

Field, energized it, and popped it into your hologram making it appear absolutely real. There was no accident or mistake. Whatever you've experienced and are experiencing now was brilliantly designed and popped into your hologram to perfectly support you in playing The Human Game exactly the way you wanted to play it—*no matter how you'd judge or label it from your old perspective*. It deserves to be appreciated for all its magnificence! You can create anything you choose once you move deeply enough into Phase 2, but first you must appreciate what you've already created. If you don't appreciate what you've already created, why would your Expanded Self support you by creating more "stuff" you won't appreciate either? If you don't appreciate what you've already created, it's like putting a dollar into the slot machine and getting nothing back. Why do that when you can get three dollars back instead?

KEY POINT

It's possible and very easy to fully appreciate what you already have, even if you may choose to create something else at another time.

By the way, just as a sidebar before we conclude this chapter, do you think it's any accident that the term *appreciation* is used in the traditional financial community to describe an increase in value in an investment or portfolio? As part of Phase 1 in The Human Game, we hide clues to The Truth all over the place but make sure we don't "see" them. If you make the leap into Phase 2, you'll see clues like that everywhere and find it quite amusing and fascinating.

When you're ready to receive The Process—the crown jewel that you'll combine with appreciation to reclaim your power from the patterns/eggs you've installed in The Field to limit the flow of financial abundance to yourself, turn the page to begin Chapter 10.

CHAPTER

10

Putting Your Foot on the Gas

*Sometimes a person has to go back, really back—to have a sense, an understanding, of all that's gone to make them—before they can go forward.*¹

—Paule Marshall, Poet and Writer

*Life is one-tenth Here and Now, nine-tenths a history lesson. For most of the time, the Here and Now is neither now nor here.*²

—Graham Swift, *Waterland*, Vintage

In the previous chapter, by moving into the practical side of the Busting Loose Process and discovering the magic of Appreciation, you jumped into the driver's seat and buckled your seatbelt in preparation for a fast and wild ride into Phase 2 of The Human

Game. To expand on that metaphor, it's time to put the key in the ignition, start the car, put your foot on the gas, and start accelerating toward busting loose from The Money Game.

In this chapter, you'll be discovering the second, third, and fourth treasure hunting tools, including *The Process* that was designed to support you in reclaiming power from the eggs in The Field that have been limiting you (including financially). It's the crown jewel of the Busting Loose Process. The Process is the accelerator that rockets you out of Phase 1, into Phase 2, and out of The Money Game, completely and permanently. It's the most extraordinary tool I've ever developed or experienced. Being able to apply The Process is what all the preceding chapters and puzzle pieces have been building to and what you ultimately came to this book to receive. However, as you'll see, an explanation of The Process would not have made any sense and you wouldn't have been able to apply it without the foundation of the other puzzle pieces that were delivered in previous chapters.

Applying The Process to reclaim power is easy. It's also a lot of fun once you get your feet wet and become comfortable with it. Like learning any other new skill, however, it may feel strange and awkward at first. Let me make one point clear before we continue. As the Infinite Being that you really are, you have the power to snap your fingers and instantly have all your power, wisdom, and abundance back. However, that's not how Phase 2 of The Human Game was designed to be played. It was designed to be played so you'd reclaim your power, wisdom, and abundance one piece at a time so you could savor each returning piece—and the expansion it creates for you—like you'd savor a fine wine, a fine meal, a great play, or novel.

Because of your limiting experiences in Phase 1 of The Human Game and your frustration with them, it's understandable that you'd want all your power, wisdom, and abundance back instantaneously, especially when you get a taste of what's possible in Phase 2. I felt that way too when I first entered Phase 2. However, you must understand that it doesn't work that way—nor would you want it to. If

you entered Phase 2 and instantly reclaimed all your power, wisdom, and abundance, it would be the equivalent of scheduling the Super Bowl between the Denver Broncos and the Seattle Seahawks, getting all the players, coaches, referees, support staff, and fans at the stadium and having millions watching on television worldwide, then having the referee snap his fingers and say "Okay, the Denver Broncos just won 37 to 10. You can all go home now."

