

# Empowerment

## Chapter 10 (of 10)—The Practice

Michael Shenker

Human Performance Technologies, US

Today is bitter sweet. Although I'm enthusiastic about Myron sharing his personal formula for success, our time together is coming to an end. I came to Myron because of my inability to understand and absorb the meaning of a particular book and now as Myron promised, I not only can understand the book, I could probably write one of my own.

Perspective is such an amazing adventure. One day you see yourself and the world in a particular way and then by being willing to open yourself up to another point of view, everything can completely change and you can find yourself with an entirely new outlook on life which in-turn can lead to a whole new life. Knowing that we are capable of not taking anything personally, understanding the power of our words and not making assumptions, truly gives us the power to lead awesome lives if we so desire.

When I pulled up to the house, Myron was playing croquet on the front lawn with a young man about twenty years old. I couldn't help but smile. "Myron, you can't find enough to keep you busy during the day so you squeeze in a little croquet?" I asked as I approached the walkway with a smile.

"The day waits for no man." He replied without looking up from his shot. "I'm getting my butt kicked by my great grandson John for the third time. Let me just finish up here and I'll be right with you."

John and I exchanged pleasantries as I sat on the porch steps to watch. I couldn't help but admire Myron's energy and zest for life which always seemed so much beyond what his age would indicate.

He completed the game, barely loosing this one, yet approached me with a completely satisfied look on his face. "OK, Robert, let's go to work, my ego cannot stand another defeat right now," punctuating it with his trademark pirate laugh. "Shall we have a cup of tea?"

I smiled warmly, "I insist on it."

"Today, I'm going to discuss my daily practice which has made my life a *heaven on earth*. If you choose to follow in my footsteps you will be empowering yourself to riches far beyond your imagination and make the ultimate contribution to all who cross your path," he said as we took our places.

He handed me some paper and a pencil and said, "Now, write a short paragraph of the expectations you have about today's session."

"All right."

When I was done, he carefully read it over, then without saying a word, took out some matches, set it on fire and dropped it into a small metal wastebasket sitting next to him. He then looked up at me with a look that I have come to expect. "OK, do you have any other expectations we should discuss?" he said wryly.

"No, that pretty much covers it," I said with a slight chuckle. Myron was always a stickler about not having expectations. Throughout my lessons he brought me back to being *creative* and not *expectant*. "Without expectations," he would say, "you spend a lot less time being upset which throws a wrench into the creative process. Remember, emotions trump thoughts"

"Now, for *my practice*. The first thing I do in the morning is spend forty five minutes with Dr. Kravitz doing my Transformational Breathing, the benefits of this are too numerous to mention, however, I'm sure it is the reason I never get sick, don't have high blood sugar and have an abundance of energy."

He then picked up the three parchment pages he had showed me two weeks ago and continued, "Next, I read the Thirty Six Steps to Empowerment. When doing so, I stay ever vigilant for any steps which I have breached and make a mental note to improve in the future.

I then review my **Worthy Ideal** and my **goals** in order to see if they require alteration as I am continually receiving what I want and my perspective is always changing. As Lao Tsu so eloquently stated, ‘you can’t step twice in the same river.’ My goals, in order of importance, are comprised of the things and conditions I choose to have in my life. I read this list aloud twice a day; before I go to sleep in the evening and before I get out of bed in the morning. As is fully documented in the *Science of Getting Rich*, I think about what I want on a continuous basis emotionally experiencing the changed experience or object already in my possession. With each new object or circumstance I go through a short period of being uncomfortable until I get use to internalizing it.

Last but not least, I reacquaint myself with my **Doctrine of Gratitude** of which I have made you a copy. The true benefit of the Doctrine of Gratitude comes from reading each of the nine steps *out loud*.” As he gives me the nod to do so.

## DOCTRINE OF GRATITUDE

1. The law of gratitude states that action and reaction are always equal and in opposite directions”. The more grateful I am for what I have today and what I wish for tomorrow, the faster my dreams and desires manifest in my life.
2. As non-resistance is my daily practice, I experience a STRESS-FREE life as I never argue with my current state of reality. When I see what I don’t want, I stop and give thanks for what I have and am blessed with more of the same.

