

throws at you.

With self-confidence, you'll understand that it's okay to have imperfections, and that we all hit lows in life.

With self-confidence, you'll learn wisdom from your mistakes (and from your lower emotions) quickly.

With self-confidence, you'll learn to laugh at your personal shortcomings and stressful situations

With self-confidence, you'll persist in efforts to achieve regardless of all obstacles.

With self-confidence, you'll have the courage to be unique and to be yourself. You'll be okay with standing out from the crowd, trying new things and withstanding criticism.

"IF YOU HAVE NO CONFIDENCE IN SELF, YOU'VE LOST IN THE RACE OF LIFE.
WITH CONFIDENCE, YOU'VE WON EVEN BEFORE YOU STARTED."
~MARCUS GARVEY

Defined briefly, self-confidence is self-assuredness, the certainty that you can achieve what you set out to do and the definite knowing that you'll deal with all of your life's situations successfully. It manifests both emotionally, with a feeling of "I can do this," and mentally, with inner self-talk on that same vibration.

To develop self-confidence, simply do what we've been building on so far. Follow your goals: take notice of how your able to make it through the pressure and how in the end, things always work out in your favor.

And don't worry about your skill level as compared to others, just concentrate on improving yourself. While you may not be the fastest, you'll succeed because you're headed in the right direction.

SELF-WORTH VS. SUCCESS (3 STEPS TO LIBERATION)

Your value as a person is not to be measured by your achievements. While you're desire for success is healthy, the false notion that you need success to be important or desirable is not.

If you have this false notion, the following cycle might sound familiar: (1) you get inspired to do something, (2) you make a minor attempt at it, (3) you experience a small setback, (4) you lose motivation

and give up, and (5) you beat yourself up about it continuously after the fact.

The internal dialogue goes something like:

"Look at me, here I go messing things up *again*."

"What the hell is wrong with me? Why can't I get this right?"

"I'm just stupid...stupid, stupid, stupid."

"See, I knew this would happen. Why do I even bother? Just forget it."

This is low self-worth, and in time, the negative self-talk associated with it becomes ingrained. It'll find a reason to come forth even in insignificant mistakes like oversleeping, missing a deadline, less-than perfect cooking, or the inability to come up with a brilliant idea in a short period of time (which is not a mistake at all, but a natural part of the creative process). When you have low self worth, almost all of your experiences are prime opportunities for a mental beat-down.

Eventually, the negative self-talk turns into an internal monster - a gremlin that jumps at every chance it has to keep you defeated and depressed. If you're perceptive, you'll notice this gremlin both in yourself and in almost everyone comfortable enough share their thoughts with you.

So an opposite, more positive self-talk which encourages success (an internal champion) might seem unimaginable for you. You might of adopted negative thinking habits through years of repetition, and so now, you might accept them as true without question, and even subconsciously *look* for reasons to give the gremlin validation.

The first step to liberate yourself from this is to *separate your experiences from your identity*. Learn to see yourself as separate from your results.

If you can't seem to stay motivated for instance, that just means you don't know how to motivate yourself, which is a skill you can learn.

If you can't seem to build anything with the people you meet romantically, that just means you don't know how to build a relationship, which is a skill you can learn.

If you can't seem to manage your finances, that just means you don't think strategically about your income and expenses, which is a skill you can learn.

None of this means that something is wrong with *you*. It just means you don't know how to do a particular thing.

When you were born, *you didn't even know how to walk*, but you learned, didn't you?

And, you had to fall down numerous times, but did you say to yourself, "I'm destined to just crawl for the rest of my life. Why do I even try?"

Failure is a stepping stone to success. You have to fail multiple times in everything you do before you learn to do it, so stop interpreting your failures as indications of your personal value.

"STOP MAKING IDENTITY-MEANING
OUT OF EXTERNAL EVENTS."
~ DAVID DEANGELO

Before you can truly unfold your wings and take off, you have to understand that **you are perfect exactly as you are now**. You do not need to improve, evolve or succeed in order to grow in value as a human being. *You are valuable as a human being simply because you exist.*

Your self-development, spiritual growth and personal goals are meant to unfold your potential and improve your life experience for both yourself and those around you. None of it is to prove that you're worthy to exist.

