

How to Study Your P~P~S Success Mastery Lessons

By Paul Chek

As P~P~S Success Mastery practitioners, it's important to think about what we offer each other and what we offer humanity and nature. It's my personal philosophy that all of life is one expression of the absolute creative intelligence. You can call that absolute creative intelligence whatever you choose: God, Allah, The Planck constant, or anything that works for you. Yet, if you meditate deeply on the concept of "I Am" and you keep going backwards – I am, I am body, I am emotion, I am mind, I am soul – and follow that to its origin, you will find that there is a world soul. These are aspects of a living, intelligent creative being. This means that whatever we do to improve ourselves, we automatically do to improve all things created.

Why is it, do you think, that so many people have a hard time looking other people in the eye? What is it that makes people uneasy to make direct eye contact? What are you looking at? When we look at each other we are all mirrors – we are mirrors for each other. Some of us are more polished than others. The PPS Success Mastery Program is an offering – it is the Windex and the rag for your mirror. And as you polish your mirror through this training, the reflection of what is becomes evermore present, because as we polish our mirrors we remove what is not evermore effectively. Each person in our life, each living thing is a reflection of what we once were, what we are and what we can become. You will come across people many times in your life even after a year of P~P~S Success Mastery training that will literally drive you nuts, frustrate you, potentially make you angry. Each one of those people is a reflection of ourselves to show us either what we need to work on to master ourselves, or to show us what we have mastered. You will know if you have mastered what you are being shown because you will have compassion for that person, you will have understanding. If you become reactive, angry, if you have fantasies of violence toward that person. If you find yourself willing, wanting or needing to talk behind their back or to silently crucify. Please remember as hard as it may be, you are looking at yourself. Each person we come across in our life is also a crystal ball. They show us through their behavior, through their actions, through their words and their deeds what our future will look like if we emulate them. If what they are showing you is not the direction you want to

take, then you are seeing the “is not” of your perfection. Yet, if it *is* the direction that served you, you are seeing the *is* of your perfection.

Those that show you the *is* of your own perfection are what I refer to as angels of the divine. There are angels constantly around us. There are angels of finance and there are angels of rhythm, flow and sexuality. There are angels of personal power and self-will. There are angels of love and unity. There are angels – absolute masters of communication. There are angels of creation – amazing creators. Every single one of those is somebody’s angel. On any given day at any given moment, we are all constantly reaching up for help from our angels. Yet, it is our divine nature to constantly be reaching down to support those that can learn from our life experiences and our own personal growth. With each lesson of the P~P~S Success Mastery Program you will see more angels than you have ever seen before reaching out to help you. And to the very degree that you see the angels reaching out to help you, you will also see that many more angels below you, who don’t know they are angels, reaching up to grab your hand. As you polish your mirror, these angels will look into you and for many it will be the first time in their life that they have seen their angelic, their divine reflection.

It is sad, but it is true that most of us have become so lost in materialism, consumerism, capitalism, fast food eating, late night television, excessive communications, internet addictions, telephone addictions, that our mirrors have gotten smoky. Our mirrors are dusty. Some of us have become trapped, unable to see through the smoke. Together, we will work through many interesting and challenging lessons and each of those lessons will uncover “is not’s” that have crept into your being like a virus. And every time we uncover an “is not,” at one and the same time with the polishing of the mirror, an “is” will come shining through.

My aim with the PPS Success Mastery Program is *deep healing*. The lessons you are now to undertake are composition of my own personal transformative experience, which is ongoing. They are a composition of what stopped many of my clients, patients, friends and family members from achieving wellbeing, and often brought them to pain, often very deep, seemingly intractable pain. The lessons will help you identify both the logic and the gift behind what has happened in your life, how it happened and potentially why it happened. They will teach you to

identify the silver lining that always exists in clouds of gray. Yet, we cannot see that lining when we are in pain. It is my philosophy that applied knowledge is power to change. Knowledge is just information until it changes either your life or somebody else's life for the better. Such comments have been uttered for thousands of years. Hundreds of years ago a Persian mystic by the name of Senal wrote, "if knowledge does not lift you from yourself, it would be better to stay ignorant." The first life that we must all change, that we must heal is our own. The first person we must fall in love with, if we are to lift ourselves out of ourselves *is* ourselves.

