

AN OVERVIEW OF “THE TEACHINGS” SHARED BY ROBERT SCHEINFELD

We’re living in extraordinary times. Times filled with unprecedented levels of opportunity and challenge.

A True “Teaching” must provide support for these times.

It must be simple, practical and actionable now — not after decades or lifetimes of work. It must be available to all, without prerequisites, exclusivity, or secrets.

It must embrace all of what I call “The Human Experience” or “The Human Story” without ignoring, judging or suppressing anything.

It must open a gateway into a consistent experience of:

- TTrue Prosperity And Abundance
- TTrue Happiness And Inner Peace
- TTrue Spiritual Awakening (if that’s also desired)
- Ultimate Freedom

A TTrue Teaching must use the experiences of your daily life as raw material, without requiring you to withdraw from the world — physically, mentally, or emotionally.

In this mini-eBook, you’ll find a *brief overview* of a Teaching that meets those criteria. It is not intended to be complete, and it’s expected you’ll have many questions when you’re done reading. Should you wish to get them answered, I’ll show you how you can go deeper at the end.

The Teachings were brought to my awareness through an unusual, and often excruciatingly painful journey that lasted several decades. Additional details about my personal journey and story are available on my website:

<http://www.robertscheinfeld.com>

My style as Teacher and Coach has always been, “Been there, done that ... to a very deep level from personal experience ... then pop up and share what I discovered and experienced.”

As a result, The Teachings have changed, expanded, and transformed as my journey unfolded.

The Teachings have been specifically designed to aggressively challenge the “status quo,” what you’ve believed to be True -- about prosperity, abundance, happiness, inner peace, spiritual awakening, and freedom -- and to expand your view of who you really are, what your life is really about, what you’re really capable of, what’s really possible for you, and where you’re *really* headed in your life.

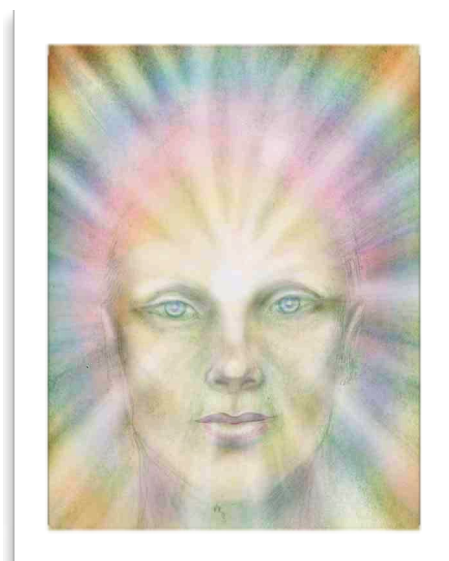
Therefore, don’t be surprised if various forms of mental and/or emotional resistance surface as you read.

Words are hopelessly inadequate when it comes to describing **The Truth**, so the words I choose to use here are pointers only. You’re invited to resist the temptation to take my words here too literally or too seriously.

The basic premise and metaphor The Teachings build from is simple. Who you really are is a “Infinite Being” – a Magnificent Spiritual Being who lives in a constant state of limitless Power, Abundance, Wisdom and Joy.

Besides Infinite Power, Wisdom, Abundance, and Joy, Your “Natural State” includes an unlimited desire to play, explore, and express Yourselves creatively. A popular phrase for describing this is "We are Spiritual Beings having a physical experience."

From this moment forward, I’ll refer to who you really are as “You,” and who you think yourself to be as “you.” In The Teachings, I call the Infinite Being you *really* are "Expanded Self," “Consciousness” and “True Creative Essence” -- depending on the context.



Whenever I capitalize words that aren’t normally capitalized, I’m doing it to highlight

The Truth versus the lies, illusions and stories we believe to be True.

Coming from the Infinite state I just described, You decided you wanted to play, explore, and express Yourself creatively by participating in a game called "The Human Game."

When I use the term "game" I mean any activity that's done by choice and provides the opportunity to play, explore, be challenged, be entertained, and express one's self creatively.

Therefore, from that perspective, sports are games, writing is a game, painting and sculpting are games, watching a movie is a game, mountain climbing is a game, etc.