The players don't want to go home. The coaches, referees, and support staff don't want to go home. The fans don't want to go home. Everyone wants all four quarters of the game to be played, no matter what ups and downs might be experienced, how difficult the playing might get, or what the final outcome is. The players want to play because they love the game. Well, as a player in The Human Game, you don't want to go home the minute you enter Phase 2 either (even though part of you might say you do). You want to play because the Real You loves The Human Game.

The Process is used to reclaim your power from the limiting eggs you created and installed in The Field in Phase 1. Power is hidden inside *all* your creations, inside everything you see and experience in your hologram, inside every aspect of what you call your daily life. However, the greatest amount of power is hidden where you feel discomfort. As you now know, who you really are is an Infinite Being who's in a constant state of joyfulness, peace, and unconditional love for everything and everyone. As such, it's impossible for the Real You to have discomfort of any kind. It's *impossible* for the Real You to feel fear, anxiety, embarrassment, shame, anger, or anything else you'd label as a *negative* emotion.

The only way you can appear to feel discomfort is if you create a pattern in The Field, add an enormous amount of power to it, pop the illusion of it into your hologram, and convince yourself it's real. And the more discomfort you feel, the more *negative* you feel, the more intense the *negative* emotions are, the further away from who you really are you pushed yourself, the harder you had to work to convince yourself the illusion was real, and the more power you had to use to pull it off. Therefore, to support you in reclaiming the

greatest amount of power from the most strategically placed eggs in The Field, your Expanded Self will activate patterns that pop extremely uncomfortable situations into your hologram for you to experience and apply The Process to.

As we discussed in Chapter 2, from the moment you were born, you began hiding your tremendous power, wisdom, and abundance from yourself and convincing yourself you were the complete opposite of who you really are. You also convinced yourself most of the hiding places were so painful, dangerous, scary, and deadly that they had to be avoided at all costs. You convinced yourself if you “went there” something horrible would happen—you’d die, lose yourself, lose your marriage or kids, be shamed or embarrassed beyond your ability to cope, whatever it is. You know what “don’t go there” emotions feel like because you’ve experienced them throughout your life. In Phase 2, your Expanded Self will take you back to those places, keep you absolutely safe, and support you in reclaiming your power from them.

Once you’ve applied The Process enough and reclaimed enough power, your hologram changes, then it changes some more, then the pace of change starts to accelerate, which is when it gets really exciting. As you reclaim more and more power and collapse more and more limiting patterns in The Field, the power, wisdom, and abundance that’s your natural state starts shining through more and more, and your life becomes more and more “miraculous.”

Here’s how it works. Your Expanded Self guides you to the scary eggs and pops them open so you can feel the power in them—the power you had to put there to keep the illusion of limitation in place. While the eggs are open and the power is available, your Expanded Self then guides you to apply The Process to reclaim as much power as is desirable at that moment. Remember, the goal is not to get all your power back instantly, but over time. Each time you reclaim power, you expand and more becomes possible for you. Each time you reclaim power, you change as a person. One expansion leads to the next that leads to the next in a chain reaction that ultimately dynamites and collapses the “limitation

machine” you built in Phase 1. That’s when you bust loose from The Money Game.

I’m now going to explain how to apply The Process. Please keep in mind a very important point: There’s a core structure to The Process, and there are guidelines for how to work within that structure. The core structure must be respected each time you apply The Process. If you don’t respect the core structure, it won’t support you in reclaiming power. However, the guidelines for working within the structure are just that—guidelines—and you have a lot of freedom and wiggle room to modify them to your liking. In short, there’s no one way, best way, rule, or magic formula for how to apply The Process. Like everything in The Human Game, it must be customized for your unique needs as a unique Infinite Being on a unique mission.

I’ll highlight the core structural components for you and share the guidelines I’ve developed for myself, my clients, and students, then I encourage you to follow the lead of your Expanded Self as you evolve The Process for yourself, play with it, experiment, and make it your own. That’s what I did. What I do now and what I did when I first started applying The Process are very different. I’m now going to give you an overview of the steps for applying The Process, then we’ll discuss each step in detail. Remember, it will all start with experiences being popped into your hologram that cause you discomfort—perhaps great, perhaps minor.

