

# CRACK *Your* EGG

Session 3



The Cracking Cruc

# **CRACK YOUR EGG**

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Session #3:  
The 'Cracking Crux'

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## Opening Thoughts:

Picture yourself waking up one morning in a great, positive, ambitious mood. You feel so inspired that you decide to go sailing:

*You get excited by the idea of expanding your horizon, navigating the oceans, experiencing the vastness and wonders of the seas... You're so fired up, you just can't wait to get going!*

So the first thing you do, is go out and buy the *best* boat there is.

Then you think:

*"Okay, now I've got the best boat... So my next course of action is to learn how to sail it. I've got to know how to raise the mast and how to harness the wind. I have to get myself the best clothes and gear that can handle any potential impact of the weather."*

So you compile all your resources. And once you've pulled all your stuff together, you stand on the dock next to me, and you say:

*"Okay man, this is it, I'm ready to sail!"*

You hop onto your boat, and you head out into the water. You've got the wind with you. You get further out, maybe three miles. Everything is going great!

You go ahead, ten miles, perhaps even thirty miles off shore. *You're sailing with ease, and it all feels so good!*

And then, all of a sudden, right when you're at the peak of your experience, you feel this *jolt* from behind you...

It's a terrible shock. The boat snaps in half, and it begins to sink...

And you think:

*"What the heck?! I've got the best boat there is... I paid the best people to help me design the best looking gear. Oh my goodness, I've got the best mast, the best sails... I know how to handle the wind, so that can't be it... What the hell happened?!"*

And as you're flailing around and choke on the water that's filling up your lungs, you look back and you notice:

*You never untied the boat from the dock...*

And it ripped the boat apart...

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# Foreword

*Make no mistake:*

**What you're about to learn is potentially life-changing.**

But before you begin to absorb the contents of this study guide, make sure you've watched the 'Cracking CruX'-video it comes with. Because this report will use what was covered in the video as a starting point to delve deeper into the matter at hand, as captured by the following question:

*Why can it seem so hard to 'crack our eggs,' i.e. to break free from our subconsciously ingrained limiting patterns, despite all the various methods and techniques that are already out there and that we may have already tried to no avail?*

**This manual provides the answer by shining a light on the 'blind spot' that may have been keeping you from experiencing the big breakthroughs you've been after.**

*Big words, I know...*

You probably came across a whole bunch of different 'experts' in the last few months alone, who all suggested they're the exclusive keepers of the alleged "one missing secret." There's always *one more* "golden nugget" or "deeper law" that nobody supposedly knew about before.

*And here I am, implying something similar...*

Well, the truth is a little different.

**This manual doesn't really give you a 'missing secret,' but rather a *different angle* from which to observe your inner person and pursue the most effective and rewarding route to make the kinds of changes you seek in life:**

- ✓ You'll discover what's quite likely the *very underlying reason why* we're often left with little results from all our (many) efforts to make *good* and *lasting* changes in our lives... wondering why the many approaches we may have tried were ineffective, or at best worked on a somewhat random, 'hit-or-miss' basis.
- ✓ You'll also see how the new understanding you're about to gain actually *does* enable you to get the results you seek *after all*, because you'll better understand how your subconscious mind *really* works (<-- *which is probably a little different from what you've come to assume*).
- ✓ Also, you'll learn that *all it takes* to *finally* elicit notable and lasting results is a mere *slight adjustment* in focus, through awareness of an apparently 'small' thing that you may have overlooked before.

*But even though it's small, it can help you easily instigate major shifts in your fundamental focus in life, and by extension on the abundance, success and fulfillment you create for yourself (<-- as we covered in Session #2).*

- ✓ Best of all, you'll see that once you *do* know all about this *blind spot*, an entirely new perspective dawns:

Your outlook on life changes, any tension you've been carrying around lifts, and you'll be able to define a *fresh, systematic, step-by-step approach* to finally 'crack your egg' at its core and *break free* once and for all.



### **Please Note:**

**Of course, I'm not delusional – you're probably not just going to take my word for it. After all...:**

- At first, the insights you're about to gain may seem to *challenge* your existing understanding about the subconscious mind.
- As such, it may appear to be in conflict with your conditioned view and expectations of how transformational techniques should work...
- And consequently, you might be inclined to immediately discard what I'm about to share, just because it doesn't seem to be in line with your preconceived notions and expectations.

*But honestly, that would be a real shame... Because the potential empowering effect of what you're about to learn on your ability to elicit the kinds of shifts you long for is absolutely huge!*

**So in order to make sure you give this new perspective an honest chance and prevent your shutting down in the face of potentially paradigm-challenging information, here's something to keep in mind as you go through this study guide:**

- ✓ **First of all, make sure you read the *entire thing* and *don't skip ahead*.**

The next few chapters are designed to explain to you in as clear terms as possible a new manner of understanding the subconscious mind and the *Egg's* method of operation, so that you can...:

- Really *get it*...
- See through its subtle ways...
- Step up our game from 'self help' to bona fide 'self-actualization' and 'self-mastery.'

This also means that the first parts of this study guide may include concepts you're already familiar with. That's on purpose, as this information is meant to be understandable to *anyone*, even to those *without* a lot of prior knowledge on the subject.

*So bear with me if at first this guide appears to merely point out what's already blatantly obvious to you:*

There's a carefully thought-out build-up to its story, and just following its flow will really help you *dig* its essence. So stick with it. I promise the understanding and insight it all leads to can be *truly profound* and *extremely liberating*.

- ✓ **Secondly, make sure you realize that the aim of this study guide is not to de-grade existing methods and experts, or to be different for the mere sake of it. Instead, it's to *expand your paradigm and understanding*.**

As you'll see, this manual is written from an *integrative* mentality, *not* a pigheaded or rebellious one.

In fact, once you deeply grasp the concept that this manual is meant to convey, you'll understand that it actually *doesn't* challenge the value of existing techniques, much less render them obsolete or worthless... *Instead:*

*It offers you the opportunity to use them in new ways and with new awareness, and get much more out of them than you may have gotten in the past.*

(Naturally, I'll also be offering various techniques and protocols of my own. But these won't render others useless. In fact, they can often be put together in mutually reinforcing and synergistic conglomerations.)

**So all in all: what you're about to learn is truly remarkable, and yet potentially challenging to accept at first. So as you go through this study guide and get ready to discover what it is, I urge you to keep an open mind.**

In the words of T.H. Huxley:

*"Sit down before fact like a little child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss Nature leads, or you shall learn nothing."*

So let's go!



# Chapter 1: *How We Understand 'Subconscious Programming'*

As our previous sessions have illustrated beyond any reasonable doubt, making changes in our subconscious programming is crucial if we want to instigate significant shifts in our life and sense of happiness, abundance, success, empowerment and fulfillment. *After all:*

While most people *think* that they're in full *conscious* control of their thoughts, attitudes, decisions and actions, the truth is that the great majority of our *information processing* and *decision making* takes place subconsciously.

This happens based on our ingrained, fundamental orientation, which is the basis on which we build our beliefs, concepts, values, worldviews, intentions, hopes, dreams, etc.

*Session #2 made that abundantly clear. But in case that wasn't enough for you to accept this notion, consider this illustrative experiment:*<sup>1</sup>

Benjamin Libet and Betram Feinstein, two neurophysiologists at Mount Zion Hospital in San Francisco, did an experiment in which they asked people to press a button as soon as they felt they were touched.

*The outcome was as follows:*

The brain turned out to react to the touch in 0.0001 seconds, while it took people 0.1 seconds to actually push the button.

*But here's what was most remarkable about the research:*

The patients didn't report being consciously aware of either the stimulus (the touch) or pressing the button for almost 0.5 seconds!

**Let me tell you what this means:**

*It implies that the decision to respond to the touch was made by the subconscious mind. None of the patients tested by Libet and Feinstein were aware that their unconscious minds had already caused them to push the button before they had consciously 'decided' to do so!*

**Somehow their brains were creating the comforting delusion that they had consciously controlled the action, even though they *hadn't*.**

Later studies have shown that 1.5 seconds before we 'decide' to contract one of our muscles (for example when we're lifting a finger), the brain has already started to generate the signals necessary to make the movement.

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<sup>1</sup> Libet, B., Wright Jr., Elwood W., Feinstein, B. and D.K. Pearl (1979), "Subjective Referral of the Timing for a Conscious Sensory Experience - A Functional Role for the Somatosensory Specific Projection System in Man," *Brain*, Vol. 102, pp. 193-224.

*That's pretty mind-blowing, isn't it?*

**Just in case it wasn't clear already, here's what this study illustrates:**

- ➡ In reality, it's our *subconscious mind* that drives (the great majority) of our *conscious thoughts, feelings and actions*.
- ➡ Then *after the act*, the brain makes us think that it was indeed *us* who made the actual decision to do so, while in truth it was really a purely automatic, unconscious process.

**In other words: while we may think we're in control and have total 'free will,' it's our *subconscious programming* that's really calling the great majority of our shots!**

As a result of this awareness, pretty much all mainstream personal development approaches and techniques rightfully intend to help us manipulate our subconscious method of operation in a way that's supposed to help us 'change,' 'overwrite,' and/or 'replace' our existing belief structures and patterns.

*And indeed, all these methods can (more or less) have their place in the grander scheme of the process.*

**However, as we'll learn in the next few sections, most of these approaches are based on a limited understanding of how we really function subconsciously. *That's the reason why we usually...:***

- ✓ Don't get *any* results at all...
- ✓ Merely get *mediocre* results that can hardly be qualified as pivot points on which our true sense of happiness, empowerment, success and fulfillment in life hinge (<-- like "attracting" nice restaurant tables and parking spots)...
- ✓ Or only get *temporary* results that *don't* seem to last...

**In this chapter you'll discover why that is:**

- ➡ Section 1.1 quickly examines the philosophy that currently prevails about how our subconscious minds presumably function, on which most contemporary personal development methods and techniques are based.
- ➡ After that, Section 1.2 digs deeper into the rationale behind these methods and why they're assumed to be effective for making significant changes in our subconscious programming.
- ➡ And finally, based on this exploration, Section 1.3 pins down the exact *blind spot* in these rationales that tends to keep our desired results at bay. Moreover, it describes how we can overcome this shortcoming, so that we *will indeed* create the results we've been after for so long.

*So let's get to it...*

## 1.1 How We Think Our Subconscious Minds Work

The mainstream understanding of how our subconscious minds work recognizes two main operating processes that guide and direct the formation of our inner programming:

- ➡ Filtering;
- ➡ Habituation.

As we'll see when we explore their effects in this section, these processes exist with the best of intentions:

*They're designed to help us optimize our performance and well-being in life.*

But as we'll also discover, they can inadvertently create deeply-ingrained patterns of thought, belief, attitude and behavior that are actually self-defeating.



In this section we begin our investigation into that by exploring what we think we know about the subconscious mind.

**This way we'll lay the groundwork for the juicy stuff that's to follow in subsequent sections, by examining the three mechanisms that we commonly *assume* are the drivers for our subconscious programming, which are:**

- ➡ Repetitive conditioning;
- ➡ Emotional conditioning;
- ➡ Self-reinforcement.

In turn, this will allow us to see what we might be missing, and how we can fill any gaps.

*So let's begin...*

## 1.1.1 Repetitive Conditioning

This morning the garbage bag was full. So I took it out of the can.

*Hardly 30 seconds later* I had to throw something away. And even though I knew there was no bag in the can – after all, I had just taken it out 30 seconds ago – I ‘mindlessly’ dumped it in.

*Dang! How could I have been so stupid?*

The answer is simple:

I had simply repeated the action of throwing trash in the garbage can *so often*, that it had become *habituated* as an automatic pattern.

**Habituation is a basic operating process of our mind that creates subconscious, (semi-)automatic patterns for pretty much any information or instruction that’s repeated often enough.**

*As some additional examples, think of a few other common activities, such as...:*

- ✓ Driving a car;
- ✓ Riding a bike;
- ✓ Reading.

*As you probably know (or recall):*

- ➡ When you *first had to learn* it, you needed to be conscious of every single action you took, because everything was new. And having to be conscious of every single aspect of an activity can turn into a pretty exhausting experience.
- ➡ However, once you had *actually learned* it, you could do it *on autopilot* – you no longer needed to consciously think about *how* you’d perform every single facet of the activity. It had now become *second nature*, and as such practically ‘effortless.’

What happened, is that the subconscious mind created *fixed patterns* it could just ‘mindlessly’ play out whenever we’d have to perform the activity in question again.

Because of that, the experience would be far less daunting than it was when we were first learning it. After all, it would now be ‘second nature,’ i.e. a *habit*.

**We call this process *repetitive conditioning*. It’s one way in which our subconscious mind helps us function and perform well in life:**

- ➡ It allows us to simply *run* and *mindlessly play out* fixed, instilled patterns for activities we perform on a regular basis.
- ➡ This way we don’t need to waste our energies having to consciously think of each aspect of the activity every single time we engage in it, and prevent mental exhaustion as a result.