You may have a belief that The Human Experience must be a lot more serious or significant than a game, but as a metaphor, comparing The Human Experience to a game is very useful, as you'll see if you choose to go more deeply into The Teachings.

Like any other game, The Human Game has its own set of unique rules, regulations and structure.

I'm fond of comparing the mechanics of creating and playing The Human Game to the making of a movie and often call The Human Experience a "Total Immersion Movie Experience."

I'm a big fan of the *Star Trek* TV show and movie series. In *Star Trek*, there's a concept called "The Prime Directive." The Prime Directive is a core principle that guides the actions of the crew of the Starship Enterprise as they explore space.

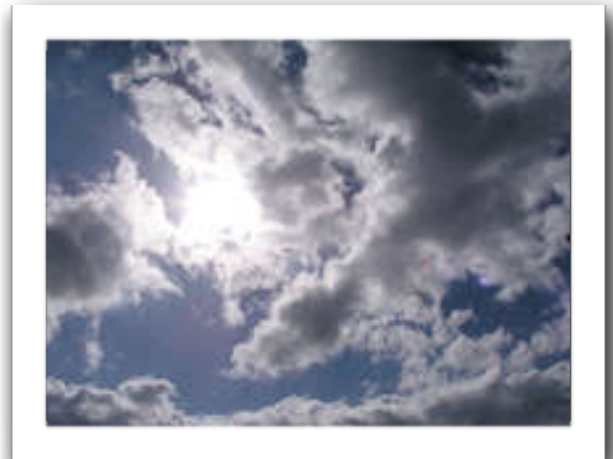
The Human Game has Prime Directives too. In "Phase 1" of The Game, the Prime Directive is to fully explore the experience of limitation and restriction – to play with and explore what happens when you limit Infinite Power, Infinite Wisdom, Infinite Abundance and True Joy that's The Natural State of The Real You.



As a result, The Human Game is designed to be jam packed with all sorts of limiting and restrictive experiences, ideas and concepts.

Concepts like death, poverty, loss, fear, pain, shame, struggle and sorrow have been created in The Human Game like hurdles on a running track that present limitations and tremendous opportunities to play, explore, and express creatively.

I often use the metaphor of the sun and clouds to reinforce this idea. The sun is the equivalent of who you really are. Cloud cover is the equivalent of everything that blocks you from Experiencing **The Truth** (even if you know about it intellectually).



The opportunity, then, is for you to:

1. Begin playing The Human Game as an infant
2. Experience the building of large, dense layers of cloud cover as you grow up
3. Play with and explore limitation and restriction for as long as You wish to
4. Re-Discover **The Truth**
5. Knock out the cloud cover
6. Continue playing The Game, but in radically different ways
7. Living and breathing **The Truth**, 24/7, no matter what's going on around you or inside you

These ideas are discussed in many other teachings (old and new), but it's looked at VERY differently in The Teachings available through my sphere of influence.

The process of rediscovering **The Truth** about yourself and The Human Story and knocking out cloud cover is what I call playing in "Phase 2" of The Human Game.

To play most games, you must have players. The Human Game works the same way. Players take the shape of who you think of as yourself, parents, siblings, relatives, neighbors, teachers, friends, bosses, enemies, associates, strangers, etc.

The role other players play in your Human Game is very similar (but also very different as you'll see within The Teachings) to the roles actors play in the making of a movie, fictional characters play in novels, and characters play in video games.

That is, they say and do what the “script” tells them to say and do to support the perfect unfoldment of a unique story.

Since who you really are is an Infinite Being, in order to play The Human Game, you must use all Your Power and Creativity to wipe out every last trace of memory of who you really are and Your Natural State.

Again, that idea has been shared in other teachings, but key components of The Truth behind it have generally been left out or distorted.

Key Point:

If memory or awareness of The Truth of who you really are surfaces in Phase 1, it must remain at the idea, conceptual and intellectual level ... and never become a consistent Experience.

To play The Human Game in Phase 1, You must create the Illusion of splitting Yourself into two parts:

1. Infinite Being or “Consciousness” or “True Creative Essence”: Who you really are. The part of you that remains invisible, “managing” all aspects of The Human Game from behind the scenes
2. Player: The part of you who totally immerses himself/herself in The Game and doesn't remember who he/she really is or what's REALLY going on. The Player is the part of You who's reading my words right now. It's who you've always thought yourself to be.