The purpose of the PPS Success Mastery Program training is to learn how to cultivate true love within yourself. When true love is present, you will not know yourself, you will be gone just as you disappear in the moment of joint orgasm with your sexual partner. When you truly come to love yourself, you will, for the first time, be in a position to fully put yourself aside, allowing another into your being. I use this definition of orgasm because it is my dream that you've all had the grand experience of a joint, dual orgasm with a sexual partner, and will have had that moment of ecstasy where the two of you become one – you literally lose yourself in the other person. These types of orgasms don't normally happen to people that aren't in love at some level of significance. That's not to say that it's not possible, because there are different levels of love in reality. The point is that through love you can disappear and you *will* disappear. Love is a dissolving force. Ego is a crystallizing or sectioning force. They are opposite in their function. Until we learn to love, loving another at the expense of ourselves only creates jealousy, resentment, guilt, inner shame and sadly lack of self-esteem. None of these things are ideal. Yet, we have become a confused species of beings that for various reasons has found it necessary to spend all of our energy or a large portion of our energy giving, giving, giving, but not getting, getting, getting. When we do give to ourselves, we often give to ourselves more of what we don't need. Again that is the ego – the shadow self. We develop habits that are culturally, socially, and familially accepted. Yet as I have shown many of you in your initial self-assessment forms, it is very, very uncommon for people to move beyond the programming that their parents gave them as children. In lesson two of the Mastery Program I teach you clearly how to identify where your programming is and determine what is a gift that serves you or doesn't serve you. When something serves you, it help you become first a more healthy ego and

second a healthy lover and as your capacity to love the self expands the self dissolves. It's a beautiful paradox.

If there is anything that will challenge your progress in the PPS Success Mastery Program lessons, as I have alluded to, it will be your own programming. And to the degree that you are not invested in self-realization or reaching your own potential, your programming will suppress your progress with your lessons. Anybody should be able to complete at least one lesson a month and answer the minimum ten questions if they are at all committed to the program. Is that absolutely necessary? No, but I would ask you to be honest with yourself. Look at where you are spending your time and your energy - your life force – and ask, “What am I getting in return?” When you go through your daily schedule and you are honest about what you are getting in return in the development of the very self that you are, in the development of the only thing you can take with you when you leave the earth plane, I am sure, that you will find the time to do your lessons. If you really are truly interested in self realization, if you are truly interested in becoming something more than other peoples ideas, if you are truly interested in investing your life force into change, the very healing that humanity needs, not just we as individuals, you will find the time to do your lessons.

Love and respect yourself enough to commit to reaping the rewards of your mastery training and your investment will be that you gain the knowledge that lifts you out of yourself. Only then while you truly be capable of sharing of yourself with others. Our friends, our families, our towns, our cities, our states and our nations desperately need somebody to lead the way. Clearly, traditional religion has not been effective at spiritual growth and development when compared to its effectiveness at ego development.

Now that we have talked about why it is important to complete your P~P~S success mastery lessons, lets talk about some tips on how to complete your lessons. First of all it's important to decide where you do your best learning. Do you do your best learning at home? Do you do it in your office with the door closed? Or may be you're like me – I like to take my laptop to a coffee shop and maybe sit on a patio or sit in the corner, listen to good music and just do a little environment shifting. These days with wireless Internet there are a number of places with free

Internet access – many coffee shops have it. You could sit there, plug your headphones into your laptop, log on and do your studies and your homework pretty much anywhere you want. So step number one is to get clear on where you want to be when you do your mastery training. It might be different each day, but if you have a hard time being consistent with your homework, I would recommend choosing a consistent place. In essence, your mastery training is like a spiritual practice. If you do Yoga or Tai chi or meditate, intermittently you will get mediocre results at best, but if you do it consistently you will produce change in your physical, emotional, mental and spiritual being. It is the same with your mastery training. Consistency is very important because it help to develop new and empowering habits.

Next you need to identify your optimal learning style. Some of you may be mathematical-logical. As I teach you in my “How to Learn” lesson, which is number seven, about five to eight percent of the population learns best by reading. If you are someone that did well in school and enjoys reading, you might find that the first things you like to do is to read your lesson handouts. The most common learning style is visual, followed by auditory, next by kinesthetic and finally with the smallest population of learners in the mathematical-logical group. So if you are visual learner, then watching the slide shows is probably going to be the most enriching and rewarding for you. Chances are that you may be visually dominant and auditorily sub dominant since most people operate within the boundaries of two learning styles – a dominant and a sub dominant. For example, I like to watch and then do, although I have acquired comfort in the other leaning styles just by self-training. You may also be very auditory dominant or it may suit you better to listen to music to get motivated for your lessons, in which case you might be able to download conference calls and listen to them on the way home in your car just to get you in the mood. You could, if you needed to, if you really were so busy that you couldn't afford to stop what you are doing, maybe you have to do bunch of laundry, you can just let the slide show run and listen to the audio tracks as you are doing your ironing and folding or whatever. The key thing is to find out where you do your best learning and what styles suit you and then go about your mastery lessons in accordance with the optimal environment and optimal learning styles. This will you get the most in return for your time spent.

