

MASTERING THE LIGHT — A Modern Miracle for Difficult Times

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GEORGE LEWIS

MYSTIC TWELVE PUBLISHERS

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ABOUT THE AUTHOR ...

During the past 35 years, George Lewis has worked with countless men and women on some of life's toughest issues, in one-on-one, and workshop settings. George brings his experience dealing directly with the difficulties facing you today.

Taking the actions he offers will quickly bring you into the safe haven of genuine spirituality.

During the 1970s, George owned a large real estate company where he trained and motivated innumerable ordinary people, moving them from low-paying jobs to lucrative real estate careers.

George is available for speaking engagements, workshops, face-to-face, and telephone sessions. He has had many years experience with these and is particularly effective with phone consultations.

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CHAPTER ONE

WHY DO WE FALL SHORT OF SUCCESS

Often, the root cause for falling short of actual success is low self-esteem. This is exactly where the Twelve Steps come in. They are magnificent at helping us discover what we believe. More importantly, they help us to change our mind. In doing this, they bring us from our state of powerlessness to a place of power—from just falling short of success to outright failure. There may not be a method more potent or, capable of bringing us into a position of genuine success, than the Twelve Steps.

We lack the confidence that is essential to real achievement. Admitting this seems to go counter to all we know about positive thinking. To subdue the negative feelings this evokes, we try to suppress them. We use denial to shield ourselves from dealing with this internal conflict. We can even go so far as to take destructive actions or use a wide range of substances. This can be anything from food, to drugs, to physical, emotional, and mental, self-abuse. We may become arrogant and not teachable. We miss the whole purpose for our life. Unbelievably, we can actually become addicted to failure. We sabotage ourselves. All of these stem from our feelings of powerlessness. We believe that we are powerless to change our circumstances. Worse yet, we rightly understand, on a very deep level, that we are currently powerless. An addict is simply an extreme example of this failure pattern.

There is a high price tag for failing to stop this syndrome in time. This is not a free ride. The fee can be death, loss of family, friends, and everything material. With whatever it is we are using to change our feelings,

we move slowly closer to real danger. Eventually, we cross an invisible line and plunge into full-blown addiction. We can no longer return to life the way it was before this dependence. Walking away from a simple habit is far more doable and easier before crossing this unseen and very permanent line.

This high price may not be necessary. We need not plummet to the bottom. 'A bottom' being the Twelve Step lingo used to describe the point where we realize that we are in a freefall toward death, insanity, or incarceration and decide to stop. We need not crash into the black hole of a bottom. The Twelve Steps can help us find the success we crave. For them to begin working for us, we only need to be willing to take action. All of the various anonymous programs use these same tools. There are over 155 different twelve-step fellowships. They deal with everything from food, gambling, and clutter, to drugs, alcohol, and all kinds of physical, emotional, and mental self-abuse. With each of the difficulties they address, the real problem is how we think, with what we believe. Every one of these organizations works to help its members see their lives differently by changing what they believe. This belief system change miraculously transforms us. Acting on this simple Twelve Step process leads us into successful lives. The only real way out of any degree of failure, is to modify what we believe. No matter what the substance we use, these Steps can protect us from a treacherous downhill slide into addiction. Almost inexplicably, instead of failure, they bring us success.

In the early years of Alcoholics Anonymous, the twelve-step Community's parent, 95% of its members were over 40 and most had lost everything. Over the years, the depth one had to travel before hitting a bottom has slowly risen. Pre-teens are now included. Twenty-five years ago, there were still those who, seeing a newcomer would say things like, "I see you've still got your watch. You are probably here too early. Come back after you've lost it." It was widely held that unless we had gotten rid of everything, we did not have a chance at improvement. This is not so today. We can stop soon enough to keep everything that is of real worth. We need not lose our family, friends, or anything else of value. Doing this does not have to be excessively expensive, but like almost every worthwhile thing in life, it most likely will not be free.

Aside from what we may lose, waiting too long might cause us to need hospitalization, time in an addiction treatment center, an addictions counselor or, a therapist. On the other hand, we may need a full range of help and use each of these. This is all very expensive. Some of the less pricey treatment centers cost \$10,000 a month. Others range up to \$80,000 monthly. The majority of addiction recovery programs use the Twelve Steps as their core process for treatment. This is an expensive way to begin learning what the Twelve Steps offer us.