**Our subconscious mind is capable of conditioning pretty much any kind of repetitive input. ‘Input’ in this context roughly comes in two categories:**

**1. The information perceived by our five senses (<-- i.e. what we hear, see, taste, touch, and smell).**

This includes what we see happen around us, and the messages that are *explicitly* and *implicitly* communicated by other people, the media, societal/cultural norms, etc., which as such contribute to forging certain *worldviews* and *expectations*.

**2. The information we deliberately impose on ourselves through our deliberate, 'free will' instruction to *do* certain things.**

Think about learning to play a musical instrument, training a particular movement or technique in light of a sport, driving the same route to work every day, writing by hand, riding a bike, etc.

All of these activities eventually get conditioned as automatisms that hardly require any conscious thought to perform and/or act out.

**It's also because of repetitive conditioning that we sometimes *mindlessly* act out habits of which we don't even know the actual reason we have them. There's an old wives' tale that nicely captures this principle:**

A young daughter asked her mother why she always cut the ends off the roast before putting it into the oven: "*Well, that's the way Grandma taught me,*" Mother replied.

Mother then passed the question on to the girl's grandma: "*That's just the way my mother used to make them,*" Grandma replied, and the next time she saw Great-grandma, she asked her the same question.

Great-grandma laughed, shook her head, and answered: "*That danged oven was so small, you couldn't fit a thing in there. Cutting the ends off the roast was the only way to make it fit.*"

So the mother didn't have an actual reason to cut the ends off the roast – she was just *conditioned* to.

**And that summarizes the basic premise of repetitive conditioning:**

Repetitive input conditions habitual patterns in our subconscious mind.

*And of course, that's fine and dandy, but not all there is. Because beyond the repetitive kind, there's another type of conditioning...*

## 1.1.2 Emotional Conditioning

In essence we *are not* your emotions. We only *have* and/or *experience* them. As such, we can see emotions as *incentives for behavioral modification* through a system of metaphorical ‘punishment and reward’ that works as follows:

- ➡ Certain actions and/or behaviors lead to certain reactions in response. (← For instance, if I call someone names, as a reaction that person may punch me in the face.)
- ➡ In turn, that reaction can trigger certain *emotions* in us. (← For example, when I’m called names or punched in the face, I may feel hurt, insulted, belittled, aggravated, etc.)

The resulting emotions then go on to have an effect on us:

- ✓ **Some emotions feel *good*, which we experience as a ‘reward’ of sorts:**  
These would then encourage us to *repeat* the kind of behavior and/or *recreate* the (kind of) situation in which we felt them, because we’d want to experience the pleasant feeling again.
- ✓ **Other emotions feel *bad*, which we experience as ‘punishment’ of sorts:**  
These would then encourage us to *fight* or *avoid* the kind of behavior or situation in which we felt them, because we *wouldn’t* want to experience the uncomfortable feeling again.

### Some Other Examples:

- ✓ Think of the laboratory rat who’s trained to take a certain route in a maze:  
  
By giving him a ‘bad feeling’ with an electroshock every time he goes the ‘wrong’ way, he’ll pretty soon *avoid* the directions that he knows would lead to getting zapped.  
  
*Or as another example (← perhaps somewhat crazy, but just to get the point across):*
- ✓ Let’s say I’m walking down the street and I feel a giant need to ‘do my needs.’ Now let’s assume I decide to do it in the middle of the street in clear view of a crowd of people:
  - You bet that I’ll run into negative social feedback. And as a result, I’ll experience a very uncomfortable emotional surge. This intense feeling then causes me to form an intense bad memory.
  - As a consequence, from this point forward, I’m much less likely to do my needs in the middle of the street. After all, I don’t want to elicit that negative feedback again, because it makes me feel so bad.

In other words: my emotions have served as an incentive to change my future thoughts and behavior.

*Now here’s the thing:*

**When such emotional charges are intense enough and/or repeated regularly, they can lead to *strongly conditioned* thought, attitude and behavior. In general, this works as follows:**

- ➡ If certain thoughts, behaviors and situations repeatedly lead to (intense) *uncomfortable* emotion, we're likely to make an unconscious habit out of avoiding and preventing them.
- ➡ If certain thoughts, behaviors and situations repeatedly lead to (intense) *pleasurable* emotion, we're likely to make an unconscious habit out of repeating them and seeking them out.



**Please Note:**

**This *doesn't* mean things are always as straightforward as 'pleasurable = good' and 'uncomfortable = bad.' After all, think about it:**

- ➡ Some types of pleasurable emotional 'reward' can indeed lead to constructive patterns of thought, attitude and behavior that support becoming our best selves and getting into a flow of continuous growth, empowerment and fulfillment.

*For instance, we reach our goals and experience pleasurable emotions because of it.*

But an enjoyable emotional experience can also be induced in ways that *aren't* good for us in the long run, like by addictive drugs. In this case, even though the experience itself may feel gratifying, repeating it consistently *still* results in *self-sabotaging* and potentially *destructive* programming (<-- *i.e. addiction and dependence*).

- ➡ Also, some people may deliberately evoke negative emotions in themselves.

For example, they feel an underlying urge to punish themselves, or doing so comes with 'secondary gain' in the form of certain types of special attention and benefits that they'd otherwise lack.

So they'll be inclined to *repeat* behavior that may nevertheless have an *uncomfortable* feeling attached to it (<-- *although in this case it might rather be the 'pleasure' induced by the secondary gain that ultimately drives the repetition of this type of behavior*).

*In either case, there are deeper, more fundamental reasons they do so, which is something we'll dig into more deeply as we progress in this manual.*

**The resulting type of conditioning can be *so strong* that we keep up the patterns *even* when the original reason we took them on in the first place is no longer relevant, and/or when we know the pattern doesn't serve us. For example:**

- ➡ At some point in our life, certain people might repeatedly *force us to act* certain ways, while simultaneously attaching fear to their imposition by threatening us with negative consequences in case we don't comply.

If the resulting impetus is strong enough, this can eventually lead to automatic patterns of thought, feeling and behavior that are likely to remain even when the folks who originally imposed them on us are no longer around.

*In other words, we may still keep up a habit, despite the current absence of the very reason we even took it on!*

➡ Similarly, certain people might repeatedly impose *belief systems* on us by imparting their world-views over and over again, while (deliberately or inadvertently) inducing fear and/or guilt if we refuse to take them on as our own. For instance:

- ✓ We may feel a strong sense of guilt for having different convictions and approaches to life than our parents, because we're afraid they'd feel like we don't show enough love or respect for them by going a different way.

*(For convenience, let's disregard the question of whether that would even be the case...)*

If the induced feeling is strong enough, we're likely to still comply with their ideas. And we may even keep them up after they've long passed away, while it was never truly our own choice to do so.

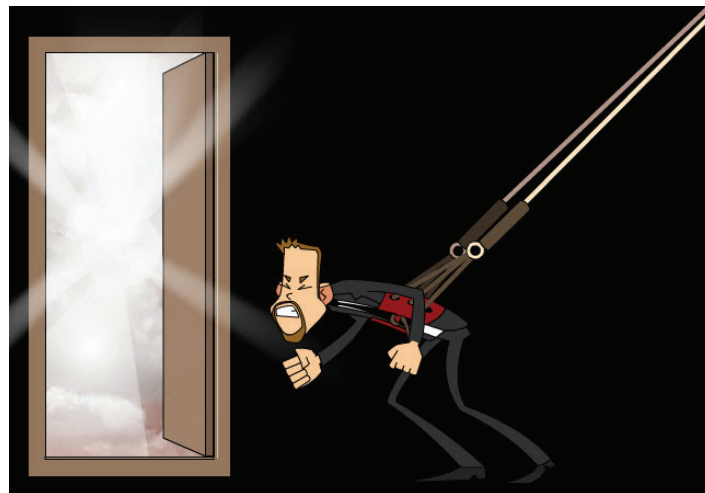
*And this can go on from one generation to the next...*

- ✓ By the same token, we might fear 'hell and damnation' for no longer subscribing to the religious convictions that were imposed on us when we were still kids.

As a result, we may meekly acquiesce and stubbornly adhere to them, even if on a core level we don't agree and actually fully realize that our externally imposed beliefs keep us from manifesting our highest selves and actualizing our true capabilities.

**These are just some random examples, but there are *many* ways in which emotional conditioning can keep us attached to certain belief systems and ingrained patterns for *all our lives*.**

*As such, emotions often act as the 'superglue' that can keep our programming finally in place, as was symbolically depicted by the bungee cables in Session #2's video:*



But in addition to what we've covered here, there's a *third* known way in which subconscious conditioning is facilitated.

*In light of our complete understanding, let's quickly examine it and draw our conclusions afterwards...*

### 1.1.3 Self-Reinforcement

Aside from the process of *habituation* that lies at the root of both repetitive and emotional conditioning, our subconscious minds operate based on another fundamental process as well, which we refer to as *filtering*.

**Like the others, *filtering* is a natural mechanism that *also* allows us to function and perform well in life, in this case by helping us deal with the fact that the actual world simply has too much information for our *conscious* minds to handle.**

According to Hungarian biologist Mihály Csíkszentmihályi, about *two million bits of information and stimuli* impact our senses and nervous system *every single second!*

So in order for us to *not* be constantly overwhelmed, the mind must keep *most* of these pieces of input *out* of your *conscious* awareness. Otherwise it simply wouldn't be able to cope with the sheer amount of information, let alone have the freedom to effectively think and act.

*One way in which our minds do so is by simply deleting a great deal of the available data:*

#### **Here's a simple and relatable example of this:**

- ✓ Let's say we're working on something and try hard to focus on it, when someone suddenly turns on an air-conditioner that makes a constant, humming noise.
- ✓ Our minds interpret this new sound as a *change* in our environment. And as any sudden change could bring along a certain risk, our minds now become alert to it.
- ✓ At that point, we may find that the humming sound bothers and annoys us, because it distracts us from what we're trying to focus on.
- ✓ But after a while, our brain begins to filter the noise out of our conscious awareness, so that we're no longer alert to it and can focus more efficiently on the task at hand.

*Why?*

Because by then the sound no longer makes up a *change* in our environment. Instead, it has become a *constant*. So after concluding there's no direct risk associated with it, the brain decides there's no longer any reason to remain fully alert to it.

It now simply *deletes* the humming from of our *conscious* awareness so that we don't actually *hear* it anymore, even though the sound is still there.

#### **Here's another example that illustrates the same principle:**

- ✓ Imagine living in an area where planes fly over or trains run by regularly. Because it happens all the time, after a while we won't really notice the sound of the planes or the trains anymore. Or at least, it's not something we keep becoming alert to, and it certainly doesn't keep us awake at night.
- ✓ However, let's say we have a relative or a friend that normally lives in a quiet, rural area, who comes over to stay for the night. *This* person *may* indeed have trouble falling asleep, because the regular noise of the planes and trains keeps bothering them so much.

They are *not* used to it, so they *do* become alert to it... *until* their brains get used to the noise after a while, and begin to delete it from their conscious awareness.

The reverse may apply as well:

- ✓ We are used to living in a *noisier environment* with planes flying over and trains running by all the time. So if we go visit the relative or friend in their quiet, rural area, we may have a hard time catching sleep because it's so *quiet* (<-- *as a result of which we'll be alert to new sounds that we normally never hear*).

**So *deleting* is one way in which our subconscious mind filters information out of our conscious awareness. Other ways in which it does is by...:**

- ➡ Generalizing information (<-- *i.e. processing and classifying it into general and familiar categories*);
- ➡ Distorting information (<-- *i.e. creating our own private world of understanding by matching new incoming information to our expectations and preconceived notions*).



### **Please Note:**

We've gone over these processes in far more detail in the previous two sessions. So if you haven't yet, make sure you explore those to get a good grasp on the enormous impact this unconscious filtering process has on the reality we create for ourselves.

**All in all, the basic operating process of *filtering* is normal and natural, and has a very useful purpose:**

- ➡ Our subconscious minds simply filter the tidal wave of information that our senses receive, because we can only handle so much at a time on the *conscious* level.
- ➡ As a result, what remains is a conscious perception of reality that has been *shaped* and *molded* to make sense to us according to our already ingrained worldview.
- ➡ This ensures that we're able to function well and perform efficiently in an environment that practically *overwhelms* us.

Now that's all fine and swell, but also brings us to the point of this section:

**While this process is very useful and beneficial, it may also get us to *inadvertently* and unknowingly reinforce the subconscious patterns that have *already* been installed! This happens in two ways:**

#### **1. 'Confirmation bias:'**

As you know, filtering occurs to a significant degree based on already ingrained subconscious patterns (<-- *such as belief systems, convictions and associated expectations*).

*This often leads to 'confirmation bias,' which is a tendency to favor information that confirms our preconceptions, regardless of whether that information is actually true. And this regularly happens without us realizing.*

**Confirmation bias** already came up more concretely in Session #1. Let me quote a few examples:

*"You're probably familiar with overlooking misspelled words. This is because your brain is so accustomed to reading the words in correct spelling, that it simply overlooks a typo. It filters the typo out of the image, thus causing you to overlook it and 'see' the correct spelling, which is more in line with your expectations.*

(...)

