

A BRIEF OVERVIEW OF ROBERT SCHEINFELD'S "MODEL" FOR EXPANSION AND TRANSFORMATION

In this document, I will give you an introduction and brief overview to what I call the "Busting Loose" or "Phase 2" or "Phase 3" work and Model which is my passion and focus. That work is specifically designed to challenge you to totally 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.

The premise is simple. Who you really are is what I call an Infinite Being – a magnificent Being who lives in a constant state of limitless power, abundance, wisdom and joyfulness.

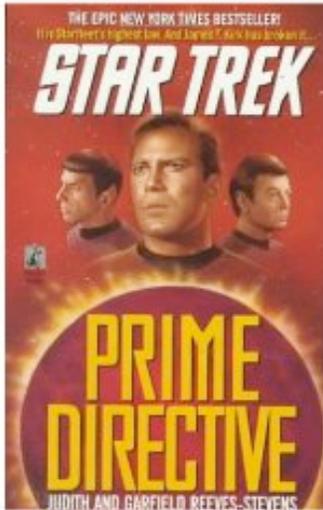
Your natural state is also one of having an unlimited desire and ability to express yourself creatively. A popular phrase for describing this is "We are Spiritual Beings having a physical experience." I call who you *really* are, your Infinite Being self, your "Expanded Self."

Coming from the expanded and infinite state I just described, you decided you wanted to play a game – for the sheer fun, pleasure and challenge of playing. That game is called "The Human Game" and it's a game that's played entirely in Consciousness – in "the mind" of your Expanded Self if you will. I realize you may believe that The Human Experience is a lot more serious than a game, but as a metaphor, comparing The Human Experience to a game is a key component of The Model this document is sharing with you.

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



and structure which I'll discuss in a moment. I'm fond of comparing the mechanics of creating and playing The Human Game in Consciousness to the making of a movie and often call The Human Experience a "Total Immersion Movie Experience."



I'm a big fan of the TV and movie series called *Star Trek*. In that show, 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 a Prime Directive too. It's to fully explore the experience of limitation and restriction – to explore what happens when you limit the unlimited power, infinite ability to express creatively, infinite wisdom, and abundance that's your natural state.

As a result, The Human Game is designed to be jam packed with all sorts of limiting and restrictive ideas and experiences. Concepts like death, poverty, loss, fear, pain, shame, struggle and sorrow have been created in The Human Game like hurdles on a track.

I often use the metaphor of the sun and clouds to reinforce this idea. The sun is the equivalent of who you really are, and the clouds are the equivalent of the limiting and restrictive ideas and experiences that block you from experiencing your natural state.



The opportunity, then, is for you to play The Human Game, experience severe limitation in the creation of Consciousness called "3 Dimensional Reality," then eventually jump over the hurdles and back into full awareness – and a direct experience – of your True infinite nature.

To play a game, you must have "players." The Human Game works the same way. Players take the shape of who you think of as “yourself,” plus parents, siblings, relatives, neighbors, teachers, friends, enemies, associates, etc.

The roles other Players play in your Human Game are very similar to the roles actors and actresses play in the making of a movie. That is, they say and do what your “script” tells them to say and do – to support you perfectly in playing your Human Game exactly the way you want to play it.

Since who you really are is an Infinite Being, in order to play The Human Game, you must use all your power, creativity and consciousness to wipe out every last trace of memory of who you really are, how much power you have, how much wisdom you possess, and your natural state of infinite abundance. As a result, to play The Human Game, you must create the Illusion of splitting yourself into two parts:

1. Your Expanded Self: Who you really are with all your power, wisdom and abundance – the part of you who manages all aspects of The Human Game from behind the scenes.
2. The Player: The part of you who totally immerses himself/herself within the illusion of The Human Game and doesn't remember who he/she really is or what he/she is capable of. 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 Expanded Self feel and appear separate, they're actually one and the same Infinite Being that's united at a very deep and profound level. The apparent separation is all an illusion created by what you might call "sleight of hand" in Consciousness.