Words get tricky here, but it's important to understand that while the Player and The Real You seem and appear separate, they're actually one Being that's unified at a very deep and profound level. The apparent separation is all an illusion created by "sleight of hand" in Consciousness.

As I shared, part of "the forgetting process" that's required to play The Human Game, You choose to begin The Game by taking the form of a helpless, tiny infant. That's no accident and it's deeply symbolic and significant.

Once you're "born" (and in some cases while you're still in the womb prior to being born), you start having experiences, or you start participating in what I call "unfolding stories," that ultimately convince you you're the opposite of who you really are.

I explained that the point of Phase 1 of The Human game is to explore limitation and restriction -- to explore, that is, an experience that's opposite to who you REALLY are.

So, since You're Natural State includes Infinite Power, varying degrees of powerlessness will be explored in Phase 1 - by design.

Since Your Natural State includes infinite Wisdom, varying degrees of being not-wise will be explored in Phase 1 (not wise meaning there's so much you don't know that you must learn, making "mistakes," being ignorant, etc.) - by design.

Since Your Natural State includes Infinite Abundance, varying degrees of being not-abundant will be explored in Phase 1 (not abundant meaning a lack of abundance, including money, ups and downs, successes and failures, etc.) - by design.

Since Your Natural State includes True Joy, varying degrees of being unhappy and non-joyful will be explored in Phase 1 - by design.

We struggle with all these "opposite of why we really are" experiences day-in and day-out, but few people realize they're all part of The Grand Design for Phase 1 -- and that they provide extraordinary opportunities for who you really are to play, explore and express Itself creatively.

Many games are played on a field, course, court, or board of some kind. The same is True for The Human Game where the playing field is called “Three dimensional reality” or “The Universe.”

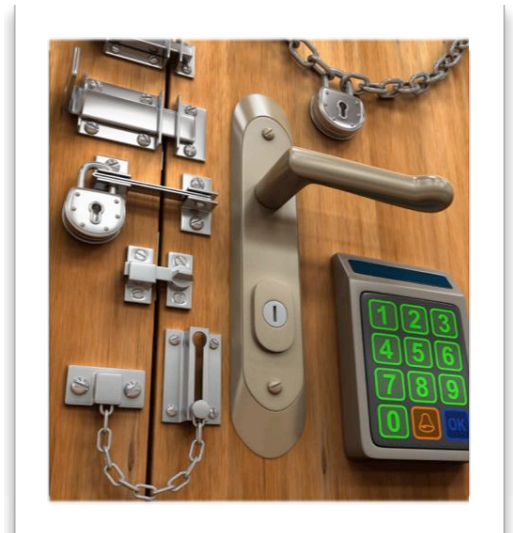
In addition to being convinced you’re the opposite of who you really are in Phase 1, you must also be convinced that the playing field is real -- and that it has tremendous power over you.

In the popular success, self-help and psychological literature, that convincing process is often called “programming” or “conditioning.”

Once the convincing and forgetting is complete, in order to actually play The Game in Phase 1, The Truth must remain hidden or kept out of reach until the time comes to enter Phase 2 of The Game.

You could look at it this way. Imagine The Truth of who you really are and The Natural State is a jewel. In Phase 1, you must create an elaborate security system to keep you away from it, and set off alarms if you start getting close to it – like a jewelry store or museum might create to protect their valuable objects.

If you’ve been a frustrated “Seeker Of Truth,” it’s important to see that keeping you away from The Truth was done intentionally. It was The Design of The Game.



The “failure” to find, live or Be what you’ve been seeking was not “your” personal failure, or the failure of the teachers, gurus, mentors or coaches you embraced.

After playing within and exploring limitation and restriction in Phase 1, there is the opportunity (but not the requirement) to move into Phase 2.

At that point, there is the opportunity (but not the requirement) to begin a quest to re-

discover The Truth, and reclaim a direct Experience and direct Knowing of the Infinite Power, Wisdom, Abundance and True Joy that is Your Natural State.

As I explained, who you really are, The Natural State, and The Truth are the equivalent of the sun. Cloud cover is the equivalent of everything blocking you from Knowing or Experiencing it.