An Overview of The Process

When you experience discomfort of any kind:

- Dive right smack into the middle of it.
- Feel the discomfort energy fully.
- When it reaches a peak of intensity, tell The Truth about it.
- Reclaim your power from it.

- Open up more and more to who you *really* are.
- Express appreciation for yourself and the creation.

The key here is to apply The Process *each time* you feel discomfort, especially as it relates to money and finances. That means if you feel discomfort *because* the stock market drops and with it the value of your portfolio. Or you feel discomfort when you get an unexpected *bill*. Or you look at a *price tag* for an item in a store or the *prices* on a wine list in a restaurant, or a per-night *rate* for a hotel stay, or whatever it is and you wince or say “That’s too expensive.” Or you feel discomfort as you have experiences and ask yourself questions like these:

- “Can I afford that?”¹
- “Should I buy that?”²
- “Would it be prudent to buy that right now?”
- “Do I really need that right now?”
- “What would my spouse think if I bought or did that?”

KEY POINT

If you feel any form of discomfort at all, you apply The Process.

Step 1: Dive Right Smack into the Middle of It

The tremendous power that’s disguised as discomfort is very real and very tangible. You can feel it. You might experience it as a gigantic vibrating ball of energy. You might experience it as feeling like a hurricane or tornado of energy. It might feel like a whirlpool or vortex of rushing water. It doesn’t matter how you experience it. We’re all different and have different ways of experiencing emotions, energy, and power. Just notice what’s there for you. Whatever your experience of the discomfort is, in *Consciousness*, you dive right into the

middle of it (or run or walk or jump or whatever action works for you). However you choose to do it, fully immerse yourself within the discomfort energy. In the beginning, it will be easier if you apply The Process with your eyes closed. Later, it won’t matter and you’ll be able to do it on the fly, even while engaged in conversation with others.

Step 2: Feel the Discomfort Energy Fully

Once you’re fully immersed in the discomfort energy, feel it as fully as you possibly can. Just feel it, the intensity, the waves, the raw power in it, whatever it feels like for you. If you can escalate the intensity and allow yourself to feel even more of what’s there, do it because the more you feel, the more power you can reclaim. I say this because in Phase 1, many of us create a dynamic where we automatically decrease the intensity of all our emotions before we allow ourselves to feel them. For example, the true intensity of the emotion might be at level 100, but we knock it down to level 60 before we allow ourselves to feel it because that feels safer. Therefore, in that example, there would actually be 40 additional units of power available we’re not generally consciously aware of. You have the opportunity to reclaim power from all the available units when you apply The Process. If you feel comfortable doing it, do it. If you don’t, no big deal. You can go back and get the rest of the power later.

KEY POINT

Just feel the energy of the discomfort as much as you’ll allow yourself to. No thinking, no logic, no intellect, no judgment, no labeling. Just *feel* it.

The intensity you feel, no matter how you might judge or label it, is your power. It’s who you really are. It’s what you had to put in the egg/pattern to pop that experience into your hologram and convince

yourself it was real. If you get to the point where you feel like you're going to be overwhelmed by the energy, you can stop, but I invite you to stretch yourself. The feelings of danger are just an old trick you used in Phase 1 to keep yourself away from your power. You can ignore the trick—completely safely—if you choose to. Your Expanded Self is always protecting you and keeping you safe and would never give you more than you can handle, no matter how it appears.

The core structural component of step two is feeling the feelings as fully as you possibly can. *How* you do it, what you see, feel, hear, and create for yourself in the experience is all up to you and you can evolve and change what you do over time. As I've explained, there are no rules or formulas for anything in Phase 2 of The Human Game.

Step 3: When It Reaches a Peak of Intensity, Tell The Truth about It

As you immerse yourself in the discomfort energy and feel it as fully as you possibly can, you'll notice the energy reaching its own natural peak of intensity—or you'll notice yourself reaching the limit of how much you're willing to feel in that moment. Trust yourself on knowing when the peak or your limit has been reached. Resist the Phase 1 temptation to get overly analytical and beat yourself up by saying something like this to yourself, "I have to find the perfect peak point, and if I miss it I screwed it up and I'm an idiot." You just do your best and trust your Expanded Self, especially at the start. It'll get easier as you apply The Process more and more.

