

Be Your Greatest Self

THE GUIDE TO ENLIGHTENMENT
AND LEGENDARY LIFE



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ENLIGHTENING STRIKES BOOK 1

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This Be Your Greatest Self preview is complete from chapter one to the beginning of chapter five. Explore it to see how we teach. If you have already ordered your guidebook and journal, you are welcome to begin with this preview. Record initial discoveries on paper and transfer them to your Enhanced Personal Journal when it arrives.

Preface: The journey ahead

Consider yourself an explorer with a map of our world; it is complete to the finest detail of roads and even includes people. You possess the power and resources to go anywhere; you may embrace life's every pleasure. The challenge is this: to chart a course to any destination, you must precisely read your map and know your position on it.

Beliefs determine how you navigate our world, and their accuracy is akin to map-reading ability; they influence where you can go and how delightful the journey will be. Personal identity is synonymous with placement on a map; it is your position in life. Until you know this world and yourself well, you are but a precious soul wandering in a valley, unaware of your vast ability and the beauty of all that is. Realize these truths however, and you reach the finest vistas and enjoy a life of exquisite delight. That's where we are going.

This guide teaches how to reliably distinguish truth from fallacy. Doing so reveals the delights of this world, and your own goodness as well. The method is enlightenment by the divine process, wherein wisdom results from seeing and fostering every goodness. If the common approach to enlightenment is a winding forest trail, this is the superhighway. It is fast, direct, easy to follow, and an absolute joy to embrace. It empowers you to Be Your Greatest Self in record time, and to claim a legendary life with ease.

A glorious experience awaits

Imagine calling a loved one just to say 'I'm blissfully happy and there's nothing I can do about it!' There is a level of joy beyond human comprehension, so intense it can only be experienced. This blissful delight arises during enlightenment, becomes encompassing in satori, and endures throughout transcendence. These three stages

define the Enlightening Strikes series, which begins with this Be Your Greatest Self guidebook.

Our journey commences with an honest review of you... as seen by you! We meet your eager and loving guide, then learn fundamental reasons that people aren't already fully aligned with inner virtues. From there, we discover the origin of unshakable willpower so we can be authentic. We explore beliefs, examine how they shape our lives, and learn how to rapidly realign those that don't support us... the ones we see are discordant or incomplete. Finally, we examine life's mythteries, monolithic towers of untruth to which we've been chained, and blast them to smithereens!

Hmmm... perhaps I should mention that this is not the dry or arduous journey commonly found in personal development guides. It's fun, engaging, exciting, and invigorating. Did you really think becoming your greatest self and claiming a legendary life would be anything but a fabulous adventure?

As we break through life's mythteries, we come to know who we are. Enlightenment heals the heart and dissolves the foundation of fears, so we realize a love for everything that we never recognized before. We see how we're supported and marvel as synchronicities expand throughout life.

Eventually, barriers that once held us firm no longer exist. Freedom, harmony, empowerment, and delight take their place, and life's blissful undertones shine through. Greatness within then manifests as worldly success, so life becomes legendary without all the effort.

This is the life of perfect happiness, and the path is clear; the only question is this... are you ready to realign beliefs that bring discord alive? This journey will be effervescent if you are committed to healing and prepared to love.

Navigating the chapters

This guidebook contains both content you are ready for and some that must wait. Trust your feelings to help you succeed. When a chapter resonates or brings curiosity alive, explore it. If a chapter brings forth fear or anguish, you've found a spiritual dragon. Skip past content that brings discord alive and let other chapters heal and empower you. Challenging content is revisited in concert with Chapter 20: The battle of the century. You'll be ready to vanquish your dragons at that time.

Always remember that you are on enlightenment's divine path. Never move into discord, for suffering does not end if we embrace it; to dispel all suffering, we debunk the myths that form misery's foundation. Enjoy the enticing challenges and marvel as they heal and enlighten you. Experience glorious joy, freedom, harmony, and empowerment. This is the divine path to greatness and legendary life.

Guidebooks in the Enlightening Strikes series are specially designed to streamline your success. Enhance limited beliefs with greatness by following these symbols:



Enlightening Strikes

Redivine life through language

Like the yin and yang, definitions of our words require all pieces to be complete. Common interpretations often lack vital elements. We understand and interpret everything through language, so fully and accurately defining an essential term enlightens our person and view.

Enhanced definitions are Enlightening Strikes because they result in enlightened understanding and strike down misconceptions. Any

wisdom that heals beliefs regarding self or other is an Enlightening Strike. Leverage these by reviewing and committing new definitions to memory, then use them to interpret the text. If you find the new perspective intriguing, ponder what you have learned.



Dragonfaller

Reveal your innate powers

Some realizations are so profound that they have healing effects throughout our entire life; these are dragonfallers. They include tools for empowerment, methods that obliterate destructive mind patterns, techniques to dissolve suffering, and wisdom that shields the heart from harm. Dragonfallers are treasures of the intellectual and spiritual domains; collect them all, detail them in your journal, and become proficient at using their power.



Enlightening Activity

Engage in right being

This is an activity icon! When we explore essential concepts, we often suggest methods to directly engage in practice. Have fun, be amazed... drive your wholesome feelings and enjoy the high as you partake of discovery.

When feelings coincide with an experience, we gain a memory. Wholesome feelings tied with healthful events create lasting healing. They impact both character and behaviour. This is what makes our activities so powerful. They are an engaging way to successfully transition from old habits to being your greatest self.

While you may be tempted to skip or only engage in an activity only once, this limits advancement. Most of the activities we provide are mindfulness practices. Benefits peak when they are repeated until the lesson or behaviour integrates as a way of being.

One effective approach to getting the most out of activities is to read this book more than once and perform the activities every time. Each reading will reveal profound truths that weren't previously apparent; repeating activities will help you explore and embrace these truths.



