

TAKE BACK CONTROL OF YOUR LIFE

7 STEPS TO MASTERY



BY RONAN ROONEY

Introduction

If there is anything not quite right in your life?

If there were anything you would like to be different? If you are not living your perfect life then read on the answer is here?

There are three critical things needed to allow you to live the perfect life. In order to be totally successful in every area of your life and to be fully content all you have to do is choose to change each of them.

The three things are Conditioning, Thoughts and Energy.

So the first Step to Mastery is to make the choice to change, in the understanding and comfort and inspiration that another word for Change is growth, which is our natural state and the natural state of the Universe.

Then the next three Stages are Conditioning, Thoughts & Energy and then following on from this the way to infuse the change is contained in the last three Steps - Belief, Gratitude and Detachment.

By applying the principles of the 7 Steps To Mastery to my life combined with my meditation practice my life was transformed.

I successfully turned around a property company with huge losses in the midst of the worst property recession in world history defeating grief & depression and financial bankruptcy along the way.

So read on. The answers to all your questions on how to change your life to the perfect one for you are here...

Wishing for you your perfect life...



The 7 Steps to Personal Mastery are:

1. Change

Change is natural and inevitable. It is our normal state, which is required for growth. Choose to influence the change and growth in your life to be fully aligned to the life of your dreams.

2. Conditioning

Our conditioning affects our beliefs, which determine how we see the world. Choose to change your conditioning if it's not in line with how you want to live your life.

3. Thoughts

Your thoughts create your world. You are not your thoughts but the thinker behind the thoughts. Change your world by choosing to change the pattern of your thinking starting with your very next thought

4. Energy

Our thoughts, physicality and emotions are all energy. The physical world itself is energy appearing as matter. Choose to control the energy you allow in and project out of yourself to affect the energy around you.

5. Belief

Everything can be accomplished through belief. Believe fully in the change you wish to see in your life and watch it unfold. The stronger the belief the more rapid the manifestation.

6. Gratitude

This is one of the strongest emotions we have. Using the Law of Attraction the act of being grateful in advance for something draws it naturally to you.

7. Detachment

Surrender to uncertainty in how your intentions unfold. By detaching from the outcome you make space for an even more wondrous creation to occur than you might ever have imagined in your life.

So lets look at them now in more detail...



REFLECTION:

“The 1st Step To Mastery”

Before **YOU** can:

- Hope to see any changes in your life
- Get over the challenges you are currently faced with
- Begin to manifest your perfect world

YOU have to choose to change...

Are **YOU** ready to:

- Identify what is not right in your life?
- Breakthrough the obstacles in the way to this life?
- Learn the tools and techniques to create the life you wish to live?

Then strap yourself in, read on and enjoy the ride!

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1. CHANGE:

Change is natural and inevitable. It is our normal state, which is required for growth. Choose to influence the change and growth in your life to be fully aligned to the life of your dreams.

The very first step is to make the conscious choice that your life is going to change.

So many of us are scared of change and would rather stay in an uncomfortable place than take the chance on trying to change.

We are creatures of habit and what we know determines what we do. If we are not happy with where we are and we continue to use the same beliefs and habits that we have known and adopted in the past then the situation will remain as it is. It was Einstein that said the definition of insanity is “doing the same thing day in day out and expecting a different outcome!”

So if you are not happy with some aspect of your life you have to first commit to choose to change things.

Change is good, Change is healthy, and Change is our natural state. It is just another name for growth.

If your life is not as you would like it then in order to change it YOU have to change.

...and I can show you the way!

REFLECTION:

“The 2nd 3rd and 4th Steps to Mastery”

Having Now Made the Decision To Change the
Three Things You Need To Change Are:

Conditioning

Thoughts

Energy

Remember YOU have to choose to change...

Lets see the effects of changing these three...

2. CONDITIONING:

Our conditioning affects our beliefs, which determine how we see the world. Choose to change your conditioning if it's not in line with how you want to live your life.

We are conditioned from an early age by our parents, friends, teachers and society to think, act and believe in a certain pre conditioned way. We spend 9 months being minded, nurtured, cared for and then when we arrive into this world we are conditioned into life with pain.

Imagine our first introduction to life is the doctor applying a slap - a conditioning of pain. Can you see how right from the off we are being conditioned to believe that pain is a part of life and its tough, it's rough, it's hard, its crap.

