

Step into your **POWER**



STEP INTO YOUR POWER



Joseph Geraghty Founder School of Mastery

UNDERSTANDING YOUR REAL IDENTITY

It is a personal journey of discovering the truth behind the myths and limitations of conventional teaching that suggests we are flawed. However, one simple, direct experience and introduction to your true Self will change that! Joseph Geraghty Founder School of Mastery for Emotional Intelligence

Chapter 1 **Childhood Conditioning**

As sure as night follows day we have all been subject to childhood conditioning, in many ways it was critical for our survival a part of our evolutionary process. However, I want to share with you some of the negative aspects of social conditioning. That can cause us all sorts of recurring problems in adult life.

Consider a child is losing his father at six months, and the widowed mother was having to raise seven children with very limited funds. From a personal experience, you would most assuredly quickly get the idea you are poor and that "lack and not enough" become a part of who you are. It is a very real limiting mindset.

It has a crippling effect on the child's confidence and impacts all aspects of future learning. As well as other children's perception of your situation in school and equating that with your social status and social ranking in school, this status can be carried through your life.

This story is far from unique, but it does set up a "conditioned response" to all future experience involving money. And it took me rather a long time and much emotional turmoil to learn that money did not validate my identity. We can most certainly reach a place where we develop a stable identity and are one hundred percent OK with money or without it.

Another excellent melting pot for brewing "conditioned children" is our conventional education system. Being a slow learner, it became very easy to daydream. A teacher with large classes is naturally happy if you did not disrupt the class and become almost invisible. Never mind that you could fall farther and farther behind. So another critically conditioned mindset was born, "I'm not good enough." Again after years of measuring many clients level of confidence, I can state categorically that the idea "I'm not good enough" is still very, very prevalent in our society today.

I was told in a parent teacher meeting that I was clever but was such a daydreamer, I would never amount to anything. It was a French teacher who felt that because I didn't understand her style of teaching, the problem was me. The

message of "oh I'm just a daydreamer" could have stayed with me, and I could have used it as an excuse for not achieving. Young professional psychologist.

There are numerous ways in which we were hindered in our childhood but none more critical than teaching the child that they have an unstable identity. One minute we say they are "good" and then at other times we label them as "bad." The constant see-saw between these two polarities is a massive handicap preventing healthy mental and emotional stability for the child.

There is an idea of children having to fit into categories and boxes. Education can often use one format; the child must fit in a certain box rather than education adapting to the natural gifts of the child.

The next thing that kills a child's spirit is the number of times they hear the word "no." Sadly it's used unwittingly by parents worldwide, millions of times each day. One study estimates that the average child hears the word no or don't over 148,000 times while growing up, compared with just a few thousand yes

Messages

Mimi Doe, Ten Principles of Spiritual Parenting

There was a story recently about a young mother who has one "yes" day a month where she says yes to her children. It was obviously within safe and reasonable parameters. She found that children, when exposed to this type of freedom, don't ask for anything crazy, but just want your undivided attention. They merely wanted to draw and play silly games. She found it very helpful with her children.

Parents also write on our mental walls when we are young. And while most are harmless it does illustrate how vulnerable we were to what our parents taught us. In my house, there was a "tooth fairy" that would mysteriously leave money under my pillow when finding a pulled tooth. And of course, we were all introduced to the ubiquitous Father Christmas. We loved these stories as children, and that's OK but as adults, it's imperative to learn the truth of who we are. Or we remain conditioned puppets to external circumstance. We are unquestionably not a "thing" to be conditioned and programmed; our real design is far more majestic, far more powerful. And getting to know our real Self-starts an unbelievable adventure.

We are at heart naturally creative; it is innate in all of us. There are skills in each and every one of us. We just need to open our hearts and go beyond childhood conditioning. Step by step we become fully functioning liberated adults. For some, the change happens rather quickly others a little slower. However, the good news is that this is very doable for everyone who makes the commitment not to be a victim anymore. You will succeed in finding a breakthrough. Whatever your natural pace we will give you all the support you need. This eBook is a simple guide to the path ahead.