Therefore, it could be said that in Phase 2, you go deep into the cloud cover, systematically undermine its structural integrity, and ultimately knock out huge chunks of it.

Once you knock out enough cloud cover, and the sun of who you really are starts shining through, immediately and automatically.

Everything then transforms in your daily experience (inside and out), in radical and permanent ways.

Key Point:

If you don't enter Phase 2, and you don't actually knock out the cloud cover, nothing significant will ever Truly change for you. That's why so many personal and spiritual development approaches fail to produce True or lasting results.

Key Point:

I found a way to gain access to the cloud cover. I created a set of tools that can be used to drill tunnels through it, poke holes in it, and ultimately knock out huge chunks of it (metaphorically). That's what makes The Teachings in my sphere of influence so unique and so radically transformative.

After knocking out as much of the cloud cover as your unique journey includes, you then have the opportunity (but not the requirement) to enter Phase 3.



At that point, playing The Human Game is actually Experienced as an extraordinary adventure. It was always Experienced that way by the Real You, but in Phase 3, it's Experienced and Perceived that way by you too (among many other “benefits”).

I am playing in Phase 3 at the time of this writing.

I also refer to playing in Phase 3 as “Experiencing Ultimate Freedom.”

Many people who discover The Teachings notice the following question appearing in their minds:

"Why would Consciousness/True Creative Essence want to experience being opposite to it's Natural State and play a game like The Human Game you've just described?"

Why does anyone play any game?

Who made up football, basketball, golf, soccer, chess, or Monopoly?

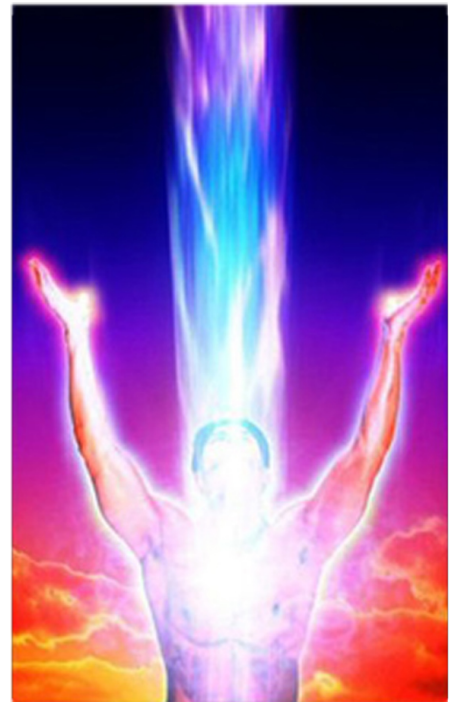
Who made up all the crazy rules, regulations and structures that go along with the games we play?

Why did they do it?

Why would someone willingly choose to leave their warm and comfortable home to experience the pain, hardship, and risk of death involved in a "game" like climbing a massive mountain like Mt. Everest?

The answer to all these questions, at their core, is “For the sheer fun, challenge and exhilaration of playing, no matter how difficult it seems at times.”

The same is True for who you Really Are!



Who you really are, Consciousness, True Creative Essence, is a wonderfully adventurous spirit, ever eager to play, explore, and express Itself creatively.

The Human Game of limitation is no big deal to The Real You. The real big deal is hiding and forgetting The Truth so you can play!

This question may also have appeared in your mind:

"Why would Consciousness/True Creative Essence choose to experience such horrors as abuse, sickness, poverty, struggle, starvation, maiming, rape, murder and death?"

The Real You sees no horror in any of those experiences. The Real You knows it's all just a Game being played in Consciousness, an extraordinary story unfolding in Consciousness -- similar to the experience we have watching movies, TV shows, reading great novels, or playing video games.

The Real You knows all your experiences are just what I call "total immersion movie" experiences – and that they only seem real and horrible to those who are totally immersed within them and convinced they're real.

Key Points:

Don't be surprised if a lot of "resistance" to what I just said is swirling through your mind. It's to be expected.

Should you choose to go more deeply into The Teachings, you'll have the opportunity to prove the accuracy and Truthfulness of this for yourself -- beyond the shadow of nay doubt.