As part of "the forgetting process" that's required to play The Human Game, your Expanded Self chooses the form of a helpless, tiny infant who's totally dependent on conditions outside its control to begin The Human Game.

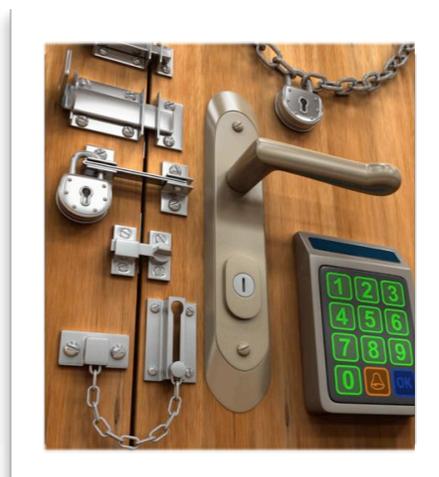
Once you (the Player) are born (and in some cases while you're still in the womb prior to being born), your Expanded Self starts creating experiences that begin the process of forgetting, limiting and restricting you. In the popular success and self-help literature, this process is often called programming or conditioning.

From the moment you're born, you actually begin hiding your tremendous power,

wisdom and abundance from yourself, and convincing yourself you're actually the complete opposite of who you really are. You also convince yourself those hiding places are so painful, dangerous, scary and deadly that they must be avoided at all costs.

The process of forgetting, limiting and restricting yourself is what I call "Phase 1" of The Human Game.

You could look at it this way. Imagine The Truth of who you really are, and all your power, wisdom, abundance and True Joy, 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 started getting close to it – like a jewelry store or museum might create to protect their valuable objects.



It's vital at this point for you to understand that your Expanded Self, your Infinite Being self, has been responsible for the creation of every experience you've had in your life. Most people believe that outer forces or influences shape our experiences, and that we're at the mercy of powers and conditions beyond control.

That's simply not true. Our Expanded Selves choose and create absolutely everything we experience – *down to the smallest detail*.

After having the limited and restrictive experiences in Phase 1 of The Human Game, your Expanded Self starts nudging you into Phase 2 of The Game. At that point, you begin to feel "incomplete," like you're missing something. You start looking for answers and a higher meaning to your life. You may have been curious to know The Truth before, but now there's an urgency, a need.

At that point, you begin a quest to re-discover The Truth and reclaim the infinite power, wisdom, abundance and True Joy that's your natural state. Returning to the metaphor of the sun and clouds, I call this process "knocking out the cloud cover and expanding."

Once you knock out enough cloud cover, and the sun of who you really are starts shining through (and transforming everything in your daily experience), you enter what I call "Phase 3" of The Human Game. At that point, The Human Game really becomes an extraordinary adventure for you. It always was to The Real You, but now it feels that way to you as the Player too.

In Phase 3, you live in a state of total trust in yourself, experiencing incredible joy, unimaginable peace, infinite abundance, and unconditional love for yourself, others, and the experiences you choose to create. At that point, as the old adage goes, "You are *in* the world but not of the world."

OK. Let's step back a minute and look at this from a different perspective. You may be asking yourself the following question:

"In general, why would anyone want to play a game like The Human Game as you've just described?"

Why does anyone play any game? For the sheer fun, challenge and exhilaration of playing, no matter how "difficult" it may seem at times. Who made up football, basketball, golf, soccer; or any other game – and why? Who made up all the crazy rules, regulations and structures that go along with all the games we play?

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

Who you really are is a wonderfully adventurous spirit, ever eager to expand Itself and Its experiences. The Human Game of limitation is no big deal to The Real You. The real trick of The Human Game is hiding and then forgetting all your power and wisdom so you can play!

You may also be asking yourself this question:

"To be more specific, why would some Expanded Selves choose to play The Human Game by going through such horrors as abuse, sickness, poverty, struggle, starvation, maiming, murder and death?"

Expanded Selves see no horror in any of those experiences. Your Expanded Self knows it's all just a Game being played in Consciousness -- similar to you watching a movie, reading a great novel, or playing a video game.

