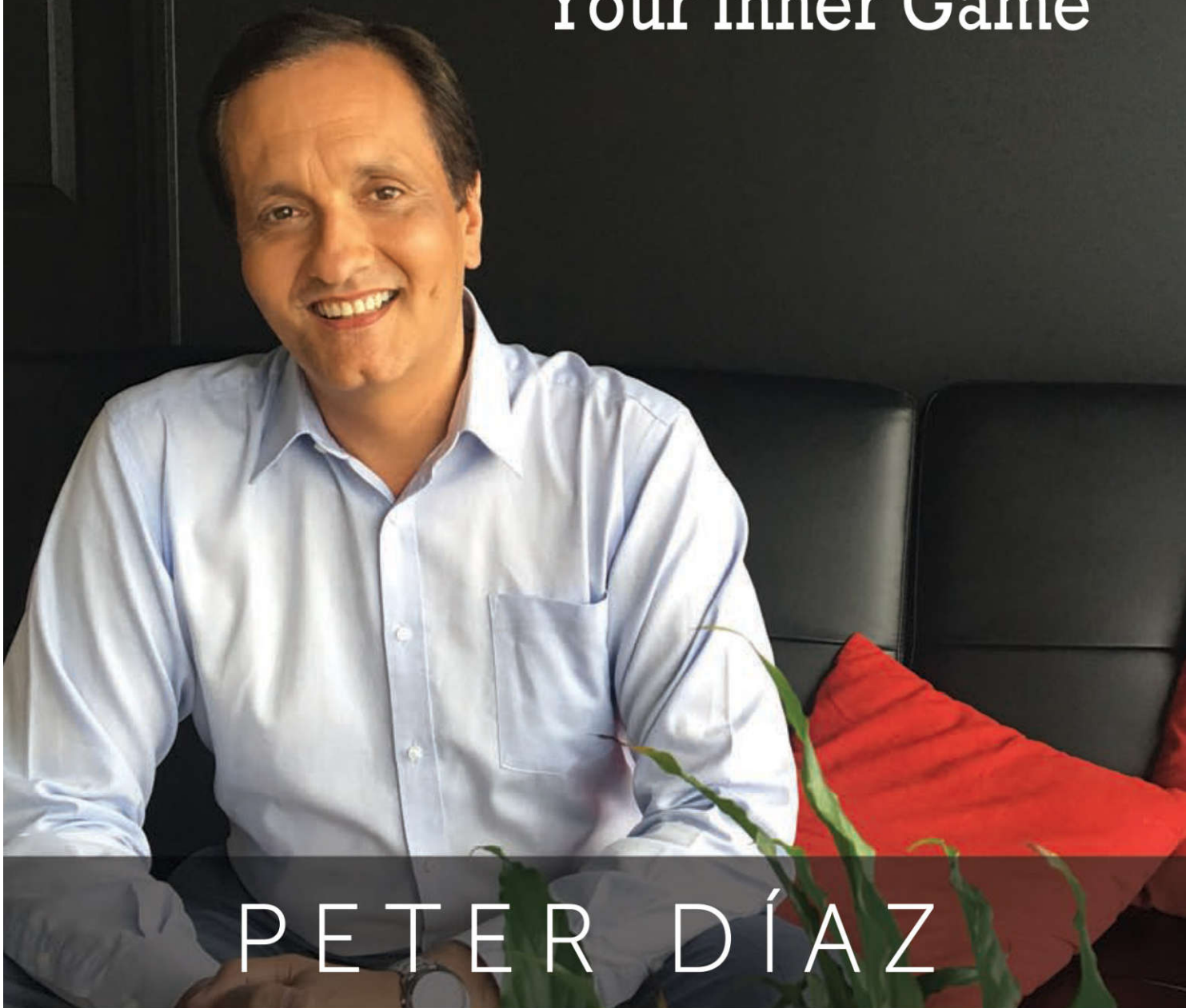


RECLAIM YOUR POWER

The 6 Secret Steps to Power Up
Your Inner Game



PETER DÍAZ

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*'The less effort,
the faster and more powerful you will be.'*

Bruce Lee

*'If you deliberately plan to be less
than you are capable of being, then
I warn you that you will be deeply
unhappy for the rest of your life.
You will be evading your own capacities,
your own possibilities.'*

Abraham Maslow

*'Reclaim your authenticity.
Don't follow the pre-made template of existence
if it's not bringing you happiness.'*

J Mead

*'It is folly for a man to pray to the gods for that which he has the
power to obtain by himself.'*

Epicurus

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And last, but not least, to Life, the greatest teacher of all.



Introduction

Reclaim Your Power was first published in 2012 and is now five years old. The book helped back then to spread its message and ideas for the time it was written. Self-publishing was just taking off and there was a high demand for books that could be easily read on portable devices.

This has not changed, but reading has now become a lot more interactive. This is why for the new edition of the book the format has been changed. Previously, the exercises were found at the end of each chapter. For the 2017 edition, the book has been split into two volumes: a main book and an exercise book.

Self-help and self-reflection has now become the mainstream in business globally, and to serve this need the book and its contents can now be studied and used in a variety of contexts. The book continues to be very useful in personal settings and the reader will be able to read through the material in the main book, taking notes as necessary; and then complete the exercise book to cement the knowledge in their minds.

At the same time, the two books can easily be used in a small group or classroom setting by life coaches, psychologists and facilitators.

Additionally, the book has been expanded with more examples, illustrations and stories to help those using it to relate to the knowledge contained inside. I hope it continues to be an inspiration to all those who read it and that they will

be motivated to recommend it to friends, family and colleagues who would find it useful!