Nothing you could ever accomplish can prove your worthiness to exist - that's proven by your existence in and of itself. There are no mistakes in the Higher Plan.

The second step to liberation is to take large doses of this special medicine called *forgiveness*. Learn to *forgive yourself*.

Self-forgiveness is challenging, and it's challenging because we harbor extreme guilt and shame towards ourselves for the things we've done in the past.

In the past, our selfishness or lack of self-control might have caused someone else - maybe even someone

we loved - to experience pain. Through anger, we might have even done this intentionally.

If this is you, accept the fact that it happened, and that there's nothing you can do about it now. You can't go back in time and undo what's already done, and so to dwell on it now serves no purpose at all.

When you harbor guilt towards yourself, the only thing you do is prevent yourself from making the most of your life in the present, and in effect, you end up denying the world of the brilliant contributions only you have to share.

We all have things in our past that we're ashamed of. The mistakes you made, even the most terrible ones, don't make you a bad person, they only make you human.

"But how can I forgive myself if I knew exactly what I was doing at the time, but I still did it anyway?"

That's a good question, and I'm glad you asked: the answer is to realize that *everyone you know, including you, is, at all times, only doing the best they can.*

Everyone's doing the best they can. Everyone's operating to the greatest extent that their consciousness will allow them to.

While we may know something on an intellectual level, that doesn't mean we truly understand it. It doesn't mean that we've integrated it into the core of our being.

This is the difference between knowledge and wisdom. While it's relatively easy to grasp something conceptually, it takes life experience to internalize wisdom, and this life experience usually comes in some form of pain, such as the guilt you feel from your mistake now.

This is why you here people say, "You're so smart, you're stupid." Since the people who are gifted with intelligence have the ability to grasp things very well conceptually, they tend to become overly confident in their brainpower, and thus disregard life experience. They don't pay attention to the signs they're getting, and therefore, they fail to gain wisdom.

Wisdom is a bio-feedback mechanism. The prefix *bio* means life, and wisdom is the mechanism that obtains lessons from life by reflecting on it.

So realize that you had to make the mistake in order to learn from it, because if you really did know it, you wouldn't of made the mistake in the first place. Forgive yourself for not having enough wisdom at the

time, and move forward in life with the lessons you can extract from it now.

Debbie Ford talks about this in her audiobook *The Secret of the Shadow: The Power of Owning Your Whole Story*, where your "shadow" is the past that you've been avoiding or feeling guilty about and your "secret" is the hidden jewels of insight contained within that same past.

While you think your past is negative, it actually holds the central keys to knowledge of self and the fulfillment of life purpose (see "All for a Reason, All for a Season" in Ch. 2).

For instance, if your shadow has something to do with a significant other, the secret might lead you to devote yourself to creating love in all of your relationships. If your shadow has something to do with your family, your secret might lead you to dedicate yourself to becoming a wonderful parent, and to helping others do the same, so on and so forth.

You can't play cut and paste with your life history, and you can't relegate the parts that you're ashamed of to some place in the back of your mind. If you do, they'll continue to haunt you and limit you from the subconscious realm.

You have to "own your whole story"; you have to accept *everything* that's happened to you - the good, the bad and the ugly - in order to gain the wisdom necessary to live up to your Devine Design.

The third and last step is to realize that *thinking is a habit*. Realize that you have the same thoughts over and over again not because they're valid or accurate, but simply because you're in the habit of thinking them.

If you're in the habit of thinking limiting and discouraging thoughts, then you have to get into the habit of thinking supportive and encouraging thoughts, and you can gain this habit in the same way you gain any other: repetition.

At the start of a new year, when you write down the date, you accidentally write down last year's number because of repetition. When you check your e-mail online, you type out your username and password without even thinking about it because of repetition, and when you stop using an alarm clock, you get up at the same time everyday anyway because of repetition.

