LIFE MASTERY TRAINING PROGRAM
Excessive and Deficient Physical Life Purpose Point

Deficient Physical Life Purpose Point - Vows that specifically distance you from the Physical Life Purpose Point and create a deficient center are: hating your body, feeling like you were born at the wrong time and place, feeling you have no influence or power in the world, once injured you never push your body beyond your comfort zone ever again, you think you are stupid or not gifted or have no special talents, and you do not trust your gut to guide you, etc. You will not have a sense of flow or presence or passion for connecting to the world, or feel the ability to take your rightful place that has been set for you at the table of life.

Healing Deficient Physical Life Purpose Point - The PLP point is the seat of wisdom. It is your gut instinct. Anything you master that integrates you physically-mentally-emotionally-spiritually, i.e. martial arts, Yoga, healing work, conscious relationship work, etc., are all a good start. If you are born to play football or tennis or can feel any game in your soul, play them no matter how strange they are. If you are born to swim, swim; if you are born to negotiate, negotiate; if you are born to love, love. Just know that the universe is never the same twice, the materials you have in this moment are different than at any other time in history and will never repeat themselves. They are part of your life purpose flowing through your PLP and the ones you are supposed to use to live at your highest possible level of consciousness. If you use routine in your life even if it is a good one you will stagnate real wisdom, it is just an excessive solution to really having a life, and will not open the PLP point. Doing martial arts or the bioenergetics on the student site may be the fastest way to open the PLP point. They specifically train you to develop the flow of chi energy within you that is the goal of the PLP. Going to the gym is okay but chi energy activities that have no mental attachment to outcome are better. Actions originating in the PLP are effortless and will be as surprising to you as they are to others. You become part of the flow of the universe, not in opposition to it in any way. A wonderful metaphor for true wisdom in action.

Excessive Physical Life Purpose Point - When the PLP is excessive, actions, emotions and presence are strong and exaggerated and programmed. The vow to be perfect, always right, always up and on, always hypervigilant and controlling, over bearing energetically, invading others energetically. Or you have picked one trait of who you are - your body, your analytical mind, your physical skills, your connection to spiritual information, your rapport skills, your creativity, etc and have made it your entire identity and reason for being.

The mind can fixate on a set of behaviors that it becomes an expert in and can figure out how to execute that mental pattern into a set of behaviors no matter what the circumstances. Though this is a highly paid trait in business and an ego booster, it is almost completely useless spiritually. The surgeon who uses no gut instinct because he knows that the way he does his work yields only a 15% failure rate is taking massive action but not flowing with life. Athletes and yogis alike can fall into rigid routines that lose any real feel for the art of what they are doing even though they may become the world-renowned expert. When consciousness is trapped in the lower chakras, addictive behaviors of every kind emerge as the PLP point is used to take decisive action that ultimately is against the body and self, not for it, i.e. cosmetic surgery, smoking, drinking, drugs, dominating intellect or voice, seduction not love.

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Healing Excessive Physical Life Purpose Point - Use the same basic chi developing skills as used to heal the deficient PLP point but with one caveat: the person who tends toward excessive must have supervision by someone who will not care at all about how successful they are at these endeavors. A black belt just holds up your pants the same as a white belt, but accepting vulnerability and feeling the humanity of your opponent and dancing with them, not just attacking or defending, is enlightenment. Doing lower-self shadow work and higher-self light work, and making sure you integrate them (not choose one over the other) is a great practice. For example, if you are drawn to do altruistic things all the time for others, be really clear where you are also expressing yourself narcissistically, it may even be in the same act.

Balanced and Healthy Physical Life Purpose Point - Living fully in the PLP point is to live a fully instinctual life. Not to compare us to dolphins or whales since we have so many more levels of consciousness we navigate, but if we could simply glide through life taking what we need, no more, creating lifelong soul mates, play like children, fight only when attacked, never fear death or loss of anything because we are too busy living and loving what we have, that would be the PLP.

In this PLP state of consciousness you do not preplan anything even though you can be a head of state with a strict schedule. You are never disconnected from the energies and demands of people around you and society, but what you bring to any situation is true mastery, never some set of effective behaviors. The PLP point in martial art is called the Tan Tien and when fully accessed, it lets the Martial Artist focus energy and exert a graceful force far beyond the physical strength of the person or the speed of the mind. This is the gift of the PLP point: Action that is fully connected to the movement of the universe, not to the machinations of the mind. There is no separation between your inner and outer purpose, and all actions flow together.

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