations and dot-connecting.

**And you'll understand how it honestly has the potential to transform your life forever, if only you allow it to.**

*So the question is...*

# Are You Ready To Get Started?

**Of the many ways in which we can describe the ‘Crack Your Egg’-process, the most accurate might be: *a journey of self-rediscovery, personal liberation and individual ‘rebirth’ into your authentic, powerful, fully-actualized self.***

And although *your own* happiness, success, empowerment and fulfillment are definitely major effects that result from it, the magnitude and significance of this process will actually extend *far beyond your own* life and experience.

But to be able to appreciate that, we first need to explore some concepts that might seem a little unconventional at first.

In fact, at first glance, some of the topics we’ll be covering in this manual may seem almost *irrelevant* to your ability to realize the dreams and visions you hold for your life, and to overcome the kinds of struggles you may be currently experiencing.

**But you’ll quickly discover that the application of the mind-blowing insights this manual will convey actually *open you up* to a whole new world of possibility that you may have never even known to *exist*.**

Nevertheless, as you embark on this journey, you may begin to notice a voice in the back of your head saying things like:

- ✓ “What does that have to do with anything?”
- ✓ “That’s preposterous!”
- ✓ “I’m not so sure about that...”
- ✓ “I don’t get it...”
- ✓ “Forget it, [fill in your favorite soap opera] is about to start...”

I used to have an inner voice of my own like this. At first it came with all the typical, unsettling bells and whistles, including a ‘Fran Drescher’-like voice timbre and a skeptical, ‘know-it-all’ attitude.

**It didn’t take me long to figure out this was just my own ‘Egg’ talking. And I actually came up with an approach to leverage its skepticism in a way that would assist me on my journey. And by the same token, it can now do the same in my effort to explain my insights to you.**

*So let me do the honors of introducing you to my personification of this debilitating force field:*



Let's call this guy *Gregg*.

On behalf of the skeptic that may reside in your own mind, Gregg will occasionally ask the questions and place the critical connotations that might occur to you while reading the words of this manual.

As such, the concepts that are crucial to your ability to '*crack your egg*' will get through to you more easily, and in clear, understandable and straightforward terms.

**So now that you know what enormous potential is awaiting you, tag along as we do a big *high-five*, saying:**

*"Let's get cracking!"*

# Chapter 1

## ***“I Can’t Believe My Eyes”***

Before we get into the actual skills that you can begin to practice today, let’s lay the groundwork to make this whole experience a constructive exercise for you.

What you’re about to discover can literally open your mind and expand your ‘fields of vision’ to a far greater sense of possibility than what you’ve become accustomed to.

**Think about this for a second:**

*“I can’t believe my eyes,”* people say...

Well, they shouldn’t either, because their eyes don’t actually see. They’re merely lenses that pass on information to the visual cortex in the brain, which is located somewhere in the back:



It’s only *there* that we actually see. *“I saw it with my own brain!”* would be a better way to put it.

**Think about it:**

- ➡ Our eyes don’t send full images to your brain of three-dimensional street scenes or whatever we think we see outside of us...
- ➡ Instead, they perceive *frequencies* and then send them to the brain in the form of electrical signals.
- ➡ The brain then goes on to decode those signals into an apparent three-dimensional, ‘physical’ reality that we think is outside of us.

**The frequencies our eyes pick up are ‘light’ of the kind that’s reflected by what’s called *luminous matter*.**

Now you may not know this yet, but ‘luminous matter’ is *not* all that’s out there, even though we don’t see any other stuff. In fact, 95 percent (at least) of the mass in the universe is known as ‘dark matter’ or ‘dark energy.’

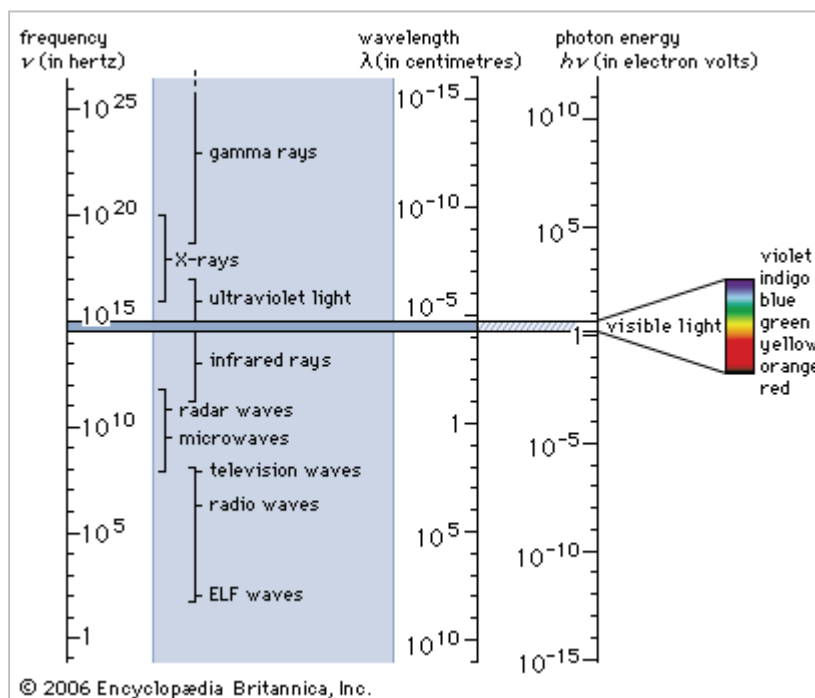
This ‘stuff’ *doesn’t* reflect light, which is why we can’t see it. But that doesn’t mean it’s not there. In fact, we *know* it’s there because we can *measure* it by its effect on the parts of the universe that we *can* see.