Lock in Your Enlightenment

Journal your profound discoveries

Your Enhanced Personal Journal is for summarizing the wisdom that helps you be your greatest self and realize legendary life. It contains pages to record insights and discoveries, activities to help you excel, quotes that foster introspection and further enlighten, motivational instruction to maintain engagement, and additional dragonfallers that empower. You will use your journal with every Enlightening Strikes guidebook.

You'll want to journal at the end of every chapter, and this icon will help remind you. Instruction following the icon summarizes wisdom you may choose to record. Take time to ponder and document other new knowledge and introspections too. Personalizing this process further enhances success, so express all discoveries in a creative and meaningful way.

Time you journal is investment in your rapid and expansive success. Make even more of this time by keeping a pad of sticky notes next to you. When you discover something truly profound, summarize it in your journal and then create a sticky note reminder. Place the note

where it captures your attention, such as your bathroom mirror or the wall above your desk. Reflect on the message whenever the note enters your view; this repetition helps you lock new wisdom within.



Guru Available

For advanced exploration

Throughout the Enlightening Strikes series, we recommend content by many of the world's great discoverers. They've deeply explored one or more essential aspects of life. If you wish to learn more from this individual, direction on how to engage them follows the icon.

Our websites and other resources optimize advancement as well. They include supplemental lessons and activities that help integrate practices we teach, and also serve to enlighten society. To recognize these treasures, watch for references to a website or resource from the Enlightening Strikes series.

Time to gear up

You can begin with as little as this guidebook, a sheet of paper, a pen, and an open mind. If you haven't yet obtained your Enhanced Personal Journal, one is highly recommended; the Enlightening Strikes and Dragonfallers in your journal heal your life and result in vast empowerment. If you choose to proceed without the official journal, a dedicated notebook will be useful.

Aside from the guidebook and journal, you need no supplemental books to realize enlightenment, but do consider them afterwards. This Enlightening Strikes series proceeds beyond enlightenment, to satori and transcendence. The series reforms our person and entire reality, and culminates in the whole sum of wholesome manifesting within our lives and all around us. The first guide is all you need to

be your greatest self and realize a legendary life, but there is much beyond this. Life's delights are limitless, and we reveal them clearly.

The role of reciprocity

As you proceed through this journey, barriers will come crashing down. Well done! Celebrate these achievements by sharing wisdom and inspiring quotes with others in conversation and on social media. This advances your greatness while fostering enlightenment for all; it also provides support and connection. Your Enhanced Personal Journal contains over 300 unique quotes from the Enlightening Strikes guidebooks you may use. You will also find inspiring quotes at www.EnlighteningStrikes.ca; just open the social media section under 'Let de-light shine.'

Section 1 - Be Your Greatest Self

Too often, profound discoveries arise but are soon forgotten. To be your greatest self, you must retain and leverage your empowering discoveries. The ability to discern truth from fallacy is also essential.

These chapters explore personal identity, reveal how to consistently recognize truth, and detail how to automatically integrate wisdom. Use all reminders in this section to explore and cement profound content, and integrate these methods that expand greatness.

When the content and techniques of this section live within, you'll be remarkably enlightened, wisdom will automatically integrate, and you won't have to try to be great any more; you simply will be. In place of monumental effort, ease and empowerment will bring success, and these will consistently expand, ever-increasing your greatness. The journey begins with this achievement.

Chapter 1: Greatness within

Just who do you think you are? And more importantly, are you right?

I know; you probably expected to analyze strengths, weaknesses, successes, and failures. You might have thought that we would change who you are, and thereby make you a pillar of greatness. Sure, if we wanted to take society's common approach, we could try. I mean, who doesn't enjoy a little beratement, as in b-rating or calling down, right? Well, that's what happens each time you decide you aren't good enough. Now, let's be clear and shout out: WE DON'T B-RATE ANYONE! We're not going there. I promise you a fun, easy, and empowering journey, and I'm delivering.

There's no validity to analyzing yourself with mind. It's plagued by your past, mired in false delusions, judgmental, and often far too harsh. Do you really want to ask it who you are? It doesn't know you. You have been blessed with a most beautiful and delightful heart. It is your heart that knows the genuine you.

There is a real you and there is a concept of self. They don't always match, and feelings tell you so; this is why many feelings arise in the first place. When you perform a loving act, you feel joy. When you perceive judgement, you feel hurt. Feelings are guideposts that point toward your genuine self. Wholesome feelings build you to be your greatest version, while discordant feelings are the warning signs that say 'Nope... that's not the way.'

If you want to understand who you are, you need to read feelings, and this brings us to the first challenge. Though we all experience feelings, we've never been taught how to benefit from them. We're like balls on a billiards table, knocked about by feelings and

emotions until the end comes and we finally sink into a hole. Is that really the life you want? It's time to take charge!



Enlightening Activity

Engage in right being

Let's ask your heart who you are through a fun and exciting exercise. You'll need a pen and your journal or a sheet of paper... that is all.

Begin by writing down the name of an individual you admire. This person can be real or fictional, perhaps a mentor or a superhero. Now leave two lines of space and write another. Continue until you reach the bottom of the page.

Hopefully, you have created a nice long list of admirable people. Draw a box or oval around each name. Now, in the free space beside the name, write down what you so admire about this person. Are they ingenious, skillful, crafty, bubbly? Record the many traits you adore about each and every one. You'll soon have a detailed list of attributes that strike your heart.

It is more. This is a collection of signposts. It tells you about yourself, even more than it does the amazing people through whom you see. It is time for a happy fact. We gauge others based on their alignment with our divine virtues. The qualities on your page are those your heart loves; they are beautiful aspects of the you that your heart sees.