I see that there is an abundant supply in the world—not scarcity, and I choose to create success from an unlimited supply, rather than compete for a limited one. By doing this, I cease to be a victim of circumstances and reclaim my power over my life.

3. Whenever I’m experiencing insecurity or have that ‘don’t have enough’ feeling in the pit of my stomach I:

- a. Become aware of the feeling;
  - b. Open myself up to experience the pain;
  - c. Ask myself, ‘What do I really want RIGHT NOW?!’;
  - d. Then relax, take three slow deep breaths and listen, and;
  - e. When I get an image of what I really want, I replace what I’m currently experiencing with that image—using the feeling of *I don’t have enough* as a REMINDER of what I DO want.
4. The universe is a friendly place and there is an infinite supply of everything I want and need. There is always enough money, customers, time, love, friends, etc., so no situation can leave me without those things for very long, provided I invest my time in concentrating on *what I want* as opposed to *what I don’t want* and being grateful for what I have.

I never need “any one certain thing”, and am happy to move on to something even better should circumstances dictate.

5. Although I am grateful for all of my accomplishments and blessings, I always know the value of accomplishing even more in the future as growth is the natural order of things.
6. The Universe works by law, not chance. There are no coincidences in the people and experiences that show up in my life. And, because the universe is friendly, no circumstance or person shows up to punish me, but rather to teach me and provide me with an opportunity for more growth.
7. I forgive everyone and take nothing personally as I know that the actions of others have nothing to do with me and everything to do with them. I am grateful for EVERYTHING that occurs in my life and forgive myself for all the supposed mistakes and imperfections that have occurred in the past.
8. Through my giving, I demonstrate gratitude for all that I have been given today. I give money, time, support and encourage-

ment for all that I will be given tomorrow. I know that I live in an abundant, friendly, cause-and-effect Universe and by giving; I open the channel to receive in return.

#### 9. THE GRATEFULNESS EXERCISE

- A. Now, make a list of everything you are grateful for including all of your goals you have not yet attained;
- B. Once your list is complete, take your time and review it, and;
- C. At the end of each day, throw the list away and begin a new one the following day.

“When I was done Myron said “The last part is essential. If I don’t write down at least *twenty* things each day, I know I’m not trying very hard. The reason I don’t just read what I wrote yesterday is because it wouldn’t have any power and would be a waste of my time.”

By doing my Practice each day I am reminded of how the Universe works and what I need to do in order to have my life be as wonderful an experience as it can be. My Practice puts me in the right frame of mind to start and end each day with an *empowered* perspective.

Now, Robert, let me bring a little reality into the picture. My business career is over, so I have plenty of time on my hands, you don’t. What I might suggest, is that you streamline the process, doing certain things at different times of the day, and although I get tremendous benefit from my Transformational Breathing sessions, you could substitute that 45 minutes with a 10 minute session of being alone, sitting in a comfortable position and breathing slowly in and out through your diaphragm. During this session, try to keep the mind clear. When you have a thought, acknowledge it and then go back to having no thoughts.”

“So there you have it Robert, you now know everything that I know.”

“Right, I wish,” I said feeling a bit anxious. My mentor was cutting the umbilical cord and even though I thought that I was mentally prepared for this moment, I realized I wasn’t.

“Just do what I do each day and you can stop wishing and start *having*. You can do it, I know you can.”

I didn’t know what to say as I found myself looking down at my shoes and feeling like I felt when I was going to school for the first time so many years ago. “I guess that’s pretty much it, huh?”

He patted my shoulder, nodding his head and agreed, “Pretty much.”

I looked at him and in that single moment I realized that Myron had given me a gift. A gift of unequalled proportions that would change my life forever. And in that moment I knew that everything was going to be alright. “Myron, thank you. Thank you for everything.”

He smiled warmly and said, “If you really want to thank me then just make me proud, walk the talk and don’t stop sharing it with others.” He opened the door, “Now get the hell out of here, I think I’ve got a fourth game of croquet left in me.”

The End...

or *The Beginning*.

You can reject or accept what you have read.  
You can remain as you are or have everything  
you want.

*The choice is yours.*