**In other words, beyond the limits of our field of vision there’s a lot more going on than meets the eye. In fact what actually meets the eye is really not that much:**

- ➡ The only light that our eyes perceive (and that we thus *can* see) is light with a ‘wavelength’ or ‘frequency’ that falls within the visible range of all possible frequencies of electromagnetic radiation. Put differently:
- ➡ Our eyes don’t pick up the entire ‘electromagnetic spectrum,’ but only *that* particular portion of it that falls *within* the range that they *can* perceive. Anything outside of that scope they simply don’t even notice.

**Now here’s what’s interesting about this visible range:**

*It’s literally tiny:*



*And what’s more is that the electromagnetic spectrum itself only accounts for 0.005% of the estimated mass of the universe!*

**So are you beginning to see the implications of this? Let me summarize them for you:**

If human perception can only perceive a tiny fraction of the frequencies that fall within the electromagnetic spectrum... and the electromagnetic spectrum *itself* accounts for only a fraction of even just the known universe... then imagine how little of the whole thing we actually perceive!

*We’re virtually clueless!*

As such, in our ignorance of the unseen dynamics behind the ‘physical manifestation’ that we *can* perceive, we’re quick to mistake the ‘effect’ for the ‘cause’ in basically all areas of our lives. (<-- We’ll explore this in more detail in the subsequent sections of this manual.)

This way, from our limited perspective, life and ‘creation’ seem the result of a series of ‘random events’ that we can’t make sense of.

*But once you ‘crack your egg’ and open yourself up to the greater, multidimensional, and even infinite possibility that underlies this ‘physical manifestation,’ we can see entirely different mechanisms in play that give us a completely different outlook on life.*

**The truth is that we only see what the brain tells us to see. And let’s take a look at what happens before it actually does:**

### **Human Sight:**

**Here’s what happens before we actually ‘see:’**

- ➡ First, light (or information) enters the eye by passing through the outer, transparent layer called the *cornea*.
- ➡ Then it goes on through the pupil, which gets bigger or smaller to allow for more or less information to be let in (depending on the circumstances). This latter process is controlled by the *iris* (the colored part of the eye).
- ➡ Then it goes to the *lens* to be focused.
- ➡ After that, it enters the *vitreous humor*, a jelly-like substance behind the lens.
- ➡ And then the light strikes the *retina*, which ‘captures’ the image like the film did in those good old photo cameras.

*However, it’s worth realizing that this recorded image is two-dimensional and upside-down!*

- ➡ The next stop is the *optic nerve*, which in turn sends the image through the brain to the *occipital lobe*, which contains the *visual cortex*.

*This is where the brain reassembles the two-dimensional and upside-down image that was delivered by the eyes into the three-dimensional form that we think we’re ‘seeing.’*

**Now that’s quite a path to travel for what we think is an ‘objective’ image. While we’re inclined to think that what we ‘see’ is an accurate capture of what must be *out there*, this process illustrates how that image is really constructed *within*. Think about it:**

How accurate can an image that’s only transmuted into a final three-dimensional form after originally being delivered as a two-dimensional, upside-down representation of a mere frequency pattern *really* be? Does the world outside of us really exist in the way we think we see it?

*Let’s explore that question more deeply...*

On the way from the eyes to the visual cortex, the temporal lobes edit and reconstruct up to 50% (and possibly more) of the ‘light’ that was originally perceived by the eyes. In his book *The Holo-*

*graphic Universe*, the late Michael Talbot writes about the work of neurophysiologist Karl Pribram and others: [1]

*“Pribram discovered that the visual information a monkey receives via its optic nerves does not travel directly to its visual cortex, but is first filtered through other areas of its brain.*

*Numerous studies have shown that the same is true of human vision. Visual information entering our brains is edited and modified by our temporal lobes before it is passed on to our visual cortices.*

*Some studies suggest that less than 50 percent of what we ‘see’ is actually based on information entering our eyes. The remaining 50 percent plus is pieced together out of our expectation of what the world should look like (and perhaps out of other sources such as reality fields).*

*The eyes may be the visual organs, but it is the brain that sees.”*

**Take a brief moment to let the implication of that sink in:**

*What we don’t ‘see,’ we make up! Seriously, we just make it up. Here’s how:*

Our eyes have a blind spot where the optic nerve connects to the eye in the middle of the retina. We can’t see anything with that part of the eye. However, our brain takes the information that *is* available and weaves together a picture by filling in any gaps with its *expectations* of what it thinks *should* be there.

This implies that what we actually *perceive* is what we *believe* we’re seeing. Upon constructing the three-dimensional image of what we think we observe, the brain filters and tweaks the information it receives by *distorting it, filling any gaps, and matching* it to its *expectations of what there is to be seen*. And it does so *based on its ingrained convictions*.

*And this process apparently accounts for more than 50% of what you actually ‘see!’*

**To get a grip on this, consider this everyday example:**

### **“Believing Is Seeing:”**

You’re probably familiar with overlooking misspelled words. This is because your brain is so accustomed to reading the words in correct spelling, that it simply overlooks a typo. It *filters* the typo *out of the image*, thus causing *you* to overlook it and ‘see’ the *correct* spelling, which is more in line with your expectations.

Neurophysiologists like Karl Pribram have long been aware of this phenomenon. Basically, our ingrained belief system (*<-- i.e. the correct spelling of the words we see most of the time*) causes the brain to filter out the information (*<-- i.e. the typo*) that’s at odds with its conditioned worldview (*<-- i.e. its expectations*).

*And here’s one from my own experience:*

In university I once partook in a simple test, in which I had to watch a video while another student had to watch the same video in another room. Afterwards we had to tell what we saw on the film.

My story was different from that of the other student. We had a different way of looking at the movie, i.e. a *different interpretation* of the situation based on our own particular worldviews.

Likewise, studies have shown that men and women often have trouble communicating accurately with each other, because what one says the other does not hear. Each hears merely whatever supports their *belief and prejudice* about each other.