Next, it's very important to make a commitment to yourself in advance of beginning your mastery studies. Or if you have been lagging, commit now and schedule that study time as though it were a very important appointment like a job interview. It is an appointment with your higher self. What more important appointment could anyone actually have? In my opinion that is *the* appointment.

Commit to an amount of time that is honestly what you can give to yourself. Don't delude yourself. Many people in the mastery program commit themselves to one hour a day. Two weeks later it's down to an hour once in a while, and then two weeks later it's down to, "oh I haven't done my lessons in a month and now I have fallen behind," and the excuses begin to flow. Congratulations, you have just met your shadow self. When you make a commitment that means *to be committed*. I know that sounds kind of odd, but that's what a commitment is, so why bother making a commitment if you are not really committed? When you sign up for the mastery program, when you pay the money to be in the program, it seems that you have made a statement to yourself that you are ready to commit to self-development. Though I am very proud of everybody for taking the first step, I am also here to encourage you to abide by your commitments to yourself, from yourself.

Next, you want to decide at what level of study you can fully be present. If you go whole hog, that means doing the full program, completing all of the homework assignments, participating in coaching calls and listening to the lesson specific interviews that I have put up for you. There aren't a huge number of them so they shouldn't be too burdensome, but there are some very, very important and very useful interviews available as adjuncts to the lessons. If all of these components take too much time, then you can just watch the slide shows, listen to my lectures and simply answer the ten questions to get the next lesson. If you cannot answer the ten questions then you did not get the point of the lesson. The ten questions are formulated so that you will not just rush through the lessons and maintain an academic pathology. I do this because, remember the definition of knowledge is that when information is converted into an application or an experience that changes your life for a better. It is very, very academic to just rush through things and slam the test. Two months later you won't remember anything you studied. This is

why we have a world full of people with the best degrees that can barely make it through life and are a paycheck away from bankruptcy.

Now it may be that you can find just enough time to watch the slides and answer the ten questions, but don't have time to participate in coaching calls. This is yet another level of participation. So you have the full program, a second level of slideshow, audios and participation in the coaching calls and still getting by with the minimum ten questions, a third level of simply watching the slide shows answering the ten questions and not attending the coaching calls but downloading them and listening to them when you can, and finally a lower level of time commitment, which is just to watch the slide shows, listen to the audio tracks and not take part in the audio conversations at all. So there are many levels of participation for you, the key thing is to make a commitment to yourself and stick to it. I think most of you will find that even with a small commitment that the reward will be significant enough that you will keep at it and it will nourish you and it will help you find other areas in your schedule that aren't as nourishing and rewarding. You will transform your schedule into something that's more supportive of your spiritual growth and development, or your personal, professional and spiritual growth and development.

It's very important to stay committed and to develop an effective new habit of self-development if that has been a problem for you to this point or in the past. Even if something comes up, do something on the day you had committed to your mastery lessons, even if it just reviewing your lesson handout. It is very important to stay committed or your shadow-self will quickly pull you into your old dis-empowering ways that may not have served you to this point. I cannot over-emphasize that the shadow-self is very, very powerful and is not interested in growing and developing. That would mean to love your self and to love yourself means to lose the ego and the shadow self is all about an unhealthy ego. Your ego may have served you at one time but now that it is in the shadow, it is something we need to dissolve to move forward – it's like a bad habit.

Another very important concept is to enjoy yourself. I enjoy writing the lessons. I personally do most of those homework assignments unless I'm already well developed in those areas and don't

feel that it's necessary. But quite often I do these homework assignments with my extremely busy schedule because it's important for me to see that I can fit these homework assignments into my lifestyle. Anybody that knows me knows I have a pretty intense work schedule and so far I have been extremely good at writing the mastery lessons, running the multiple businesses I run, and doing the lessons. So I am sort of the Litmus test. If I can do it, I know that most of you can do it. Don't let your shadow-self ruin your personal development party. Your shadow-self is going to try as soon as you start loving yourself. It is important to remember that love always displaces fear. What is fear? False Evidence Appearing Real, so love your self and stay committed.