Your Expanded Self knows such experiences aren't real, that they're just made up to create a Game and a playing field on which to play it.

Your Expanded Self knows all your experiences are just what I call "total immersion movie" experiences – and that they only seem real and horrible to those who made them up, are totally immersed within them, and convinced they're real.

When we talk about the power of your Expanded Self, who you really are, we're talking about power beyond anything you can imagine right now. We're talking about the power to create absolutely anything – any experience.

We're talking about the ability to fully appreciate and love yourself, everyone else and everything else -- under all circumstances and conditions. We're talking about having a *direct experience* of absolute trust in the perfection of “The Universe” beyond just an intellectual understanding of that as a concept. We're talking about having a constant direct experience of the gentle, peaceful power of harmony, True Joy and beauty.

No concept of power you're familiar with in The Human Game comes even close to the infinite power and omnipotence your Expanded Self must hide to allow you to play The Human Game. All the forces of nature and man put together and multiplied a billion times are but a speck compared to the power you possess in your natural state.

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.



In order to create everything you experience in The Human Game, tremendous amounts of power and wisdom must be invested to make everything appear real and convince you it's real.

Let me give you a few examples. In your natural state, you're in a constant state of what I call True Joy. As an Infinite Being, you can't *feel* anything else. However, while playing The Human Game, you'd say you feel sadness, sorrow, depression, anger, fear and a host of other so called "negative emotions."

However, feeling such negative emotions isn't possible. Who you really are *can't* feel sad, depressed, angry, afraid, etc. The only thing you as the Player can do is create the illusion of such feelings and invest tremendous power convincing yourself that illusion is real. It's really quite an extraordinary accomplishment!

As another example, when playing The Human Game, many people choose to experience what they'd call neglect, poverty, tragedy, and abuse. In your natural state, you have the power to create anything you could ever want or imagine – instantly. Therefore, it's not possible for you to really experience neglect, poverty, tragedy or abuse. Again, the only thing you can do is create the illusion of such experiences and convince yourself the illusion is real.

As you know, as Players in The Human Game, we rarely if ever go “gladly” or willingly into “painful” experiences. You can therefore see that the illusions we create are VERY convincing!

Plus, as The Player "grows up," so grows the belief in the reality of the illusion. We lead our lives carefully negotiating around events and circumstances that would cause us to interact with any of these "painful conditions." Inevitably, however, our lives are filled with the very conditions we try hardest to avoid.

Your Expanded Self knows what's True and Real. You, The Player, however, is always confused. The more you play by "the rules" of The Human Game you've been taught and the more you try to avoid "painful" conditions (whatever they may be), the more you seem to experience them – and the more out of control and powerless you feel. That's all part of your Expanded Self's plan and what Phase 1 of The Human Game is all about.

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

Your Expanded Self must keep you, the Player, from remembering who you really are in order to stay and play The Human Game – in Phase 1. To maintain the myth of limitation, your Expanded Self creates a "voice" within you that discourages any attempt to go near the hiding places of your power and wisdom. That voice tells you to avoid this or that, warns you of impending "danger," scares the hell out of you if you try to pull back the illusions or “disguises” to see what’s *really* going on.

That voice is your diligent, constant companion, ever vigilant in guarding you from your real knowing and power. That is, until you're ready to know, when you begin playing the Phase 2 game. It's very supportive to acknowledge the presence of the voice your Expanded Self created for you, and to recognize and appreciate the role it plays – and has played – in your life.

Your Expanded Self knows when it's time to re-discover The Truth, and regain a direct experience of your infinite power, wisdom, abundance and True Joy – and it's different or all of us. So, your Expanded Self guards the hiding places of The Truth, and keeps your security system in place, until your time comes.

At that time, your Expanded Self displays the same diligence and consistency in supporting you to find and reclaim your “infinite-ness” as It did when hiding it. Again the process of reclaiming it is what Phase 2 of The Human Game is all about.