They mostly only pick up what they want to hear or whatever supports their conditioned view of the way things are. This is a psychological phenomenon called 'selective retention.'

*So apparently, 'seeing is not just believing'... As it turns out, 'believing is also seeing.'*

#### Think about it:

- ➡ Due to the fact that the information picked up by our eyes is edited by the brain according to its ingrained convictions, a large portion of what we actually 'see' is determined by what we believe deep inside to be true.
- ➡ And of course, because we see what we believe, we immediately believe what we see. After all, the selectively filtered image that we perceive naturally supports the convictions that drove that filtering in the first place.
- ➡ Thus, what we see also *reinforces* our belief system, which in turn increases the probability that we keep seeing things in the way we expect them to be or are convinced they are... which then goes on to make us see things in that way once more.

*It's a self-reinforcing cycle!*

**Clearly, the convictions programmed in our brains have a significant effect on the way we perceive and in fact *construct* (our experience of) reality (<-- or in contemporary popular jargon: what we 'attract' and 'manifest').**

*But while all this illustrates the essential role of the brain in this process, our power to leverage these insights and make mind-blowing changes to our life experience really lies elsewhere.*

Consider this:

### **"Is The Brain Really Necessary?"**

An article was published in the scientific journal 'Science' with the provocative title 'Is Your Brain Really Necessary'.

This article was a reaction to British neurologist John Lorber's description of a young man of 'normal development,' with an IQ of 126 and an academic degree in mathematics.

The funny thing was that a brain scan of this apparently highly intelligent young man showed that he was a pretty hardcore case of what's known as *hydrocephalus*, or 'water on the brain'.

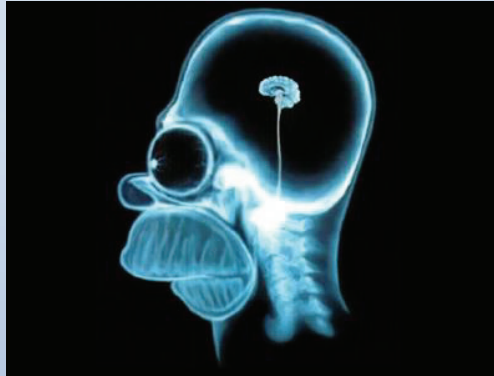
*Put differently:*

- ➡ The head of this 'IQ 126,' 'academic degree in mathematics' young man was 95% filled with cerebrospinal fluid. What this means in layman's terms is that his skull was like a swimming pool, with his brain floating in it like a ball.
- ➡ His cerebral cortex had a gauge of about 1 millimeter, so there was hardly any brain

tissue left. The weight of his brain was estimated to be about 100 grams, where 1,500 grams is normal for an average *homo sapiens sapiens*.

➡ But here's the kicker: *The workings of his brain were hardly impaired at all!*

**The following picture comes to mind:**



*Maybe we underestimated him...*

**We're often led to believe that our consciousness is produced by the brain itself, and that it's an emergent property that's reflected in the growth of the *physical* brain over the course of evolution, in terms of both its *physical* size and its internal complexity.**

*But if that's so, then how does that work with a smart aleck that hardly has any brain tissue?*

Without going into a vast (and potentially boring) amount of evidence right now, this case illustrates how the brain does not appear to be the source of consciousness, and/or the center of control that determines what happens and what doesn't happen.

Rather, it's our *conscious essence* that's operating it.

And that's good news! Because that means you can be the one taking back control of both your *brain* and your *life*:

### **"Neuroplasticity:"**

Scientists have demonstrated that the neural networks in our brains change continuously, due to a capacity they refer to as *neuroplasticity*. This means that the brain and its neural networks are not set in stone. There's always something that can (and does) initiate rearrangements.

The ongoing process of adaptation in our brains is called *cortical remapping*, and occurs because our mental, intellectual, spiritual and physical activities influence both the number and the locations of the mutual connections between neurons (brain cells).

In a recent article in the scientific journal called 'Progress In Neurobiology' titled '*Mind Does Really Matter*,' neuroscientist Mario Beauregard comes to the conclusion that even deliberate, intangible emotions like 'trust' and 'positive expectations' are capable of influencing the parts in the brain that play a significant role in perception, movement, pain, and a whole bunch of emotional processes. [3]

So that means that your mental processes (<-- i.e. thoughts, feelings, beliefs, but most of all your conscious *free will*) can significantly influence the functioning of your brain on various levels.

*In fact, embodying our conscious essence through exercising intentional volition and manipulation of thoughts and expectations has the power to change brain functions, and in fact cause demonstrable biological change in its structure. [4]*

In other words, you don't have to be a slave to your brain, nor to tools that work only on the level of the brain on your behalf. You just have to learn not to identify with it, and recognize the fact that you are not your brain.

Instead, the 'real you' is found in the *conscious essence* that's *animating* it – an *awareness beyond it* that can *control* it, *operate* it and have an experience *through* it.

**So by 'waking up' to our conscious essence *beyond* the brain, we can *deliberately* change our perceptions and cause significant, demonstrable changes in our brain's physical structure. And from *there*...:**

- ➡ As our *brain* will change, our *perceptions* will change accordingly.
- ➡ And as our *perceptions* will change, our *beliefs* will change with them.
- ➡ And as our *beliefs* will shift into knowing that we have *full power* over your own reality, our *perceptions* will once more change accordingly as a result.

After all, as we've seen...:

- ➡ We see what we believe – the brain *edits* the information it receives based on its ingrained belief systems to determine what we actually *see*.
- ➡ So then what we *see* is merely confirmation of what we already *believe*.

*It's a self-reinforcing cycle.*

And it's a *vicious* one as long as it's based on a trance of discomforting and self-inhibiting emotion, like feeling guilty, powerless, poor, undeserving, fundamentally flawed, and so on... along with the accompanying (perception of) limiting circumstances.