When the intensity reaches its peak, you call it what it really is, which means you tell The Truth about it. What does that mean? You affirm who you really are, how powerful you really are, that you created it, it's not real, just a creation of your Consciousness. To do that, you must come up with a phrase to describe the Real You that resonates with you and supports you in feeling as powerful and infinite as you possibly can. Following are some examples you can use

or adapt, or you can make up your own phrase. The words don't matter. How they make you *feel* is the only thing that matters. The first phrase is what I use. It's a phrase that was given to me by Arnold Patent and I liked it so I use it. The others are examples of phrases my clients and students use:

"I am the Power and Presence of God."

"I am the Power of Infinite Intelligence."

"I am the Power of Pure Consciousness."

"I am the Ultimate Power in the Universe."

Once you choose a phrase, and it may change and evolve over time, you then add your affirmation of The Truth after it and expand the phrase. For example, this is what I say in step three of The Process:

"I am the Power and Presence of God creating this. It's not real. It's completely made up. It's a creation of my Consciousness."

The core structural component of step 3 is telling The Truth about your creation and whatever appears to be causing it. You must tell The Truth about it and really *feel* the truthfulness and power of the words you use to describe it. Why? Because throughout Phase 1, you lied to yourself about it. You told yourself the illusion was real, it was scary, it had power and you did not, and those lies locked you into limitation. When you apply The Process, you must reverse that trend and call it what it really is. How you do it, what words you use, and how you use them is up to you.

Step 4: Reclaim Your Power from It

After you tell The Truth about your creation, you then simply reclaim your power from it by affirming it using words like this: "I reclaim my

power from this creation NOW!" Those are the words I used at the beginning of my Phase 2 journey. However, I later added the following wording to that first sentence: "As I reclaim that power, I feel it coming back to me." (And I really feel it "flowing" back to me.) Then I say, "I feel it surging through me." (And I feel it surging through me.)

Reclaiming the power in step 4 is a critical step in The Process, especially at the start. Steps 5 and 6 are also important, and will become more and more important as you move more deeply into Phase 2, but as you'll see, they may take some time to master. If you follow steps 1 through 4, you *will* reclaim power and your hologram *will* change.

Step 5: Open Up More and More to Who You Really Are

In step 5, you open up to The Truth and Power of who you really are, and you really feel it. I call this *feeling the Infinite Energy*. For purposes of discussion, suppose you chose to use the same description I do for who you really are: "The Power and Presence of God." You must then learn to cultivate the feeling of really *being* that—the feeling of actually *being* infinitely powerful, infinitely wise, and infinitely abundant. You start by asking yourself questions like these, "What would it feel like if I had infinite power, wisdom, and abundance? What would it feel like if I could just snap my fingers and anything I wanted instantly manifested? What would it feel like to be in absolute joyfulness and peace all the time?"

The way I was able to cultivate and expand those feelings was by repeating the following phrases to myself, over and over, and feeling, really feeling, the Truth and power of them:

I am the Power and Presence of God creating everything I experience, everything.

There's no power out there, not in anyone, not in anything.

I am in Infinite Abundance, right here, right now.

Infinite power to create anything I want.

Infinite knowledge and wisdom.

Infinite feelings of joyfulness and peace.

Infinite feelings of unconditional love and appreciation for all my creations.

Infinite supply of money to express appreciation with, right here, right now.

There's no magic to it, but as I say those words, I also raise my hands and arms, palms up, so when I'm at the end and saying "right here, right now," my open palms are above my head. For me, the feeling of rising movement as I feel the power expand within me is supportive.

Now, in your present state, you don't know what it actually feels like to be an Infinite Being who possesses all the qualities I just listed. You don't remember what the Infinite Energy feels like. So, you do your best at the start with full confidence that your capacity to feel the Infinite Energy will expand over time. If you use words like I did, they may seem empty and hollow at first. That's okay. Say them anyway. If you use another strategy to feel the Infinite Energy, it may feel weak at first. That's okay, too. Just do your best and resist the Phase 1 temptation to beat yourself up for not doing it perfectly, for getting "better" too slowly, doubting yourself or The Process. Your goal is to be able to feel the Infinite Energy on command—and you *will* get there if you commit to playing in Phase 2 of The Human Game. And remember, you're not alone when you do the Phase 2 work. Your Expanded Self is always there with you, helping you and supporting you perfectly at all times.