Once you really “get” that you chose to play The Human Game and experience the limiting and restrictive events and circumstances you have to date, you can then look at your life through different glasses and begin to see what your Expanded Self chose, and how you hid The Truth from yourself so you could play The Human Game in those specific ways. This is also where a coach can be so helpful.

If there's a history of poverty and neglect in your life, for example, you can see that such experiences were the choices your Expanded Self made 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 we came here to experience. We can also begin to appreciate the brilliance behind how it was all setup and worked so well for so long.

Giving up the "victim" role may be the hardest part of transitioning into Phase 2 and Phase 3 of The Human Game. Many people are really attached to the desire to have *someone else* fix them; fix the conditions of their lives; or somehow manipulate circumstances to make things "better."

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 Human 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, there comes a time when your Expanded Self orchestrates experiences so you, the Player, says, "Wait a minute; 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 and your opportunity to start re-discovering The Truth and ultimately living 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, and what you're really capable of as you play The Human Game.

When you reach that point, the role your Expanded Self played in Phase 1 changes. In Phase 2, your Expanded Self shifts His/Her message from fear and trepidation to confidence and trust. Your Expanded Self turns off the security system and shifts His or Her focus, 24x7, to pulling back the curtain on the illusion of The Human Game and letting you see – and experience – The Truth.

Your Expanded Self then takes you on a guided tour of who you really are, what's really going on, and exactly how you convinced yourself the illusion was real in Phase 1 of The Human Game.

Through that process, you're also led, as if on a gigantic treasure hunt, to the places where you hid your power and created the biggest illusions ("lies") so you reclaim your power, see The Truth about them clearly, experience that Truth, and expand back

into a direct experience of who you really are. Returning to your 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 that anger and confusion that your Expanded Self has hid your power.

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 your Expanded Self hid your infinite-ness!

If asked, nearly every soul immersed within The Human Game would say he/she would like to experience more abundance, freedom, joy, peace, fulfillment, satisfaction, etc. To really experience such a transformation, however, it takes a massive commitment to move beyond your limited belief systems about yourself and others, and busting loose from the power the illusions you created in Phase 1 appear to have over you.

The willingness to view one's 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 (which has been my life's work) can help create the Illusion of producing results like that. However, for those who want to go all the way; who want to reach the true pinnacle of what's possible while playing The Human Game; for those who want to "go for the gold," it takes a commitment like no other.

To take a quantum leap forward and actually "win" The Human Game, it takes a

commitment to trust your Expanded Self (even when it's tough to do so) and reclaim power from every limited belief system you ever created within The Human Game. 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 illusion that’s real.



And that’s just for starters!

There's no prescribed time or place for making a commitment like that and entering Phase 2 and later Phase 3 of The Human Game. Each Player has the opportunity to do it if and when he/she chooses.

However, it's supportive to know you can go for the gold, and you can "win" it.

Let me take a minute to clarify what I mean by "the gold." The term "the gold" in The Human Game is generally used in athletics as an accolade achieved when one individual (or team) "beats" another individual (or team) in a competition. The exact opposite is the true meaning of "the gold" as used here.

As it relates to The Human Game, "the gold" means entering Phase 3, getting to the point where you play The Human Game without limits or restrictions (except the ones you intentionally build into a game to make it fun to play). It means playing The Human Game with full access to your infinite power, wisdom, abundance and True Joy. There's no competition to do that. One doesn't win while another loses.

We all have the ability to "win" and will "win" when we choose to. I can't tell you exactly what getting the gold means for you or what it'll look like. Why? Because we're all different and it will unfold as your Expanded Self chooses and designs for you.

You don't "achieve" the gold. You don't somehow, through good works and being nice or persistent, "earn" the gold. You simply commit to a journey that takes you into absolute acceptance of what and who you really are, and what's really going on. You simply commit to opening to a direct experience of The Truth.

Thanks for investing some of your valuable time to read this overview.

Warmly,

A handwritten signature in blue ink that reads "Robert". The script is cursive and fluid.

Robert Scheinfeld
Founder