You probably don't recognize yourself as a living example of this greatest you. That's wonderful! You recognize the discrepancy. If you were already living your wholesome heart's view, you would be your greatest self now; you wouldn't be searching.

So how can this truly be you, and why has your authentic nature been so elusive? How can you be this ideal self in a world that puts up so many barriers? And my personal favorite... I can't because the weight of my past is too heavy.

Welcome to the journey of being human. First, let me say that you are already 99% of the way to being your ideal self. You have a vast number of wholesome beliefs and nearly all of your challenges each day are well met. However, you are likely quite committed to a few barriers that prevent you from living your heart's view.

You can be the greatest self that you love; you'll just need to tweak a few dials in the mind, remove the welder's helmet from your head, and put on some comfortable clothes. Oh yes, and we'll deal with the accidents in your past, whether you crashed into someone or they crashed into you. We can explain how it happened, how to heal from it, how to forgive the unforgiveable, and how to never suffer from it again. In short, we can help you tear down the barriers. You'll feel freedom, peace, and empowerment as each gives way. Yes, you will actually feel the alignment through improvements in your energy, vitality, and happiness.



Lock in Your Enlightenment

Journal your profound discoveries

Let's review progress, for we've already made a lot of headway. The conclusion of each chapter is an ideal time to write in your Enhanced Personal Journal. Document every profound new enlightenment. This helps you maintain momentum, and reflection on your journal entrenches your wisdom, while providing many jolts of extra energy.

What we've covered applies to every person. What have we learned?

- We have a conceptual view of self that is inconsistent with our heart's view.
- The feelings that seem to happen to us are actually signposts that direct us to live our virtues.
- Oh yes... we have virtues, and we can be blissfully happy when we live them.
- Discordant feelings indicate a problem or inconsistency we need to be wary of; they feel repulsive because they are intended to push us away from actions and events that do not support us being our greatest selves.
- We have barriers, and feelings help us recognize the presence of these challenges and overcome them.
- We're intensely rewarded every time we resolve a barrier; our energy, vitality, and happiness all rise.
- The journey need not be gruelling; there are fun and joyful ways to creatively eliminate every challenge that stands in the way of our potential.

Darn... we're smart! And smart people accept unconditional love from those who would help us be our greatest. It's time to meet our loving guide.

Chapter 2: The inner buddha

There exists within every one of us, a mentor. This guiding voice has been with us since the dawn of time, and will be with us to the end. It is our best of friends, and at times, it may seem our worst friend, but it never abandons us; it remains forever by our side.

We refer to the voice within as the inner buddha, but you may choose an alternate metaphor if you like; it is also known as your conscience, higher self, personal Jesus, Krishna connection, Allah within, and inner prophet. This presence is a direct channel to wisdom and love, and it is your guide throughout life.

When we live rightly, our inner guide goes silent and blissful peace and wonder shine bright. When we're conflicted, it presents multiple perspectives for us to choose from. When we're making tremendous mistakes, it blocks our peace, incessantly teaching in hopes that we'll hear. If we ignore it, the tone of the wisdom changes from support and love into whatever will capture our attention. The inner buddha that lives in a wholesome and compassionate environment responds tenderly; while another may chide because reprimands, threats, and reprisal are its means to be heard.

We all choose the tone of the inner buddha through our thoughts, actions, and intent. Good demeanor is vital to realizing a wholesome relationship with the inner buddha. Genuine healthful intention demonstrates respect and directs that voice to be supportive and kind.



Enlightening Activity

Engage in right being

Now is an ideal time to foster wholesome relation with your inner buddha; simply read the following words and let them resonate.

'I am on a journey to be my greatest self. My desire is to heal and live true to the goodness in my heart. I know you have loved me since the dawn of time and I know you love me still. Thank you for standing with me even when my choices hurt others. You truly are a valued friend. I will consider your direction when you are guiding me. I will always do my best to be my greatest self. I will trip up, but I will not give up. I ask you to be supportive and kind as you help me be my greatest self. I ask for your compassion and love, and offer you mine in return.'

Our guide's role

There is an aspect of guiding that some don't realize, and it causes confusion regarding the inner buddha's teaching methods. A guide does not simply dole out the answers. It details perspectives that we may adopt, tests our resolve to ensure we're true to our wholesome nature, and gives us koans (puzzles) that reveal the details of our authentic self. It knows which option is best, but its role is not to choose for us; we make our own decisions with autonomy.

Sometimes it appears that the inner buddha is giving us bad advice. We're faced with a choice that involves suffering. We are about to make a mistake and our inner guide is going along with us. Oh, we know it'll chatter incessantly afterwards to complain, but its nearly silent now. Perhaps we've got a defective guide. 'Aherm... Mr. maker sir... my buddha's defective; can I get a new one?'

When we have an important choice to make in life, our guiding inner buddha is present. The choice is entirely ours; the teaching role of our guide would be compromised if it decided for us. A good choice shows our guide that we are progressing in our resolve. When we

test firm, the attribute of character is aligned and we move to address other aspects of right being. If we waffle on our decision, we're not firm in our resolve and the inner buddha will provide us options to consider. Our guide knows what we need to do, but its role is to help us realize that for ourselves. The inner buddha will present many options, often detailing potential outcomes, and we'll choose. We have free will and it won't interfere; our guide goes along with every decision we make. If we steer the ship into the rocks, so be it; our inner guide remains with us. It still loves us and it always will.

Throughout life, our guide is doing its work, both seen and unseen. Physical events hold the majority of our lessons, and we attract many we are in need of, but there are other forms of guidance as well. Some of the inner buddha's methods include dreams, déjà vu, out-of-body perception, and near-death experiences.