**But by awakening from such a trance, we can willfully make astonishing changes in our life.**

Both our conscious and subconscious mind will shift into a state in which we genuinely *know* from the core of our being that *we* are the ones in control (<-- *even if we have 'water on the brain' and our brain scan looks like Homer Simpson's*).

**Unfortunately, as you may have experienced (<-- *and as we'll explore in more detail in upcoming sessions*), currently prevailing methodologies often don't do the trick in instigating such a shift, at least not on their own.**

You may have tried:

- ✓ Meditation...
- ✓ Brainwave entrainment...
- ✓ (Self-) hypnosis...
- ✓ 'Repeating positive affirmations' and all of its derivatives...
- ✓ All kinds of different visualization methods...
- ✓ Different neuro-linguistic programming (NLP) processes...
- ✓ 'Mindfulness'...
- ✓ Subliminal messaging...
- ✓ Emotional Freedom Techniques (EFT)...
- ✓ The alleged and above all very *secret* 'Law of Attraction'...
- ✓ And so on...

**As you'll learn over the course of our sessions together, the problem *isn't* that these concepts and techniques are inherently flawed, or don't have the potential to help you. In fact, they can all have their purpose in the grander scheme of the process.**

*However, a critical insight is lacking from today's prevailing philosophies, which is what usually renders them ineffective, with the exception of a few 'lucky hits' that are usually very hard, if not impossible to reproduce.*

That insight will become clear in our sessions together. But we need to gradually build up our understanding to that level in order to really *'get'* it.

**Nevertheless, to give you a head-start on this journey, the next chapter gives you a first technique that will help you *wake up*, and will prove itself *crucial* to your ability to *'crack your egg:'***

It's a fundamental prerequisite to be able to break out of *any* debilitating cycle of discomforting and self-inhibiting patterns, and take full charge in your life as the supreme creative force.

*So turn the page and let's get into it...*

## Chapter 2

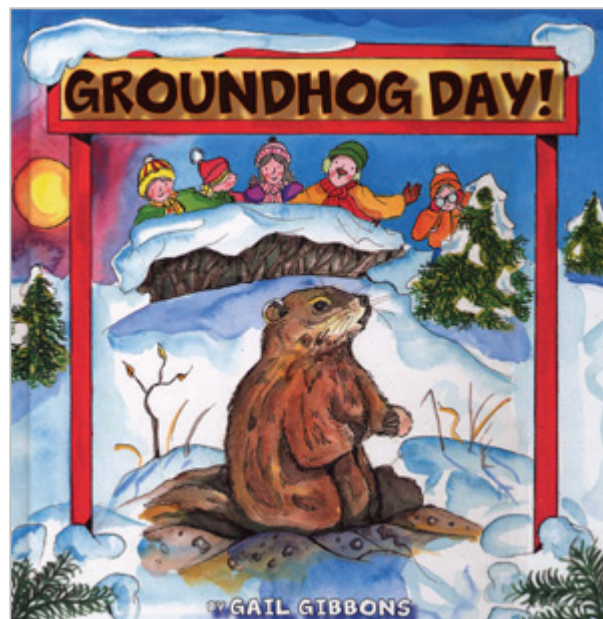
# The 'Participant' And The 'Observer'

In the first half of the 20th century there was a Russian mystic called Gurdjieff. He was the teacher of P.D. Ouspensky, who talks about him in his book *The Strange Life of Ivan Osokin*. In it, he touches upon the topic of reincarnation.

Please note that the purpose of this chapter is neither to discuss the existence, nor the 'what,' 'why,' and 'how' of reincarnation. Ouspensky's take on it merely makes up a nice introduction to the rest of this chapter.

**He poses that reincarnation is not what we're often told it is. He says that instead of being born as someone else, we're rather reborn to relive the exact same life we've always lived... over and over and over again... until we make a significant choice at one particular moment to do something different from what we've been doing life after life.**

This is depicted quite nicely in the movie *Groundhog Day*, which you might want to watch some time if you can, in case you haven't seen it yet.



**Based on this take, Ouspensky says that 'hell on earth' is living life the way we've always lived it, and 'heaven on earth' is breaking free of our long-standing inhibiting patterns.**

And as you probably know, it can take an enormous amount of energy, passion, determination, and will to even see such patterns, let alone break free from them. And without the right information and orientation, it's in fact virtually impossible. After all:

- ➡ As they're often *automatic* and *subconscious*, such patterns are outside of our normal awareness to begin with, meaning we may not even *know about them* (yet).

- ➡ In addition, as explained in the previous chapter, they significantly influence the way in which our brains filter incoming information, thus making up virtual 'blindness' that prevent us from even *noticing* them, or at least making it very hard and ambiguous to do so.

**As such, they have a way of keeping themselves intact and settling in more deeply. And this puts up challenges for us to transcend them and give ourselves the freedom to manifest the kind of life experience we long for.**

While as a result we're often inclined to revert to tools that promise to make such shifts on our behalf, such techniques usually turn out to deliver only arbitrary, 'hit-or-miss' results.

*That's not because they don't have the potential to do so. Instead...:*

- ➡ For one, they may not attend to *our own unique requirements* (<-- a topic we'll explore in our upcoming Session #3).
- ➡ Secondly, they normally render us dependent on them, because they actually *mask* the true competence and creative potential that we already possess, but are seeking to gain *through* them.

*And as such, our illusionary dependence on them thus conceals the fact that we may not even need them in the first place.*

**In that regard, the technique that you're about to learn is much different:**

- ➡ It allows you to actually see the self-inhibiting patterns that impact and weigh down on your life experience.
- ➡ It puts you in a position of *true power*, from where you can break free from them and regain the liberty and flexibility to create your life in the way you yourself deliberately choose (<-- which may be a kind freedom that you haven't felt in a long, long time... if ever).