*"Basically, our ingrained belief system (<-- i.e. the correct spelling of the words we see most of the time) causes the brain to filter out the information (<-- i.e. the typo) that's at odds with its conditioned worldview (<-- i.e. its expectations)."*

(...)

*"Due to the fact that the information picked up by our eyes is edited by the brain according to its ingrained convictions, a large portion of what we actually 'see' is determined by what we believe deep inside to be true.*

*And of course, because we see what we believe, we immediately believe what we see. After all, the selectively filtered image that we perceive naturally supports the convictions that drove that filtering in the first place.*

*Thus, what we see also reinforces our belief system, which in turn increases the probability that we keep seeing things in the way we expect them to be or are convinced they are... which then goes on to make us see things in that way once more."*

This way our existing patterns of thought, attitude and belief typically seem *justified* and *true*, which simply *ingrains* them more deeply.

*But the ways in which our subconscious patterns get reinforced don't end with confirmation bias alone... Here's what's more:*

## 2. (Unconscious) pattern repetition:

Once patterns are installed subconsciously, we'll wind up playing them out *automatically*. That's the main purpose behind them, as explained in Section 1.1.1.

Clearly, this is okay for subconscious patterns that support our personal growth, empowerment and the realization of our goals. But it's *not* conducive to our success and overall well-being when we're dealing with *self-sabotaging* and *self-destructive* automatisms.

Sure, in some cases we may actually *know* that we get triggered into specific automatic patterns. But just as often (if not more regularly), such programs play themselves out at a level that's *completely outside* of our normal conscious awareness – we simply *don't even realize* we're doing it.

As explained in the previous sections, whenever the same thing gets repeated often enough (*even if it's automatic and without our conscious attention*), the pattern will only get habituated more strongly... and *even more so* when there's an emotional charge attached to the pattern as well.

**So through *confirmation bias* and *unconscious pattern repetition* we constantly *reinforce* patterns that are already installed in our subconscious minds.**

*And as such, they become of progressively stronger influence, even though this all mostly happens inadvertently and without us realizing.*



*I will, now that we've covered our bases. So for the sake of maintaining clarity, let's quickly summarize what we've explored, so we can begin to look for the blind spot in our understanding...*

## 1.1.4 Summary

Based on what we explored in the previous sections, below is a simplified summary of the overall philosophy that underpins most popular approaches towards personal development:

### **Summary Of How We *Think* Our Subconscious Minds Work:**

#### ➡ **Subconscious belief systems lie at the basis of the 'reality' we create for ourselves:**

- ✓ They determine the reality we actually 'perceive' (<-- i.e. taking into account the mechanism of 'filtering' by means of deleting, generalizing and distorting input);
- ✓ They (indirectly) guide and direct our (conscious) patterns of thought, feeling, decision making and acting, and thus ultimately the life we create for ourselves.

#### ➡ **Belief structures and subconscious patterns are presumed to be created through the mutually interactive processes of *habituating* and *filtering* of incoming information and instruction, by means of three mechanisms:**

- ➡ Repetitive conditioning;
- ➡ Emotional conditioning;
- ➡ Self-reinforcement.

#### ➡ **What results is our *subconscious programming*, which means that this programming *isn't* something we were born with, but rather something we *acquired* over the course of our lives.**

*What exact patterning we acquired as part of it depends on what we were personally exposed to. As a few examples of where much of it typically originates:*

- ✓ Our parents told us (or even imposed) their worldviews...
- ✓ We grew up under the influence of certain societal and/or cultural norms, along with habits and rituals that were characteristic to our family of origin...
- ✓ We went through certain processes of education...
- ✓ We watched and listened to the mass media and consumed their take on world events...
- ✓ We may have subscribed to certain religions...
- ✓ And so on.

As such, over the course of our lives we've received particular forms of information and instruction on an ongoing, repetitive basis, possibly reinforced with a certain degree of emotional charge.

In most of us, (at least part of) this input has not been conducive to building a healthy self-image and creating an abundant, rewarding and fulfilling life for ourselves.

But by means of the above-mentioned mechanisms, our subconscious minds still created an entire, self-sustaining system of beliefs, concepts, values, expectations and automated patterns of thought, attitude and behavior out of it.

➡ ***This system*** is still running the show in our lives *right now*, and usually has an inhibiting impact on both our *ability* and our *resolve to take charge* of our lives and *make our dreams and visions reality*.

In short, currently prevailing personal development techniques are typically based on a philosophy that sees subconscious programming *solely* as a product of the described mechanisms of conditioning.

*Now before we move on, don't get me wrong:*

All of this is essentially true. However, ***there's a fundamental aspect that's missing from this picture!***

And that's why it hardly ever gets the attention it requires... especially if we really want to make the kinds of notable and lasting changes we're after in our lives, and seek to stop the never-ending cycle of trying technique after technique without ever really getting the results we're after.

So in order to get a good grip on this *blind spot*, it serves us well to quickly take a closer look at the most popular among the techniques that are available to us.



*Because when we see how they intend to help us, we'll also notice where they might fall short...*

## 1.2 How Do Popular Techniques Fit In?

It's obvious that the processes outlined in the previous sections definitely have major impact on the nature of our subconscious programming.

This is especially true during our *imprint period* (age 0-7), *modeling period* (age 8-13), and *socialization period* (age 13-21). (*<-- But as you'll learn in the next chapter, they can certainly play a significant part later in life too!*)

*Please note once more that these processes aren't necessarily bad. After all, while indeed they lie at the basis of inhibiting programming, they just as well allow us to train ourselves and establish the kinds of habits and efficiency that are conducive to what we want to achieve in life.*

However, if you're anything like most people, much of the input you received over the course of your life has not been supportive to building a healthy self-image, or to manifesting the success, abundance, empowerment and fulfillment you currently seek.

**In fact, most of us operate based on subconscious programming that rather *blocks* us from achieving those aims. And that's *exactly* why most of today's personal development methods are (rightfully) aimed at *changing* that programming. For that, they typically use the following strategies:**

### **Rationale behind currently prevailing techniques:**

Most experts assume we can *change* our subconscious programming in ways *analogous* to how they think it was *created* and *acquired*:

- ➡ **They say we're supposed to *change our 'input' into a constructive kind*:**  
We can do this by using our *free will* to change the kind of information we expose ourselves to into a kind that's more conducive to a positive self-image and to what we seek to achieve and 'manifest' in life.

By the same token, we're supposed to change the types of emotions we evoke on a regular basis to ones that we'd like to experience *more* of.

Because of the fundamental process of *habituation*, it's assumed that by deliberately making our 'input' *positive* (*<-- e.g. through affirmations, visualizations, etc.*), we leave our subconscious mind no choice but to change its wiring for the better and instill new patterns based on this new input.

*In other words: we'll instill new subconscious programming that 'replaces' or 'overwrites' the old. And in turn we'll form new subconscious patterns and habits that will be more conducive to realizing our visions for 'success.'*

And furthermore...

- ➡ **They say we're supposed to *break existing patterns* by releasing the emotional charge associated with them, thus dissolving the metaphorical 'superglue' that keeps them in place.**

*Indeed, if we examine the most common and popular techniques more closely, we'll see that they're all based on the above-mentioned concepts. For example:*

➡ **Repeating positive affirmations:**

We'll do this with the intent to change your *input* into a more constructive variety.

➡ **Creative visualization with emotional involvement:**

We'll do this to change our 'input' into a constructive variety. And we try to back it up with positively exciting emotion, in order to add to the power of the suggestions delivered through the visualization. This way, we seek to ultimately to *replace* or *overwrite* our existing, *inhibiting* programming.

➡ **Subliminal messaging:**

We'll use this to give ourselves *input* of a constructive variety, while bypassing the potential filtering imposed by our subconscious mind based on its already ingrained beliefs.

Since these existing beliefs are obviously in conflict with the positive suggestions we now try to implant, we'd would normally run the risk that our brain would simply delete, generalize, or distort them. So the idea is that by being subliminal, their constructive input can *bypass* that filtering and thus undisturbedly implant its content.

➡ **Brainwave entrainment:**

We'll use this with the aim to both *break existing patterns* in our brains and *create new ones*, by giving ourselves a different, more constructive *input* through audio impulses that establish brainwave states that are more coherent than the ones resulting from our currently installed subconscious patterns.

The idea is that this should make us more receptive to positive suggestion, and/or even *directly instill* more constructive patterns in our brain.

➡ **EFT and other emotional release techniques:**

We'll use these with the aim to release the emotional charge associated with limiting subconscious patterns, thus dissolving the metaphorical 'superglue' that keeps them in place. By freeing them up this way, we should be able to more easily let go of them (and put other patterns in their place).

➡ **'Healing' methods:**

We'll normally use these in a relatively 'random' way (<-- *i.e. not knowing exactly how they work, what they're focused at, or what they do*). All we know is that they supposedly 'heal' any potential imbalances that underpin our subconscious programming.

Such imbalances are usually certain types of inner 'wounds' that were inflicted sometime in the past. They triggered uncomfortable emotion *so intense*, that it would go on to leave a permanent memory, and drive the subsequent formation of associated patterns of thought, belief, attitude and behavior.

*In short:*

The overall aim of each of these techniques is to manipulate our existing subconscious programming in ways that are in line with the established, mainstream understanding of how our subconscious minds work.

**So now that we understand all this, we can finally answer the question asked in the foreword of this study guide:**

Why can it seem so hard to 'crack your egg' and to break free from your subconsciously ingrained limiting patterns... despite all the various methods and techniques that are already out there and that you may have already tried... which should all be based on all this 'advanced' knowledge of the subconscious mind?

**I'll tell you why:**

It's because of that *blind spot*.

"Will you cut the crap  
and tell me what it is?!"



Alright, let's get to it...

## 1.3 Conclusion: What's Missing?

To summarize what came to light in this chapter, let me begin by rephrasing our burning question as follows:

- ➡ How come it's so hard for most people to make *notable* and *lasting* changes in their subconscious minds and in their lives, despite all the techniques that are already out there and that are supposed to work based on the principles explained in the previous sections?
- ➡ And with regard to all those techniques themselves: *Do they really work, or not?*

Well, here's the answer:

- ➡ Yes, all those techniques can work for you and/or have some sort of positive impact. However:
- ➡ It's important to realize that each of them has a specialized effect, and not an *all-encompassing* and/or *universal* one.
- ➡ Whether or not they *do* have a significant effect on our own particular subconscious programming depends on things like...:
  - ✓ Which levels and details of our ingrained programming we intend to target;
  - ✓ The characteristics of those particular parts of it (<-- *i.e. the unique characteristics of our personal 'eggshell structure'*);
  - ✓ Which specific technique would be suitable and/or most appropriate for us to apply in targeting those;
  - ✓ Other unique characteristics of us as unique individuals, which determine whether or not a particular technique matches our personal style. (<-- *Because if it doesn't, its effect might get filtered before it can even impact the level it's supposed to work on. That's why the old adage typically applies: "Different folks need different strokes."*)

*These notions pave the way for a new 'big picture' perspective that we'll draw in a few moments.*

For now, if you've paid attention, you've noticed one common denominator in our exploration of our most popular techniques:

- ➡ As currently presented, we're supposed to apply each and every single one of them with a certain degree of randomness and/or blind faith in their effect.

*In other words: there's no system and/or clear focus or target in the way we're supposed to apply them. For example:*

- ✓ Do you know how long you need to keep repeating your affirmations or doing your visualizations until you get results?

For most of us this practice turns into a seemingly never-ending process that usually *doesn't* provide the payoff we expect. Or we quit prematurely because we don't like the *anticipation* of a potentially never-ending effort.

So our application of this concept is usually *random*, and all we can do is *hope* for eventual reward.

- ✓ By the same token, a common instruction we get with using EFT is: “*Try it on everything.*” And then we normally get a series of *standard* accompanying statements and phrasings that *may* or *may not* be accurately specified to *us* and *our specific* inner imbalances.
- ✓ Likewise, with *brainwave entrainment* and *subliminal messaging* we just need to start listening and that’s it. All we can do is follow that instruction and hope it’ll pay off in some way in the end (<-- which it can, but we don’t know for sure until it actually does).
- ✓ And with many ‘healing’ methods, we know absolutely *zilch* about how they work, and we’re completely left to our blind faith in their efficacy (<-- which they may very well have, but again, we never know until it actually does).

*So do you see the hint of arbitrariness in these approaches?*

Of course, these are just a few examples, and again: this is not to say that there’s anything essentially wrong with these techniques, and that it’s impossible that they bring us great results...

*The point I’m trying to make is this:*

- ➡ **Regardless of how powerful *these* and *other* techniques can potentially be, the way in which we’re instructed to use them tends to be in a relatively *random*, arbitrary, ‘hit-or-miss’ fashion:**

We never really know *what exactly* we’re doing or targeting.

*We’re basically wearing a blindfold while hoping we hit the bulls-eye.*

This way, even if we *do* get some ‘lucky hits,’ and even if those ‘hits’ are *not just* superficial (as they usually are), we’ll *never* know what *really* did the trick. And as a result, we won’t be able to replicate our success across a wider board.