Chapter 2 **The Unstable Fear Based Ego**

When I was writing this book, I asked myself, when was the first time I had a real sense of myself as an independent human being? An answer came fairly quickly to me. My mother had a volatile temper; she could lash out and give one heck of a severe beating. I was standing next to an old washing mangle, which doubled up as a table when folded. We were arguing, and suddenly she lost her temper and slammed her fist on the table. Unfortunately, her action caused a full quarter pint milk bottle that was on the table to roll off and crash onto the floor. Milk and broken glass went everywhere!

It was to be a critical threshold moment for my mother and me. She exploded into a rage that I had seen many times before. I was in for a beating, but something snapped inside me that screamed no more! I was a lanky fourteen-year-old who now stood taller than my mother. I grabbed her arms to prevent her from lashing out. She wrestled furiously for several moments, but I was not letting go. Then all of a sudden she stopped resisting and in a calm voice told me to let her go. She was never to beat me again. That day I discovered my first sense of self, a small but significant development.

It was my first decision not to be a victim. I had accepted the idea that I had the ability to effect change in my present moment and the future. Learning to control what I could, and let the rest go.

Of course, the self that reared its head that day was my tiny ego. Not that I could have named it back then. I would not have had a clue what the hell an ego was. The dynamics of my relationship with my mother and others changed that day. Every time we change our mind, everything changes!

On my fifteenth birthday, I was to be thrown out of the family home and learn to fend for myself. As the years rolled on I was to discover that the self that I had created was highly unstable and fear based. This most certainly was for me a period of struggle and survival. The idea of not being wanted is crippling.

When we see the world through the lens of a separate self, we see the skin line as our boundary. And so the split world of inner and outer duality takes its hypnotic hold.

Relationships are fragile and what we thought was love for another was not the real deal. It was conditional on them behaving to my cultural norms and I to theirs. Each broken relationship felt like another wound; another rule was set not to let it happen again.

Unfortunately, I was building a defensive wall. Only trouble was I was a prisoner and the more rules I created, the smaller my world became. It is like living on a pin head, and it is highly constrictive and of course quite unnatural.

Work was also driven by bosses who seemed to have more situational power than me. And so it seemed the only way to succeed was to become an expert people pleaser. It also stems from abusive parents and can breed a constant need for approval from a parent even at an adult age.

There is no question that conforming to others does bring some respite. But deep down you hate all this bowing and scraping just to earn a living. It seems you have to sell your soul just to survive!

A Serious Seeker

Like many others whom at some level who had never tasted lasting satisfaction in relationships, I became a serious seeker of how to live a more fulfilling life. It was one of my better decisions, and I became a lifelong learner. I read such early classics like Think and Grow Rich: Napoleon Hill. How to Win Friends and Influence People Dale Carnegie. Looking back I can see that I wanted two things desperately. One was money; you remember I thought money would validate me and give me security. Secondly, I desperately wanted to people to like me. Having low self-esteem is a bummer.

We go through self-inflicted internal torture because of our mental mastication as to whether people like us or not. It's terribly exhausting, isn't it?

Sometimes society can seem to create situations in which you do not feel "normal" unless you have lots of friends. The young can develop a craze for recognition via Facebook, birthdays and weddings. We develop the idea of social status from a young age. The validation is always dependent on others which breed high levels of uncertainty and vulnerability.

During this period I found authors who took a different turn. These were people who saw the world from a different perspective, people like Deepak Chopra, Bruce Lipton, Katie Byron, and Eckhart Tolle any much more too numerous to mention. About dealing with transforming the ego, I would recommend Eckhart Tolle's book *A New Earth Create A Better Life*. It gives you a detailed description of our evolutionary journey towards the full awakening of our true Self.

However, for now, let me say my self-development had improved, but I still had many corrections to make before I could claim I was a fully functioning liberated human being. I could now strip of the shackles of experience.

Chapter 3 **Crisis a Catalyst for Change**

People who write about deep change and dealing with a crisis often declare that it proved to be a pivotal moment in forcing them to leave their comfort zone and make the few critical changes that would eventually lead to deep, lasting change.

