



Life Mastery Training Program Discovering Your Secret Place

1. You will need your journal and a pen for this exercise. Start taking notes from number 5 on. ¶
2. Begin by finding a quiet place to do this inner investigation. If you have a favorite spot in your house or in nature go there. You will need to set aside at least a half hour for this exercise. It may only take five minutes, but you will not want to rush. ¶
3. If you have a favorite blanket, book, stone or object that you associate with inner peace, bring it/them with you. If you have a happy childhood picture of yourself (age 3-6) bring that as well. Figure out where you will sit and surround yourself with your favorite things and keep the picture in your hand, or hold it to your heart.
4. Sit or relax the way you have always liked to sit or relax. Take some deep breaths and relax your body from the bottom up, toes to head, consciously flexing and relaxing each part. ¶
5. Begin by closing your eyes and visualizing going to your family home when you were 4-10 years old. Look at it from the outside then go in and walk around - there is no one else in the house. Go into all the rooms and then go to your bedroom and see what is in it: toys, stuffed animals, furniture, etc. Notice how you feel.
6. Now think about a place where you would go to play that was your special place. It can be a hiding place, a place in nature, a crawl space, basement or attic, it can even be at a grandparents' home. It's a place where you felt safe and inspired. And no one really knew how awesome it was, just you. You may have had more than one. If so, go to each one and see which one makes you feel the most alive and full. ¶
7. Once you have your special place clear in your mind, go there now and enter your child body as you are enjoying your Secret Place. Feel and then write down everything that is going on in and around you. How did your body feel? What did you do there? Play, read, think, plan? Did you always share it with a friend or a group? Were you always alone? Did you bring a doll or action figure? Did you have invisible friends? Were you some kind of royalty or special person in some way? Did you imagine that you had special skills? Were you invisible? What kinds of fantasies did you like to come up with? Could you be rageful and angry and have wild emotions and break things where you were not worried about anyone judging you? Were you able to be unconditionally loving of every blade of grass and every bug that entered your space without the worry that you would be judged as too sensitive? ¶
8. Sit in this state of being for a few minutes. Notice how full you feel. What kind of "filling" do you need? Is it light, active, vibrant, heavy, or powerful like water, expansive, warm? Where in your body do you feel it? This is your state of inner peace and the direct experience of your extraordinary life purpose profile. ¶
9. Now in your visualization go back into your house and interact with your family. What happens to your energy when you walk in the door and your parents and family look at you, talk to you, interact with you? Where do you feel it compress or change from the feelings you had in your secret place? What behavior did you generally use with your parents to get along? Staying out of the way, being invisible, doing whatever they said with a smile, being perfect and independent, not having needs, did you get overwhelmed and cry and have your feelings constantly being hurt, did you pout a lot and resist or rebel, did you feel misunderstood? Look at your life. Did that pattern become a habitual way of getting along? Do you still use it at times? What part of you gets rejected when you do? This is your primary defense.



10. Go back to your special place and see that you can easily go back to inner peace and the memory of your life purpose. Notice that it is harder to let go and be full in your secret place after holding back on your energy. Practice this visualization often and go back and forth between the two places until you can really feel the pattern of how you restrict the extraordinary parts of you to fit in with your family and the world. Keeping from going into defense takes a deep ability to feel this inner shift. ||
11. This is now a tool to use in your daily life. Your Secret Place and how you expressed it in your life is a direct gateway to your life purpose. Meditate on your Secret Place every morning for 30 days while you listen to your favorite crystal bowl tone. You want to begin to anchor to this part of you, rather than to your defense. ||