**This simple technique is the one basic skill that'll put you (back) behind the steering wheel in your own life. But in addition, it makes up the basis for much greater results from your application of pretty much any other personal empowerment technique as well!**

*So turn the page, and I'll tell you how it works...*

## 2.1 A Simple But Crucial Trick

We get triggered into our self-inhibiting patterns all the time. Thoughts, emotions, attitudes, behavioral urges, self-talk, etc. all 'fire' pretty much automatically when circumstances evoke them.

**We may think we're in conscious control of ourselves and our lives, but the great majority of our actions and reactions are practically 'mindless,' *subconsciously driven* responses to largely involuntary mechanisms in our 'mind/body'-system:**

Something happens to us, or someone says something to us, and *boom*: we react in some kind of kneejerk, preprogrammed way – we feel angry, frustrated, sad, guilty, belittled, and so on, and then follow through with corresponding action or inaction.

As we usually see our preconceived notions, prejudices and expectations confirmed (*<-- as explained in Chapter 1*), our emotionally-colored state may get us to...:

- ✓ Misread other people's intentions...
- ✓ Say things we don't really mean...
- ✓ Take actions that only make things worse...
- ✓ Do things that neutralize our previous success...
- ✓ Procrastinate when constructive action is required...
- ✓ Fall back into self-sabotaging and/or potentially self-destructive habits...
- ✓ Etc.

We then tend to justify our thoughts, feelings, attitudes and actions through all kinds of rationalizations that seem very plausible from our subjective and distorted point of view.

But even though we so strongly insist on *identifying* with them and think it's really *us* who deliberately engage in them, the truth is they're mostly *subconsciously activated* and *involuntarily triggered* by circumstances, while *we ourselves* have little *conscious* input in determining these reactions.

We call such reactions '*Egg Patterns*.'

**As we'll explore in detail in upcoming sessions, the life and reality we create and our experience of it are almost exclusively determined by such 'Egg Patterns,' to an extent we may not even be able to realize yet.**

But as long as we let them play out the ingrained, automatic patterns of our 'Egg', reality and its circumstances are *in control of us*, as opposed to the other way around.

**Therefore, we can only break free from such patterns once we're actually able to see and experience how completely identified we tend to be with them.**

In other words, as a first step to '*cracking our eggs*,' what we need is an ability to *mentally step back* from the turmoil and emotional noise in our lives, and view our emotions, situations, and interactions from a much wider perspective than from within the turbulence of the experience itself.

*And this notion applies in particular to our patterns of pain, frustration and dissatisfaction about our lives and our (perceived) inability to make constructive changes.*

We all have this ability. It's achieved using a technique I call the *Participant/Observer-method*, in which you switch your awareness between two different perspectives of the same situation:

➔ **Perspective #1 - The 'Participant:'**

The *participant* is the part of us that's actually living the experience of life on this plane of existence through the 'body.' It undergoes the thrills, chills and storylines of the ride, like a character in a movie.

*It's identified and fused with the experience, and in active relationship with the content from an inside-out viewpoint.*

➔ **Perspective #2 - The 'Observer:'**

The *observer* is the part of us that's able to step back just a bit, and watch the 'movie' of our lives like a member of the audience.

*It's disidentified and defused from the actual experience, and as such has no relationship with the content of the experience, as it merely notices from an outside-in viewpoint.*

**The basic idea is as follows:**

Whenever you find yourself caught up in some kind of discomfoting experience as a *participant*, you don't deny the experience (<-- for instance by forcing yourself to 'think positive thoughts instead,' like we're often told to do)...

**Rather, we take a step back into the *observer*-role, from where we can...:**

- ➔ Momentarily free yourself from the *turbulence* and *content* of the experience...
- ➔ ... thus gaining an *undistorted point of view* that allows you to learn more about the *source* of the pattern that was triggered, and the reason why it exists...
- ➔ ... and putting yourself in the position of power from where you can apply *additional techniques* (as desired) to...:
  - ✓ *Dissolve* that source, and the discomfort along with it...
  - ✓ Undisturbedly *reorient yourself* towards more *constructive* intents and courses of action.

**As such, mastering the *Participant/Observer-method* is one of the most empowering things you can ever do. If there's *any* skill we need to learn to actively make a difference in ourselves and our lives, *this is it*.**

And because it's an inherent ability that we all possess, the steps to practice and internalize it are relatively straightforward.

*Here's how to build up to mastery of it step-by-step...*

## 2.2 The Steps to the Method

While the *Participant/Observer-method* is relatively easy to learn, for most people mastering it requires step-by-step practice. Below is an overview of the steps that help you progressively enhance your ability to put it to work for you:

### Steps To Learning The 'Participant/Observer'-Method:

#### ➡ **Step #1:**

The next time you feel overwhelmed, exhausted, frustrated, resentful, 'wrung out,' etc... just say to yourself: "*See it through!*"

That's the first step: just decide to see it through, hang in there, and see what happens... until it passes over.

Notice yourself making that decision. Mastering the conscious act of deciding to 'see it through' marks the point from where you can take it up a notch with the next step.

#### ➡ **Step #2:**

Apart from the above, consciously *stop* what you're doing (at least) three times a day. It's as simple as that: whatever you're doing, just 'wake up' from it and *stop*. I can't describe this in any more straightforward terms. This step is the simple act of *waking up* and *dis-identifying*.



To illustrate: we often get caught up in the things we do, and basically 'lose ourselves' (i.e. our consciousness) in the activity. And that's not always a bad thing in and of itself.

But practicing our ability to 'stop it' and to 'step out' for a minute during 'regular' activities gradually increases our skill and the probability of being able to do so with the same efficacy during the kinds of emotional experiences that have a history of stirring us up.

*So 'stopping' at random like this will train you in your ability to step out of what you're doing and become conscious again, i.e. fully aware. You just STOP, whatever it is you're doing. Any time of the day is fine.*

#### ➡ **Step #3:**

Once you've developed some skill in 'deciding to see it through' and 'stopping it,' now learn to 'wake up and disidentify' *during more intense states of emotional arousal*. For example, practice 'stopping' in states like these:

- ✓ You feel completely consumed by something you're doing (positively or negatively)...
- ✓ You feel frustrated...