Louise Hay is a wonderful example of a woman who when faced with the terrible choice of surgery or a shortened life. She told the surgeon she was not ready for surgery and needed a little more time. She was told bluntly you don't have more time. This is a synopsis of what happened. She went on a strict diet and stopped her intake of junk food and alcohol. Friends advised her that healthy food was only half of the problem, and she also needed to get her relationships in order. She had extremely difficult toxic family ties. It was not easy, but she stepped up to the plate and faced her challenges. She made a full recovery, without surgery. Check out her bio: http://en.wikipedia.org/wiki/Louise_Hay

Guilt can keep us trapped in toxic family relationships. One such case was a young man realized he had not found his true love and decided to end the romance. His then-girlfriend told him she would commit suicide if he left her. He was to feel trapped; she became an alcoholic, and the marriage was loveless. Guilt was like cancer eating away at the two of them.

My second example provided me with a metaphor for deep change that I have used thousands of times. Norman Cousins wrote the book *Anatomy of an Illness*. Again using a short synopsis, his crisis was again a serious illness. The book tells how a diet of laughter created endorphins that would eventually cure him. The laughter produced its natural chemical wonder drug to heal him.

Over the years I have heard countless stories of how a crisis provided the powerful energy to travel a new road. This radical change is often called a paradigm shift, (a massive mindset switch, like the earth, is not flat) a term coined by Thomas Kuhn in his landmark book *The Structure of Scientific Revolutions*. A key statement for me was that revolution occurs when the rules no longer fit.

It is true for us too, when the rules by which we chose to live our life no longer fits, and then we are often forced to make the uncomfortable changes we kept

putting off. Most of my significant changes in life were when circumstances reached a pivotal point of decision. However, once the choice is made many opportunities are placed before you.

One such major shift for me was moving to Germany, where I met my wife, Helen. It was for sure a game changer, however, what I would like to share at this juncture are the tools that I came across that played an important part in helping me mature and make the shift from victim to accepting one hundred percent responsibility for my emotions, the goals I set, and my actions.

The Relationship Matrix

This simple, but fabulous tool was introduced to me on a three-day course on emotional intelligence. We were encouraged not to accept it or reject it but to test it. We should become our own life scientist. It proved to be terrific advice; I use it all the time.

I did test it many, many times over the next few months and it became the first tool I would use if I were faced with a relationship issue. It proved invaluable. Later I started to explain the simple basics to clients, who quickly grasped this excellent, effective tool.

They had the same breakthroughs that I had. It became my automatic reset button. Whenever I was off center and lost my emotional balance. Each time I used it, my confidence to master my emotions grew stronger. It was my personal sat-nav for removing road blocks to healthy relationships.

When I was a young man, I lived continuously in the 'I'm not OK' box and mostly suffered from low self-esteem. It made me an obsessive people pleaser. Needing desperately for people to like me, who I thought would impact my prospects in the work area. Primarily I saw myself as flawed.

I'm not OK You're not OK – Stuck –Feeling trapped and helpless

These are people who are mostly in a negative frame of mind, they often bemoan their fate, and they gravitate to others with a similar mindset. It is where the "victim" blame game is played regularly.

I'm OK You're OK Healthy balanced outlook on life. Very solution orientated.

People who are here have accepted that they alone are responsible for their feelings, their goals and how they will respond appropriately to any given situation. At some stage, they decided to get to know themselves and become inner directed. For many but not all, the crisis was the game changer.

I'm OK You're not OK Critic

This was my Achilles heel as I grew more and more confident and fruitful I became less tolerant of people I deemed to be highly negative. This was to keep me trapped for many years. I filtered all criticism directed at me. I missed countless opportunities for serious mindful reflection and analysis and therefore appropriate response.

USING THE MATRIX **Hands-on instruction is given on the four day introduction course Step into your Power**

The key is to reflect on the most recent event that caused you some emotional turbulence. And start a dialogue with yourself, by asking, when I got hooked by this external this circumstance, where was I? Was I not OK with myself, this should not have happened to me! Or maybe I was the critic, and I was blaming someone else for how I felt. Maybe you were stuck, and you thought what a mess this country is in, and there is nothing I can do.

For truth to be the truth, it must be straightforward and unequivocal. A COURSE IN MIRACLES

The simple truth is that you are one hundred percent in charge of the Relationship Matrix - only you get to decide where everyone fits! Usually, I ask clients is this a good thing or a bad thing. Everybody, sometimes a little bit reluctantly, agrees it is a good thing.