WHY I WROTE THIS BOOK

I am a serious and dedicated 'Inner game player'. I became that way because life placed me in situations where I had to become one. I grew up in an intensely religious household, which caused me a lot of pain for many reasons. Forbidden to make friends outside our religion, we grew up separated from mainstream culture and I was ostracised by my peers. I grew up in a haze of depression. It was only years later that I was diagnosed with Bipolar Depression. As a young adult, I felt life was difficult and I really believed good things only happened to others, not to me. Now I know how wrong I was.

Through these experiences, I developed a curiosity and passion to know what made people tick. How is it that we are so different and yet so much the same? I wanted answers! In my relationships with others, I wanted to be attractive to girls but also to people in general, so they would be my friends. I wanted to experience and share in the finer things in life. Above all, I wanted freedom and a deep sense of peace. I was especially attracted to the biblical expression 'the peace of God that passes all understanding.' I wanted that so much!

I've always admired people that seem to be comfortable in their own skin. It's as if nothing can rattle them. Nothing can happen that's going to upset that beautiful inner balance. I liked those people. Even as a little boy I'd be in awe of them, and wondered 'how can that be?' They seemed imbued with powers beyond normal human beings. They beamed with confidence and radiated a sort of inner peace. I suspected that they were different. That somehow they'd been born with different powers or genes. That somehow their lives had been blessed from the very beginning and no trouble could possibly befall them. And yet, when I spoke to them, almost invariably I got life stories of pain and hardship. How was that possible?

In my search for answers, and as part of my recovery, I went back to university. I studied for my degree in Social Work and specialised in Mental Health. I continued studying and reading all I could on the subject of psychology and spirituality. In this book, I present you some of what I have learned, both at the personal level through extensive experimentation and at the professional level through years of practice, study and teaching. I know the principles on the inner game work as explained in this book. I know the exercises work; I have practiced them myself for years. These practices can change your life.

That's why I had to write this book. This book is about those people and the lessons I have learnt along my journey to emulate them.

WHY DO I WRITE ABOUT RECLAIMING ONE'S POWER?

Because a perceived lack of power makes people do strange things. To feel powerless, out of control, weak, is not a nice feeling and to address it people will go to great lengths. Some people become bullies, control freaks, angry, resentful, and yet some others become sad, anxious or depressed. That's why I'm fond of pointing out to people that there are two common elements to a mental health problem – hopelessness and helplessness. These two are strongly linked.

Helplessness means that you feel like you can't do anything, and Hopelessness means to feel like nothing you do will make a difference anyway. They are both derivatives of a perceived lack of personal power BUT they are both illusions. Not real. People are powerful beyond belief. But they've learned to behave in a helpless way, a power-less way. And, as a result, have lost all hope of being able to make a real difference. You may even have heard of the psychological term 'learned helplessness', which means that it's a learned pattern of thinking and behaviour. The exciting news here is, that if you change these patterns, you will increase your power and your hope. All quality ingredients for good mental health.

AND WHAT ABOUT THE INNER GAME?

We know inner energy manifested as emotions have one of two effects on your physical body; either a detrimental or beneficial effect. Today we are very familiar with somatoform disorders – which are physical illnesses caused by psychological causes. We also understand quite well, especially from the field of sports psychology, the impact a well-played inner game can have on your external results. In addition, for thousands of years of human history, ancient psycho-spiritual texts have pointed to a correlation between how your internal reality, or inner game, is handled and the results you get in life.

What does all this mean for you? It means that as you improve your inner game, all of your life improves. It means, whatever you want is more likely to happen when you are at the top of your inner game. It also means that as you take back your power, you will feel increased levels of confidence and peace. When you pay attention to your inner game, you will experience better relationships with others, a life of purpose and greater skills to walk this Earth – guaranteed!

‘Imagine that! A world where you walk around
brimming with inner confidence and peace.
Where your presence is noticed by others
and opens the right doors for you.
This is within your grasp right now.’

By paying attention to your inner game, you become more of who you are, so you can play a better game at all the levels you choose to play at. I encourage you to apply the principles, which are shared in this book and experiment with them carefully. You will see deep changes in your life as a result. Where you thought doors were closed, new doors will open you never thought possible. I know. The same road you are travelling is the one I have also travelled for the past fifty-plus years.

WHO IS THIS BOOK FOR?

True, this book is not just for anyone. It's written for people with an open mind. But more importantly, it's written for people with an open heart, those of you that have a special kind of sensitivity – one that puts you more in touch with your senses. It's for those people that know that, at times, they tend to give away too much authority over their feelings and life to others and who are ready to reclaim the power they have given away. It's for those that are sick and tired of feeling sick and tired and have had enough. Are you in?

Reclaim Your Power: The 6 Secret Steps to Power Up Your Inner Game is for anyone who wants to infuse their inner game with fresh energy and strength. *Reclaim Your Power* is about creating a clean space – an optimal mental environment – to live the life you've always wanted. *Reclaim Your Power* offers you six powerful secrets that are continuously missed by most people. In this sense, they are 'secrets' because they are hidden in plain sight! They are simply overlooked by most people!

WHAT IS IT ABOUT?

There is a strong correlation between how you play your inner game and your results in life. *Reclaim Your Power* is a practical how-to manual to help you maximise your results by working on your inner game, your personal power – that power that is not dependent on outside approval or circumstances.

This book is not 'a secret' like the movie. It is about solid, psychological, emotional, spiritual tools designed to help you step into the flow of life, to enable you to begin achieving everything you want – the life of your dreams. Given you are reading this book; it means you are interested in living a life that is effective. You want to make your life count. Even if you feel you are already living life 'in flow' you can use these tools to accelerate the positive and good results that you are getting already. *Reclaim Your Power* has been written with you in mind.