Now I would like to talk about common roadblocks that you are likely to encounter while progressing through your P~P~S Success Mastery Lessons. The ones that you are most likely to encounter are related to your own personal life experiences in childhood programming. The most common issues of programming are issues of safety, security and finances. So you may spend the money to join the mastery program but keep convincing yourself you don't have time to do it because you are too busy trying to make money because you have to pay for this and pay for that. Those are issues of safety and security and that's the number one reason people don't do what they want to do. They keep doing what they think they have to do, but as I show you in lesson two, and many of the other lessons, what you *think* you have to do and what you *need* to do, or what you *want* to do and what you *need* to do, often differ dramatically.

The next most common roadblocks you are going to find are going to be related to sex, sexuality, sex identity and the rhythm and flow that you have adopted in you own life. Your rhythm is very much linked to the way your parents handled rhythm and flow when they were raising you as a child and this begins all the way back when you were in your mother's womb. Now a good 80 percent of society in my estimations suffers from severe challenges at these two levels of development, which happen in the first 14 years of human life. So most of my clients are stuck due to an issue that happen in the first 14 years of their life.

As we look beyond rhythm and flow, the percentage of people gets less but it's still significant. The next most common set of roadblocks includes issues surrounding personal power and self-

will. Many people facing these issues have “who am I” problems and they always allow themselves to be pushed around. They never feel they have time because they are always doing something for other people. Or, they are people that are busy pushing others around and therefore have lots of time for themselves because they push other people into doing what they need to do, yet seldom do they get to what really needs to be done because they are too busy being pathological in their ego. The unhealthy lion is someone with too much of this personal power and self-will and the camel is a metaphor for someone that has a ring in their nose and gets drug through the desert carrying a heavy load, but out of obedience doesn't complain but begins to hate life.

These are common roadblocks that PPS Success Master Practitioners will need to work through not only to successfully complete their lessons, but also to find themselves. The most challenging lesson in the mastery program is lesson two. More people find themselves metaphorically stuck on lesson two than any other lesson and there is a very, very good reason for that. In lesson two, not only will you learn how to manage yourself but you will learn about the science of brainwashing – how it is done, who does it, why they do it, and how to identify your own programming. The fact of the matter is the more programmed you are the more challenging this lesson will be. You will come up against your shadow-self. The shadow self is that part of you that once served you but no longer does so. For example, you have maybe you may have had a traumatic incident as a child, maybe you were sexually abused or physically abused. The shadow-self allows the individual to escape from that reality so that while you are being physically abused you essentially leave your body. The shadow creates a false identity that says something akin to, “I am not here, this isn't real, this isn't happening to me,” or it just creates a blank spot in your memory so that you don't have to relive the pain. The problem is these blank spots are some of the most powerful and dangerous viruses you can have in the system. You can identify easily if you have these blank spots because you should be able to remember through your childhood back to at least the age of three with a fair bit of clarity. So wherever you have blank spots, chances are good that you have traumas there and you have developed the shadow self to protect you from them. The shadow hides the truth. At one time the shadow served you but chances are very, very good that the same shadow now restricts your progress.

One of the most important things that you can do to get through lesson two, or if you are in lesson two and having a hard time, is to revisit lesson one because lesson one is, shall we say, rocket fuel. It is the motive to get you through lesson two. Lesson one is how to find and live your legacy and it's also where you clearly define your core values and seek to identify your personal legacy. Why are you here? What is your gift to yourself and to humanity? What is your gift to the universe? What is your gift of life back to life? It's important to realize that your legacy is your levity. The shadow-self is like gravity, but your legacy gives you levity to break the bonds of gravity. Society at large is quite unhealthy and quite asleep spiritually and they create the societal center of gravity, yet it is your commitment to your self-development and your mastery lessons that will offer you the levity to break the bonds of societal programming and societal behavior. If you do not know your legacy, that is okay. Just be very honest about your core values, who you are and who you are becoming, and your core values will be strong enough of a commitment to help you transform your shadow-self into your new personal, professional and spiritual self.

The levity that you create in lesson one will be essential to get you through lesson two – to get you to the new you that happens when you have been begin cleansing your mind of unwanted mind viruses. Now when it comes to the shadow-self, the shadow will become defensive and obstructive to the degree that it no longer serves you. So the more shadow-self symptoms or behaviors you exhibit, the more you need to commit to thoroughly doing lesson two. If you are stuck on lesson two it means you *really need* lesson two. The old saying, “good medicine never tastes good,” means that usually the more you need the medicine the worse it tastes. Now I don't think lesson two tastes bad at all because I am absolutely committed to transforming my shadow. I am in love with becoming as much as I can while I am here on this planet. I do not want to live a Groundhog Day experience, so I am fully invested in this process and I am looking for fellow travelers and I hope that is you.