*Now of course, we may not give a wet slap about that if indeed we do get the pay-off we were after...*



But if we don’t get that pay-off (like most of us), or if our inhibiting subconscious program-ming simply *reinstalls* itself after a mere *temporary* sense of relief, we’re likely to get extremely frustrated. In fact:

Before long, we think it’s all a big scam, and may even be inclined to throw in the towel and decide that we no longer even *want* to become our best selves and actualize our true hidden capabilities (<-- which would be a shame, because we really can).

**So here’s the crux:**

- ➡ **While everything we covered in the previous sections is essentially true, this mainstream understanding overlooks a crucial aspect that we *haven’t* covered yet...**

And yet, this aspect is *essential*. It will *complete* our picture of *how* we *really* function subconsciously, and *why* our established programming tends to *stubbornly sustain itself* or *quickly reconstruct itself* after an occasional temporary shift.

- ➡ As such, *ignoring, discarding, or simply not knowing* about the impact of this blind spot is the ***main reason*** why most currently prevailing approaches ***fall short*** in producing the notable and lasting results we seek, even though they may genuinely have the potential to do so.

Instead, we're left in a relatively *disempowered position*, from where the best we can do is apply the techniques available to us randomly, and merely *hope* for some arbitrary results.

"So where do we need to look for this blind spot...?"



Let me show you...

# Chapter 2: ***How We Really Function Subconsciously***

## **2.1 Introduction**

*Imagine a sports team – basketball, football, soccer, it doesn't really matter...*

There's a bunch of players that need to work together to reach a common goal, which is to score and win the game. So for best results, the various players need to work together harmoniously to come out victorious.

**Now to facilitate that outcome, there's typically a *coach* who defines the *tactics, strategies* and *coordinating rules* for the team to follow. As such, the coach acts as a *coordinator of sorts*:**

He/she plans and organizes the performances needed from the players for them to play harmoniously and attain the common goal.

*Now here's the thing:*

**Hidden in our subconscious mind there's a 'realm' that functions much like such a *coordinator*:**

- ➡ It offers the *underlying reason why* and the corresponding *coordinating rules* for the creation of *our particular* patterns of thought, belief, attitude and behavior.
- ➡ It *steers* our subconscious conditioning into a *specific direction*, with a *deeper*, often *hidden agenda* in mind.
- ➡ And as such, it ensures that certain aspects of our input get *amplified*, while others get *diminished*.

**It's in *this* 'hidden realm' that we find our missing link. In fact, it's *this* particular *blind spot* that's basis for what we've dubbed the '*Cracking Crux*.'**

*And by becoming aware of how it manifests in our own subconscious mind, we can finally begin to target the foundational elements of our eggshell structure and its ingrained patterning.*



### ***Please Note:***

Give yourself permission to take your time to digest the information of this chapter. You might even want to read it multiple times to let it sink in.

At the same time, remember that there's no need to be able to reproduce all the details, because the practical implications are ultimately relatively simple to implement.

The explanations that follow merely serve to facilitate your understanding of what exactly we're doing on the 'Crack Your Egg'-process, and how deep we can dig to make changes.

*So let's dig in...*

## 2.2 The Hidden Realm

'Meta' is a Greek word that literally refers to anything 'above,' 'beyond' or 'about' something else.

**That's why we can best understand the foundational elements of the *Egg* and its deeply-ingrained subconscious programming as *meta-patterns*.**



### ***Just So You Know:***

While they're in some respects related, these *meta-patterns* are not the same as the so-called '*meta-programs*' put forward in the field of *neuro-linguistic programming* (NLP).

*We're really looking into something different here, which will become clearer as we progress.*

*Meta-patterns* are not fundamentally wired *operating processes* like *habituation* and *filtering*, which come as part of the 'standard issue equipment' of our mind/body-systems. Instead, we *acquire* them at some point in our lives.

Nevertheless, they're not the kind of surface-level programming of ingrained patterns of thought, belief, attitude and behavior that we've been talking about so far either.

**We can more accurately describe them as kind of an *intermediary* between these two 'realms:'**

- ✓ As the *driving force* behind our surface-level programming, they're *more fundamental* and run *deeper in the background* of our minds.
- ✓ In simple terms, from their latent, background position, they *tell* the processes of *habituation* and *filtering* what kinds of patterns to create. *In other words:*
- ✓ They *coordinate* the formation of our (limiting) beliefs, values, concepts, expectations, attitudes, etc., which *in turn* filter our perceptions and drive our thoughts, feelings, decisions and actions on the *conscious* level.

**To translate that into our familiar terminology:**

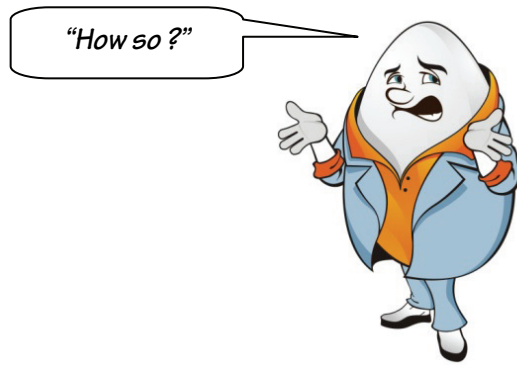
Our meta-patterns make up the *groundwork* and *core structure* around which we've built the entire configuration of *Egg Elements* and *Egg Filtering Attributes* that make up our unique, personal *Egg*.

**And here's the issue you and I face:**

The contextual rules that our meta-patterns impose, can *sabotage* and/or *reverse* the effects that we seek to elicit through our application of popular personal development techniques...

**But here's the good news:**

*While they may still seem elusive and abstract, knowing about these patterns can paradoxically make the goal of 'cracking your egg' and 'changing your subconscious programming' more straightforward than it ever has been for us!*



*Well, that's because when we know about them, we'll be able to make changes with less force, imposition and randomness (if any) compared to the popular methodologies we've explored.*

**So in the next two sections, let's explore the two types of meta-patterns that affect us, which we'll refer to as...:**

1. Structural meta-patterns;
2. Thematic meta-patterns.

*This way we can get a clear picture of what they do, and why they're so important to take into account.*

Then after that, you'll appreciate how understanding these meta-patterns opens us up a *whole new world of possibility!*

*So let's dig in...*

## 2.2.1 Structural Meta-Patterns

***Structural*** meta-patterns define certain basic ‘mechanical’ tendencies in our subconscious mind to process incoming information in particular ways:

- ➡ Where *thematic* meta-patterns (<-- which we’ll explore in the next section) have the greatest impact on the *content* of our patterns of thought, feeling, attitude, belief, values, etc., and impact our subconscious programming from *that* angle...
- ➡ ... *structural* meta-patterns are *content-independent*, and set out more neutral, *contextual rules* to process information.

The best way to explain this is through a couple of examples:

### ➡ **Example #1:**

Some people *compare things differently* than others. For instance, let’s say you and I are both comparing two people:

- ✓ Personally, I might be inclined to spot the *differences* between those people.
- ✓ You on the other hand may be inclined to spot the *similarities* between them.

Do you see the difference? *Your* structural tendency might be more towards *matching for similarities*, whereas *my* structural tendency might be more towards *mismatching for differences*.

*Of course, these are two distinct extremes. In practice, we typically fall somewhere within the continuum they demarcate. But you get the general idea... Here’s another example:*

### ➡ **Example #2:**

Some people *think differently about problems and challenges* than others. For instance, let’s say we’re both observing a certain challenging situation:

- ✓ **I might have a more *philosophical* tendency:**  
Personally, I may be inclined to (initially) devote most attention to *why* the problem or challenge occurred in the first place, from the mechanically wired conviction that if I understand *where* the issue originates, I can gain mastery over it.
- ✓ **You on the other hand might have a more *practical* tendency:**  
You may (initially) focus on the immediate *practical* questions regarding *how to overcome* the challenge and *what* you can do about it. You may not even give a wet slap about *why* and *how* this situation *came to be*, or *why* a particular solution might work or not. You just want it resolved, and that’s it.

*Again, these are two distinct and extreme possibilities, and there’s a scale ranging from ‘philosophical’ (why) to ‘practical’ (how). But I’m sure you appreciate the concept and why it’s relevant:*

**Such distinctions could be of influence in determining whether or not a certain personal development technique or approach is going to be effective for us. For instance, expanding on the above example:**

- ✓ With my *philosophical* tendencies, I may *personally* be *unable* to get techniques to work for which I’m *not clear* on *how* and *why* they have the potential to be effective.

- ✓ At the same time they may very well work wonders for *you* if your structural meta-patterns exclusively prescribe *practical* utility.

**In other words, once again the old adage applies:**

*“Different strokes for different folks...”*

➡ **Example #3:**

Some people *learn new information differently* than others. For instance:

- ✓ I may have *deductive* tendencies, meaning I tend to *start* by thinking *globally* and *then* move down into *specifics*. In other words: I *first* think of the *big picture* and the *overall* vision and principles. Only *after that* do I drill down to specific aspects and details.
- ✓ *You* on the other hand may have *inductive* tendencies, meaning you prefer to *begin* with the *specific details*, and *then* induce to the overall conclusions.
- ✓ And *someone else* may have *abductive* tendencies, meaning they tend to think and reason more *laterally* in terms of analogies, metaphors, stories, and narratives.

This means you, me, and the other person may each require a different approach to dissolving our subconscious imbalances. As a result, one technique may work very well for one of us, while it may *not* have *any* notable effect *whatsoever* on another.

*This is how we’re often quick to conclude that a particular method “simply doesn’t work” or “is a scam.”*

**Consider this for a moment:**

You may have noticed that the videos and study guides of our various sessions so far involved aspects of *all of the above*:

- ✓ They point out *both* similarities *and* differences.
- ✓ They point out the *what*, but also the *why* and the *how* (<-- more ‘how’ is still coming up!).
- ✓ They use *inductive* reasoning (*translating details to big pictures*), as well as *deductive* reasoning (*translating big pictures to details*), as well as *abductive* reasoning (*using stories and metaphors*).

The reason for that is that each of us is unique, and covering all these styles increases for this information to become understandable and usable for *everyone!*

*“Yeah, yeah, how nice and noble-minded of you... But whatever tendencies I have, I just want to fix all this, overcome my own challenges, and create the life I want. So can we cut the crap and skip to the practical relevance?!”*



*Sure thing!*

The practical relevance is as follows:

- ➡ We need to *neutralize* and/or *bypass potential filtering blocks* imposed by *our own* 'structural' meta-patterns (<-- *which will inevitably turn up!*).
- ➡ For that, we need to make use of certain technicalities and workarounds in our application of whatever techniques and methods we decide to work with.

If you choose to give my own methods a chance, the protocols included in the extended version of the [Crack Your Egg Program](#) already include such workarounds, so you don't have to worry about having to figure out that part on your own.

Structural meta-patterns are often partly *genetic*, though *not necessarily*. But even if they *are*, they always have a great deal of *acquired* characteristics to them, which means they could be subject to change over the course of our life (at least to a certain extent).

**Most importantly, the *acquired* characteristics of our *structural* meta-patterns are always *heavily intertwined* with our *thematic* meta-patterns.**

*That's why thematic meta-patterns are the ones we need to concern ourselves with most, as they're the most pivotal to the nature of our subconscious programming and fundamental orientation in life:*

- ➡ They *directly* influence the *content* of our subconscious programming.
- ➡ And through their impact on *structural* meta-patterns, they *indirectly* influence the *contextual rules* that define the extent to which a certain type of technique is appropriate for us.

*So let's quickly shift our focus to the thematic kind of meta-pattern...*



### **Summary of 'Structural' Meta-Patterns:**

***Structural* meta-patterns are important from a *mechanical* perspective:**

- ➡ They provide *contextual rules* for how our subconscious mind filters information. As such, they don't have anything to do with the actual *content* of our subconscious structures of beliefs and values.
- ➡ Instead, they merely define particular *ways of filtering* that are *uniquely wired* into each and everyone's *individual* mind/body-system.

These ways can include both *genetic* tendencies, as well as tendencies we *acquired* as a result of the influence of our instilled *thematic* meta-patterns.

- ➡ From a practical perspective, this means that in order for any personal development technique to have a notable effect on us, we need to make sure they do one or both of the following things (<-- *both of which we do automatically in the [Crack Your Egg Program](#)*):

- ✓ They *work in line with* our own unique contextual rules;
- ✓ They *bypass the filtering* imposed by these rules.

## 2.2.2 Thematic Meta-Patterns

**Thematic meta-patterns indicate particular *themes* that underlie the formation of our personal configuration of *Egg Filtering Attributes*.**

In other words: there's a significant *content*-related aspect to them, which originates in high-impact experiences we may have gone through in the past.

As such, *thematic meta-patterns* have a significant impact on the *subject matter* of our personal set of (limiting) beliefs, values, and other ingrained subconscious patterns.