This book expands upon the six potent secrets and puts them into more contexts and situations that readers can relate to. The new and improved exercises that accompany them will enable you to step up into a new headspace and plug

into the unlimited energy, which is readily available. You will profoundly change your inner game plan. Using the tools in *Reclaim Your Power* will mean you can deal quickly and effectively with any negative energy, which clogs your inner game like spiritual cholesterol. You will find useful tools to clear out and unblock your psychological and emotional arteries in readiness to achieve all you want to achieve.

If you regularly use and practice the principles outlined in *Reclaim Your Power*, you will find exciting new expressions of your inner game and experience a new manifestation of your own energy. Each principle is accompanied by exercises and activities in the *Workbook* to empower your access to your inner resources in such a way as to start attracting and achieving all that you want in life, effortlessly. In order to power up your inner game at a faster rate, I recommend you do all the exercises. Trust the process. This is a living book. It is full of illustrations, explanations and exercises that keep on working for you for a long time, even after you have finished reading.

TWO KEY CONCEPTS

Before we begin, I want to introduce you to two concepts: Inner Game and Energy.

The key to powering up your inner game is to accept that simply by existing here and now means you have the right to excel at your purpose. You are perfect for your purpose. What is that purpose? How will you find out that out? To know your purpose and embrace it, firstly become aware of your energy and align with it. As you do this, your energy will shift from any negative energy (however small!) to positive energy. Negative energies are those energies that obstruct and block your natural energy flow. These blocks and obstructions melt away when you open up to the vast amounts of energy available in the universe.

INNER GAME

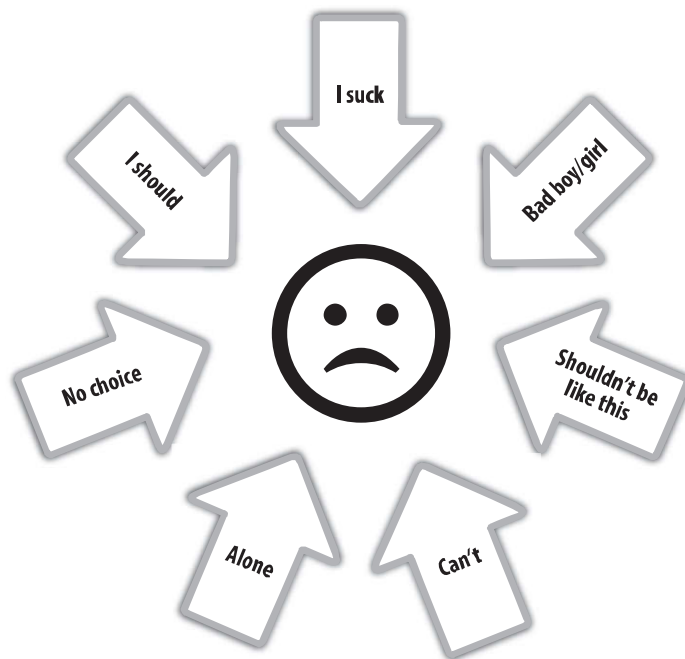
Corporations such as Deloitte use games and 'gamification' (the application of game-design elements in real world contexts) to train their employees. This has become a more common approach in the business world. It has also been observed that many people play some kind of internal game and that each person has their own form of currency that they value (reputation, money, etc.) and that sometimes these values overlap with altruistic pursuits as well. When someone is able to align their internal values with a value that benefits their organisation as well, they will become more productive and valuable to that organisation.

While there are certainly negative perceptions of the 'games people play' or 'gaming others', this inner game is not that. It is simply a game that people play with their own minds. Everyone ought to work out what motivates them and what doesn't so that they can become more productive.

Your Inner Game is all of your internal automatic processes you have in place right now that get you the results in your life. This includes all your thoughts, feelings, emotions, attitudes, values, beliefs, internal self-talk, choice of friends and people you associate with, the decisions you make or allow others to make for you. It is also how you choose to interact and use all these factors. All of these things manifest as your Inner Game.

Your Inner Game happens at different levels. Some people live and act within a very small Inner Game. A small Inner Game is characterised by limitation and this is evident in language, attitudes, self-talk and perception of what is 'realistic' or 'what reality is'. Examples of a small Inner Game include phrases like 'I can't do that!' or 'that's not realistic!' Other phrases which signal a small Inner Game are any thoughts, phrases, or self-talk that includes 'can't', 'should', 'no choice', or 'shouldn't be'.

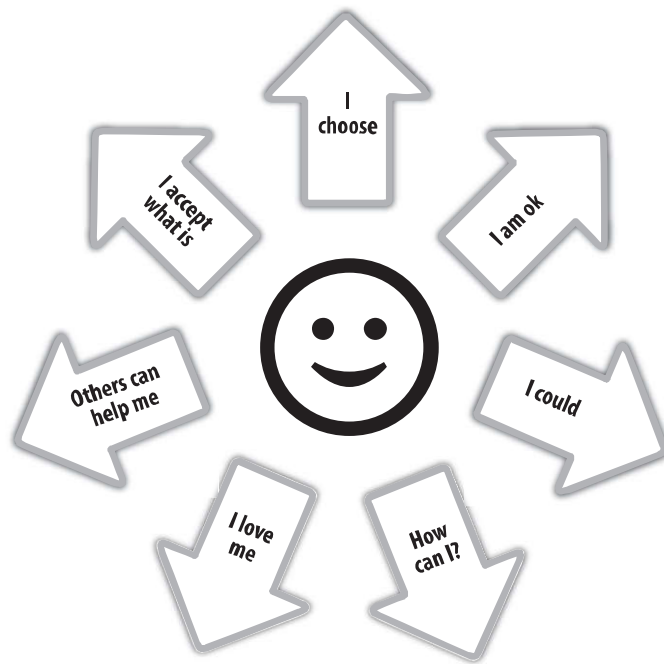
SMALL INNER GAME



Inner game is small, constricted and surrounded by self-imposed limits. Self-talk includes 'that's not me', 'I can't do that!', 'that's not realistic', or 'it shouldn't be this way!'