Dreams we have during sleep are a way of running test scenarios that establish and confirm our alignment without affecting others. Dreams may also hold encrypted keys to current problems or those we'll soon encounter; they're the inner buddha's way of giving us one up on a persistent or arduous challenge. Déjà vu arises when our inner buddha has determined that precognition is an effective way to help us evolve. Near-death and out-of-body interventions often teach us something vital to prompt recovery; we may be far off course, trapped by trauma, or non-responsive. At times, we may be a channel of love as a tool to teach us, but we might just as well experience this as a means of giving spiritual support to another.

Everything we experience in life has a purpose. Even the most dreadful events contain value and help us evolve. We discuss those tribulations further into our journey... and fear not... we'll demolish those paper dragons and laugh in glee as they fall.

I hope you see at this time, that we are well supported. Even so, we choose our thoughts and actions, and our evolution is in our hands. The more rapidly we move towards authenticity and live our virtues, the sooner we're free to chart our course to the legendary life.



Lock in Your Enlightenment

Journal your profound discoveries

It's time to grab your journal and lock in a few advancements. Write what you've learned, what your introspection has led to, or words that strike your heart from another source. If you aren't sure what to document, the end of a chapter often summarizes key points... and if you're still unsure, record three things in your journal that you are grateful for. Whatever you record in your journal, be sure to reflect on each point as it reaches the page, giving thanks. Gratitude is a vital aspect of healing and empowerment. It helps secure our hearts in loving space, opening them to the joys that surround us every day.

What have we learned?

We have a guide within who loves us unconditionally. It can be referred to as the inner buddha, because it is wise as a buddha, and its approach to teaching is that of a buddha. We may alternately refer to our guide by other names, such as our conscience or inner prophet.

Our guide brings awareness to choices we may make, enabling us to direct our lives and grow. It is friendly if we respond to kindness, harsh if we're persistent, chattering if we've no resolve, and supportive if we ask for help. It makes no decisions for us; instead, it leverages its influence to help us recognize and embrace our wholesome nature. The inner buddha remains forever by our side, through every decision good or bad, loving as it guides us to wisdom and healthful expression.

Chapter 3: Show me my dragon!

Whoa there good buddy. I know you're eager, but we have to go over the rules of this game, or you'll end your first battle with your eyebrows singed off. You do want to succeed, don' cha?

The first trick to beating a spiritual dragon is understanding where its power stems from. Being mythical creatures, the realm of dragon power is mythtery. No, not mystery, mythtery.

Memories are stories that detail our world and past. We tend to alter the details over time, and the myths grow as we make changes or embellish. Tiny traversable hills become towering monolithic mountains comprised of both truth and fallacy; these are mythteries, and it is from within these vast mountains that dragons emerge. Every dragon's power is in the mythteries that spawned it.

The secret to demolishing fearsome spiritual dragons is to remove their power, such that they become mere paper dragons that a breath from your nostrils knocks flat. Yes, instead of a sword, you'll use the breath of truth. Let's test your breath now. Go ahead; breathe in and snort. Once you've taken your dragon's power, that wee puff is enough to do him in.

Of mythtery and dragons

A mythtery is a story we accept that contains a substantial amount of myth. Its magnitude is measured by our commitment to these myths within it. Some mythteries become gargantuan mountains or even mountain ranges. Unresolved over time, the most troubling of these give birth to dragons, our greatest of challenges.

To defeat dragons, we overcome the mythteries that comprise them, and each of these mythteries is empowered by myth, or misguided

beliefs. Everything is a belief; if it seems you know it, that's a belief. Examples include definitions of our words and assumptions we make about the world of senses. Errors in this regard are myths, and when a story includes many of these, it is a mythology.

Our lives are filled with mythologies, and some are truly delightful to experience, while others disrupt life and cause us trouble. Whether a mythology causes suffering has little to do with the details; it's more about how we handle the myth than the content itself.

Romantic courtship is an exceptional tool to explain mythologies. It begins with the honeymoon stage, recognized by such phrases and feelings as 'oh, isn't he dreamy,' or 'my, but she is just perfect.' This is the delightful, acceptance stage of a mythology. Our definition of another is incomplete, and we've filled every gap with sunshine and rainbows. Oh yes, we're enamoured, and it's a wonderful experience. It can last for quite a while, until... oh my goodness, did my angel just fart? And what's with that mole? I never saw that before.

We're starting to debunk our mythology; the individual hasn't changed; we are simply getting to know them more intimately. We integrate the nuances into our model and continue on our merry way. Whenever we recognize that little something, it's a happy reminder that the love of our life is a real, living being. We appreciate them as we always have, likely even more as we giggle at their delightful little quirks. This is a healthy alignment of mythology; our picture is more accurate and our happiness secure. Great work!

Let us look at an alternate scenario. We begin in the blissful bunny stage, bounding gleefully in romance. Suddenly, we experience a show-stopper. 'What's with that mole? I never saw that before!'

Instead of inquiring about what we've seen, we take it personally. Thoughts of it fester and grow. We think our friends will disapprove.

In our mind, the mole becomes gargantuan. It's like a growth with arms and legs; does it even have a nose? I can't kiss that mole! We feel deceived; we feel appalled. We suffer tremendously until finally, it's too much to bear and we explode. The relationship dissolves and we erase the wonders of those glorious times by reforming every wholesome experience into a negative one, creating hundreds of new myths to justify our actions and feelings. We begin to loathe, feel hatred, and my do we suffer.

Do you see what happened? No troubling mythtery was present when that relationship began, but through choices, we made one. It will impact our life until the day we debunk it. My, what barriers we can create; in this case, a towering mythtery arose from one mole and our judgement therein; a tiny myth formed, then grew because we dwelled on it, and everything snowballed from there.

That is the formation of unhealthy mythteries. We've made them all. Some are amusing, others troubling. And then there are dragons; those most distressing events of your past were once much smaller, but they gained tremendous power from the mountains of mythtery, and now they siphon yours. They call forth great spiritual suffering and agony in you; no one experiences your feelings but you.