How many wonderful people's lives have been wasted, sabotaged by someone they trusted telling them you will never amount to much.

- "You will never be successful."
- "You will never get promoted".
- "You will never meet the right partner".

You have to realise that's their fears, their insecurity, their failings, and their lack of knowledge but you have the power to choose to change that by not accepting it.

It's not just others who condition us. We condition ourselves to act, react and think a certain way as a result of past circumstances, situations and experiences. So if there are aspects of your life that are not as you would like then if you reflect honestly you will conclude that a lot of it is down to your conditioning.

Our Conditioning Contd.

- Stops us from going forward for promotions in our careers - deciding we are not good enough before we can even be considered.
- Frustrates us from meeting the right partner - thinking we are not worthy of love and happiness
- Quashes our dreams, ambitions and aspirations based on past experiences either ours or someone else's
- Programs ourselves to be offended when someone is not so nice to us
- Allows people take advantage of us because we have decided we deserves to be taken advantage of
- Forces us to accept second best rather than go for Gold telling ourselves 2nd place is better than the pain losing

So it's actually quite simple; your conditioning determines your beliefs, which in turn determine how you perceive of life and its circumstance, situations and experiences.

If your life is not as you would like it then make the decision to change it.

Change how you've been conditioned and recondition yourself in line with what is true for you.

You can choose to change by changing your belief structure, by taking control of how you interpret experiences, by not accepting how you have been conditioned to perceive experiences in the past. In doing this you change your future.

But remember you have to choose to change...

3. THOUGHTS:

Your thoughts create your world. You are not your thoughts but the thinker behind the thoughts. Change your world by choosing to change the pattern of your thinking starting with your very next thought.

Your thoughts create your world and you know what? You can choose your thoughts.

Don't underestimate the power of thought. Thoughts determine your reality.

It's true the power of thought is undeniable. It creates our world. Think for a moment that every discovery of the modern world from the light bulb to the airplane to the Internet was once a thought in someone mind and had to first be a thought before it could become a reality in the material world.

The thought patterns you have determine how you see the world. If you think you're going to have a horrible day, you will. If you think you'll never meet Mr or Mrs Right – you won't. If you don't think you will ever get that promotion guess what? You won't get it. If you think you can never get out of your financial difficulties – you won't!

This is because your mind set stops you from seeing opportunities, situations and circumstances that could alleviate all of the issues that are blocking you from your perfect life.

Your negative thoughts take you out of the game before you even put yourself forward. Even more than this, these thoughts send out negative energy that's picked up and attracts more negative energy, situations and circumstances giving you no chance.

We don't have control over the situations and experiences that we have in life but we do have total control over how we allow ourselves to interpret them. You have the power to change your thoughts, which in turn will change your world. Become aware of your individual thoughts and thought patterns and consciously make the choice and decision to change them.

Your thoughts do not control you - you control your thoughts. You are not your thoughts you are the thinker behind the thoughts.

There is a gap between thoughts and it's in this gap that pure potentiality and our true power resides. It is in this gap that you can create your world. The thought you just had is past, it's a memory and so you have no control over it. Your next thought is in the future, it is in your imagination and you don't have total control over the future. What you have total control over is the present moment, which creates the future. The present moment is all that's real. In the present moment you are in total control and it is your intention in this realm that creates your future world.

You can choose to change your next thought or the pattern of thought in the gap between thoughts. Start right now with your very next thought, consciously decide to choose a thought or thought pattern that is in line with where you want to go in life and how you want your life to be. It's a further reconditioning of your thought patterns from a pattern that doesn't serve you to one which does.

But remember you have to choose to change...

4. ENERGY:

Our thoughts, physicality and emotions are all energy. The physical world itself is energy appearing as matter. Choose to control the energy you allow in and project out of yourself to affect the energy around you.

Everything is energy, our thoughts, physicality, emotions all are energy.

Energy is everywhere, it's everything but we often don't manage our energies and so often allow others to take our energy away. We need to learn how to manage and control energy, whether it's the energy we are allowing in or projecting out of us.

So if everything is energy don't you think it makes sense to try to understand and sense all types of energy? But we don't. We totally embrace our Physical Senses and trust them fully to determine our reality. From time to time we acknowledge our Emotional Senses but almost never accept our Intuitive Senses.