People who make use of a more expansive Inner Game use a flexible free-flowing outlook. What is realistic for these people is much more encompassing than other people. Phrases, which signal a larger Inner Game, include 'why not?' or 'how could we make this work?' An expansive Inner Game has all the characteristics of vibrancy about it. We get a sense of energy flowing from people playing this type of Inner Game.

EXPANSIVE INNER GAME



*Any limitations are seen as elastic and flexible.
Things can be worked on or worked around. Self-talk includes questions like 'why not?'; 'how could we?'; 'what would that look like if...'* and pushes out the boundaries of so-called reality.

ENERGY

Everything is energy. From the electricity to cook the food you eat, to the physical energy you get from eating it, to the warm friendly interaction between friends or the relationships between governments – it's all about energy.

There are many different types of energy. You get energy from eating a sandwich. That's not the type of energy we're talking about here. Think of someone who is very charismatic. This is a very good example of the type of energy we are focusing on. We sense charismatic energy easily and it seems as if that powerful charismatic energy is actually surrounding the person and radiating out to everyone around them. Charismatic energy carries strongly through the spoken word, even through television or radio and transmits powerfully as a wave influencing other people. Charismatic energy is only one type of this inner energy.

Your inner energy comes from within. People often think, 'I need to get this energy from somewhere.' Energy doesn't need to come to you – You are energy. You have no shortage of energy. Everybody has inner energy. Inner energy is already radiating out from you and affecting the people around you. You are unleashing energy into the world all the time – like a wave. You can't help it. Every physical movement, every conversation, every thought, every emotion, every interaction with other people is an expansion and expression of your energy. You are pumping out energy into your environment all the time. Your energy is always having an impact on other people.

Some people unleash and use their energy easily, while other people find it hard to release their energy or don't know how to unleash it. Some people, especially charismatic people, unleash their energy naturally. Children unleash their energy naturally. The source of inner energy is inexhaustible.

Powering
Up means
energy that
gets results

If you are getting results in your life you don't want, take a good look at the type of energy you are already unleashing – what kind of energy is behind those unwanted results? Obviously, you want the best quality energy to create the most beneficial results for your life and loved ones. This is where *Reclaim Your Power* comes in.

Your whole life is a direct expression and result of the energy flowing through it. The energy flowing through you is getting all the results you have right now in your life. If you don't like the results you are getting at the moment – pay some attention to the quality of your energy. Energy can be useful to you or not useful to you. Energy has different intensities as well as different qualities. You can identify the different energies surging through you and you can learn which to apply in what situation.

You can always choose the energy that flows through your life and you can also choose what to do with it. When you're ready to power up your inner game, there are tools to unleash powerful new energy to shape your life and create the most beneficial results.

UNLEASHING ENERGY

Unleashing your energy in your life, in your business or workplace, or with your family or friends, can be a frightening thought for many people. Our society works really well to hold people's energy back through fear.

The last time you felt really alive might have been when you were really angry about something. That unleashing of energy felt very good. It also might have felt a little like you were 'out of control'. Unleashing energy doesn't have to be 'out of control'.

Unleashing energy in a positive, beneficial way is always a natural flow of the universe in you. Remember a time you felt 'in the flow' or found yourself completely immersed in doing something where 'time seemed to stop'. Felt good didn't it? That's when you unleashed your own powerful natural energy, even if it was only for a short time. It's when you feel 'at one' with your world, when your actions feel in harmony and 'free-flowing'.

Consider a new mother. The way she sees her world usually changes profoundly when she's about to bring new life into the world. Her energy changes as she unleashes some powerful positive energy with her children. Her inner game changes with this new form of energy.

People who have suffered deeply often experience a radical change in their inner game. Some unleash very nasty, destructive energy while others have an inner game, which unleashes effective life-affirming energy, which makes their world a better place. There is something going on inside that shifts their energy. These people have applied their focus to their experience and have consciously powered up their inner game.

So, how do you unleash your energy? How do you open up your energy channels so your energy flows and expands and you start getting the results you want for yourself and for others?

Unleashing your energy comes back to your inner game. When you focus on your inner game already happening inside you, you can start to unleash your energy in genuinely beneficial ways and start getting the results you want in life.

As you focus on your inner game, you will experience more internal peace and confidence. You'll find your passion and you'll start finding what is truly valuable to you. Whatever you want to become, get or achieve becomes increasingly possible.

As your inner game changes, how you view your world changes, your results change and reality changes. As you play a larger more encompassing inner game, you'll find you are happier, more confident and content within yourself and you will be a more peaceful person.

As you release your energy and it starts flowing, all of a sudden you'll see possibilities everywhere in your life. Synchronicities start to happen. The world feels more alive than ever before. You will discover you have more options than you previously saw before and you'll be free to pursue the possibilities according to your choices.

As you move through the six secrets in *Reclaim Your Power*, you will notice an interesting thing begin to happen. You will notice that you begin to feel your energy shifting. You'll feel your energy becoming somehow more peaceful and more powerful. You will attract the people and the things you need in your life, not out of luck, but because your energy is changing. Once you consciously shift

your focus and intention, your inner energy will also shift. Once your actions become more focused, they automatically bring you better results.

Are you ready to begin?



CHAPTER 1: The Secret of Focus

It's early 20th century in the mountains of Avila. The sun is setting down over the horizon. The mother pushes on relentlessly. The band of three, mum and the two small daughters are on their way to the capital. Mum needs work to keep them going. But the pace is hard for little feet. The girls complain often. 'I'm tired', 'I'm hungry' and the typical 'are we there yet?'

With every question, Mum's stomach tightens. She loves these little ones dearly but she has to get there. What will she do?