Dragons exist within towering clusters of mythteries. We don't want to see them, and we fear them, so they become ferocious. Each and every one of us has to face a dragon at some time in our lives. We who would be our greatest go beyond, and become dragon hunters.

You cannot possibly imagine the joy and freedom you will feel when your first dragon falls. It's as though you were buried alive within a crypt, and suddenly the doors fling open wide, letting fresh air and sunshine into your soul. Oh yes, you'll love fighting dragons. And

when your world contains no more of these, what then will you do? Why, chart a course good soul, and embrace your legendary life.

Every show-stopper or 'mole' is a gift. We have a choice; we can grow through it or create the myths that allow us to ignore it, for a while. Eventually though, myths become mythteries, and then the dragons form and feed. To be our greatest self, we cannot create these foes or let them bind us; we must defang and then dissolve them. Here is how we do.

Dragons gain their power from mythteries, and all of these rise from myth. Wisdom is intellectual truth, and this dissolves myth, so it frees us from these aberrations. Our solution is to claim wisdom, and we'll need this to be pure, so that we dissolve our myths, instead of integrating the myths of others and creating more.

The divine process grants pure wisdom by revealing the goodness of all that is. The goodness is all we love, so love expands as we see it. Now look at the definitions. Love is wholesome relation, or the whole sum of relation if you prefer. Wisdom only develops in as much as we are in relation, and love's wholeness is a measure of this. As such, the divine process that leads to whole love is also a path to pure wisdom.

Our relationship examples demonstrate how effective the divine process is. The first scenario was consistent with that method, and the result was beautiful. We saw the little quirk, found the goodness within it, realized our love of that goodness, and the relationship deepened. Wisdom grew and life got even better.

In the alternate scenario, we did not see the goodness, so we moved out of relation and cast judgement, creating a myth. We remained out of relation, so the myth festered, infected other beliefs, and a menacing mythtery formed. We lashed out because of that mythtery,

not because of the individual or mole. That wasn't wise; it reduced life's goodness, and it made the mythtery even stronger.

Judgement is the origin of every myth and all spectres they become, and love is the gap. See the goodness, move into relation with it, and love replaces judgement. Wisdom results, dissolving the myth and lightening life. This is the divine process in action; it is easy, and it brings greatness in all ways. To ensure we navigate life this way, we need only ask ourself this before reacting to a show stopper: is my response the greatest expression of divine love that I can manage?

Divine love is love for all that is. It means loving ourself, others, and everything else as completely as possible. Neither mythteries nor dragons survive divine love, but wisdom and greatness thrive in it.



Lock in Your Enlightenment

Journal your profound discoveries

Let me share a delightful fact with you. You've already laid rest to four mythteries, and it was easy! The mythtery of identity was first. Ask anyone who they are and you're likely to end up with a name, description of employment, or summary of recalled life events. Of course, none of us are these things.

How is it some rapscaillon mythtery beast made off with people's identities? Though we may never know, we've still recovered ours; well done! Our heart's revealed who we are... the beautiful souls who have been through this journey of life thus far; we have values, virtues, ethics, morals, and beliefs... and these align with goodness itself. We aren't our past; we're far more. We are the navigator, and now we know where we are starting from.

Our second mythtery defeated is the nature of the voice within. It is no adversary, but rather a loyal and trusted friend; the inner buddha has been with us since the dawn of our time, and it remains with us to the end. It guides in whatever way we respond to, so if we treat it as our trusted advocate, we'll communicate with and know it as such.

Our inner buddha provides options so we can embrace rightness and live as our authentic self. If ever we are conflicted, it will tell us; if ever we falter, it will be there to help us up. It is our guide, and though we might not yet fully realize who we are, the inner buddha knows. It is expending every effort to help us be our beautiful and authentic self. We might consider the inner buddha to be a most trusted advisor. It reads the map and details possible paths, while we make decisions and direct our life.

Our third mythtery defeated is the uncertainty of where spiritual dragons originate. We know mythteries are stories that contain vast myths, with each myth being a concept of something we don't fully appreciate or understand. Unresolved myths form mythteries, and these become dragons, our greatest of challenges.

Finally, because every mythtery and dragon gains its power from myth, they are easy to defeat. Myths vanish as we claim wisdom by the divine process; this defangs our greatest adversaries, and then dissolves them. What remains is greatness and the freedom to make life legendary.

Chapter 4: Vanquish a mythtery

Imagine for a moment, if what you meant by the word 'Hi' is hello, yet for the one you speak with, it meant yes. Confusion would ensue, if only for a moment. 'Hai' is Japanese for yes.

What if you were looking at a new car, and the salesperson said it came with a spacious boot? Would you understand their meaning? The British term for trunk is boot.

We think in words. Our words enable us to understand what another is communicating, and whenever words are received in a form that differs from the sender's intention, meaning is obscured. Further to this, we've used words to develop and store the wisdom within; if these definitions are misaligned, understanding is likewise skewed.

Words combine to form stories, and we develop these to explain our past. We create and communicate stories with the expectation that our meaning will be our receiver's meaning. Discrepancies arise when our receiver interprets metaphor differently, and the disparities grow when those who've misinterpreted reality teach their distorted view. Over time, confusion leads to logical and reasonable wisdom being obscured by myth, and if this remains unresolved, mythteries form. To enlighten, we replace myth with truth, and we'll do so now.

Mythtery fight! Developing willpower

Ready yourself for battle. Within the Enlightening Strikes to follow, are powers of great understanding and wholesome relation; these enlightened definitions are the arsenal that will vanquish today's mythtery. Read each word, reflect on the comprehensive meaning provided, and be vastly empowered. Then claim victory with ease and delight, through a volley of wisdom and most wholesome might.