To be positive, motivated and proactive in your life, you have to condition yourself, through repetition, to automatically think thoughts that are conducive to positivity, motivation and effectiveness. To free

yourself of anxiety, depression and low self-esteem, you have to condition yourself, through repetition, to automatically think thoughts conducive to faith, joy, and high self-esteem.

This is why we've been using affirmations up to this point, and we'll continue to use them until the end. By consistently forcing yourself to think thoughts of your own design, you gain control over your mentality and your emotions, as well as their consequent behavior. It's called *The Science of Auto-Suggestion*.

So take the affirmations seriously, and find creative ways to make them part of your automatic, habitual mind state. You already know the suggested technique.

"THE MIND IS A WONDERFUL SERVANT,
BUT A TERRIBLE MASTER."
~ ROBIN SHARMA

Lastly, don't think of what we're building on here as "self-improvement." Instead, think of it as "*Ego Exercise*" or better yet, "*Character Conditioning*."

As physical conditioning develops vitality and body-form; character conditioning develops personality and self-image. It's the same principle applied to an alternate plane. With a strong, healthy, and well-conditioned self-image, you'll carry life out with finesse - you'll take on the challenges life creates as if it's a walk in the park.

If you think about it though, terms like "self-improvement" and "self-development" are really misnomers, because the True Self, the spiritual being that you really are, comes from an Eternal Source, and in what ways can this Eternal Self ever be improved or developed?

Still however, your levels of persistence, personal integrity, vision, kindness, humility, emotional intelligence, humor, knowledge, patience and forgiveness (towards both yourself and others) *can* all be improved and developed, and your self-talk, internal dialogue which dictates these things, can be improved and developed as well.

Regardless of the circumstances contained in your present, and regardless of the history contained in your past, you control the destination contained in your future.

In your life, you're the sole-controller, so free yourself from *what* happened and take charge of *what is* happening. Today is the first day of the rest of your life, so clean the slate mentally and start building

something right and exact in the here and now.

After all, *the "you" that you dislike is not even the real you anyway* - it's only a garment which holds your essential spirit, and just as the wardrobe in your closet can change, so too can the character which adorns your soul.

(Wait until tomorrow to read the next section, at a time when you are calm and relaxed.)

KNOWLEDGE FEEDS UNIQUENESS

Knowledge is a burden until you transcend with it.

Knowledge can cause you to feel frustration, because if you know something and you fail to act up to that level of knowing, you *know* that you caused your own suffering.

Knowledge can cause you to feel Supreme, because if you know something and you *do* act up to that level of knowledge, you know that you can improve your life, and, "bring it all within the domain of an exact science."

So when you gain knowledge, what you experience as a result of that gain *reflects your level of responsibility*. If you're responsible and self-disciplined, you'll like knowledge, because it shows you how strong you can be. If you're irresponsible and lack discipline, you'll dislike knowledge, because it shows you how miserable and weak you truly are.

Knowledge is power, and as we all know from Spiderman comic-books, "with great power comes great responsibility."

"WITH GREAT POWER COMES GREAT RESPONSIBILITY."

Your biggest responsibility is to yourself. Your biggest responsibility in life is to be yourself and to actualise your potential in order to make a contribution to the world.

The biggest contribution you can make is a great one that nobody else can. The biggest gift you have to give is not only large in scale, but unique in composition.

Part of goal setting and achievement is the getting of knowledge: the attainment of facts, skills and know-how pertaining to the field you have chosen.

The expertise you gain will develop who you are. It will refine you and make you more individualistic, and this individualistic nature will carry over into all other areas of life.

**"YOU MUST NO LONGER BECOMING A WANDERING GENERALITY -
YOU MUST BECOME A MEANINGFUL SPECIFIC"**

Business men tend to think in business ways, even in matters which have nothing to do with business at all. Carpenters tend to think in ways that build, both when at their work and elsewhere.

Every skill and every invention first began as a form of thought, and metaphysically, a form of thought is embedded into every skill and every invention.

You can not endeavor into a field for very long without also picking up the consciousness invested into the origination of that field...

THANKS FOR READING!!!