When we talk about the Creative Power wielded by The Real You to play The Human Game in Phase 1, Phase 2 and Phase 3, we're talking about Power beyond anything you can imagine right now.

We're talking about the Power to create absolutely anything – any person, any place,

any thing, any experience inside or outside of you.

True Omnipotence.

So where in the world do You hide power of that magnitude? In the only place capable of handling it: within the human experience itself – right inside all the limiting and restrictive experiences that compose The Human Game.

Let me give you a few examples. In The Natural State, You're in a constant state of True Joy. In The Natural State, You can't *feel* anything else. However, while playing The Human Game, *you* would say you feel sadness, sorrow, depression, anger, fear and a host of other "negative emotions."

How can that be?

It can "be," because to make Phase 1 of The Human Game possible, The Real You takes Its True Joy, creates the illusion of splitting it into "positive" and "negative" emotions, then invests tremendous power convincing you those "polarity" illusions are real.

It's really quite an extraordinary accomplishment that I describe in detail in The Teachings. I also go into great detail on the "why" behind the creation of the illusion of positive and negative emotions.

Most people think the way to "feel better" is to make the negative emotions go away, and bring in positive emotions, or enhance the ones already present.

But that's not True.

True Happiness, True Joy, is experienced when the illusion of positive and negative emotions is Seen Through and dissolved, which The Teachings show you how to do.

As another example, when playing The Human Game, many people experience what would be *called* neglect, loss, poverty, tragedy, and abuse.

As we've discussed, The Real You has the power to create anything It could ever want or imagine – instantly. Therefore, it's not possible for The Real You to Truly experience neglect, loss, poverty, tragedy or abuse.

What *is* possible ... to support playing in Phase 1 ... is to create the illusion of such experiences and convince you the illusions are real!

We lead our lives seeking “happiness” and doing our best to avoid events and circumstances that would be “painful.” Inevitably, however, our lives are filled with the very conditions we try hardest to avoid.

The more we play by "the rules" we were taught for playing The Human Game, and the more we try to avoid "painful" conditions (whatever they may be), the more we seem to experience them – and the more out of control and powerless we feel.

That's all part of what Phase 1 of The Human Game is all about ... by Design!

Even though The Human Game may seem excruciatingly painful at times, The Real You, is reveling in the sheer joy of playing – and if you enter move into Phase 2 and then Phase 3 of The Game, you can experience everything the same way!

Think of it this way. J.K. Rowling is the author of the Harry Potter books, which I often use as metaphors in The Teachings.

In the seven part book series, a lot is experienced by the characters in the story - poverty and abundance; happiness, sorrow and fear; support, loyalty and betrayal; birth and death; battles between good and evil, etc.

While the story was being written, J.K. Rowling was experiencing True Joy, playing, exploring, and expressing herself creatively. She experienced everything the characters did, but in a VERY different way.

As we discussed, throughout Phase 1, The Real You must keep yourself from remembering who you really are in order to stay and play The Human Game. To

maintain the myth of limitation, The Real You creates a "voice" within you that discourages any attempt to go near the hiding places of your True Power, Wisdom, Abundance and Joy.

That voice tells you to avoid this or that, warns you of impending "danger," scares the hell out of you if you try to peel back the illusions or “disguises” to see what’s *really* going on.

I call that voice “The Mind Machine.”

That voice is your diligent, constant companion, ever vigilant in preventing you from Seeing, Knowing and Experiencing The Truth. That is, until you're ready to begin playing the Phase 3 Game.

It's very supportive to acknowledge the presence of the voice The Real You created for you, and to recognize and appreciate the role it plays – and has played – in your life.

Like a novelist knows “just the right time” for things to happen in a story, The Real You knows when it’s time for you to re-discover The Truth, and regain a direct Experience of your Infinite Power, Wisdom, Abundance and True Joy.

It won’t surprise you to hear that “the time” is different for all of us. So, The Real You guards the hiding places of Truth, and keeps your security system in place, until your time comes.

Key Point:

Many Players find their way to me when their “time” comes!

When your time comes, The Real You displays the same diligence and consistency in supporting you to find and reclaim your “Infinite-Ness” and a direct and consistent Experience of The Truth as I did hiding it.