We use our Physical Senses to determine our reality and as a result all we can ever hope to get is a Physical reality. There is so much more if we allow all of our senses including our Emotional and Intuitive senses to sense the other underlying energies that permeate the other layers of existence. Feelings, chance knowing, coincidences, synchronicity are all aspects of these realms.

Suppressing our Emotional Senses is detrimental to our health resulting in dis-ease. Avoiding our Intuitive senses stops us from utilising our greatest asset. You see the Intuitive Senses are beyond the intellectual realm and so are not affected by Conditioning. This means that the messages from our Intuition are purer and unaffected by past conditioning meaning we can trust them more than any other sense as indicating what decision or path is right for our greater purpose.

Don't underestimate the power of energy. We are all communicating at a deeper level than that of the Physical Senses. This is starkly evident when you enter a room and you can sense the energy, the people that are open to talking to you and those that are not.

Another example is stories of twins located in different parts of the world sensing challenging issues the other is faced with. Similarly, Mothers sensing their child in trouble or twins on opposite sides of the world sensing each other's pain is another example.

If we were all to be able to sense energies we would all continually know what was good for our bodies, know what actions to take, sense which path or direction to follow and ultimately recognise the sacred connection within and between all of us. The result would be Nirvana throughout the entire world because no one would ever hurt another because they would sense the divine connection in and between each of us.

You can change the Energy you allow into you and project out from you.

But remember you have to choose to change...

5. BELIEF:

Everything can be accomplished through belief. Believe fully in the change you wish to see in your life and watch it unfold. The stronger the belief the more rapid the manifestation.

We have all been reared and brought up with Faith. It's been conditioned and driven into us since we were born and stems from early traditions from religious routines, traditions and practices. Yet the more accurate term is Belief.

It feels as if its Faith in the outcome always has a niggling sense deep within that the favoured outcome being projected by this Faith is dependent on some external force stronger than us and outside of us. It's as if we have Faith but then again believe its conditional on following certain conditions like the commandments etc. "I have Faith that the outcome will be positive as long as I do right and honour my God and live by his commandments etc."

Belief however is something that comes from deep within us, which is also where the source of our existence or God also resides. We and God are one in the same, as is everyone and everything around us. And so when this Belief comes from within and from this Source it is not conditional or dependant on any other external influences or rules or laws - how could it be?

Fully believe that the vision you have for your perfect life will materialise and in this full belief allow and enjoy it unfold.

6. GRATITUDE:

This is one of the strongest emotions we have. Using the Law of Attraction the act of being grateful in advance for something draws it naturally to you.

“Thank you, Thank you, Thank you,” the strength of this is unimaginable. Then in correlation with the Law of Attraction the act of being grateful attracts the situation to match the gratification.

So if you're grateful to have met someone, or to have gotten that promotion or to have become financially abundant, then the universe delivers just that. This is something that has been proven by thousands of writers, teachers, and leaders. But the only way you can really experience its' authenticity is to give it a try.

It is important to realise that the opposite of Gratitude is Want. When you think of something you want you can sense that this energy is a dense heavier energy and as such weighs its manifestation down and actually pushes it away.

Then sense being grateful for having received the same thing and you sense a lighter more potent attractive energy, which attracts and brings the respective outcome closer to you.

7. DETACHMENT:

Surrender to uncertainty in how your intentions unfold. By detaching from the outcome you make space for an even more wondrous creation to occur than you might ever have imagined in your life.

We cannot truly accurately envisage the perfect outcome for our lives and reality because there is an underlying greater power beneath the material surface of this world. As a result we have to hold an intention rather than a want for a specific life or reality and its manifestation.

We are all intractably connected and so there are a myriad of interconnections, computations, permutations between everyone.

This is so vast that we could never understand the global knock on effects of our decisions and actions. Think for a moment statistically the vast array of permutations and combinations for multiple effects of various events, circumstances and situations and the knock on effects of different varying actions and reactions. The huge myriad of potential experiences is eternal.

Detachment is one of the most challenging yet powerful tools we have at our disposal. It is also a fabulous release as we hand over the future development to our intentions and a greater power. In addition all experiences whether enlightening or challenging are accepted as perfectly right for us and there is huge freedom in this.