Here's the book's table of contents. It'll give you a feel for the entire book, and help you to see how what you just read falls within that overall scope.

Feel free to call me anytime: (757) 653-5422

Peace :)

+Bryan Ogilvie

DOING THE KNOWLEDGE: ASCENDING INTO ACTION

--- TABLE OF CONTENTS ---

Letter to the Reader...

INTRODUCTION: A WRITER'S RATIONALE

Observing Others & Observing Myself

Laying the Foundation

Manifest Your Divine Legend

The Work We Have as Spiritual Beings

Higher Genius is Within You (Turn Off the Square Monster)

Knowledge Generation; Action Education

The Journey this Text Will Take

CH. 1) BRYAN THE PERCUSSIONIST (MY AWAKENING THROUGH DRUMMING)

Childhood Seeds

Drumline: Movie Motivation

Masters from NYC

The Glory of Bringing it Back

Band Camp Closure

CH. 2) LESSON 1: INSPIRATION (GIFTS FROM THE BREATHE OF GOD)

Start with the Science of the Word

You Already Know, Because It's Already There

Life Purpose...What Drives Your Spirit?

Discover the Real Why

Mihalyi's Flow

All for a Reason, All for a Season

Choosing Your Next Move

Activation

CH. 3) LESSON 2: DEDICATION (THE PREREQUISITE FOR FINESSE)

Why Do We Quit So Quickly

Conviction, Momentum and the Internal Flame

Commitment is Magnetic

Focus & Concentration

Practice is the Path of the Master

A Plan for Persistence
Concluding Jewels
Activation

CH. 4) LESSON 3: BEING UNIQUE & BEING YOURSELF

Prepare for the Greatest Discovery Ever
Accept that You Won't Be Accepted
Self-Confidence for Weaklings
Self-Worth vs. Success
Knowledge Feeds Uniqueness
Style Formation
Environment Construction
Activation

CH. 5) LESSON 4: SUCCESS CAUSES SPIRITUAL GROWTH; SPIRITUAL GROWTH CAUSES SUCCESS

A Goal Brought Forth Elevates Thought
Shift Who You Are
Godhood in Lyrical Choice
True Desire is Spirit Seeking Manifestation
Nature Wants You to Succeed
Be Like Neo – Learn to Alter the Matrix
Introducing the Concept of You vs. Yourself
The Seeker is the Sought
Activation

CH. 6) LESSON 5: THE JOYS OF ACCOMPLISHMENTS

Only the Poet Can Tell
Joyful Productivity
Abundance, Prosperity, Truth
The Shining Spirit, Victorious Soul
This Encapsulation
Co-Create with the Creator
Activation

Ch. 7) Lesson 6: On Being a Leader

Leaders Needed Now More Than Ever
You Pave the Way, You Express Freedom
Leadership Begins with Self-Control
An Academic Perspective
Commonality
Activation

CH. 8) LESSON 7: ON BUILDING A LEGACY

Self Improvement the Basis for Community Development
Infinite Potential, Eternal Possibilities
An Oath with Ancestral Legacy
The Alchemy of Past, Present and Future
The Avatar State

CH. 9) CONCLUDING OBSERVATIONS

The Challenge of Lyrical Skill
 The Limits of Linear Text
Born Victorious
Fear of the Final Dimension
Supreme Nature

APPENDIX: MECHANICS FOR THE MOVEMENT

Solitary Peace
Goal Setting – Rudimentary Techniques
The Science of a Sound Decision
On Handling Stress
On Mastering Time
On Rational Thought
13 Ways to Invigorate Life
Post Poetry:
 Reverse Engineer Goals as a Pioneer
 Solitary Peace (Poetical Version)
 The Page is a Drum
Accelerated Learning
Maintaining the Physical Shell

Visualization and Logical Imagination

Life-Centered Equality

Build on the Following (References & Recommended Reading)

Glossary of Terms

Bonus Reports:

The Master's Mentality: Thought Patterns of the Successful

EFS: Emotional Freedom Strategies

Maxims (Vol. 1)