The above scenario actually happened. I know because I'm alive because of it. That's my great-grandmother you see there in those mountains. And those two little girls would eventually become my grandmother and my great aunty. I know it well. It's one of my favourite childhood stories. It has everything: mystery, survival, strength and heart. My grandmother would tell it so well.

So, what do the tough do when the going gets tough? According to popular belief, 'the tough get going'. But is that all? No doubt, my great grandmother and my grandmother were tough cookies. But my great grandmother did something else. She would turn to the kids, and say 'do you see that hill over there? Just over that hill, there it is.' In short, she'd re-focus them. That was her secret.

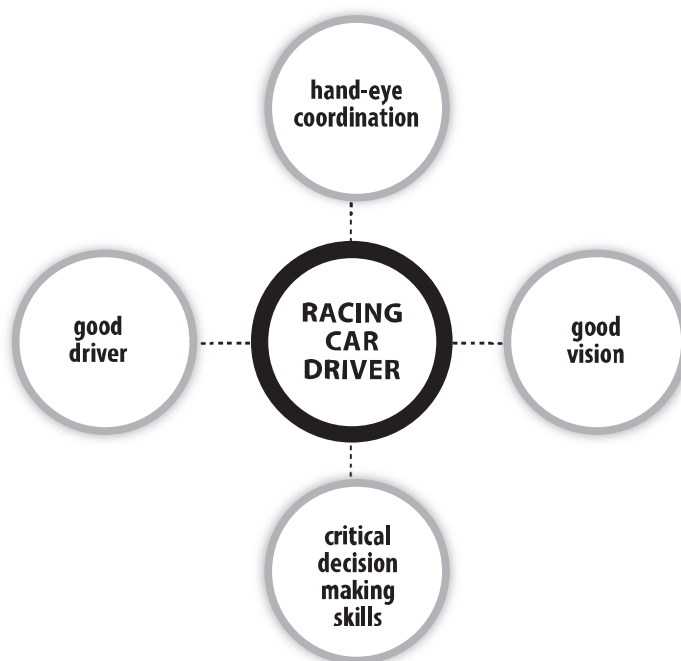
My maternal grandmother was a veritable philosopher. She'd grown in the village and had had no education but the harsh education that life had forced upon her. But, for some exquisite reason that no one understands, she had an

encyclopaedic knowledge of philosophical sayings that had guided her and given her an unusual wisdom in her life. And yet, the one that has endured and guided me the most throughout my life has probably been the simplest advice she gave me: 'Peter, watch where you are going!' Wise words indeed.

Which brings us to The Secret of Focus. The Secret of Focus is the first step needed to *Reclaim Your Power*. If you are ever going to fully reclaim your power, you need to know where you are going; and focus gets you there. Focus is the giving of concentrated attention to someone or something.

The rule that applies here is that whatever you focus on determines the results you get in your life. For example, many people in society focus on getting married, and almost everyone ends up getting married. Of course, about 50% of marriages end in divorce, but to begin with, they really did get what they were focused on, didn't they. Whether they realise it or not, people achieve goals all the time, because they focus on them. There are certain goals they don't achieve, because their focus is not quite 'there'. Sometimes their energy is blocked or restricted in some way. The 'Secret of Focus' is about getting the right kind of focus.

A racing car driver was asked the question, 'how is it you can drive so fast between cars without hitting them?' He replied, 'I drive in the space between the cars.' The racing driver was focused on the space between the cars, whereas most regular drivers focus on not hitting other cars. If you or I got on a racetrack, we would be much more likely to crash than the racing car driver. Not just because we lack practice but, more importantly, because we focus on the car; so that's when we hit the car. What we focus on is what we get. The racing driver, on the other hand, is focused on the space between the vehicles, so that's where he goes: into the space. What he's focused on is what he gets. With this focus, his results are much better.



You can focus on any one of these things to improve on, but each one is important to a racing car driver and will get someone closer to being a racing car driver.

You can apply this diagram to other professions or other situations to determine what you are focusing on and what you might be focusing on. Create a visual to help determine better thinking.

The results you are getting right now in your life are perfect for what you have been focused on up to this point. If you want something different, you will need to focus on something different. This first step is about noticing what you focus on.

My main
focus is on
my game.

Tiger Woods

Your focus always determines what you put your energy into. What you put your energy into, determines how your energy manifests in your life. Your focus always determines your results. To *Reclaim Your Power*, start right now by noticing where your focus is. Your focus determines your reality and in fact your whole life.

If you focus on your feelings, your life will be full of feelings. You might not like all the feelings you get but you will be really emotional about life. If you focus on material things, you get a life full of 'stuff', full of material things. If you focus on the arts and entertainment, you'll have a life characterised by artistic expression. Ask yourself the question – 'what am I focused on?' Today, your current reality is the direct result of your focus throughout your life up to this point.

That may sound a little 'out there' or 'new agey', but I encourage you to consider this thought:

Of course, we are talking about those things within your sphere of influence. Throughout this book, you'll be surprised to find just how many things are within your 'sphere of influence'. Things you may previously have thought you had no control over, are actually completely within your 'sphere of influence'. Exciting, isn't it?

You might ask, 'but what about illness? Surely that's not the result of my focus?' Well, we already know illnesses can be made worse by negative psychological components that people attach to them. Research has demonstrated that psychological factors play a causal role in the onset and course of many chronic disorders (Pelletier, 1992). For example, on average 62% and up to 82% of patients with back pain show some type of depression or depressive problem (Sinell *et al.*, 1996). So what you focus on can and does make you either healthier or sicker.