Enlightening Strikes

Redivine life through language

Will - The conviction that develops as wisdom becomes whole. For will to arise regarding any task, understanding must be sufficient in that regard. Essential wisdom includes how to complete the activity, effort and energy required, likely outcomes, and the probability of success. To exercise will is to act with genuine conviction.

Most acts of will are easy, as revealed by this statement: 'I will go to the store,' while some test our resolve: 'I will love all that is without exception.' Relative to the reality of the situation, the wholeness of wisdom determines the vastness of will; with great understanding, the will to achieve is expansive indeed.

Spirit – The whole sum of our feelings. The spirit of a situation is how it feels within, the spirit of a holiday is the entirety of feelings related to that time, and the spirit of an action is how engagement feels in our heart. Spiritual empowerment is the magnificent power of wholesome feelings; it evidences alignment and helps us achieve.

Power - All energy stems from and sustains in accordance with wholesome relation. In as much as we are in relation, tasks are easy to complete and outcomes are delightful.

We develop the power to engage by assessing physical and spiritual return on investment. Anticipated physical gains drive us forward, but they are hollow unless spiritual outcomes are wholesome; we have to feel good about what we do, or efforts just peak and plummet. When we value both physical and spiritual wholeness, and sacrifice neither, power maintains; foster abundance regarding both of these essentials and we claim vast power.

Try - An attempt to achieve a goal without completing the necessary belief-building and relation confirming exercises. Force is required to try, and achievement is uncertain, all because will and power are in short supply. There is no need to try when will and power are sufficiently established however; engagement seems effortless and results are more favorable.

When another says to try, they have assessed the wisdom of a choice, wholesomeness of outcomes, and probability of success. They find these favorable, and therefore attempt to supplement our research and relation building exercises with their assessment. Results are limited, for personal will and power are required to fully align and engage. Secondary opinions matter, but they are only enhancements.

Belief - The result of repeated observations, wherein consistency is now taken for granted. Seeing and using doorknobs throughout life has left us with a belief about what that piece of hardware is and how it operates. A child that is consistently told that they are brilliant establishes a belief through repetition and excels.

What we believe is the outcome of thousands of established beliefs, most of which are subconscious, and the bulk of which serve us very well. Among this vast array of beliefs are a handful of myths; these are the primary source of disharmony and discord in our lives.

Believe - To make real within one's mind. This has no bearing on what is actually real. Everything you know, you believe. There is nothink you know that you don't believe, and your convictions in this regard are always open to refinement as new facts arise. It can thus be seen that what we believe is liquid and flowing, like water, not concrete as many presume. This is wonderful, for as beliefs align with all that is, the accuracy and utility of what we believe improves.

Body - The physical manifestation capable of experiencing contrast, through which we perceive existence. Body is not us; we experience by means of a body. Devoid of consciousness, the body is inanimate; no experience is occurring. We are the life or consciousness, the awareness within.

Your battle armor is a fine analogy. Absent your presence, it's just form. You enter into and use it, but no one would suggest that a suit of armour is walking onto the battlefield. We know it's you, and you are not the armor. Our relationship with body is akin to this, but don't think the body unimportant; only through it do we know the life we do. We must be responsible stewards of our bodies.

Have you committed these definitions to memory? They are your Enlightening Strikes, the empowering wisdom that overcomes mythteries. Now my friend, let's put this understanding to good use.

Our mythtery lumbers onto the battlefield

Lightening and thunder boom in the distance. Looking that direction, we see a most vicious apparition. It is mountainous, built up by all the times we've each tried and failed. It is every 'I will' that ended in defeat. Our mythtery is the elusive understanding of willpower, and with valiant Enlightening Strikes, we will take it down.

The spectre stands tall upon a kill and beings cower all around it. Seething, it fires these dastardly words: 'Life is a battle between will and fear. Where will is stronger, you grow; where fear is stronger, you regress. Though you may understand will today, you'll need far more to master me; you must overcome all fears, and your world is filled with them.'

Though difficult, what the apparition offers appears to be a solution; it actually volleys a barrage of frightful myth. The foundation of every mythtery is myth, and all fire on its breath is myth as well.

Align with wisdom and love to see the truth. Myths will dissolve, and this mythery will dissipate into the ether from whence it came.

Wield that sword of truth!

Imbued by the power of your Enlightening Strikes, you step onto the battlefield, wherein the spectre volleys a fearsome and direct assault. 'You who approach me are not enough! You must achieve more, have more, and be more. You are but a shadow of your greatest self, and no shadow will ever master me.'

Knowing that a mythery's only power is myth, you apply your great intellect and diffuse the blow. Yes, it is common to say that we will be aligned with our inner character when certain conditions are met. We may feel we need more money / time / happiness / corporate success / <other creative requirements go here>. In truth, personal circumstance is not the source of sustainable will. It is wisdom we need, and as relevant wisdom becomes whole, so does will. With greatness in your stature, you reveal the true nature of will, wherein the beast realizes you are no common adversary.

'You do not fully commit!' shouts the aberration; 'You try, fail, and fail again, but how much effort do you put in? You must try, and then try harder. Force your poor body and work it to the bone; this is how willpower works; force results in success. Until you commit and force your way to every achievement, you'll never master me.'

This is a powerful mythery indeed. Visions appear throughout your mind, and they all reveal failure. Looking closely at these however, you see that they were the best decision you could make at the time. You recognize how each outcome would have changed if will and power had been whole, both yours and that of others. Force brought failure; success would have resulted if all had claimed the necessary wisdom and moved into relation with goodness. With clear sight of

how will and power lead to success, and entirely certain that force is not the way, you send forth a magnificent barrage of your own.