It also attracts the perfect reality to us in a more natural way that transcends our intellect and moves closer to the true essence of the experience we were meant to experience in this life.

REFLECTION: “The Missing Ingredient”

That concludes the 7 Steps to Mastery.

If you apply all of this to you and your life you will create the life of your dreams but there is one more thing, which I have to share with you...

There is still one ingredient missing which will absolutely fuel, invigorate and speed up the manifestation of your perfect life.

Want to know it?

Turn the page!

MEDITATION...

I discovered meditation in 1997, which was first in the form of guided visualisations, and then in 2005 I discovered Primordial Sound Meditation, a Mantra based meditative practice, which has had a profound effect on my life.

Guided Visualisations are great for setting your intentions and visualising the life you want to live or the things you want to see manifest in your life. With Mantra meditation the Mantra has no meaning and so this helps you to go beyond the intellect and to bypass the conditioning that you have been exposed to. The result is a way to get to the real heart or true essence of you.

You see I realised that there is huge power in affirmations and visualisation but what's more important is to ensure you're following the right path for you. Conditioning has had a huge effect on us all so with that in mind wouldn't it be a waste if you focused all your intentions and affirmations to get to a place only to find when you got there that it wasn't really where you wanted to go to in the first place. The destination was affected by previous conditioning.

Before you follow any path you should first connect with your true essence and then make sure that where you are setting out to is really where you want to get to. You have to first find out what you really want and where you really want to go. Not what you ought to do or where others believe you should go but for your true essence the path that is right for just you.

This means going deep within beyond the level of conditioning and it cannot be at the intellectual level of the mind as this is where your programming resides it has to be at the level of the soul where your true you resides like a seed sown waiting to blossom.

A simple Mantra Meditation is the [So Hum Meditation](#). Its simple to do. Let me teach it to you.

SO HUM MEDITATION...

Instruction

- Find a quiet place where you wont be disturbed.
- Close your eyes and start to breathe deeply in through your nose and out through your mouth or whatever is comfortable for you.
- With each in breath repeat the word SO and with each exhalation HUM.
- Continue this for about 10 minutes.

Comment

- Thoughts will come up and as they do just shift your focus and attention back to the Mantra SO Hum.
- Because the Mantra So HUM has no meaning the intellect cannot attach itself to it allowing you to go beyond the conscious mind.
- Keep doing this and at some stage the thoughts will stop altogether and at this allows you to connect to your true un-conditioned SELF.

Results

The result will be found not in the midst of the practice but in your everyday life in the external world. You will begin to see things differently and have varied perspectives from what you historically would have had. You will begin to realise who you really are and will know if you are on track, on the right path or not.

This practice should be done daily and will absolutely advance the changes in your life to be more aligned with the perfect life for you.

Enjoy



CONCLUSION

In order to really and truly apply the 7 Steps To Mastery fully first go deep within using meditation to make a connection with your inner self the true essence of who you are. This is needed in order to confirm you are on the right path for the perfect life for you.

Then you, not your parents or friends or teachers or society, will realise what your best life really is for you.

Then make the decision to choose to Change. Change your Conditioning, Thoughts and Energy. Support, fuel and ignite this new conditioning then with Belief, Gratitude and Detachment.

So for you to live the life we were meant to live you must change your conditioning, you must change our thoughts, and you must change your energy. But above all else you must choose to change and embrace the uncertainty, which will unfold into the transformation of your life into the one that you deserve.

Using the 7 Steps to Mastery combined with my meditation practice I have experienced transformations in my business and personal life. I have turned around a loss making property business in the middle of the worst property crash in world history overcoming, anxiety, depression and financial ruin along the way.

I wish for you
your very best life...





RONAN ROONEY

Ronan Rooney is an internationally acclaimed author and speaker. He has been endorsed by Deepak Chopra and Robin Sharma as an author and by the Presidents of the Professional Speakers Association in Ireland and the UK as a speaker. He has an MSc in Consciousness, Spirituality & Transpersonal, Psychology and a BA in Philosophy & Applied Maths. Ronan is also a certified Chopra Meditation teacher and Transpersonal Psychology Coach.

He has presented in Ireland, the UK, Germany, Spain, US and Australia.

Ronan Rooney presents a clear understanding of the laws governing our world and determining our reality in a way that is easy to understand and apply to everyday life.

Deepak Chopra