KEY POINT

In the beginning, everything may sound like empty words. That's okay. Say them anyway and feel them as much as you can. Over time, they become more and more and more real to you—naturally.

Coming back to The Process, after you affirm that you've reclaimed the power from your creation in step 4, you then open up into the Infinite Energy and immerse yourself in it. Here's what I say—and feel—as I do it:

“As I feel the surge, I feel myself expanding more and more into who I really am. I feel myself expressing more and more of who I really am in my hologram, in my Human Experience . . . I AM the Power and Presence of God. I AM in Infinite Abundance, right here right now.”

KEY POINT

You must always really *feel* The Truth behind the words you use!

Then, while immersed in the Infinite Energy, in *Consciousness*, you replay the experience that triggered the original discomfort. If you still feel any discomfort as you experience the scene again, merge the discomfort energy into the Infinite Energy and let the discomfort dissolve into the Infinite Energy. Replay the scene as many times as you feel moved to and merge it into the Infinite Energy until you can replay it, and feel only the Infinite Energy.

Step 6: Express Appreciation

In the sixth and final step, you take a look at the “movie scene” you created to stimulate the feelings of discomfort, and you appreciate how magnificent that creation was, how amazing you had to be to create it, and how amazing it is that you could actually believe it was real when it was really just smoke and mirrors. In essence, you want to say and feel “WOW!” about the creation you just reclaimed power from and bask in the why of that wow and in all your magnificence. I call this “The Wow Effect.” Therefore, at the end of applying The Process, you're in an extremely joyous and expanded state.

Making It Work

Does this seem too simple? If so, the reason is it's not just about what you're doing. You're applying The Process side-by-side with your Expanded Self who is leading you to the eggs, popping them open for you, and helping you take the power back from them. That's how The Human Game works. In Phase 1, your Expanded Self did everything in His/Her power to keep you away from your power. In Phase 2, He/She does everything in His/Her power to help you reclaim it and expand. By applying The Process, over time, you drain the power from the eggs that have been limiting the flow of financial abundance to you. You also dissolve the beliefs, judgments, and consequences stored in them.

Does The Process seem confusing or overwhelming to you? If so, it won't after you start using it for a while with the help of your Expanded Self. I've taught The Process to thousands of people all over the world. It always takes some practice, but everyone “gets it” quickly and then evolves it over time to make it their own. You will too! The toughest parts, from my experience (and they may be easy for you since we're all different) are finding the courage to dive into the discomfort the first few times when it still appears scary, fully appreciating a creation you previously judged, and learning to cultivate the Infinite Energy to open up to at the end. However, all of it will come in time with just a little practice.

Here are the guidelines for applying The Process again for easy reference and review. When you hit the peak of intensity with any discomfort you feel, you dive into the heart of the discomfort and say:

“I am _____ creating this.” (Fill in the blank with the description you chose.)

“It's not real.” (Really feel the meaning of the words.)

“It's completely made up.” (Really feel the meaning of the words.)

“It's a creation of my Consciousness.” (Really feel the meaning of the words.)

"I reclaim my power from this creation NOW."

"As I reclaim the power, I feel it coming back to me." (Feel it.)

"I feel it surging through me." (Really feel it surging.)

"As I feel the surge, I feel myself expanding more and more into who I really am, expressing more and more of who I really am in my Human Experience. I am _____." (Insert the description you chose.)

Fully appreciate how amazing you had to be to create this and convince yourself it was real, how amazing the creation was, and how beautifully it served you in Phase 1.

Let's now go through The Process with a specific example. Feel free to create your own example as we go along if the one I share doesn't work for you in terms of bringing up discomfort. Suppose you take your car to the shop for routine maintenance, and the service rep tells you there's a serious problem you must resolve immediately. She also tells you it will cost \$2,500 to repair. Further suppose that in the illusion, you've convinced yourself you don't have enough money in your checking account to *pay* for the repair. As the service rep tells you the "good news," you tighten up and feel fear or another form of intense discomfort.