**As always, this becomes clearer through a relatively simple example scenario:**

### **Example 'Thematic Meta-Pattern' Scenario:**

**As you may recall, the second video presentation offered an illustration of an unbalanced *perfectionist* personality. So let's stay congruent and stick with that particular theme here... Picture this scenario:**

- ✓ A young boy appears to be smart and have a lot of potential. He grows up in a family with loving parents, and also two brothers who are mentally disabled and autistic.
- ✓ The parents love all three kids, but are also especially proud of the young and smart boy who's the focus of our little narrative here. They place a lot of hope and expectation on him because he obviously has more potential to 'succeed' in life than his disabled brothers. And so they try to stimulate him to do his best and perform well.
- ✓ The boy does well in grade school, works hard, and is often the best in his class. His parents praise and acknowledge him, and all is well.
- ✓ The boy progresses through the early years in school with ease, and is gradually presented with more and more opportunities. He gets a bit bored by the standard repetitive practice of regular school activities, and begins to explore various 'creative routes' for a while.

As a consequence, he temporarily redirects his focus, and isn't as precise and performance-oriented as he used to be. As a result, his grades are still good compared to the rest of the class, but not as 'excellent' as they used to be.

- ✓ One evening his parents talk to his teacher, who makes them aware of these developments.
- ✓ Back home, the parents become angry with the boy, and threaten to take away certain toys if he keeps going on like this, doesn't do his best at school, and doesn't come home with the excellent results that became the norm and that everyone knows he's really capable of.
- ✓ The boy is caught off guard, and feels threatened in his sense of security by the anger of his parents. He also gets the implicit message that a great deal of hope is placed on him because of his potential, in contrast to the perceived lack thereof in his mentally-challenged brothers.
- ✓ The boy now feels the pressure on him and interprets it as a significant threat to his

security if he doesn't comply. Consequently, he installs a meta-pattern that instructs him to think, feel, and act in ways through which he would avoid making any kind of mistake and avoid being the source of disharmony in his environment from that point forward.

As such, he takes on the personality of a perfectionist and a people-pleaser (<-- with the implicit intent to retain environmental harmony), because he thinks that will prevent such highly uncomfortable events in the future.

- ✓ Over time, this underlying 'driving force' of *avoiding mistakes, pleasing people, and maintaining harmony* causes him to create a structure of new (limiting) beliefs, values, and patterns of thinking, feeling and acting:

Its content will be fully in line with the meta-pattern's coordinating rules that seek to avoid and prevent similar 'threatening' situations and feelings to the ones that originally induced its installation.

*Potential 'surface' limiting beliefs the boy might develop in accordance with this underlying drive could be:*

- "It's bad and not okay to be angry, so I'm never angry: I'm not an angry person, I'm always upbeat and positive;"
- "I always need to do what [certain] people want me to do;"
- "Rich people often have bad qualities, and since I must not make mistakes and be perfect, I must not become rich" ... or: "rich people often make other people angry, and since that's what I'm really trying to avoid, becoming rich is dangerous" ...  
  
... which in turn could eventually evolve into more superficial beliefs, such as: "I can't give myself permission to experience financial abundance," or the well-known "money is the root of all evil;"
- Etc.

- ✓ The structure of beliefs he unconsciously builds this way will in turn influence his thoughts, feelings, attitudes and behavior throughout the rest of his life, and reflect in the reality he creates for himself (<-- as explained in our earlier sessions).

For example, even though he may *consciously think* he'd like to be 'rich,' he'll *unconsciously repel* this very experience:

- Not only will he subconsciously find ways to *sabotage* and/or *reverse* the goal... *But in addition:*
- The vibrational pattern that's broadcast through his *Egg* represents his deepest inner state, which is *still* reflecting the imbalance he ingrained at the time when he was young and felt severely threatened in his security... which in turn goes on to be reflected in his life (<-- see Session #2).

*So his thoughts, feelings, and behavior are still driven by this underlying imbalance, probably without him being aware of it because it all became habituated and 'natural' over time.*

**Now for the sake of explaining the importance of this – even though it might be a far stretch because this particular theme may not apply or be relatable to you – imagine for a moment that you're the boy from the example scenario above:**

- ➡ As explained, over time you unknowingly construct a whole structure of 'limiting beliefs upon limiting beliefs,' which are *all* ultimately based on the *root imbalance* induced by the extremely discomfoting experience in the past.

For instance, as outlined in the example scenario, your fundamental drives may eventually evolve into certain *surface*-level limiting beliefs about financial abundance and being rich, such as “*money is the root of all evil*,” “*I’m not allowed to experience financial abundance*.”

But these are ultimately *driven indirectly* by your deeply ingrained, *implicit* intent to *avoid* experiences similar to feeling threatened by the anger and/or dismay of other people.

- ➡ Later in life you may realize that you have some money difficulties. So you get yourself some personal development material, through which you may learn about your limiting beliefs that say “*I’m not allowed to experience financial abundance*” and “*money is the root of all evil*.”

Once you do, you conclude that these beliefs must be the core reason for your difficulty to manifest financial abundance. So you follow the experts’ advice and begin to apply their techniques in an attempt to change those particular beliefs, *convinced you’re really digging into the core of the issue*.

- ➡ However, what you probably *don’t* realize, is that the beliefs you’re targeting are in truth relatively *superficial* in your overall structure of subconscious programming, and really the *symptom* of something *deeper*:

*There’s an underlying reason why you created these limiting beliefs to begin with!*

Ultimately, this *underlying reason* is that originating experience of feeling threatened in your security when your parents got angry with you. Your resulting (unconscious) tendencies to *avoid similar situations* from that point forward *then* created these convictions and tendencies, which are still playing themselves out till this day.

As such, the limiting beliefs of “*money is the root of all evil*” and “*I’m not allowed to experience financial abundance*” are merely *surface manifestations* of *underlying tendencies* to *avoid* a significant (past) discomfort.



### ***Please Note:***

Obviously, this particular scenario is made relevant to the topic of financial abundance, because this is a popular topic in contemporary personal development.

But the ultimate effects of such deep and constricting subconscious drives can translate themselves in *all manner of manifestations*, such as chronic emotional suffering, physical disease, trouble connecting with others and building fulfilling relationships with them, etc.

*And that applies not just to this particular scenario, but to all possible themes and their content.*

**So are you beginning to see how *crucial* and *fundamental* these underlying tendencies are to the overall nature of our life experience and the ‘reality’ we create for ourselves?**

As long as this fundamental 'breeding ground' remains intact...:

- ➡ ... it will either be extremely hard to elicit *any* notable shifts in our subconscious programming at all, no matter what we try...
- ➡ ... or even if we *do* have *some* success in (temporarily) instigating such shifts by means of a (more or less) arbitrary 'hit,' the new state usually *doesn't last long*.

We probably *won't* experience the fulfillment and happiness that we're *really* after *enduringly*, and soon relapse into how we were.

**For example:**

- ✓ We'll (implicitly) find ways to *reconstruct* patterns similar to our old ones. These may seem *different* in terms of content and detail, but typically have the *same overall gist and atmosphere* upon closer examination:

*We still feel constrained and unhappy, because the true, underlying imbalance hasn't been resolved.*

- ✓ Or we keep moving whatever we consider our ultimate goal *forward*, so that we *never* actually gain a sense of happiness and fulfillment even if we *do* happen to reach it.

For instance, extrapolating on the financial abundance scenario of the boy described above:

- Even if we *do* 'manifest' something that we might currently interpret as 'financial abundance,' we may not regard it as such by the time that vision has actually come to pass...
- We may think we must need *even more* 'financial abundance' *regardless* of what we've already 'manifested,' because we *still feel constrained and unhappy*...
- Or we realize that 'financial abundance' must not have been what we really wanted after all, because we *still feel constrained and unhappy* now that we actually have it.

*In short, we'll always feel constrained and unhappy no matter what, because we haven't resolved our fundamental, underlying imbalance. And no goal we attain will ever make a difference.*

**As long as the deeper issue remains, it will go on to determine our *fundamental orientation* in life and the *overall atmosphere* of our mental and emotional state for as long as we live.**

Of course, the scenario outlined above is but one example, and perhaps one that you're personally unable to relate to *content-wise*... But the important things it illustrates are these:

- ➡ Apparently small, hidden factors are often in play that we may not even realize exist.
- ➡ The 'limiting beliefs' that we often think lie at the root of our blocks in life could really be surface manifestations of more deeply-rooted imbalances.

**Now obviously:**

In reality there are clearly *tons* of possible scenarios that can potentially create different *thematic meta-patterns*. In that regard it may also appear like a very elusive and perhaps seemingly impossible endeavor to uncover and identify *our own* unique issues.

**But here's the good news:**

- ➡ As we learned in Session #2, *life actually gives us a hand* on this process once we genuinely decide to break free and invest ourselves in a creative vision. *And what's more:*
- ➡ By dissolving just *one* particular imbalance that happens to be of major influence in our overall *Egg*, we'll often dismantle a *much larger structure* of inhibiting subconscious programming *along with it* – much like pulling out a supporting card in a house of cards:



- ➡ And besides, while the details of these scenarios can vary indefinitely, believe it or not:

*The basic characteristics and results of all these scenarios can be drilled down to as little as a (relative) 'handful' of typical thematic meta-patterns, which makes uncovering your central, underlying imbalances a whole lot more straightforward!*

If you'd like some help with this, the [Crack Your Egg Program](#) provides clear instruction and direction on how to do this most gracefully and efficiently.

So now that we have a good, general idea about the nature of *thematic meta-patterns*, let's see what this means for how we best deal with our pesky 'Cracking Crux!'



### Summary of 'Thematic' Meta-Patterns:

***Thematic* meta-patterns are important from an orientational perspective:**

- ➡ They indicate particular *themes* that underlie the formation of our personal configuration of *Egg Filtering Attributes*. In other words, there's a significant *content*-related aspect to them, which originates in high-impact experiences that we may have gone through in the past.
- ➡ As such, this type of *meta-pattern* has a significant impact on the *subject matter* of our *personal* set of (limiting) beliefs, values, attitudes, and other ingrained subconscious

patterns. Put differently, they account for our *blind spots* – the things we don't see about ourselves.

➡ From a practical perspective, this means that through becoming aware of our *thematic meta-patterns*...:

- ✓ ... we'll have a *very clear indication* for where to look within ourselves to find the *core, foundational imbalances* on which our entire *eggshell-structure* is built...
- ✓ ... and knowing *that* enables us to systematically target and take out those *core foundations*, so that shifting into a constructive focus and associated subconscious programming happens as an *automatic by-product* of this process!

*In fact, a huge chunk of our limiting programming will simply dissolve as a result, as if it never existed to begin with!*

- ✓ This leaves a 'clean' *breeding ground* that's much more responsive to the positive suggestion we may want to impose on ourselves with the aim to establish a healthy self-image and new, *constructive patterns* that support the manifestation of the abundance, success and fulfillment we seek... *even by means of popular techniques*.

➡ The best thing is that the number of commonly recurring, archetypal *thematic meta-patterns* is limited. This makes it relatively straightforward to figure out which of them are impacting us, and by extension to disable the very core foundation of that pesky *Egg*.

*And as a result, the whole thing will tumble down like a house of cards.*

### 2.2.3 Practical Implications

Where the average program and expert considers *limiting beliefs* the ultimate foundation we need to 'change,' 'substitute,' 'overwrite,' and so on, the truth is a little different:

**For *lasting* changes in our subconscious programming we really need to dig *deeper* than that:**

- ➡ We need to delve into the more fundamental, *underlying reasons* why we have such inhibiting convictions in the first place. *And:*
- ➡ We need to harmonize the root *governing imbalances* that impose *why* and *how* our minds created our personal set of limiting beliefs in the *one-of-a-kind* configuration in which they uniquely appear in our *Egg*.

**In short, we need to become aware of the foundations on which we've constructed our entire *eggshell-structure* in its unique configuration of *Egg Filtering Attributes*.**

*As we're about to see illustrated in the next section, this requires a somewhat different approach than we may have grown accustomed to.*

**And *this insight* accurately summarizes our '*Egg-Cracking Crux*:'**

- ➡ If we don't become aware of these *foundations* and their mechanics, we'll likely have to settle for mediocre and/or temporary results, or none at all.
- ➡ On the other hand, if we *do* become aware of them, we'll see how we can define a *systematic approach* towards taking out our entire *eggshell-structure*, all the way down to its very core.
- ➡ And by extension, we'll finally be able to elicit the notable and lasting results that truly make an actual difference in our life.

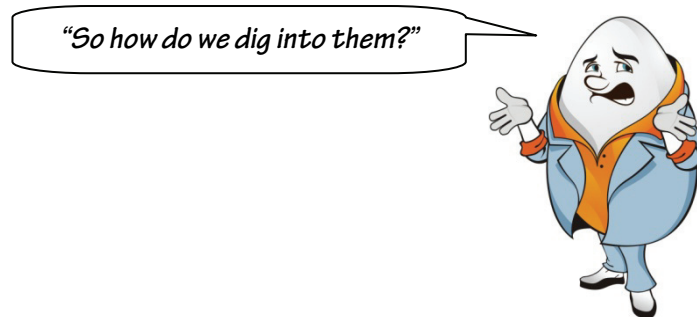
*So with that in mind, let's explore how we can dig into those core foundations...*

## 2.3 How To Transcend The ‘Cracking Crux’

In Chapter 1 we covered how our subconscious programming results out of a process of conditioning.