Once you really “get” that You chose to play The Human Game and experience the limiting and restrictive events and circumstances you’ve had to date, you can then look

at your life through a different lens and begin to See the brilliant and miraculous ways The Real You hid The Truth from you so you could play the extraordinary Game called The Human Game.

If there's a history of poverty and neglect in your life, for example, you can see that those experiences were *what was required* to help you play the Human Game the way you wanted to play it in Phase 1.

We can all look at the things in our lives that seem to keep re-occurring (despite our best efforts to prevent them) and see they're precisely what was required to pull off "The Phase 1 Miracle."

Giving up the "victim" role may be the hardest part of transitioning into Phase 2 and Phase 3. It sure was for me!

Many Players are really attached to the concept of blame, the desire to have *someone else* fix them, or the belief that they're "too far gone" and "un-fixable."

In most games, there's a clear signal when changes or shifts are made. In football, there's half time. In baseball, the innings change. In golf, there's a new hole to be played.

So it is with The Human Game.

No matter what experiences You chose to have while playing The Game, from what's viewed as the most negative to the most positive, whether from rags to riches, or riches to rags, whether fame and fortune, or infamy and disgrace, when your time comes to enter Phase 2, You orchestrate experiences so that you say, "Wait a minute! Something's wrong here. There has to be more to this. There must be more going on than what I'm seeing!"

Getting to that point with some "oomph" in the seriousness of your desire to See and Experience The Truth opens the door to Phase 2, your opportunity to start re-discovering The Truth, and ultimately to live in Phase 3.

That's also when you begin to entertain the possibility that you can actually *Experience* that Truth of who you really are as you stay "here" and continue playing The Human Game in Phase 3.

As you move through Phase 2, you're given a Guided Tour, as if on a gigantic treasure hunt, to the places where You hid The Truth through the biggest lies, illusions and stories -- so you can See The Truth about them, experience that Truth, and regain a direct Experience of who you really are.



Returning to The Natural State while remaining here and playing The Human Game is an amazing experience that can't be adequately described in words!

The clues on the treasure hunt are obvious and numerous. Each experience you have in Phase 2 is in complete and perfect support of you remembering who you really are. For instance, if you have an experience that angers and confuses you, it's precisely in the anger and confusion you re-Discover and re-Experience The Truth.

Look at your life. Are there "dark" places you taught yourself to stay away from? Places that really scare you? Places you've trained yourself to stay away from at all costs? Those places are precisely where The Real You hid your Infinite-Ness!

If asked, nearly every Player would say he or she would like to experience more happiness, abundance, freedom, joy, peace, fulfillment, satisfaction, etc. To really experience such a transformation, however, it takes a massive commitment to move beyond lies, illusions and stories about yourself, others, and the world.

The willingness to view ... and Experience ... your life from a totally new perspective can be daunting, especially if you think it's safer to keep the status quo in place. In other words, a desire for an understanding of The Truth is a lot different from the absolute commitment to Experiencing it!

Many Players have reached the point where they want to make their life "better" – and they feel embracing the "Spiritual" side of life can enrich them with increased wealth,

happier relationships, greater peace of mind, improved health, etc.

Tapping into the so-called “Spiritual” side of life can help create *the illusion* of improving your quality of life. That’s fine. Nothing wrong with that.

However, for those who want to go all the way, who want to reach a True pinnacle of what’s possible while playing The Human Game by entering Phase 3, it takes a big commitment.

It takes a commitment to examine everything, hold nothing sacred or off limits, and trust The Real You (even when it's tough to do so).

It takes a commitment to acknowledge, accept and appreciate the Power and Magnificence of who you really are, and the “miracle” You pulled off in Phase 1 – convincing yourself you were the opposite of who you really are in an illusory world that’s real.

Is this your “time”? Do you have a serious desire to begin a journey into and through the cloud cover into Phase 3 of The Human Game? If so, I can help.

If your answer is “Yes!” the next steps for to take can be found here:

<http://www.robertscheinfeld.com/teachings/>

Be sure to join my email list if you haven’t already so we can stay in touch:

<http://www.robertscheinfeld.com/general-email-list/>

By the way, feel free to share this mini-Ebook anywhere and with anyone you feel moved to.

Warmly,

Robert

Robert Scheinfeld