'I see the myth in your words, and your strength is failing. No one can force their way to success; force most often leads to failure, and using it shows that we lack wisdom or need to improve relation. Commitment and success both arise as wisdom and love become whole. Enlightened by the divine process, I embody wisdom and love. Oh yes, wild spectre; I understand willpower. It is not as you present, but I shall enlighten you and claim it in full today.'

'Will is a function of wisdom; it lives in the realm of the mind. With understanding, we have the will to act and force is not required. When will is whole, outcomes are known, it is easy to manifest greatness, and I succeed. I wield will to achieve; I do not force.'

The spectre attempts to dodge, but all of your blows connect, for your Enlightening Strikes are pure truth. Another volley of brilliance spews forth! 'Power stems from wholesome relation, or love. To matter is to be made material, and love has this effect; it materializes as vast and glorious power. I am spiritually empowered; the whole sum of wholesome feelings uplifts me. I am mentally empowered, for because of love, my wisdom is vast. I am physically empowered, for with my whole wisdom and spirit, I am in alignment with all that is physical; I am in relation in a material sense. I am a bastion of power, and you are but a figment of your former self.'

Grinning, you shout: 'My wisdom and love are more than sufficient to conquer you; I have wholesome willpower; an abundance flows in me now.' You issue what could be the final blow. 'We live in the heart and we live in the mind; willpower peaks as both are aligned.'

All of your Enlightening Strikes connected, but to our shock and awe, the mythery is not yet beaten. Desperate, it casts the most

forceful myth it has, that of judgement. 'Abject humiliation!' it says in a condemning voice. 'For every failure, you are judged by others and judge yourself. Your willpower will never be great if judgement is your way, and all who judge will draw the power from you.'

The spectre swung a double-edged sword! Judgement certainly does limit willpower, for we are out of relation with all we judge, and relation is the source of all wisdom and power. This Enlightening Strike develops within you, then blasts forth and smashes into the mythtery with the power of a thousand suns. In a blinding flash of light, the mythtery is no more. You have dissolved all myths upon which it was founded.

Approaching the scorched ground, you look over the ashes and speak these words: 'The judgment we cast is myth to be healed. The life without judgement is greatness revealed.' Unexpectedly, the ashes begin to sparkle and flit out of existence. These are remnants of the failures once perceived, and many other myths; they dissolve because their foundations are gone.

The battle is concluded, for you found the goodness and moved into relation to claim the wisdom. For this victory, expansive willpower is now yours. You have claimed your first great empowerment on this journey to be your greatest self.

The mythtery of elusive willpower has fallen!

Wow, that was a truly epic battle! The beast tried to throw the suffering of inadequacy your way, but you blocked by showing that you were enough, that all you needed for willpower is wisdom and love, and your greatness shone brightly in that moment. It tried to bury you in the suffering of every failure, but you dodged, then counterattacked by showing that those outcomes only resulted from force; they'd have been successes if wisdom and love had fully

developed. It looted its death knell of judgement, but you held firm, for you had brilliant wisdom, the knowledge of how judgement limits relation, and importance of living another way. My, you are an amazing hero indeed. You'll do well with this my friend. There isn't a force in this world strong enough to overcome your greatness.

I'm going to go off and write a ballad about your glorious success. Give yourself a pat on the back, and take some time to reflect on what you learned and record it in your journal. This is no battle to forget. The mythery has returned to the ether, and accompanying your victory is the first of many glorious empowerments.

Picking through the rubble

Wait... what is this!?! The ashes are gone, but beneath that pile of stone is rubble of another color. Your powerful Enlightening Strikes took out the bulk of another adversary... belief in personal failure. It lumbers off to the right, seeking solace in other mountains of mythery so it can nurse its wounds. It is not yet defeated, but it is weakened. You decide not to give chase, for its remaining support structures are apparent: anger, guilt, and judgements yet to dissolve; the beast is still formidable. You'll gather more Enlightening Strikes and vanquish it when the time is right.



Lock in Your Enlightenment

Journal your profound discoveries

Too often, we seek to express willpower as if it were a virtue in and of itself. Willpower is a function of wisdom and love; it develops in as much as relevant wisdom is sufficient and we are in relation.

Great effort and energy are often expended in a noble but futile show of force, and this usually leads to failure. We all suffer failure until

we understand the origin of authentic willpower and claim it. We advance the moment wisdom and love become priorities. From that point, we claim pure wisdom and whole love with the divine process, and delight as willpower becomes defining. We follow the path you are on right now.

Here is a short summary of discoveries made in this chapter. Journal those you value, and be sure to add your own revelations as well.

- Mythteries vanish when we resolve the foundational myths.
- Taking out great fears and barriers can be a lot of fun!
- We never lacked willpower; we just needed to understand will and power, and foster sufficient growth in these regards.
- Force is no reliable source of success. If wisdom and relation are sufficient, we don't even need it. Engagement is easy and success is far more common when we leverage will and power.
- Pursuing wisdom and embracing love leads to truth, dissolving myth and expanding empowerment. Your path is validated.

After every mythtery fight, reenergize and ponder your discoveries. Let this wisdom gel for a day more, reviewing the points until they have moved into you. Reflect on your past to find the truths that your new understanding reveals, and commit to responding wholesomely next time. Forgive your past failures, for they arose due to limited understanding or because your love was incomplete. Know that you have aligned, and that with progress, greatness will become defining and success will envelop you.

Chapter 5: Crushing anger

Wow. I'm still reeling over yesterday's epic battle. Right fine work you did there my friend; why, you didn't even dent your armor. You're a natural, and you'll be a legend in no time.

Since we're on a roll, let's address our next mythtery. I saw him behind the cliffs to the right of the trail. He's equally impressive.

Today, we crush a massive mythtery: excess anger. It's found every time we leverage aggression instead of love. Yes, anger is not just a response to danger; it is far more nefarious than that; but be brave, magnificent stout one. With wisdom and love, you'll be victorious.