At the moment you feel the discomfort in the situation, in *Consciousness*, you dive right into the middle of the discomfort and feel it as fully as you can. Allow it to reach its natural peak or your personal feeling limit in the moment. When you feel the peak, you say your equivalent of my words and *really feel them*:

"I am the Power and Presence of God creating this. It's not real. It's completely made up. It's a creation of *my* Consciousness, and I reclaim my power from this creation NOW." Then you pause briefly and continue, "As I reclaim the power, I feel it coming back to me." And you pause to feel it coming back to you, however that feels to you. "I feel it surging through me." Then you pause to feel the surge. "As I feel it surging through me, I feel

myself expanding even more into who I really am, expressing even more of who I really am—_____, " as you feel yourself opening up into The Infinite Energy.

Then, in *Consciousness*, you replay the scene where the service rep told you about the \$2,500 repair. If you feel any discomfort as you replay it (and you may or may not), take that discomfort and dissolve it into the Infinite Energy and repeat that step until there's no more discomfort. Then bask in the Infinite Energy for as long as you feel so moved. Then appreciate how amazing it was that you created the illusion of a car, a problem with the car, a repair shop and the service rep, the illusion of you not having the money to *pay* for it when your abundance is infinite, and that you convinced yourself it was all real when none of it was. You appreciate yourself as the Creator, you appreciate the creation, and you appreciate the value you received from it (which in this example would be the Phase 2 opportunity to reclaim power and reaffirm The Truth).

That's it. That's The Process. After you get comfortable with it, depending on the details in the "movie scene" that triggered the discomfort and the personal choices you make in applying The Process, the whole thing can take as little as a minute or as long as you choose to extend it. It ultimately becomes quick and easy. It doesn't take hours or your entire day. And, as I mentioned, applying The Process is actually quite a fun and joyous experience you'll actually look forward to. I do as do all my clients and students who apply it.

If I'm at home and by myself and I feel discomfort, I apply The Process with my eyes closed while reclining in a meditation chair I have in my home office. If I'm engaged in conversation with other people, say at dinner or a party, and I feel discomfort, I look away and apply The Process, or I look down and touch my fingers to my forehead like I'm deep in thought, or I excuse myself and go to the restroom to apply The Process there. You'll figure out how to do it in various situations. It's not hard and just takes some common sense and practice.

KEY POINT

the moment.”

You don't always have to apply
The Process “in the heat of

Even though it ultimately becomes quick and easy to apply The Process, there will still be times when you'll decide it's not convenient or possible to do it in the heat of the moment when the discomfort gets naturally triggered. That's fine. If that happens, you have two choices:

1. Defer it and apply The Process later, when it is convenient, by simply replaying the trigger scene in Consciousness, re-creating the feelings of discomfort and applying The Process to them then.
2. Ignore the opportunity to reclaim power and know that it will return another day.

There's an additional application of The Process I want to share with you that you're going to love. Sometimes, when you feel discomfort, you just feel a vague, unfocused sense of discomfort. At other times, something gets popped into your hologram which causes you discomfort but also sets off a very specific chain reaction of responses in your mind: “Oh no, if this happens, that will happen, then this, then that, then that, then . . . Ahhhhhhh!” And you find yourself imagining a *disaster* being the ultimate outcome of the chain of events.

For example, as I mentioned in the Introduction, after having had the experience of crashing and burning financially once, when I created the illusion of money appearing to disappear from my accounts again many years later, I created a chain reaction in my mind like this: “If money keeps pouring out like this with no income, I'm going to go through all my cash reserves. Then I'll end up losing my dream home, having to pull the kids out of private school, and having to fire my loyal employees. I'll be shamed in our community and with our friends, shamed with my father and shamed among my

writing, speaking, and teaching peers, I'll go into a deep depression I'll never recover from. . . .”

If you experience a chain reaction of *loss* like that, or you find yourself experiencing deep fear about any specific *disastrous event* taking place, even if there isn't a long chain of events preceding it, imagine the entire disaster scenario playing out in *Consciousness*. Take it through to its logical and *disastrous* conclusion. Then, when you experience the tremendous discomfort that results, apply The Process to it. By doing that, you'll support your Phase 2 journey in three ways:

1. You'll reclaim power from a gigantic egg or interlinked series of eggs.
2. Once the eggs are drained, the discomfort will be gone *permanently*.
3. By experiencing the *disaster* in Consciousness, there's no need for you to pop it into your hologram and experience it in more tangible form.