Just think, no more playing the victim role, you begin to exercise a core value in living a fulfilling life. "I am responsible for my emotions, the thoughts I have and the goals I set?" this is such a liberating moment. A wonderful declaration and experience of your true nature. In the book A Course In Miracles, it suggested that

when prisoners who have spent some considerable time in captivity are set free; they do not leap for joy! The sunlight is too strong for them; there is a time of adjustment, a time of healing. So be gentle with yourself, you may "get it" quickly, or it takes a little longer. But you can rest assured all will make it in the end.

Chapter Four **Conscious Competence & the Flawless Self.**

Have you noticed how some habits are hard to break? They have become so ingrained that we are on automatic pilot, and in my case, my hand would robotically select another chocolate and effortlessly deposit it in my mouth while watching TV!

Fortunately, things are going on here we can use to our advantage; when our intention and desire are strong enough. Let's take learning to drive a car, typically in twelve short weeks, most of us move from those first few nervous lessons to a reasonable level of confidence. In fact, after a few more months we can listen to the radio, hold a conversation with passengers and still drive our car, relaxed but competently. When learning any new skill we go through four distinct levels of conscious competence.

I often tell clients the story of a young man who once he had reached the legal age to drive. He decided to ask his father if he could borrow his BMW. The father refused, the son asked why? The father replied, "You are not yet competent to drive."

The son was furious at being refused and suggested that driving was no big deal. However, the father did not change his mind. Several days later the family went on holiday, leaving the sulking son behind.

The father had forgotten that he had left the keys to the car in the hall. When the young man spotted the car keys, he thought I would show my father he is wrong. He took the car out of the garage and drove around the block safely and put the car back in the garage. Now he had the thought he would like to go a little farther.

He called some young friends and asked them if they would like to go for a spin in the new BMW. Of course, they came round like a shot! They then went on the motorway and soon his friends egged him on to go faster. Naturally, he showed off and put his foot on the accelerator. Long story short, he crashed the car, no one was hurt, but the car had been severely damaged. The father was right, and the young was incompetent. He was blind to that fact before the crash, and now he was very aware of his incompetence!

Skill acquisition will usually take us through these four stages. When we understand them, we can relax and accept that growth requires us to be a little uncomfortable entering a new phase of life. Indeed if life is to be full of passion, we continue to learn new skills to embrace uncertainty.

Four levels of Competence

1) Unconscious Incompetence

Under 25-year-old drivers are notoriously totally unaware of their lack of skill driving at speed. Also, they underestimate the danger of driving under the influence of alcohol. The evidence is that young male drivers often show off to their friends. They are also likely to be egged on by other male friends.

2) Conscious incompetence

Lying in bed is not recommended as a way to learn of your incompetence! Or being held prisoner to habitual emotions. We can learn from other people's mistakes. 38% of deaths on Irish roads were under 25 years old.

3) Conscious Competence

You were diligent on learning your new skill. You were open to other more experienced drivers on how to drive safely. Super Learning You formed good habits of driving. You are now able to listen to the radio while driving and hold conversations with passengers.

While maintaining correct speed in built-up areas. While being conscious of potentially changeable driving conditions.

Driving well is now second nature, alert yet relaxed.

4) Super Learning

This model holds true for most learning. In finding our perfect confidence that is our true nature, we need to understand the basics of identity. There will be some concepts that we have learned from conventional teaching that are now out of date. Fortunately, the process is fairly straightforward. Indeed I have adopted the mantra I picked up from the School of Practical Philosophy many years ago: We

do not ask you to accept or reject anything we tell you, but we do ask you to test it for yourself! Real learning is unquestionably experiential; we need to personally experience these new skills, one moment at a time, one day at a time.

So while we do teach a little theory the heavy emphasis is on practical application. And in this respect, we provide support tailored to the individual to assist them at the perfect juncture of their journey of discovery. Some want one to one support while others are more comfortable in a group setting. We listen very carefully to everyone to help them acquire new skills at a pace that is just right for them.