No matter what our problem—addiction to failure, to a substance or, to self-abuse, we can take action long before we need a treatment center. The Twelve Steps map a clear way out of powerlessness, to a place of power. Taking their path brings us to joy, freedom, and success. They offer a way to find out our life's purpose. It is when we come to understand, and move into, this purpose, that we will come to live in a state of bliss. We need not wait for full-scale addiction to find the Twelve Steps. We can outwit failure. We do not have to wait until we smash into the bottom. However, in this process, we will want an experienced guide. Mastering the Light and our coaching staff bring you years of experience living, and teaching these Steps. Mastering the Light has designed the Twelve Steps to fit everyone, and in a very inexpensive and highly effective format.

To find our way to power we must first ask—how many incorrect or, conflicting beliefs do we hold? Further, what effect do they have on us? One small example is the idea that we are unlimited as human beings. This idea is false. It could not be further from the truth. The reality is that we certainly do not live up to our fullest potentials. However, believing that we should be unlimited squanders our power. Consider gunpowder. If we sprinkle any amount on a flat surface and light it, there will not be a loud and powerful explosion. There will only be the comparatively weak light of a sudden flash. Now pack the gunpowder into a gun shell. Ignite it by hitting the cap. Not only will there be a loud blast, there is liable to be physical damage. Knowing and working within our limitations, actually brings us closer to using our true power. This produces a basic problem—if we do not know what our limitations are—what our negative beliefs are, how do we change our old ideas so that we can live and have power within the framework of our limitations? How do we take back

our lives from all this unseen and unwanted negativity? How do we take charge of our affairs?

Over the years, we have taken on a huge number of beliefs. Usually, without noticing whether we hold conflicting ones. Because we are unaware, there seems to be nothing to change. Instead, we keep both. This makes for real trouble. This is the cause of all of our internal conflicts. These are what paralyze us and keep us from moving forward. They jam us up and block us from the success we deserve. When it comes to what we believe, we have not done our housekeeping. To compound our difficulties, as children, we took on an amazing number of negative and even unreal beliefs. Then as adults, we added new ones. These created more psychological reverses or, beliefs in conflict. To see the serious hazards this entails, consider this. We have heard it said that, 'Our personality is formed by the time we are six.' This means a four or five year old is probably running our life.

False, negative, or conflicting beliefs continue to rob us of our real power. Often, we do not know what our heartfelt desires are. Yet, our subconscious uses what we believe as a guide to do its work. It cannot tell the difference between fear and desire. It interprets everything equally. It gets worse. Its job, in the unseen dimension of our life, is to bring us the rewards or, woes of our internal chatter. It does so because this is what carries the highest emotional charge. This goes on without the need for conscious choices on our part. It does its work twenty-four hours a day seven days a week. This is the same for those people where everything appears to work so perfectly. They simply do not have similar destructive or, conflicting beliefs blocking them. Therefore, unless we enjoy pain, and this is possible without our awareness, it is time to stop feeling guilty and ashamed. This new knowledge does not make getting ourselves out of this uncomfortable mess, automatic. Unluckily, we must bring our energy to bear by extending some effort. We must take action. The best part of this is that we can do something about these obstructions to our prosperity. There are specific things we can do that will begin to nullify the negative effects showing up in our lives today.

The totality of what we believe creates our personal vibration. Frequencies and vibrations are the same. Our frequency determines our

attractiveness, our ability to magnetize. We operate much like a magnet. We draw to us that which we think about all the time. This is what we really believe and not what we want to believe. Unknowingly, this internal dialog reflects are our truest beliefs. These inner conversations invite all of the fear-based ‘stuff’ into our lives. Their effects show up even though they are the last things we want. We can ill afford not to make the necessary effort to come to understand exactly what we believe. We must comprehend how the ‘law of attraction’ works. This law does not know the difference between fear and desire. It will invite to us, whichever we focus on. More often than not, this is whatever our incessant self-talk is feeding us.

There is an indirect and extremely important side benefit to living the twelve-step lifestyle. As we begin to recognize and welcome its reality, we come into a place of true power, while remaining in a rightful state of serenity. We begin to meet the difficulties of life head-on, without feeling the normal stress associated with life’s biggest troubles and smallest hassles. We begin to live in the present, the only place our power exists, and not in the future or, the past, where our power leaks away. When normal stress is removed from our day-to-day experience we also eliminate the world’s biggest killer—STRESS. The twelve-step way of life will raise our standard of living. We will live longer, be healthier, more contented, and happier. In The following pages, you will see exactly how to maximize this process to its fullest.