KEY POINT

Until you reclaim power from
an egg/pattern, it will continue
to *appear* real, act real, and have power over you.

It's very important to understand that having an intellectual *understanding* that something isn't real, is made up, is a creation of your Consciousness, and reclaiming power from it are very different things. That's why so many Phase 1 self-help, personal growth, success, and metaphysical techniques ultimately fail. Understanding isn't enough. Using techniques that attempt to manipulate the holographic illusion doesn't work either. You must actually reclaim power from limiting patterns in The Field in order to collapse them. While there may be another technique I'm unaware of, I know of no technique other than The Process that actually allows you to reclaim power from your Phase 1 limited creations.

The Process is the closest thing to a miracle I've ever experienced while playing The Human Game. If you commit yourself, patterns that have plagued you, caused you pain, and limited your finances and the flow of abundance to you will simply disappear from your hologram. Things that used to scare you to death will make you laugh. Things that used to automatically trigger you into anger, fear, embarrassment, frustration, feeling weak, or small, will simply be gone—poof—and you'll feel joyfulness, peace, and power instead. It's truly remarkable. Plus, as you'll soon see, you'll naturally open up to the infinite power, wisdom, and abundance that's your natural state.

I was speaking with my wife, Cecily, about this yesterday. She used to run a pattern where she'd create tremendous discomfort she called "emotional storms" that would scoop her up, spin her around, and she'd feel powerless to do anything about them. "I just did my best to survive it and wait it out since I knew it would blow over in an hour or a couple of days," she said. After entering Phase 2 and having The Process on her tool belt, whenever a storm came, she wasn't helpless. She wasn't at the mercy of the storm. She didn't need to wait it out. She just applied The Process and reclaimed the power from it. She knows that as she reclaims more and more power, the storms will come less and less, then stop altogether.

In Phase 2, discomfort is just a flashing red sign that says, "There's power here! There's power here! Come get me! Come get me!" So you go get the power and magic happens!

KEY POINT

In Phase 1, you want to make *bad feelings* go away. In Phase 2, you say "bring them on" so you can reclaim your power from the limiting eggs you installed in The Field.

Even though there are five more chapters in this book and our journey together isn't over, I'd like to suggest that you take some time as soon as possible to get your feet wet by applying The Process.

You may be feeling discomfort about something this very minute—a *bill*, *problem*, or *issue*. Or maybe something new will get popped into your hologram later today or tomorrow. The sooner you start applying it, getting comfortable with it, and customizing the guidelines I gave you for your unique situation, the more effective it will be for you and the more power you'll reclaim.

We'll be discussing The Process again in the chapters that follow, but it's now time to discuss the other two treasure hunting tools you'll use to play in Phase 2 of The Human Game.

Tool 3: The Mini-Process

As you move into Phase 2 of The Human Game, you'll notice two scenarios unfolding related to money and finances (and other creations unrelated to money):

1. Experiences that cause you to feel discomfort
2. Experiences that don't cause you to feel discomfort but point the way to limiting eggs in The Field

When you feel discomfort, you apply The Process. When you don't feel discomfort but you see limitation at work, you apply the Mini-Process. To distinguish between the two, if you look at your checking account statement and feel uncomfortable because the balance seems so low, you apply The Process to it. However, if you see your checking account statement, look at the balance, and you *don't* feel uncomfortable (because it seems "big" or "enough" or however you'd label it), you apply the Mini-Process. Why? Because your checking account isn't real, the deposit and withdrawal numbers on the statement aren't real, and the balance isn't real, so you know you're looking at a limited creation, an illusion. You want to take the opportunity to reclaim your power from it and reaffirm what's True to support you in busting loose from The Money Game.

KEY POINT

In Phase 1, you told yourself over and over, *ad infinitum*, “money is real, the checking account is real, the numbers are real, The Money Game is real.” In Phase 2, you reverse the process and repeat to yourself over and over, “It’s an illusion, it’s an illusion, I’m creating it, I’m creating it,” as you reclaim your power from it.