- ✓ You feel overwhelmed...
- ✓ You feel exhausted...
- ✓ You feel angry, or even raging...
- ✓ And so on...

*Whenever you feel identified with your moods, learn to 'stop,' 'step out,' and regain conscious and wakeful awareness, from where you can undisturbedly observe and look AT your mental and emotional dynamics (<-- as opposed to being caught up IN the distorted perception they cause). From there, just look... listen... see...*

**Being adept at Step #1 and Step #2 already goes a long way towards mastering this third step. For example:**

- ✓ Let's say you're in a highly intense emotional state... For the sake of the example, imagine you're crying your eyes out, and you're trying to relate to the typical feelings you're feeling, such as complete desperation and not knowing what to do...
- ✓ *If in a situation like that (even while you're crying) you're capable of performing the mere act of thinking that it's okay to be in apparently 'negative' emotion like this, then you've already got what it takes.*

The idea is simply to gain an objective point of view in a situation that emotionally intense from the subjective perspective of the *participant*. You mentally step out of the turbulence, disidentify from the movie, and take your seat in the audience.

*That's all there's to it!*

The crying and emotional turmoil may continue at the level of the *participant*. That's all fine. Just allow it to be there by simply observing it.

Learn to see the emotional intensity as a mere *indication* of the fact that you're closing in on your debilitating patterns and their underlying sources. From there, you can move on to the final step of this technique...

#### ➡ **Step #4:**

This last step can be really powerful, and is one you can even use if you find yourself having a hard time with Step #3.

Here's what you do:

*Ask yourself: "What's awesome about this now?"*

Of course, you may not be able to think up anything that's actually awesome about the situation. But it's not about the answer to the question here. Instead:

The mere act of *asking* the question *forces* your mind into the detached position of the *observer* (<-- i.e. *exactly what you're trying to accomplish here*). And that in and of itself may be what's awesome about the situation!

This fourth step is literally beyond powerful. Because not only do you *automatically* get your mind to 'step out' and observe the situation... But the phrasing of the question also *forces* your mind to figure out what this situation is meant to make you aware of.

*And that will come in handy later in our process...*

**As you keep practicing this technique, you'll often find yourself gaining amazing insight into your inner patterns, and your understanding of yourself and others:**

- ➡ You'll see how absolutely consumed you tend to be with your moods, thoughts, emotions... (For example, you'll see yourself having an experience of pain, rather than being IN pain or even BEING your pain...)
- ➡ You'll see how your moods, thoughts and emotional whims eat up your energy and vibrancy, by filling the space with something else to do...
- ➡ You'll discover that there's more passion than you've ever imagined underneath your moods... more than enough to fuel whatever it is that you want to do.
- ➡ You'll see that you're *not* your emotions... *not* your feelings... *not* your thoughts... *not* your moods, but instead *the silence in between*... a 'conscious essence'... something apart from them that's more alive than you can possibly imagine.
- ➡ And you'll begin to understand how you can *make your mind your servant*, rather than having to subject yourself to its (prior) rule over you.

**Taking this *observer* point of view allows you to see all this, because it's the part of you that's not blinded by the emotional heat of the moment. Instead, it realizes that all is well, even in the most discomforting states.**

Because what you'll learn from conscious experience is that you're really *infinite 'awareness'* that's going through an illusory experience that only *seems* real.

*Now this may sometimes lead to a naturally-induced state of euphoria, from which you may want to spend all your time in observer-mode. But despite its liberating perspective, it's absolutely, crucially important that you keep your balance between the two perspectives!*

Here's why:



### **Word of Warning:**

**What I've described are two extreme points of view. To emphasize the extremities:**

➡ **Participant:**

As a movie participant, you're stuck in the movie entirely. You identify with it and believe the movie is real. Learning experiences thus run the risk of becoming emotional catastrophes, and the resulting guilt, sorrow, resentment, etc. can influence your 'storyline' for the rest of your life...

➡ **Observer:**

As an observer, you're disidentified from the actual experience and stuck entirely in the audience. From that position, you realize that life is but a virtual reality game created by 'consciousness' in order to know and experience itself. From there, you have a much wider perspective on what's happening, and you'll have far wider comprehension.

However, the downside of this extreme angle is that you may withdraw yourself *so far* from the intensity of the 'physical' experience, that you won't 'feel' the very emotions

and experiences anymore that lead to such great understanding of self... which is the purpose of the whole game in the first place.

*You basically try to escape life, the realm where experience takes place... the very experience you're trying to improve.*

**Both participant and observer are extreme orientations, and neither one is your exclusive best choice. There's a third approach that you *can* and *should* take, which is to go for the balance point between the two. As mentioned before:**

- ✓ Whenever something significant happens that triggers emotional discomfort within you, really *feel* the emotion in the moment it occurs, and respond to it in whichever way seems right. Feel the thrill from the *subjective* perspective of the *participant*, and play your part.
- ✓ But also *detach* and *disidentify* from that close-in view and observe why it happened from the wider, *objective* perspective of the *observer*. Consider why this experience may have been necessary or what it's trying to make you aware of *within you*.

It's the combination of these two that'll transform your life experience.

**While so far we've only covered the basics of the technique itself, in upcoming sessions you'll learn more about how to leverage the *observer*-perspective in ways that make the *participant's* experience of life more pleasant, productive and exhilarating.**

*To stick with the movie metaphor:*

Aside from the *participant* and the *observer*, you'll become the *director* as well.

*So now that you know the steps to the technique, here's what you can expect from mastering it and actually becoming that director...*

## 2.3 The Result: A New Relationship With Life

Once I personally got better skilled at the *Participant/Observer-method*, eventually I literally saw myself. And then I saw myself seeing myself. And then I saw that I was seeing myself seeing myself.