Gather your power

We're going to need a few more Enlightening Strikes to address this foe. The mythtery has been made great by not just you, but all of society. It is a magnificent beast; why, just look at how its alabaster shape glistens in the sun. Maybe you'll take it down intact and I can use those backstraps to build a nice countertop. My, that would look fine in my house; oh, but I digress. Let's get back to the battle.

Here are your words and deep definitions. Apply your intellect to realize their vast power, then wield them proficiently. You are certain to succeed again.



Enlightening Strikes

Redivine life through language

Spiritual suppression - a reduction in the wholeness of wholesome feelings, the spirit's power. The cause is often self-centeredness

(I'll-ness). Placing self above other creates considerable discord, causing spiritual power to deplete very quickly.

Spiritual suppression is a direct result of living contrary to our inner virtues, for we value every goodness, not just our own. It becomes potent when we are aware of the discord and allow it to persist. The alternative is we'll-ness, an encompassing interest in all that is.

Feelings of duress - the suffering of judgement, wherein we punish ourselves for our personal demeanor or something external. Most feelings of duress occur due to unwholesome responses to harmless life situations. As an example, we may call a rainy day miserable. The weather is simply rain; misery is our chosen response.

Blessing - a choice to counteract an offense from another being with a compassionate counterstrike. Blessings are an exceptional means to sap intensity from any affront; they leave the attacker bewildered and feeling safe. They're also effective for getting the upper hand, so they lead to a rapid and wholesome conclusion. Few blessings are required to realize victory in most battles.

Mindful - to be consciously aware, introspective, and respect all that is, instead of letting intense feelings bat us about.

My, what a lumbering monstrosity!

Do you see him over there, towering magnificently to our left? Wait! Stop! Don't race forward so quickly! It's not the minion of pain that stands tall at the peak; that's your body's reaction to the beast. And it isn't that carrion of sadness the minion is feeding on either; that's your spiritual duress when you let the beast come forth. We fight the structure that supports these. Yes, that colossal mountain they reside upon is your mythtery. Impressive, isn't it?

It's a good thing you stopped when you did; those creatures upon it cannot be beaten directly; they'll only fail when we overcome their source. Now, I'm sure you feel rather small standing before this massive adversary. It's because you are improperly geared. Let's lose that sword and drop the armour; they are of no use against an adversary of this colossal size; take my cloak instead.

The art of ranged battle

The mythtery of excess anger has afflicted every one of us many times in our lives. It's so large we often fail to recognize it; but with mindfulness, this beast is easy to detect. That fringe area of trees at its base is called a spiritual queue. It tells us when the monster draws near. When we detect those feelings of duress in the presence of a potential threat, we're being told to ready kind words.

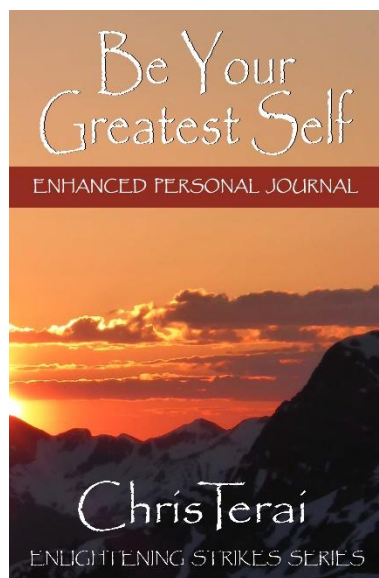
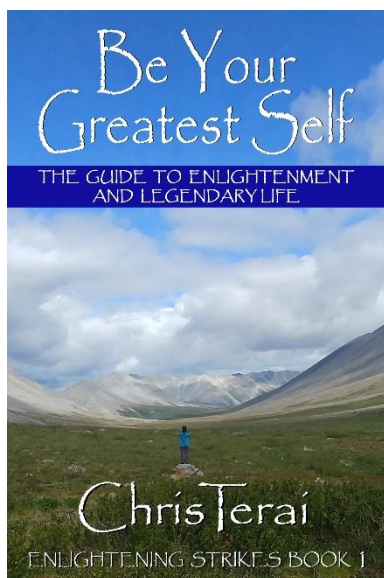
The closer we get to that beast, the more likely it is to stomp us flat. We are no match for it physically; anger and aggression only make it stronger and physical violence makes it great. That's why we'll be using virtue to battle it; we may be small, but we're kings of virtue. This beast has no resistance against rightness, so Enlightening Strikes will prove exceptionally powerful. Feel ready? Stand strong in your cloak of compassion and I'll watch as you wield wise words.

Hey! Was that a mutter of complaint? Do you really want to build the beast stronger before you take it on? That's no small power you wield; it's the might of kings and legends. Just because words are not physical, don't presume them weak. Why, powerful words have taken out far more fearsome beasts than this; I should know... they rest ready on my tongue during every battle, and they're often my primary tool. Just ready them and feel their might.

I see that you remain concerned because of your armor. Compassion comes with its own shielding force, so it helps us be strong even as

it weakens our foe. Compassion is among virtue's most delightful forms, because unlike most expressions, we can express it without being vulnerable. You'll use compassion as your primary offensive and defensive tool in this battle.

A smile breaks from your left ear clear to your right. Ah; that's the confidence you'll need. You're building true spiritual power now, and you have more than enough wisdom to win...



The journey continues as we banish anger with compassion, reclaim love's intensity, dismantle disease and illness, learn to manifest time, and heal our relationships. We claim clairsentience and many more empowerments, then free ourselves of every dragon. This journey of enlightenment truly leads to greatness and legendary life.

Be Your Greatest Self is available from Amazon and select retailers worldwide. Visit www.TheInnerBuddha.com for direct links. We look forward to continuing our journey together.