Focus takes two forms – conscious and unconscious. Conscious focus is the entirety of the things that you are aware you focus on: knowing you're hungry or thirsty, the loved one who has just walked into the room, or the annoying

thump of music from a young person's bedroom. Unconscious focus is the entirety of the things you are unaware you focus on: the thoughts or memories in the back of your mind you are not necessarily aware of day to day, Your next breath, or your respiration rate. Accordingly, if I ask you if you are aware of the feeling of your clothes touching your skin, suddenly you notice the sensation because I have directed your focus towards it. You become aware of it. You could always notice this sensation yourself, but you were not aware of it; so you were unconscious to the sense of your clothes touching your skin. In the same way, there are things you focus on which you are consciously aware of and other things you focus on unconsciously.

.....

*Your current reality
is the direct result
of your focus
throughout your life
up to this point.*

.....

At times, these two forms of focus are working in opposition. The strongest one will always determine your results. Surprisingly, in most cases, your unconscious focus gets the final say! The unconscious focus is stronger, because it operates constantly in the background without any interference. Both your conscious and unconscious focus creates your reality.

So, what is reality? Reality isn't some unchanging thing, sitting 'out there' waiting for you to notice it and finally 'get with' reality. What you call 'reality' is less what is actually there and more a result of whatever you have paid attention to (consciously or unconsciously) up until this moment.

Spanish people have a saying '*cada uno cuenta de la feria como le va en ella*' ('each person reports on the party according to how they experienced it'). That means, out of all the people who go to a party, each one will have a different angle and perspective on the party. The reality of the party is different for each person. One person says 'best party ever!' another says 'the music was terrible' or 'the food was unappetising'. Yet it was the same party – just different 'reality'. Whatever or whomever you can point to as 'reality' in your life, that is simply what you have chosen to focus on – that is your reality.

.....

*Ask yourself –
What am I
focused on?*

.....

Often, we think 'stuff out there' makes our reality and that 'stuff out there' is what we should focus on. Most of us are completely focused on what is happening 'out there' – on the externals – on all the things, events and people outside because we think that's where reality really happens. Well, that's a really good way to lose yourself. Your own

desires, goals, and purpose start to blur in the drama of whatever is happening 'out there' around you.

All the time, I see people mostly focused on the externals – the mean boss, the unpaid bills, the relationship break-up, the train schedule, or the broken washing machine – as if that external world was their life. All this drama is only the content of their life. It's not their life. People often confuse the content of life with their LIFE.

To illustrate, my car has seats, pedals, seatbelts, headrests, etc. These are some of the contents of my car. I would never confuse the contents of the car with the vehicle itself. When my car isn't running very well, I don't check the headrests, change the pedals or adjust the seatbelts (the contents). I check the engine or the fuel (the inner game).

While the content of your life has a great deal to do with what you experience as your life, they are only elements or factors in your life. The content of your life is anything, which can change or disappear. You can create new content to play with and experience. You can drop other content in your life that you don't want or need. The content of your life is adjustable. The contents are not your Life.

We also create emotions, sometimes negative, sometimes positive, because we judge our situation and confuse it with our life – that throbbing sense of being alive within us that makes us LIVE. Who you are at your physical, spiritual and emotional level is completely within your control. However, when you call the content of life, 'my life', then you hand your power over to other people or external events. When you feel, 'it is because of certain people or external events and situations that my life is a certain way' that's a signal you're mixing up the

content of your life with your life. We can certainly be happy when someone does something or be sad when someone says something, but attributing your experience of life to someone else is giving away your power in life. Some cultures in the world call the external circumstances 'only a dream', meaning, they are not actually real.

Your life is constant; it is always with you. You are life. Your body, your thoughts, your feelings, your heart pounding within you. That's Life. That is your life. Or, as the Bible puts it 'the life that really is life' (1 Timothy 6:19). That is always right here, right now – constant.

PAYING ATTENTION

When you're ready to *Reclaim Your Power* and become a person who sits in the driver's seat of your life, with a sense of purpose in life, and as someone who can achieve that purpose, it will be useful to begin by paying attention to the engine of your life. The engine is everything that makes up your internal processes.

All your thoughts, your self-talk, your interpretations, your feelings, your habits are all parts of your internal processes. They all form part of your internal engine. Begin to notice the chatter that constantly goes on in your mind. When you turn the spotlight of your attention on your internal processes and pay attention to these, you will begin to notice more about your inner game.

Some people might hear this to mean pay attention to feelings. When we are emotionally distressed it's easy to be totally focused on feelings, as if the feelings are reality. In some respects, this is true. Strong feelings really are there, but your feelings are not Reality.

Your feelings are always only a response to something that happened, around you or to you. Your emotion always comes after the event – the burnt toast, the spilt milk, the broken leg. Your feelings are never actually what happened. Your feelings are part of your inner game but they are only one aspect. They are one piece of your inner game.

In Western society, we live in an increasingly rich sensory world, so it can be hard at first to pay attention. All kinds of communication, entertainment and stimulation devices want to capture your attention and imagination – TV, radio, email, iPods, Internet, Walkmans, Facebook, Twitter, texting, PlayStations and more – anything and everything possible to help you avoid internal chatter and self-talk. We don't go for a quiet walk or jog anymore – the mp3s, headphones as well as the phone comes along too. The effect of this ever-present noise interferes and overpowers your own natural inner game. You end up with an inability to hear your own messages from your spirit or energy as it guides you in your path. The noise interference needs to be managed. Your own inner game constantly talks to you. It is always letting you know whether you are on path or whether you are off path.

As you start paying close attention to your own internal processes, you will power up your inner game. You will move over into the driver's seat of your life. As you do this, you will start to notice how you get the results you have here and now. Whenever you pay close attention to your internal processes, you'll start to see the links between the internal processes inside you and the results you get in your life.

AUTOMATIC AND INVISIBLE

The Secret of Focus is about turning your attention to your own inner processes, which have been in place for years and have become so automatic they have become invisible to your conscious awareness. Many of your internal processes have become unconscious.