Some of the most common experience of the shadow-self that knows it's about to be transformed by the light of knowledge include loss of memory, headache, fatigue, and finding that you can't talk about the feelings that are coming up when you are doing your lessons. You may start feeling out of control, you may experience panic or dread as you approach your lessons or your

scheduled lesson time. You want to feel strongly committed to your lessons, but your mind seems to go blank. You might break into tears for no reason, you may find that you have an irrational dislike for somebody or that a reasonable argument all of the sudden turns into warfare. In other words, as you are doing lesson two you might find yourself becoming reactive to people around you and what should be just a small disagreement turns into something akin to warfare. You might find that you attack somebody without provocation, or you might have bouts of depression. Finally, those going through lesson two frequently start feeling isolated and alone. These are all common symptoms of the shadow-self and the more of these symptoms you have, the more important is for you to be diligent with lesson two. For those of you that are interested, Deepak Chopra does a beautiful job of talking about the shadow-self and discussing some of these symptoms in his recent book called *The Book of Secrets*. It's an excellent book by the way.

So what do you do when the shadow-self appears and you start having these symptoms? Well, first of all say, "Hello shadow-self, nice to see you." Acknowledge that it's there and that it's very real. The shadow-self isn't fake. Mind viruses are just as real. People that are psychotic can't tell the difference between their experience and reality. They're inside that reality, so when they have depression it's real to them. When you have anxiety it's real to you, and believe me the shadow-self is real and it does produce these symptoms, as many of you listening to me right now know for sure.

When that shadow-self arises, reassure it that you have no intention of killing it but that you wish to transform it into something even more beautiful and useful – something exciting and fun. Remember, the shadow-self emerged as a means of protecting you at some point in your life. It is essentially a protective mechanism. Now you can have many other forms of memetic viruses or mind viruses as I show you in lesson two, but typically the shadow self emerges from self-protection. Instead of finding distraction in others and other things to do, noise or less fruitful activity, remind yourself that you are learning to love and lovers love being alone with themselves. That's a definition of someone who is in love with herself. She is capable of being alone without distraction. After all who needs noise when you are in love? Once you have acknowledged your shadow-self, give it permission to release. Give your shadow permission to let go or to speak from the level of the soul. Remember, the soul is a divine ray – it is perfect. So

take your consciousness backward to level of soul and treat the shadow with the compassion that you would, for example, if you had caught a caterpillar in your house and you wanted to release it outside so that it could continue to become a butterfly. If the shadow persists, I recommend managing it by detachment. In other words, disengage yourself from the behavior mentally. See the behavior as though sitting in a box. In other words when you find yourself saying, “I keep making excuses not to do my lessons, I keep saying I am too busy,” and so forth, put that behavior in a box, detach yourself from the behavior and look at it as though maybe it was one of your employees coming to you with the problem and you were going to do your best to help them solve the problem. Watch the behavior, follow it backwards, and see where it goes. Allow yourself to express the behavior as you are watching it. You might feel the need to move, stretch or exercise. You might feel the need to make sounds – to groan, to sigh or to cry. You may want to talk to yourself, you might want to start journaling, or you might start laughing. Whatever comes up, just watch it, detach from it, and allow it. Allow it, be a detached observer, and anytime you observe and allow from a detached position the shadow-self dissolves.

Finally remember to say, “I love you, I love you, oh I really, I really love you,” to yourself several times a day and mean it. Look at yourself in the mirror each morning and say,

You are so cool! You are an expression of the divine, of the universe of the earth and the sun. Wow! We are a team, me and you, soul and body, soul and mind. You are a living, loving human being.

Remember nobody can love you more than you can love yourself. If you can't begin loving yourself now, chances are not good for transforming the shadow into light. It is important to love yourself. As you learn to love yourself more you polish your lens of perception, you polish your heart, you polish the mirror of your own being and you literally begin to shine and radiate love. You will attract people who need to love you and people who give love to you. Only love can acquire the knowledge to lift you out of yourself, your ego, and your shadow-self to become a true lover – a gift to family, friends, humanity, planet and a gift to the creator, your creator. This is the love principle: getting love by life so we can give love back to life. Why? To love, to live, and so you can enjoy your lessons. Thank you. I hope this introduction to how you complete

your lessons helps you and I hope that you realize now that many of the symptoms of the shadow-self are actually symptoms that give you a measure of how important it is to complete your mastery lessons. When you do this, you can truly become a free thinker and when you are a free thinker, you are truly free. I look forward to sharing with you on our many coaching calls and interacting with you through our forums and personal interactions and possibly workshops. Enjoy your lessons.