The Mini-Process is the same as The Process except you don’t dive into the discomfort as step one because there isn’t any discomfort there. So, you simply follow the remaining steps:

1. “I am _____ creating this.” (Fill in the blank with the description you chose.)
2. “It’s not real.” (Really feel the meaning of the words.)
3. “It’s completely made up.” (Really feel the meaning of the words.)
4. “It’s a creation of my Consciousness.” (Really feel the meaning of the words.)
5. “I reclaim my power from this creation NOW.”
6. “As I reclaim the power, I feel it coming back to me.” (Feel it.)
7. “I feel it surging through me.” (Really feel it surging.)
8. “As I feel the surge, I feel myself expanding more and more and expressing more and more of who I really am in my Human Experience. I am _____.” (Insert the description you chose.)
9. Fully appreciate how amazing you had to be to create this and convince yourself it was real, how amazing the creation was, and how beautifully it served you in Phase 1.

If you’re short of time or are looking at numerous limited creations simultaneously, you can abbreviate this from time to time by only doing steps 1 through 5. However, the more you do, the faster

you’ll accelerate through Phase 2 and toward busting loose from The Money Game. The key structural component here is to look at all limiting illusions in your hologram (especially the financial ones), tell The Truth about them, and reclaim your power.

Tool 5: Empowering Vocabulary and Self-Talk

As part of The Money Game, we have numerous ideas, concepts, and words that are used to reinforce the illusion of financial limitation. To complement the use of Appreciation, The Process, and the Mini-Process in Phase 2, you want to modify your vocabulary and self-talk to support your ever-growing expansion and opening to your natural state of Infinite Abundance.

Therefore, you want to watch your conversation and self-talk carefully and transform all ideas, concepts, and words like the following by replacing them with a Phase 2 alternative as suggested next—feeling the Truth and meaning of the new wording as much as you possibly can as you do it:

Phase 1 Term	Phase 2 Replacement
Cost	Request for appreciation
The Bill	The request for appreciation
Expense	Expression of appreciation
Overhead	Fixed monthly expressions of appreciation
Price	Requested expression of appreciation
How Much?	What is the requested appreciation for this creation?
Payment	Expression of appreciation

On and on. You get the idea. Just like with applying The Process, the Phase 2 alternative wording may feel empty or fake at first, but it will become more and more real the more you use it and the deeper you move into Phase 2.

Let's get real for a minute. If you go into a store, bank, or restaurant, or speak to a friend or spouse who knows nothing about Phase 2 or busting loose from The Money Game, they'll think you're nuts if you use Phase 2 phrases like I suggested. That's where self-talk comes in. If you're in a situation where you must use Phase 1 wording when speaking to someone else, then simultaneously remind yourself of The Truth and feel The Truth in your own thoughts and feelings. This may seem minor or nit-picky, but in Phase 2, we're all about draining the power out of financially limiting eggs—not adding more power to them or keeping the status quo. Changing your vocabulary and self-talk supports that goal beautifully.

When you apply the four treasure hunting tools—Appreciation, The Process, the Mini-Process, and Empowering Vocabulary and Self-Talk, day in and day out, amazing things start to happen. To discover what applying the tools looks like, exactly how to apply them on a daily basis, and what to expect as you apply them on your journey toward busting loose from The Money Game, turn the page to continue with Chapter 11.

CHAPTER

11

Busting Loose

As soon as you trust yourself, you will know how to live.¹

—Johann Wolfgang Von Goethe,
Poet and Dramatist (1749–1832)

Wow, we've come a long way together, haven't we? You now understand how Phase 1 and Phase 2 of The Human Game work. You understand the science underlying my model and the mechanics of how you create everything you experience in the total immersion movie you call life. You also have all the treasure hunting tools you need to bust loose from The Money Game.

In this chapter you're going to discover how to combine and use the four treasure hunting tools in your daily life. I'm also going to start discussing what to expect as you begin using them. Then, in Chapter 12, I'll share numerous stories from my own life and the lives of clients and students to illustrate what Phase 2 living can look and feel like (but remember that you'll custom design your own Phase 2 experiences).