Your internal processes link things very quickly to your reactions. This is an automatic process, which is usually totally unconscious.

For example, I notice with the first few drops of rain, I feel sad. That doesn't make any logical sense. After some quiet reflection, I come to see I have an internal process, which, for some reason, has automatically linked the raindrops with sadness. Until now, I might not have been aware of these internal processes, which link rain with feeling sad. I only know that I feel sad. I might not understand

this and right now I don't need to. I just need to realise that rain and feeling sad is an automatic link, which has been unconscious in me for a long time. Someone else might feel excited by the rain. Now that I notice this automatic response, next time it rains, I can be more conscious of my response to rain. Becoming aware of my normally automatic and unconscious response to rain gives me the power to change my reaction. Now that I know about it, if I want to, I can do something about it. I might decide that feeling sad is not the most useful emotion to link with rain. By being focused, I can change this particular internal process and my inner game changes.

Automatic
response

=

unconscious
reaction

Another example of an unconscious automatic link could be when you go into a meeting with your boss. You might feel fear and anxiety and you lose your voice. There is an automatic link between seeing your boss and feeling nervous. This unconscious automatic reaction drains your power and will mean you can't take opportunities that come up in the meeting. Just by becoming conscious of your feeling, and noticing the link between seeing your boss and your sense of anxiety, can give you a sense of being in control. There are plenty of examples

where these automatic processes can occur – someone cuts you off in traffic and you get angry; you stand to speak to an audience and you start to stutter; you see someone attractive and feel anxious, not knowing what to say.

Whatever the example is for you, every time you fall for one of these automated responses, which give you a negative emotion, at some level, you have judged it as something that shouldn't happen. This is a drain of your personal power.

As you focus on your inner processes in other areas of your life and bring them into consciousness, you will soon see you can choose reactions that are more useful to your life and change your responses to a whole range of things. Whenever you practice these new ways of responding, you create new habits. You will change and your inner game changes – it's powering up!

Right now, your unconscious internal processes are getting all the results in your life – including the results you don't want! For example, you might have the best business idea, the money behind you, the contacts and the networks in place and friends and family who are supportive but... nothing happens. Or you've met someone who you get on great with, your friends and family like him or her, they are everything you dreamed of and things feel so right, but... the relationship just doesn't seem to go in the direction you'd like. What's happening?

You have the power to set up your internal responses and processes. For good or bad, success or failure, your internal processes always call the shots, according to how you have set them up. As long as your internal processes are unconscious – where you can't see them – the results you get will seem random, unpredictable and you usually get exactly what you don't want. Why? You are unconsciously focused on 'I don't want this to go wrong' – and hey presto! It does go wrong! 'I don't want to be late' – and as if by magic, you are late.

Do you know anyone who has told you, the worst thing they can imagine is turning into someone like their mother or their father? They spend energy focused on this image of who they don't want to be. Strangely enough, one day they wake up and realise they are exactly like the parent they didn't want to resemble!

Their energy was so strongly focused on 'not being like' that parent, inadvertently, they were able to tune their energy perfectly to match that image. While that might be the last thing they wanted to happen, this actually shows they are skilled at shaping and using their energy. They were just playing the 'I don't want' game instead of the 'I want' game.

Right now, if the results you are getting in your life are results you don't want, take the first step of Focus and start paying attention to what's going on inside. Notice your own inner processes – your mind chatter, your reactions, and your feelings. As you become conscious of your inner processes, your inner game will change. As you consciously see what you do and why, you will power up your inner game.

This first step of Focus powerfully directs your attention to notice what you are pouring your energy into. Whatever you put your energy into – your career, your kids, and your body – determines how your energy manifests. The results you have in life are a direct result of the energy you are using in your life. What type of energy are you using? How can you make sure it is the best quality energy? Is your energy flowing freely and abundantly? *Reclaim Your Power* is all about energy.

TAKE STOCK

The first step in reclaiming your power is to focus on what is going on inside for you right now. Review all of the things that are currently happening in your life that you don't want. This can be done on a separate sheet of paper or by doing the 'Take Stock' exercise in the *Workbook*.

It doesn't matter how long or short the list is, the important thing is to write as many down as you can.

The benefit of identifying the things you don't want in your life is that you will be able to see them clearly, take control and shift your focus.

After you have done this, the next step is to pay some attention to the things you DO want and take a full inventory of these. Again, list them. Actually write them down. Use the exercise in the *Workbook* or a blank sheet of paper.

Remember, you are writing these inventories based on the inner game you are playing at this current moment. Over time, as your inner game starts to change, these two lists will change. As your inner game changes, the things you DO want and DON'T want change. You'll notice people who play a large inner game, no longer think in terms of what they do want or don't want. Still, this is a really important exercise to do as a starting point. It's a great tool to use to start focusing. This will become an exercise to repeat as often as you like.

You might have found it easier to identify what you don't want, rather than what you do want in life. We usually find it much easier to identify what we don't want in life.

There are several reasons for this and one common idea is that we are culturally conditioned to avoid pain and seek pleasure. We all know that sometimes when something feels good it might not be good for us (chocolate craving if you are trying to lose weight for example). Another idea is that we are culturally conditioned to be non-aggressive and pacifist and so we are never assertive enough with ourselves. In any case, the important thing is to recognise that we have some sort of bias and to create true change in our lives we need to overcome whatever that is.

Identifying what we don't want in life comes naturally to most people. The advantage of starting with what you don't want in your life also makes it easier to see where your focus and energy is going and provides a strong contrast to show you where you are putting your focus and energy.

Now that you're consciously aware of what you're focused on and where your energy is flowing, you have the option to take back conscious control of your inner game. You can say: 'that's written down, I don't need to focus on that anymore, I can move on and look at what I want in my life.' Remarkably, 'what do I really want?' is a harder question for most people.