*This may sound crazy, but it was an absolutely remarkable experience of awesome clarity, where I was able to see 'myself' as separate from the 'self' that I thought I was, i.e. the identity that I had in this world.*

When you experience something like this, it kind of adds a new dimension to your experience, a 'fourth dimension' if you will that's almost like a parallel universe to the one we live in.

**This *observer* point of view is the foundation for a completely new relationship to life in general:**

- ➡ You'll see that any 'pain,' 'frustration,' 'exhaustion,' 'overwhelm,' or whatever negative state that you may find yourself in is nothing but a strategy that you've (unconsciously) taught yourself in order to *mask* something you feel threatened by.
- ➡ You'll appreciate that none of them are truly the result of outer circumstance, and you'll see that you can disable and dissolve these strategies whenever you *really* want and decide to.
- ➡ You'll see that it all adds up to a self-protective method of operation that constantly pulls you out of the present moment, and covers up the fact that you have a big hand in creating the nature of your own life experience.
- ➡ You'll see that it's a subconscious defense mechanism that blinds you from a truth that you may find hard to face, as it leaves *no alternative* but to take *full responsibility* for your own life.
- ➡ *In fact, you'll see that it covers up your fear, and in many cases your being totally terrified or even scared shitless of being 'All You Can Be.'*

**In the words of Marianne Williamson:**

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It's our light, not our darkness that most frightens us.*

*"We ask ourselves: 'Who am I to be brilliant, gorgeous, talented, fabulous?"*

*"Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.*

*"We're all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.*

*"And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

*Now let me give you some final thoughts on how powerful this technique can be, along with an additional technique to enhance it...*

## Conclusion: *The Power To ‘Lighten Up’*

The more you practice the *Participant/Observer-method* as outlined in the previous chapter, the more you’ll realize you are not your thoughts, emotions, brain, or body:

- ➡ You’ll appreciate how your body is much like a ‘space suit’ of sorts, serving as a vehicle that allows you to experience this tiny frequency range within ‘infinite possibility’ that we’re able to perceive with its five senses and that we call ‘the world.’
- ➡ That ‘space suit’ is not who we *really* are; it’s only what we often *think* we are. More than that, we’re rather *consciousness* having an experience *through* it.

Life as a ‘struggle’ is *only* part of the *participant*-perspective that *identifies* with the five-sense ‘reality’ of that ‘space suit,’ along with its ingrained, involuntary patterns that are almost entirely driven by the subconscious system of the ‘Egg.’

**As long as we keep identifying with the mental turbulence and emotional turmoil that take place at this level, we’ll merely create an ever more alert and denser state that feels increasingly constricting, debilitating and exhausting.**

That state further blocks us from a fruitful connection with our more expansive levels of consciousness, intuition and creative potential.

Under our constantly and involuntarily *triggered* states of, worry, anger, frustration, sadness, resentment, depression and other imbalanced emotional atmospheres, we often call it exactly like it is without realizing, by saying:

*“I feel so tight and heavy”...*

That’s exactly the experience of our *naturally expansive* ‘conscious essence’ that’s *locked up* and *squeezed* inside the narrow and constricting confines of our ‘Egg.’

**But the *Participant/Observer-method* leverages our inherent ability to ‘lighten up’ almost instantaneously. And in doing so, it swiftly puts us in the position from where we can break free from this type of constriction:**

By allowing us to *disidentify* from the emotional turbulence imposed by our ‘Egg,’ we instantly gain an undistorted point of view on both the situation that *triggered* our *Egg Patterns*, as well as those patterns *themselves*.

From that newly-gained viewpoint we can *permanently* dissolve and free ourselves from those *Egg Patterns*, which otherwise continue to enslave us to their will and the dictates of circumstance, and thus confine us to a severely limited sense of options, choice and possibility.

The technique thus makes up the *starting point* to *consciously* break free and take charge.

**From there, we can begin to enhance its liberating effect by applying *additional* methods and techniques that *permanently* dismantle and dissolve the inhibiting patterns, along with their underlying sources, as if they never existed to begin with.**

This, in turn, will automatically shift our entire paradigm and fundamental orientation in life, without having to hammer it in through constant repetition of things we'd like to believe.

It greatly increases our ability to *take charge* and *deliberately create* the kind of life experience we dream about living, as it lifts our personal power and potential to whole new levels of creativity and influence.

*The insights and techniques we'll cover in subsequent sessions will be of tremendous value toward that aim.*

**But to make sure you're well-equipped for those next episodes in your 'egg-cracking' journey, I want to send you off from this session with one additional technique – familiar to us all – that will greatly enhance your results from the *Participant/Observer-method*.**

*One of the most profound things we can do is to leverage the power of...:*

## **LAUGHTER!**

**Now that may not seem like much of an advanced practice for personal power, but think about it:**

Try to be serious, tight and heavy when you're genuine laughing or someone else is...

*You can't.*

So trigger a laugh, and your egg's bubble of pomposity will burst in an instant. It'll break the density and free the channels for our energies to flow. It's not for nothing that the wonderful healing effect of laughter on the body has been explicitly confirmed in medical research. [5, 6, 7, 8]

Now obviously, I'm not saying we should all laugh uncontrollably twenty-four hours a day, nor am I suggesting that we just mask all our misery by slapping on a metaphorical 'happy face sticker.' That kind of denial won't get us anywhere.

**But truth is that the way we look at our inner and outer struggles is ultimately a matter of choice. Depending on our point of observation, pretty much *any* given situation can take on two different shapes:**

- ➡ From an *attached* and *identified* point of view, the situation may be *depressing* and *fearful*, and we can choose to *cry* about it.
- ➡ Yet from a *detached* and *disidentified* point of view, the *same* situation can be *ridiculous* and *funny*, and we can choose to *laugh* about it.