**But on our journey together, we discovered that this didn’t provide the complete picture. We’ve now learned there’s an *extra element* that we must take into account:**

*Ultimately, it’s really our meta-patterns that drive the creation of our subconscious programming, and put up additional constraints to our ability to deliberately elicit favorable changes in it.*



**For that, as the final step of our exploration here, it serves us well to be able to see through the subtle ways in which our minds cover them up, to which there are four crucial elements:**

- ✓ ‘Egg Marks;’
- ✓ Complex cover-ups;
- ✓ Self-fulfilling prophecies;
- ✓ Identification.

The tricky thing about these processes is that they normally occur *completely outside* of our normal awareness, meaning we often have no idea they’re even going on.

*But once we know about them, we automatically become mindful to them. And as a result...:*

**We’ll be able to to reverse our programming by breaking and even completely dissolving existing patterns at their deepest roots, while also keeping them from ever rebuilding!**

*So let’s quickly zoom in on these processes in more detail, so we can spot them in ourselves, see through them and stop them dead in their tracks...*

### 2.3.1 'Egg Marks'

To understand the concept of *Egg Marks*, we need to realize that *habituation* and *filtering* are not the only 'standard-issue' operating processes that our mind/body-systems come with:

**Another very strong fundamental drive is the instinctual tendency to *always seek to survive*.**

This includes the subtle impulse to *increase* even just our probability of survival. And aside from *our own*, it also extends towards securing that of *others* whom we consider part of our tribe (<-- i.e. *spouse, offspring, relatives, members of our social circle, and others we feel related to and/or care about, etc.*).

**This drive remains for pretty much our *entire life*, and can induce extremely strong emotional surges.**

*And you remember from Section 1.1.2 how emotions serve as a means of behavioral modification and conditioning, right?*

**That's actually what makes this drive to survive so crucial in the context of the 'Cracking Crux.'**

*Here's how:*

- ➡ In general, events that we perceive as in *any* way capable of compromising both *our own* survival/well-being and *that of our tribe* will drive *extremely intense uncomfortable emotion*. This includes any *real* or *perceived* threat to our safety, security, social alignments, etc.
- ➡ This emotion then serves as a cue for us to do whatever we can to...:
  - ✓ Fight the situation (if possible), i.e. to *alter the situation* in the moment;
  - ✓ Flee the situation, i.e. to *get away from it altogether...* once and for all.

**But aside from serving as a mere one-time incentive, their effect can be much more permanent:**

*Just one or a few events of such emotional intensity can imprint an intense bad memory in our system, which results in what we call an 'Egg Mark:'*

#### **Egg Marks:**

**In very simple terms, a life-altering experience of high emotional significance can shape our subconscious programming by imprinting and/or altering our *beliefs* and *focus* in a way that can both be constructive and destructive:**

- ➡ If the originating experience is some kind of *triumph* with a significant *positive* emotional charge, we're likely to create constructive programming and/or beliefs that revolve around the overall theme that '*anything is possible*' for us.
- ➡ If, on the other hand, the experience is *horrid* and accompanied by a highly significant *uncomfortable*, perhaps *traumatic* emotional surge, we're likely to adopt a set of dis-empowering beliefs and self-sabotaging patterns of thought, attitude, and intent.

Such experiences often occur at moments of crisis caused by a (perceived, potential) threat to our own survival (or that of another person), which is thus accompanied by strong, uncomfortable emotion.

**Major events like this can affect our view of the world and ourselves, for better or worse. And as you probably know, for most of us it becomes a strongly *inhibiting* factor in our lives (as opposed to an empowering one).**

While such high-impact experiences can occur throughout our lives, they particularly take place when we're very young, especially during the 'imprint period' (age 0-7). After all:

In that age range, we're typically not very strong yet, still depend on others (<-- *e.g. our parents*), are relatively easily overwhelmed by our environment, and haven't yet developed the emotional resources to cope with that kind of tension.

Such imprints are sometimes referred to as 'engrams,' a term that indicates a (hypothetical) way for memory traces to be stored physically through biochemical changes in the brain and other neural tissues.

Buddhists refer to them as a *Sankharas* and the yogic tradition as *Samskaras*, a Sanskrit word that literally means *impression*. (<-- *In the yogic teachings it's considered one of the most important influences that affect our lives.*)

*We call them 'Egg Marks.'*

**As such, *Egg Marks* are a key element to the story of why it can be so hard to 'crack our eggs,' and why so few personal development techniques actually have the effect they're supposed to have:**

- ➡ These high-impact experiences create the *thematic meta-patterns* we spoke about earlier, which in turn *govern* the creation of *our* particular structure of inhibiting convictions and other limiting programming.
- ➡ Basically, during such high-impact experiences we define an *overall, inner method of operation* that we implicitly decide to use from that point forward.

**In short and simple terms, here's what happens:**

- ➡ We have an experience of *crisis* and/or *severe uncomfortable emotion*;
- ➡ We then (subconsciously) conclude for ourselves:

*"In order for me to cope with these dangerous circumstances, or avoid them altogether in the future, from now on I'm going to be this particular kind of person, with this particular type of fundamental beliefs, values, and intentions. And I'll think and act in these particular ways."*

*So in other words:*

**Based on our (perceived) discomfort, we define an underlying *governing pattern*. And from then on, *that* pattern will *direct, steer, and guide* the creation of more 'detailed' (limiting) beliefs, values, intentions, etc. that we'll live by.**

In turn, these beliefs, values, intentions, attitudes, etc. will drive our entire way of thinking, feeling, acting and decision making *on the conscious level* in the future:

*We'll simply think, feel, act and decide in ways designed to have us avoid and prevent situations that might somehow evoke a type of discomfort similar to the one that left the original imprint.*

This way, our subconscious programming seeks to ensure our survival and well-being (or that of people we consider part of our tribe).



### ***Please Note!***

It's important to realize that it's particularly about our perception of the event, *not* necessarily the event *itself*. So even though *the actual event* might *not* actually be survival-threatening, our perception and interpretation of it can be.

**It's this perception of reality that we react to – we typically don't interact with reality itself, but rather our interpretation of it and the story we attribute to it.**

As such, while *in retrospect* certain events may not seem like very big deals, our perception of them *at the time they occurred* may have been. Take our scenario from Section 2.2.2 for example:

- ➡ In reality, the source event of the *Egg Mark* wasn't that big a deal. It's not like the boy was being attacked by a saber-toothed cat. There really wasn't a real threat to his security and/or survival. In fact, quite on the contrary:

*Out of a sense of love and wanting the best for their gifted kid, the parents sought to turn apparently unmotivated behavior into conduct geared towards top performance and actualization of the boy's potential, which they thought would increase his chances of creating a fulfilling life.*

- ➡ However, in the boy's own experience and interpretation, he felt severely threatened in his security. The emotional discomfort had him install a thematic meta-pattern that would go on to drive and direct his beliefs, values, intentions, expectations, etc.

In turn, these in turn would subconsciously drive his conscious patterns of thought, feeling, attitude, behavior and decision making in the future.

### **So relating this back to you and me:**

- ➡ Even though certain past experiences may not seem like they were that big a deal from our current perspective (and while the mere notion of them actually *having been* a big deal might even seem ludicrous *at present*)...
- ➡ ... they may very well *have been* in our perception at the time, and we may effectively still be dealing with their impact.

**So again: the actual events don't have to be life-threatening. It's always our interpretation at the time that defines our meta-patterns.**

**So as such, *Egg Mark*-experiences are literally defining moments in our lives:**

*They're the moments in which we forge our persona and decide to see the world in a certain way.*

But the story *doesn't* end with them...

## 2.3.2 Complex Cover-Up Mechanisms

As human beings, we're a class of life that has the unique ability to not just *consciously think*, but also to *think about our thinking, feel about our feelings, think about our feelings, and feel about our thinking*.

*Clearly, this can be a very useful feature, because it enables us to observe ourselves objectively (which is the quality on which the Participant/Observer-method from Session #1 is based).*

**However, when we use that feature *unconsciously* (which most of us often do), it can also lead to significant problems relevant to our 'Cracking Crux.' Here's how:**

- ➡ Through the unconscious use of this quality, we can inadvertently *wrap* one emotional state *around* another... and then another... and then another.
- ➡ And we often do this until our emotions are so tangled up that it's next to impossible to untangle them.

**For instance, consider this scenario:**

- ➡ Let's say we begin to feel jealous of someone...
- ➡ Next, we get angry at ourselves for feeling jealous (*<-- for example because we think it's immature and we're not 'supposed to' feel jealousy*)...
- ➡ And then we become depressed because we're getting angry with ourselves (*<-- for instance, because we know the anger doesn't help the situation*)...

**Or as another example, let's apply this concept to the scenario we used in Section 2.2.2:**

- ➡ The boy may feel scared...
- ➡ Next, he may start to feel angry with himself for feeling scared (*<-- for instance, because he knows he needs to be strong and perform well*)...
- ➡ And then he might feel guilty about being angry (*<-- for instance, because he knows on some level that his parents only want the best for him*).

**These are just a few examples to illustrate how we stack multiple emotions on top of each other:**

- ➡ We feel *depression* about *anger* about *jealousy*: the *jealousy* is nested in *anger*, and the *anger* is nested in *depression*. In other words, the original emotion of jealousy is covered up by multiple layers of *different* emotion.
- ➡ Or we feel *guilt* about *anger* about *fear*: the *fear* is nested in *anger*, and the *anger* is nested in *guilt*. Again, the original emotion of fear is covered up by multiple layers of *different* emotion.

*So do you see how easy it is to lose our way with such complexities going on?*

**In fact, this would normally put up a considerable difficulty for us:**

- ➡ In the first example, if we work on the depression, we only work on the *surface* level of the issue.

*But obviously, doing so won't make a big difference in the grander scheme of the problem,*

*because underneath it are multiple layers of different emotion that are ultimately driven by a deeper, underlying imbalance that's the core foundation of the entire interplay.*

And by the same token:

- ➡ In the second example, we may work on the guilt, but that's only the most superficial level of a complex entanglement that's ultimately driven by a *much deeper* concern.

### **Here's What That Means For Us In Practice:**

We may use some emotional balancing technique on our experienced feelings of depression as much as we like...

But we won't make a great difference this way, because the underlying layers – and particularly the *deepest source* that *drove* the ultimate surface feeling of depression through *Pete-knows-how-many* intermediate steps – will *still* remain intact.

This is a crucial phenomenon to be aware of, because we've discussed before how limiting beliefs are usually very much attached to strong emotional states. In fact, as we've learned, emotions tend to act as the *superglue* that keeps our entire *eggshell*-structure together.

**So through such complex cover-up mechanisms, our limiting beliefs and inhibiting emotions can be-come intertwined in a way that creates a very complicated and strongly-tied knot that seems to resist change, simply because it's so hard to untangle.**

*But the only reason that seems so challenging is because we're typically merely aware of the surface emotion or belief, without knowing the actual source of the knot. And consequently, we're also inclined to work exclusively on that surface level.*

**So are you beginning to see how absolutely crucial it is to learn how to dig in into the true, *core level* that might be hidden under all these various layers?**

Of course, and there are [very straightforward ways to do so](#).

*But just when you think that it can't get any worse than that, the familiar operating processes of our subconscious mind kick back in to sweep that 'source' under the rug completely!*

Here's how...

### 2.3.3 Self-Fulfilling Prophecies

As we've seen, in those complex inner knots that we unconsciously and inadvertently create, one emotional imbalance is closely linked with another.

**Such intricate connections can easily get us stuck in a cycle of debilitating emotion that seems very difficult to halt and/or break out of:**

- ➡ Once evoked, one uncomfortable emotion *automatically* triggers *another*, and we may not be aware of the mutual connections, let alone have any conscious control over it.

*For example: sadness may automatically trigger anger, which in turn may automatically trigger guilt, which in turn may automatically trigger frustration, etc.*

- ➡ As discussed in Session #2, these 'vicious cycles' are typically triggered by circumstances that only *evoke* more of these imbalanced emotions (*<-- so that we can become aware of them and subsequently deal with them*).

In other words, we can see these circumstances as a *reflection* of our inner patterns, and as such as opportunities that help us shift our inner state (*<-- see Session #2 for more information about this*).

- ➡ But as opposed to seeing them that way, the emotionally-colored state they trigger will rather render us inclined to interpret these circumstances as *justification* for our inhibiting convictions and ongoing misery.

And that obviously merely *reinforces* the whole structure, which is then likely to get reflected in our 'outer reality' even more elaborately – exactly like you'll remember from our previous sessions:

*We see what we believe, while we also believe what we see.* It's the familiar self-reinforcing cycle that's further facilitated by our *confirmation bias* (*<-- see Section 1.1.3*).

**In short, if we're not aware of this mechanism, we easily get stuck in a self-fulfilling prophecy that may well turn into a downward spiral. In blunt terms, all we know is that we feel like crap and that we're stuck, but we have no idea what's ultimately driving the experience.**

*Nothing we try seems to change it, until we manage to dissolve the root imbalance that's ultimately causing it (*<-- which you can learn how to with grace and efficiency [here](#)*).*

**But guess what:**

If we don't take charge of the process, we lock ourselves up even further!