For most people, their inner game says, 'you don't deserve the things you want, so you better not want them.' Or, 'whatever you're hoping will happen is not going to happen for you, so stop dreaming.'

Becoming consciously aware of your own self-talk is a powerful step to fine-tune your focus in your own inner game.

PS: If you want to find out why you have the particular things in your life in your inner game then it is useful to seek a professional who can help you through the events that took place in your life, the culture you grew up in and how that might have influenced your current way of thinking and patterns. There are many factors that can influence thought patterns and they could be culture, religion, ethnicity, social status of family, type of family, demographics, environment, etc. A word of caution: while it can be intriguing to find out 'why' we are damaged the way we are, it's not usually a good idea. First of all, whatever you think or find out 'damaged' you, it's probably not going to be accurate, and there are many psychological reasons for that that I won't go into.

Suffice to say that, most people, unless there is severe psychological distress; don't significantly benefit long term from knowing 'why' but they do benefit from finding 'where to next'. Determining a sense of direction in your life has a very power reclaiming effect. You can bank on this.

MISALIGNMENT

Identifying what you do want and don't want can also be a useful tool to gain insight into where you could be misaligned in your inner game. Misalignment is when something is out of sync and doesn't feel right; you might notice that your lists are very unbalanced. This misalignment can happen on a number of levels. Your inner game can be misaligned with what you don't want, with what you want, with what your purpose is and with your energy flow.

On an everyday level, being misaligned can show itself as dissatisfaction with some elements of your life and this dissatisfaction is causing you to not be as productive in other areas. You could be in a situation that you don't like in your home or family, your job, or even with your friends. This may or may not be due to some deep-seated goal or desire that is not being met, but if it is, it may very well be the reason why there are problems in other areas of your life.

Many of us are misaligned with what we don't want, so we actually invite what we don't want into our lives. Whatever you try to completely reject in your life, you will end up bringing into your life. Most of us do this. Unconsciously, you put the Welcome Mat out to the very thing, person, job you don't want and then usually you're surprised when you get exactly what you don't want. The example here is the person who doesn't want to be like their parents, yet ends being someone exactly like them. Sometimes, the very thing you don't want is exactly what you need in your life and that is another kind of misalignment.

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*Whatever you
resist, persists*

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Sometimes we misalign ourselves with what we don't want by resisting it. Whenever you sense inside yourself a resistance to something, it's usually a sure sign you're misaligned with what you don't want. The amazing thing about resistance is, whatever you resist is

always guaranteed to persist in your world. It's a common saying: whatever you resist, persists.

Another type of misalignment is being misaligned with what we do want. For example, I could have the very strong intense desire to be the best tennis player in the world. While this can happen for someone like Roger Federer, I know from whatever angle I address this desire – physically, spiritually, emotionally – becoming the best tennis player in the world is simply not my purpose. If it were, I would have grown up in a different family, with a different type of physical abilities, genes and environment that would have allowed me to become the world's greatest tennis player. I can still strongly desire that outcome for myself, yet I would be misaligned with what I want and I would be misaligned with my purpose. If I poured all my energy into being the best tennis player, my inner game would suffer.

When you really want something, but it's not happening for you, either the thing you're aiming for is not for you or perhaps you're just not in the space to bring that energy into your life at the moment.

When I was younger, I badly wanted to be physically powerful. As a young boy I trained with weights and tried very, very hard to develop the muscle required. Over the years, I've realised if I had developed that physical strength and fighting ability, I probably would have turned into a nasty, aggressive person and would never have developed the skills of language and communication I have now. What I badly wanted as a young boy was completely out of alignment with my purpose in life. I never saw that from the perspective I had when I was younger. As a youngster, my inner game was simply not playing at the larger level.

When you start to spot your own misalignments consciously, you can be sure you have powered up your inner game a little more. You have invited a new level of consciousness and honesty to your life. The energy in your awareness and presence will be that much greater.

BECOMING

Many people play their inner game in a very limited way and define their success or failure in terms of things – what they own or possess. ‘I can’t be successful, I don’t have a Ferrari’ or ‘I’m a complete failure, I’ve just lost my job.’ This is the inner game based on ‘having stuff’ rather than one based on Becoming. The inner game based on ‘having stuff’ falls apart whenever ‘the stuff’ changes, moves out or dries up. It is a very time-limited game plan and encompasses a very short period of time in life. When people have this kind of inner game, they can’t see beyond a few years while others can’t see beyond a few months or even today.

When your inner game is based on ‘having stuff’, your inner game becomes very, very small and time-limited because everything is temporary. The best job, the grand house, the Ferrari or being on the BRW’s Rich 200 list, are all very nice but they are all time-limited. Whatever you call ‘success’ or ‘failure’ can never be based on where you are today, or on how much you have collected through life, or your status. Although these things can be nice, and there is nothing wrong with them, real success is about Becoming and that’s an attitude that carries throughout your whole life.

By ‘Becoming’, I mean that very process of awakening to your life’s purpose. Being all that you are. Although ‘becoming’ is more accurate than ‘Being’, as we never cease this process. Becoming encompasses all those experiences and ‘aha!’ moments that wake you up to your possibilities and new realities, with an ever increasing focus on the inner you. This process gives you greater insight into your true self. Some have described this as a process of maturing or self-actualising (this idea was described extensively by Abraham Maslow).

The inner game based on Becoming is shockproof. It stands the tests and trials of time. An inner game based on Becoming will carry you throughout your whole life. An inner game focused on Becoming is the one, which holds the surest signs of success and real lasting happiness.



‘The sage accepts the ebb and flow of things,
nurtures them, but does not own them,
and lives, but does not dwell.’

TAO TE CHING