Of course, there are exceptions to this notion (*<-- for example, sadistic cases of murder, rape, or abuse generally aren't very funny*).

But overall, in the grander scheme of our life, the majority of (the reasons for) our worry, fear, hate, sadness, frustration and guilt often become ridiculous to the point of being hilarious.

All we need for that to happen, is to learn to 'step back' from the superficial emotional intensity that colors our perception, and simply take an objective look at the situation for a moment.

Because from the *observer-perspective* we can *leverage the power of a sense of humor* to instantly dissolve clouds of emotional discomfort, right along with the underlying patterns that cause them.

*So in the spirit of that understanding, here are some ways in which you can apply it to your benefit:*

Everyone has a different sense of humor, so in this context, your best bet is to find a way that works for you. But as a suggestion to point you in the right direction, let me give you one example that has turned out to work well for a lot of people.

**We all know how during emotionally turbulent states our inner self-talk usually becomes highly self-destructive. In fact, as opposed to making things better, it typically *adds* to the intensity of the turmoil, and rather instigates a vicious cycle that only makes things worse.**

*So as a way to break such a cycle and dismantle and dissolve the patterns that caused it, here's what you can do:*

**Step out of the turmoil by taking on *observer-perspective*, and then deliberately put your self-talk in a funny frame.**

*For example:*

➡ *Voice the content of your self-talk out loud in a funny voice:*

For instance, use Disney's Goofy's voice, or my personal favorite: the voice of a bad-tempered leprechaun. Whatever type of voice you choose, make sure you find it funny.

This way, you won't be able to take your self-talk seriously anymore. So as a result, you'll *automatically* defuse from it, and oftentimes dissolve the entire intensity in an instant with a simple laugh.

➡ *Imagine your self-talk as a direct call on the 'cell phone from hell:'*

Pretend as though the 'negative content' is communicated to you through a call on your cell phone, coming directly from hell:

*"Hey it's me calling again directly from hell... I wanted to let you know that [fill in negative content]."*

Now hang up; you don't want to associate with those folks.

➡ *Imagine the 'Benny Hill' theme playing to the background of your mind's perturbation:*

Let's face it: few things are unfunny to the sounds of 'Benny Hill' music...

*I'm sure you can come up with other funny stuff of your own...*

Whatever you come up with, if you're able to instigate a genuine laugh, the bubble of pomposity and self-pity will burst in an instant. You'll "*crack yourself up*," if you will.

And as soon as you do, you'll find yourself back in a neutral, balanced and positive state from where you can take deliberate measures to further enhance your life experience (*<-- which we'll get into next time*).

**The best thing about laughter is that it's infectious:**

*When one person laughs, it's like permission has been granted to others to laugh as well. This phenomenon is known as 'mood contagion,' and even applies to those who are afraid to, or think they can't or shouldn't. They simply won't be able to help it. [9]*

And let's face it:

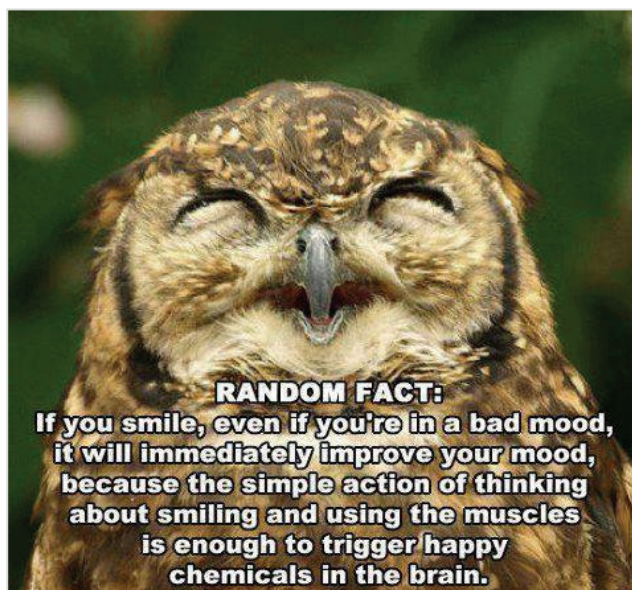
For many, that would be no frivolous luxury. After all, most people don't laugh enough by far. Some hardly laugh at all. But to be able to leverage this skill we simply have to keep practicing it. There's an English comedian called Ken Dodd who put it like this:

*"We're all born with a chuckle muscle, and if you exercise it every day, it'll keep you young and frisky all your life. But if you don't, it dries up and drops off."*

Now how many times are we told we mustn't laugh? It starts when we're kids as throughout school we're often told to keep quiet if we do.

**But if we're 'infinite consciousness' having an experience in this tiny frequency range we call 'reality,' then we can make it a 'fun' experience if we want.**

And if you *really* can't laugh out loud in a given situation, it helps to simply put on a big smile, even if it feels phony:



Research has shown that the biofeedback resulting from even a fake one significantly lowers heart rate and produces a change in brain activity that corresponds with a happier mood. (*<-- To wit, frowns have been shown to have the opposite effect.*) [10]

**With what you've learned so far, you have the power to 'step out' of the density of the *participant* and see things from the *observer*-perspective, from where you can burst into mental, emotional and spiritual freedom with a genuine or phony laugh.**

So loosen your corset. Let yourself go. Fake it if you need to. Keep your chuckle muscle in shape. Not only will you *lighten* up, but you'll *light* up as well... as will the world around you.

*And that will only be the beginning!*

Because from there, we can begin to wield astonishing personal powers that can *radically* reshape our lives. And *that's* what we'll cover in Session #2.

**For now, let's conclude this first session appropriately:**

*To all curmudgeons, pessimistic sourpusses, and grumpy old downers out there... here's to you:*

*"Did you hear the one about that 'egg'...?"*



*"Stop it, you're killing me!"*

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