*Here's how...*

## 2.3.4 Identification

Here's what happens next:

- ➔ As you know, when we keep repeating certain patterns, they become *habituated* – they get programmed as automatic patterns in our subconscious minds (<-- *and/or reinforced in case they've already been installed*).
- ➔ So as the whole vicious cycle described in the previous section keeps going and is repeated time and again, the cycle *itself* becomes our *habituated, default state*.

This way, the whole process becomes *so deeply ingrained*, that after a while we simply don't know any better. It becomes part of our *identity* – we *identify* ourselves with it.

This is **key**, because this is the point where we begin to think:

*"This the way I am. I am simply this type of person, and that's not going to change."*

More specifically, our entire self-image and outlook on life will be determined by perspectives like...:

- ✓ "I am a loser."
- ✓ "I am just the kind of person who thinks/feels/acts like this..."
- ✓ "I don't have much self-esteem: I never had, so that's just who I am."
- ✓ "I'll never have a great relationship. I am just not cut out for it (<-- *for whatever concrete reason we make up on the surface to justify this conviction...*)."
- ✓ "I've suffered from this ailment for as long as I can remember. It runs in my family too, so I guess I am just stuck with it."
- ✓ "I am not supposed to have a lot of money, because money is the root of all evil, and I'm a supposed to be a *good* person."
- ✓ Etc.

Notice the word '*am*.' By using it, we're **declaring** ourselves to **be** something, and as such **freeze** a 'reality' that's really **ever-changing** into a **still image** simply **being** of a debilitating nature. In other words:

- ✓ We take a temporary piece of behavior or a snapshot of what life is *currently* like for us (<-- *such as an experience of losing, getting angry, not esteeming ourselves, etc.*)...
- ✓ And then we *identify ourselves with that behavior or snapshot*, and make *that* our self-image and/or our definite conclusion of what *life* and *reality* are like.

Put differently, the whole clutter of ties, knots, **surface-level** limiting beliefs and patterns of thought, attitude and behavior now becomes our **projected personality and worldview**:

*We actually think this is who we really are and what life is like, while few things could be farther from the truth:*

We're rather dealing with an edifice of '**imbalanced pattern built on imbalanced pattern**,' the totality of which ultimately **so completely engulfs** our entire state of being, that it **totally masks** our true, genuine essence.

While this *isn't* who we *really* are by any stretch of the imagination, it *does* create the mental and emotional 'atmosphere' from which we live and experience our lives:

- ➡ It *filters* all our perceptions to determine how we color our world, so that we merely (or at least *mostly*) see our preconceived notions confirmed and/or justified... *But worse of all:*
- ➡ It completely operates on a level outside of our normal conscious awareness.

**Think of it this way:**

- ➡ Imagine you have purple-colored glasses on.
- ➡ As a consequence, the whole world looks purple from your point of view. Any information coming into your eyes first goes through this *filter*, which gives a purple hue to everything that eventually reaches your eyes.
- ➡ As such, your perception of reality is different (*i.e. more purple*) from reality itself. If you'd take off the purple glasses, the world would suddenly look entirely different (*i.e. definitely a lot less purple*).
- ➡ But not knowing any better than the glasses being an integral part of you, you've basically *forgotten* you've even got them *on*, let alone that you can take them *off*.

This way you *never* see yourself or the world for what they really *are*, much less for what things *could* be like if you'd just learn about those glasses and how to take them off.

Living in such an 'atmosphere' we hardly notice how *all* incoming information is *colored*, and merely makes us see *confirmations* and *justifications* for our own preconceived notions.

**What's more is that this 'atmosphere' becomes the very fabric of our mental and emotional life. It becomes our *way of being*, and *everything there is*.**

And it's this 'atmosphere' that I'm referring to when talking about the experience inside the Egg.

"Sounds a lot like a completely impossible situation..."



Well, the good news is that it's most certainly not!

All we need to be able to break out of it is a new way of approaching the core issue compared to what we may have grown accustomed to.

So let me tell you how...

## 2.4 Conclusion: How To *Really* Make *Lasting* Changes

To recap, in support of our intents and purposes on our ‘egg-cracking’ journey, we can distinguish three separate levels of our mind:

➡ **Surface – Our Momentary Awareness:**

This includes what’s on our mind *consciously*, i.e. the momentary thoughts in our direct awareness about the details of our experience of *ourselves* and of *what’s ‘out there.’*

We either *take in* this information through our five senses, or deliberately *impose it on ourselves* through our own deliberate, ‘free will’ instruction.

*And then there’s the next level...*

➡ **Structure – Subconscious Programming:**

This level refers to our subconscious programming in the form of our personal edifice of (limiting) beliefs, values, attitudes, intentions, etc. that run in the back of our minds and operate mostly *outside* of our conscious awareness.

It includes the programs and patterns that govern the way we *think, feel, decide* and *act* on the surface level, and the convictions and emotions we’re inclined to identify with.

*And finally there’s the deepest level...*

➡ **Foundation – Egg Marks & Meta-Patterns**

Ultimately, there’s the *core* level that makes up the *underlying foundation* and *driving force* for the way the other two levels are structured on top of it.

This is where we find our *meta-patterns* and *Egg Marks*, the *root* imbalances that *drive* the *unique style of patterning* that manifests in *our* subconscious programming.

So whether we actually see *notable* and *lasting* effects from our efforts to *change* our subconscious programming depends on which of these levels we focus on:

➡ **Most people never actually go beyond the *surface*-level:**

They pretty much go through life playing out a series of automated responses, (almost) ‘robotic’ patterns, and scripted dramas.

They usually aren’t even aware of the fact that it’s really their subconscious programming that’s predominantly determining the course of their lives. That’s why at this level, everything seems random, and life appears to just *happen to us*.

➡ **Others have ‘woken up’ to the *structure*-level:**

They’re able to recognize that a great deal of their patterns of *thought, attitude, behavior* and *decision making* are indeed based on a *deeper structure* of subconscious programming in the form of preprogrammed convictions, values, attitudes, and so on.

As a result of that realization, they’ve typically begun to engage in all kinds of different personal development methods designed to help instigate constructive shifts in their subconscious mind, like the ones we explored in Section 1.2.

The results, however, typically seem coincidental, temporary, mediocre, and/or non-existent. Whatever the case may be, the approach they take is generally *arbitrary*:

There's no clear-cut system, let alone customized method or personalized structure to the process that's tailored to *their own* unique characteristics and requirements.

➡ **But to systematically make *notable, lasting* changes in our subconscious programming (and by extension to the course of our lives), it's mainly the foundation-level we need to focus on:**

- ✓ By disabling and dissolving the very underlying reason why the other two levels are built up the way they are, we often no longer even *need* to take actions that are specifically aimed at those levels!

That's because these *surface-level* belief structures usually dissolve automatically in the process of harmonizing our *Egg Marks*, and the patterns of thought, attitude and behavior they drive will vanish right along with them.

But *even* if they *don't*, they'll be like buildings without a core structure and foundation – they'll be easy to demolish, even by means of techniques you may have tried in the past with little results at the time.

- ✓ By the same token, as long as we don't take out the fundamental imbalance that makes up this underlying reason why, our inhibiting subconscious programming is likely to rebuild itself no matter what we do. Its exact details might be different, but the overall gist will be the same:

*It will keep us from becoming our best selves and actualizing our true capabilities, and will perpetuate the same (or a similar) mental and emotional atmosphere that drove its creation in the first place.*

Whether we take out those core imbalances through *lucky shots* or a *systematic approach* (<-- like we do on the '[Crack Your Egg Program](#)') ultimately doesn't matter. The point remains:

**If we *ever* want *notable* and *lasting* changes, we need to instigate shifts on the *core, foundational* level. And whichever methodology we choose to *make* those changes, we'll need to take the following conditions into account:**

1. As a result of our own, unique structural meta-patterns, the methods or tools we choose to apply have to *bypass* or *work in line with* the filtering that's driven by the contextual rules they impose. *And secondly:*
2. Knowing about our own, unique thematic meta-patterns we can get clear on our *Egg Marks*, which underpin our entire *eggshell*-structure its inhibiting programming. This gives us *clear direction* in targeting the true sources of our limitations, rather than mere surface symptoms.

"So how do I figure all this stuff out?"



*Well, it all starts with the techniques and insights we've covered on our sessions together. So continue to practice them. But beyond that, awareness is key. So from this point forward:*

**See if you can also take your introspection to deeper levels with the new awareness you gained from this study guide. For example, ask yourself:**

- ➡ Which significant events come to mind when you think back and consider what could have been *Egg Mark*-experiences in your life?
- ➡ And how could they have influenced your current, typical patterns of thought, feeling, attitude, behavior and decision making?

*Don't forget to apply the Participant/Observer-method as desired during this exercise, so you can defuse from any emotional upset that might get triggered.*

Likewise, leverage the other techniques and insights you've learned so far to *process* that tension, and perhaps supplement those with other methods you may have already learned in the past.

Alternatively, you can also begin your own process of systematically dismantling and dissolving your own inhibiting subconscious programming on the deepest level [here](#).

You'll learn a fascinating, new process to shift your *entire energy, neurology and orientation*, and thus your very DNA, beliefs and emotional set-points along with it, by digging into the *Egg Mark* and *meta-pattern* level with grace and efficiency. (<-- [Click here](#) for the details.)

**Whatever approach you decide to take, real and often seemingly miraculous change occurs only when we manage to harmonize and dissolve our *Egg Marks*.**

*And that's why I'd like to conclude this study guide with some 'famous last words'...*

## ***'Famous Last Words:'*** ***The 'Danger' of Positive Thinking***

If you've ever written significant pieces of text, you'll know that every now and then it's best to temporarily step back and clear your mind a bit...

**So while writing this study guide for you, every now and then I took a moment to relax and play some tunes on my guitar. I always like to do that to unwind, silence my mind, and of course learn new stuff to improve my skills.**

The latter is some kind of constant urge that just always seems to be there, either blatantly or more subtly in the background. It's a constant drive to *grow*, to *move forward*, to *get better* at what I (like to) do... not just in playing the guitar, but in pretty much *any* area of life.

'Drive' and 'urge' aren't even the appropriate phraseology here... It's more like a feeling of *riding a wave*... going with a certain *flow*... enjoying the *game* I'm playing without getting too hooked up on the results it's supposed to deliver.

As far as playing the guitar goes though, I'm really not that good a player... at least not compared to many awesome players the world knows. I've never had any real lessons either; I'm what you'd call 'self-taught.' But hey, some of the best players in the world are too. (*<-- I like to tell myself that!*)



Anyway, being a mediocre player compared to the big shots out there, I do like to study guitarists that I really enjoy listening to – checking out their techniques, their licks, their different styles, etc.

**However, as any true musician will confirm, technique, skill, style, and dexterity are only part of the story in creating great music. What's much more essential to a unique and awesome sound is the *soul* that's put into it.**

I've heard one of my favorite players say once:

*"You don't make music... Music finds you. Your job is to practice to get yourself ready."*

Basically, what he was saying was that there's music *out there*, in the 'ether' if you will... like a vibration or a *wave* that's waiting for you to 'pick it up,' and then make it manifest in this reality *through* you...

And for that you obviously need skills and dexterity to be capable of translating and relaying that inspiration through your body's interaction with the instrument.

*And that's a really good point to remember:*

You might be reading this out of a desire to learn how to take back control of your life, to actualize your dreams, and to consciously and deliberately create your own reality.

**Well, creating the life you want is a lot like creating music. By that I don't mean the average, run-off-the-mill R&B, teeny bopper, or dance song from today's hit parades, but rather *real, inspired* music that has true *soul* to it.**

**The practice of consciously shaping your life and destiny is not something you do... Like music, it's something that's done through you.**

This process can either feel like a struggle (which is what most people experience), or it can feel like a natural 'flow'... a *wave* or a *current* that you pick up... one that is *natural* to you... that you feel good with... that *fits* you... one that's *authentically* you.

That's why experiencing the latter state is referred to as being '*in the flow*,' or '*in the zone*.'

*We've all experienced that feeling at some point in our lives, be it usually just shortly and fleetingly.*

*That feeling is what most people are really after when they say want to "attract abundance," "manifest their desires," and "create the lives of their dreams."*

They seek that state in which everything seems to come naturally, i.e. the experience that brings along such an awesome feeling of elation and livelihood, that we wish every day could be like it.

When you're in that flow, you're in tune with the greater currents of life. You're playing an inspired game that feels like the natural thing to do, as if you were *meant* to be doing it.

**Most of us seem to have completely *lost* that game:**

We're not just *out of tune* with the greater currents and *waves* of life in general, but also with *our own wave*, the one I refer to as the '*Master Wave*.'

If your life feels like a struggle, *this* is what you're experiencing – instead of feeling like you're going *along with the current*, it's more like you're swimming up *against the stream* and fighting with forces much greater than yourself.

**So the question is:**

*How do you find back that flow?*

Many 'gurus' and their following will say you need to 'focus on the positive,' and tell you that as soon as you do, you'll get more 'good things' in your life.