Questions & Answers

We do offer comprehensive Q&A sessions that enable you to determine if our training is right for you. Need help? [Call Joseph today 091871904](tel:091871904)

Chapter Five **New Self- New World**

The purpose of this chapter is to give you a crystal clear understanding of how supervised training and continuous support will guarantee your success. The key factor for success is your personal commitment. The best example of what a powerful difference that makes is best summed up by the following quote:

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans. It is this: The moment one commits oneself, and then providence moves you. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man or woman could have dreamed would have come his/her way." W.M. Murray

However, in my experience over many years once you have made your commitment, you can expect breakthrough results and greater understanding after as little as eight short hours. You will have gained fundamental insight into the nature of your mind by direct experience. From here it is just a question of spontaneous practice, one short moment of a time and one day at a time. Each short moment of practice will unquestionably connect you to your essential self, gaining in confidence each and every time. Sometimes there is a rapid shift in your mind-set, or it may take a little longer. But for certain, each step will eventually lead you to your real flawless Self.

Our introduction course Step into your POWER will give you a quick start on how to make small but significant changes in your life.

The Old Way

I came across this wonderful poem by Portia Nelson; it spoke to my heart when I first read it:

There's A Hole In My Sidewalk.

"I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost... I am helpless.

It isn't my fault.

It takes forever to find a way out.

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place.

But, it isn't my fault.

It still takes me a long time to get out.

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in. It's a habit.

My eyes are open.

I know where I am.

It is my fault. I get out immediately.

walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

I walk down another street."

Talking from my personal experience my "old self-image" was a million miles from having flawless confidence. I did not see myself as smart, quite the reverse I thought I was seriously lacking regarding my IQ.

I most definitely fell down the same hole several times! But I did finally "get-it" and choose to walk down a new path.

Another quote proved to be invaluable to me. And gave me a full understanding of the whole idea of creating a false image. Which, for me had created much of the emotional turbulence in my life:

What he does not realise and needs to learn is that the "self" which can attack and be attacked as well, is a concept he/she made up! Psychotherapy: Purpose, Process and Practice. Foundation for Inner Peace.

The idea that I had personally created this false sense of self-blew me away. It was to be a huge a game changer in my life. This new natural insight introduced me into the powerful nature of my mind. Let me be clear you do not have to read a thousand self-help books to know the nature of your mind. Getting to know your authentic Self will take some diligence but not years sitting on a cushion!

A few simple mindful exercises will make you directly very aware of the incredible power of your mind. Each time you observe the power of your mind and notice which emotions are arising; these are the very first steps of awareness to emotional and mental freedom. And the good news is that each short exercise strengthens the idea of your new self.

The Observer Exercise **This powerful exercise is demonstrated in the course: Step into your POWER**

One of my very first introductions to this exercise came from being familiarised with the work of Robert Assagioli, Founder of Psychosynthesis. It explained in the clearest possible terms, just how we are much more than our emotions and body. They are wonderful aspects of the personality for us to use and enjoy the richness of life. I have used this exercise countless times over the years to introduce clients to their real nature as the changeless observer. Most of them were amazed how simple it was to move from victim to being fully empowered.

I usually recommend clients record the exercise so that they can sit back and listen to the text in a relaxed manner. For those without access to a recorder I recommend they read the text out loud for six days and write the text out by hand on the seventh day. Writing will increase the transmission between you and your mind. This was for me a large shift for me in the way I viewed my core self, and I experienced the simple ability to choose how I would interact with my emotions. I no longer played the victim role. I do encourage you to test this out; the results are truly astonishing.

Step into your Power

We do sincerely invite you to our next course in September, it will radically alter the way you think about yourself details are below.

Step into your Power



Joseph Geraghty

Step into your Power had a successful launch in April at Croi Nua and we were requested to run again. So we are delighted to invite you to what will be a memorable introduction into the nature of your own mind and its remarkable capacity to lead you on a new adventure

Gain Valuable Insights Into:

- Empowering Relationships
- Mastering Emotions
- Recognising your unique Gifts
- Learning to Heal
- No longer a Victim
- Clarity about your Identity

Facilitator: Joseph Geraghty, School of Mastery

Dates: Sept 5, 12, 19 and Oct 3

Registration: 7:00

Time: 7:30 - 9:30

Venue: Croi Nua, Rosary Lane, Taylors Hill, Galway

Cost: €80

Advance booking is required. Closing date Sept 2nd

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Website:schoolofmastery.org/stepping-into-your-power.html