

Conscious Business Mastery Activation Guide

#3 Master Your Inner Game

The inner game is what I reference as the inner playground, the one that's always with you. It's not necessarily in your brain, it's the energetic, non-physical membrane that separates you from your Source-ness.

It can be considered as your thoughts, beliefs, experiences – things that have occurred. It can also be the orientation to experiencing 'what is,' your perception. It's a network of fibers, with layers and multi-dimensionality of experience. The uppermost layer can be considered to be the filter through which you experience 'reality.' It can also be experienced as 'the filter.'

Reality is Flexible

Trying to discern 'reality' can be a perplexing experience and is where you can get stuck. Reality is fluid and the more that you explore the Inner Game perspective, the more you will experience the dynamic energy of it.

When duality arises you are in a playground of exploration. When you explore the Inner Game, the filter changes, and consequently, experience a different 'reality.' External reality changes, every time you choose a different setting on the bandwidth of possibility.

Your bandwidth of perception, dictates your bandwidth of possibility. The more fluid that you are in your inner world of perception, exploring and engaging 'what is', the more you realize it's ALL fluid. The more you realize that reality is flexible, the external becomes less important and yet manifests more powerfully because you are no longer filtering out the essence of who you are.

This Inner Game is really the primary game.

Abundance Arises All Around You

The whole adventure is to bring into being more of who you really are. Experiencing paradox is a sure signpost that you are in the playground of possibility. This is where the thin film, the layer, has dissipated and what keeps you from experiencing in your every day reality who you really are becomes less and less the dominant mode of your awareness. More and more who you are in your awareness, in your engagement of your every day world is this expansive being of flow, wonder and magical opportunity.

As you are THAT, more and more, your friends change, what you do for money changes, abilities surface and your world changes. There is NO need to achieve or succeed. Nothing's missing and there's more. In your own abundance, abundance arises all around you. Everything is abundant. It's about being the creative expression of life!

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Inner Game Limitations

There are specific inner game elements that hold you hostage and cripple your business. When you dive into these illusions, you free your energy and your inner world is liberated to do what it's masterful at...creating, musing you into being. Every opportunity to engage the illusions of the inner game is an opportunity to free yourself to be who you really are.

Upgrade to a Mastery Mindset, by considering if any of the following have your rapt attention:

1. Trying to Manifest Your Intention with your Current Mindset/Orientation

As Einstein said, "You can't solve the problem from the same level of thinking where it was created." It's no different with your inner game.

- The perspective of 'limited mind' – your thoughts, beliefs, experiences – is a catch 22
- Experiencing paradox liberates the bandwidth of duality

2. How big is your JAR? (Judgments, Assumptions, Resistance)

When your judgments, assumptions and resistance are what dominate your inner game, there's very little energy available to manifest, create, explore or engage. There's a lot of energy required to sustain these judgments, assumptions and resistance.

Every time you experience judgments, assumptions and resistance, it is an invitation to explore the potential contained therein. These 'stumbling blocks' are actual dormant potential, waiting to be engaged, explored and activated. Curiosity and wonder are the most appropriate responses.

2. Are you Enraptured with the Top 4 Inner Game Illusions?

- **You Are Not Enough.** Whether it's that you don't know enough, or you don't have enough experience, it is an illusion that keeps you from playing in your authentic playground.
- **Perfection Paralysis.** Perfection is a continuum, you can always make things 'more perfect.' This stops you from being in movement and bringing your ideas into being. Anything worth doing, is worth doing imperfectly.
- **You are alone/different.** Self separation is one of the oldest strategies in existence. Separate yourself from others, before they can reject you, this way you are safe from censure. You are only in isolation because you are not willing to be 'who you are.'

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- **Risk is Dangerous.** You could fail or you could succeed, then things would change, yes? Change is really the core issue here. The truth is that everything is always changing. Check out your physical body, the seasons, all of nature proclaims the sanctity and inevitability of change. Buck up!

3. Distinctions

- **Manage vs Navigate.** Controlling is not the most powerful use of your energy. It's best to move with the flow of your energy and navigate the pathway. Discern and choose how you move.
- **Personal vs Passion.** Your personal perspective will tap into the inner game elements and keeps you in a small playground. Being driven by your passion and the big vision moving through you will catapult you into an extraordinary playground.
- **Feel vs Sense.** Feeling taps into the judgments of a story and limits your ability to expand beyond your past experience. Remove the meaning, and the discomfort of feeling disappears. Instead tune into the experience with your senses, notice). Imagine that you are a reporter, capturing 'what is.'
- **Judge vs Notice.** Resist the urge to compare and judge. It always constricts the energy. Capitalize on your sensing ability and lighten up the judgment, just notice lightly.
- **Resist vs Engage.** You can block or push away what creates discomfort or you can engage it and be open to noticing. Once you notice what's possible, then open to partner with the potential to shift your perception.
- **Cost vs Value.** Instead of considering, "What will it cost me?" entertain "What value will it deliver?"

4. Mastery Mindset – Energy Upgrade

One of the primary practices to embody a mastery mindset and upgrade your energy is this practice of checking in and noticing. This is the key practice that creates shifts in your awareness.

Environments can be orchestrated so that you can navigate the Inner Game powerfully. Whether you partner one on one with a coach, or a power pal, or a mastermind group.

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- ***Mentor/Coach.*** Partner with someone who is on for your brilliance.
- ***Mastermind Group or Power Pals.*** Partnering up with someone else amplifies your ability to activate and embody your intention
- ***Hosting Community Events.*** Either connect or create to a community. One of the quickest ways to embody your work is to host a community.
- ***Writing Practice.*** Solo or in a Group; Morning Page Practice.

Resource:

[Journaling: Mind Dump or Evolutionary Tool?](#)

NEXT ACTION:

Pick one strategy and focus on it for the next 30 days. Come up with your Product or Service, clearly defined. Clear, focused energy is powerful creation energy!

AUDIOS/RESOURCES:

[Training Call](#)

[Q&A Call](#)