Now before I get into the issue with this undoubtedly well-intended piece of advice, let me make one thing clear:

Indeed, widening our perspective beyond the *tunnel vision* that ongoing negativity imposes, is *infinitely better* than remaining stuck in negativity. After all, it allows us to notice all the good things that are already happening and to actually spot opportunities that we didn't notice before.

**Nevertheless, there's actually a *danger* to the mainstream interpretation of 'positive thinking.' And to clearly explain what it is, let me get back to my guitar story for a second...**

You see, I like to play and listen to various different styles of music, particularly when it comes to guitar. I can listen to genres ranging from hard rock to classical, from blues to folk, from flamenco to jazz.

While I can enjoy the strong energy of bands like Pearl Jam and Guns n' Roses, or the power blues tunes by Gary Moore and Jeff Healey... I can also enjoy Clapton's acoustic jams, Richie Kotzen's bluesy funk virtuosity, and the sweet, creamy, and mellow Fender licks of Mark Knopfler at other times.

In fact, when I was playing a moment ago, I played the riffs and guitar solos from Mark Knopfler's song 'What It Is' on my acoustic...

Now, while the guitar part of that song is nice in my opinion, it's really the lyrics of the chorus of the song that are relevant to our discussion here (<-- *although I'm not that fond of the way Knopfler sings, if you can even call it that... but that's a whole other story*). The lyrics go like this:

*That's what it is  
It's what it is now  
What it is  
It's what it is now*

Now clearly, that doesn't come across like a whole lot of poetic value at first sight. And indeed, it *isn't*. But it *did* remind me of the *danger* of positive thinking, and what *mindset* we need to embody if we want to find back our 'Master Wave.'

**Let me explain real quick:**

If you're anything like most people, you're regularly faced with 'challenging' situations and circumstances in life that you're quick to consider 'negative.' (<-- *These may in fact have been your very reason to start looking for 'a way out' by means of the kind of information I'm describing for you here...*)

Such circumstances evoke the type of 'negative' emotional charge that most 'experts' out there warn us not to get caught up in.

*Now like I said before:*

While that kind of warning isn't bad advice in itself, this often turns into a far too simplistic suggestion to merely put our focus on whatever we consider 'positive' instead. As a result, most people give this proposition a 'Life of Brian'-like twist – no matter what cross they have to bear, the motto remains:

*"Always look on the bright side of life."*

# no negative thoughts allowed

The common consequence of this mentality is that they tend to plainly *deny* the whole experience that triggered their uncomfortable state, by immediately turning away to focus on positive things instead... all in an attempt to effectively *ignore* and *avoid* the 'negative' charge altogether, out of fear that the negativity will expand if they give it any attention.

## Now let me tell you why that can become a serious problem:

As explained in detail in this and our earlier sessions, there's no denying that our experience of life is a reflection of our inner state.

And to get back to the relevance of that song 'What It Is,' some other lyrics of it go like this:

*And something from the past just comes  
And stares into my soul*

## And that's exactly what happens during such 'negative' experiences. They're reflections of the **Egg Marks** we discussed:

- ➡ The *Egg Mark* is effectively a blockage, an impression from the past that hampers the flow of energy in our mind/body-system. It often stores a complete snapshot of the originating event.

It can pretty much archive *everything* we were feeling and thinking at the time, and *everything* that was happening surrounding the event.

- ➡ As such, it's an unfinished energy pattern that interacts with the flow of *current* thoughts and events. Sensory inputs from today's events basically dig through all the stuff we've stored throughout the years, and they restore the *exact* (discomforting and inhibiting) patterns that are associated with the originating events.

This way, the current dynamics of life can cause the fundamental imbalance that's stored as an *Egg Mark* to get *stimulated* and *activated*.

- ➡ When an *Egg Mark* gets stimulated, sudden flashes of what we experienced when the original event took place often rush into our consciousness – the thoughts, the feelings, sometimes even the smells and other sensory input that was there at the time:

*Instantly* we'll experience the uncomfortable feelings we felt back then. This way, we can actually *feel* the fears and the insecurities of a young kid even when we're adults.

- ➡ Whenever they rear their heads, instead of dissolving the *Egg Mark*, our initial inclination is to either reduce the tension associated with it as much and as fast as possible, or to even do whatever we can to *avoid* the pattern from being activated in the first place.

In other words, these sensory inputs trigger *all* the patterns of thought, feeling, behavioral urges, defense mechanisms, and so on that we (probably unconsciously) built around it as coping, avoidance, and prevention methods.

- ➡ We may not even consciously remember the originating experiences, or associate the source events with what's happening in the present. That's why we may also wonder why we find ourselves reacting so intensely to current situations of which we might *rationally* know they're not all that bad.

These deeply buried parts of us are simply way out of balance. And that's why they're so sensitive, that the slightest little thing can cause us to overreact.

*We may not consciously realize it, but this way, most of our attitudes and reactions in life are fundamentally caused by an inclination to avoid the feeling of an uncomfortable experience that got imprinted as an Egg Mark.*

And as we keep following these inclinations over and over, such patterns can turn into self-fulfilling prophecies. And before we realize it, it's possible that we've built our entire lives around such patterns of avoidance.

**Now at the risk of explaining the obvious, here's how this blocks the process of creating a genuinely successful and fulfilling life experience:**

*Many times we even bring this avoidance mentality to this very process.*

While we *think* that we're taking the 'enlightened' route of consciously employing our creative powers to shape our own destinies, *implicitly* we actually try to manipulate and change the world around us in such a way that it doesn't disturb our *Egg Marks*.

*We see this, for instance, in the many attempts we take to manifest a 'rescue' from our current situation, which is an act that's by definition reactive, and not creative.*

As such, we make our decisions based on stimulated blockages. Even the 'creative desires' that we hold for genuine can result from this urge to get rid of the underlying tension imposed by the *Egg Mark*.

In other words:

*While we think and aim otherwise, in truth, our lives revolve entirely around our Egg Marks.*

**Now, in the spirit of what we learned in Session #2...:**

Another, more empowering way of looking at the phenomenon of how sensory inputs from today's events activate the Egg Marks and the patterns you've built around them over the years is this:

Life actually reflects those imprints, making you aware of the fact that you're holding on to them inside.

So ironically, while we may have unconsciously built an entire *Egg and life* around trying to avoid the very 'negative' feelings imprinted by means of our *Egg Marks*, life will invariably keep trying to make us aware of them!

**While it may feel otherwise, that's actually a good thing. Think about it:**

*Since they're buried deep in our subconscious mind, how else can we become aware of them?*

As long as we don't dissolve such underlying disturbances, we'll keep experiencing them on a repetitive basis in our lives. The stuff that holds us down will periodically rear its head.

And while the *circumstances* may (or may not) be different each time, the *feelings* and *patterns* they evoke always remain similar, because they originate in the activation of the same *Egg Marks*.

**And that brings us to the real danger of positive thinking:**

- ➡ When our *Egg Marks* get activated, we experience apparently 'negative' thought and emotions...
- ➡ Then by *ignoring* them and/or *explaining them away* through merely redirecting our focus to 'positive things,' we effectively deny the fact that they're reflections of deeper imbalances we're holding onto inside.
- ➡ So clearly, nothing freezes us more in our current state of limitation than this type of denial!

**And this is where the phrase "it is what it is" comes in, because it carries enormous power:**

By definition, the phrase "it is what it is" does not do *denial* – it does *acceptance*. And in doing so, it puts us into a position of tremendous power. After all:

*If we're not honest and open enough to accept what's happening, how can we possibly do anything about it?*

So if we *don't* face and acknowledge the 'what is,' it won't ever change, because we won't change. Our *Egg Marks* will *remain*, and so they'll keep on being reflected in our experience... usually a tad more extremely with every next time they do.

It's almost like 'life' or 'the universe' is thinking:

*"Did (s)he get it yet? No? Okay, same recipe again then... but this time a little more powerful. (S)He ought to get it some time!"*

**Now make no mistake:**

The acknowledgment that accompanies the phrase "it's what it is" doesn't mean we merely give in and meekly acquiesce.

Instead, it brings us back into the 'now' and allows us to recognize the inner imbalance that's being reflected, so we can subsequently clean it out of our systems and finally get rid of our ties to the limiting patterns that we keep getting pulled into.

That's why the word 'now' follows up on "*It's what it is*" in the song:

*"It is what it is now"*

*The phrase thus relates to the present... not the past, not the future, but the NOW, the only moment that truly exists.*

*It's not what it was... It's not what it will be... It's what it IS. So the state of mind that the phrase "*it's what it is*" instigates, allows us to accurately perceive what's happening *now*.*

And as you know, *now* is the only moment in which we can change anything. The past *no longer* exists, and the future *doesn't yet*... The time to respond is *now*.



**In that regard, the phrase "*it's what it is*" must go together with something else, which is:**

*"... so let's cut the crap and deal with it".*

'Negative' experiences are not about punishment, or 'negative karma,' or anything like that... Just like any experience, they're about *expanding awareness* of our *innermost selves*.

If we don't pick up on that awareness, or don't do anything with it, we never make a constructive difference in our subconscious programming or our lives.

But once we acknowledge what the 'negative' experience is saying – or rather, once we recognize what *imprint* of feelings and beliefs is being activated (<-- *and which 'life' is thus making us aware of*) – we know *exactly* what it is that we need to work on in ourselves:

*We need to clean that junk out of your system! And once we do, it's simply no longer there within us to be reflected in our lives anymore. And that way, the 'negative' simply vanishes...:*

- ➡ ... either because we simply no longer get into the type of situations that used to activate our *Egg Marks*...
- ➡ ... or because they no longer bother us, because there simply are no *Egg Marks* or associated patterns to be activated anymore (*<-- meaning that you effectively don't recognize them as 'negative' anymore*).

**So just redirecting our attention to something we consider to be positive is not going to cut it. That's like putting on a band-aid; it might alleviate or mask the symptom shortly, but it *never* takes away the *cause* for the symptom to come up in the first place, thus pretty much guaranteeing its eventual return.**

The key is to recognize the *Egg Marks* that the negative thoughts and emotional charge are associated with, and then to get rid of our ties to them. That's the only thing that's ever going to make a real difference in the long run.

*Once we do, we'll finally feel the freedom to deliberately create and shape our lives the way we want, without attachments or aversions being the sole determinants of the direction of our thoughts, feelings, choices, decisions, and actions.*

#### **And guess what:**

The more of those ties you release, the more you'll find a unique, genuine, and authentic part of you shining through.

*That's that part that I call the 'Master Wave'...*

It's important to realize that your 'Master Wave' is not a static 'end of the line.' *It* too is a moving current, an ongoing wave progression.

But once you recognize and flow with it, it'll feel so natural, you'll wonder how you could have ever missed it. In fact, you'll see how you've been denying it all along, either deliberately or unconsciously (i.e. by default).

**The *choice* to ride it is yours. You don't have to go *look* for it, or 'seek enlightenment' or any of that kind of stuff. It's *already there*, waiting for you to tune (back) in. And you can do so by getting your *Egg Marks* and associated junk out of the way, thus clearing your field of vision and reception.**

That's how you *really* get in the flow. It's a matter of:

- ➡ Disregarding externally imposed norms of what or who you should be... living independently of petty irrational fears and anxieties... being free from attachments to results and expectations, aversions to undesired circumstances, and limiting beliefs instigated in times past.

*And in addition:*

- ➡ Honestly and genuinely acknowledging who *you* really are... treading *beyond* your *Egg Marks*... enjoying the process of being *you* and becoming a more awesome version of you with every waking moment.

Doing so will transform what appears to be a 'struggle' into a 'natural flow,' with all the feelings of abundance, limitlessness and ease that come with it.

Rudyard Kipling summarized this beautifully in his poem titled *If*:

### ***If...***

*If you can keep your head when all about you,  
Are losing theirs and blaming it on you...  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too...*

*If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies...  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise...*

*If you can dream and not make dreams your master,  
If you can think and not make thoughts your aim...  
If you can meet with Triumph and Disaster,  
And treat those two impostors just the same...*

*If you can bear to hear the truth you've spoken,  
Twisted by knaves to make a trap for fools...  
Or watch the things you gave your life to, broken,  
And stoop and build them up with worn-out tools...*

*If you can make one heap of all your winnings,  
And risk it on one turn of pitch-and-toss...  
And lose, and start again at your beginnings,  
And never breathe a word about your loss...*

*If you can force your heart and nerve and sinew,  
To serve your turn long after they are gone...  
And so hold on when there is nothing in you,  
Except the Will which says to them: 'Hold on!'*

*If you can talk with crowds and keep your virtue,  
Or walk with Kings – nor lose the common touch...  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much...*

*If you can fill the unforgiving minute,  
With sixty seconds' worth of distance run...  
Yours is the Earth and everything that's in it,  
And – which is more – you'll be a Man, my son!*

That about captures the state you'll find yourself in when you '*Crack Your Egg.*' And when you do, indeed "the world and everything that's in it" literally *is yours*.

So if you're ready, let me help you [light a fire under this process!](#) (← Just [click here.](#))