

# The Inside Track: Volume 1

By Peter Sage

My Dear and Amazing EMF and MC Family,

I'm writing to you from the inside of Pentonville, one of the toughest and most violent prisons in the UK. It's quite literally the perfect setting for what I have planned. Sorry it's taken a few days to get this to you, as I've spent a week settling in and getting things in place. Before we start, let me assure you that everything is amazing with me. I've never felt better and the river is winding perfectly. There's so much I want to share. By now you've probably seen the video which gives an overview of the things that led up to me coming here, so I don't need to give much more context, though needless to say it came so out of left field and against so many odds that it could only have been engineered on a higher level of the game and from a place I trust completely. It's not difficult to figure out, my mission has been clear and publicly stated for a long time: to help raise the global consciousness of humanity in a way that can make a lasting difference. That has to include, especially include, those who are at the bottom of the ladder when it comes to society. Well, careful what you wish for! Ha-ha. Seriously, I'm blown away sometimes by how the outer world arranges itself in alignment with what we ask for - good God! Though in this case, I have to doff my cap in utmost respect. I mean, what possible way could life manage to smuggle me into jail without ever being accused of a crime and to bring me out afterwards without still having a criminal record? Total genius. I feel like Sylvester Stallone in *Escape Plan*, though rather than test the prison security, I'm here to be a secret agent of positive change. It also offers a once in a lifetime opportunity to give you a window into my world as this journey unfolds, and give you a live demonstration of the real test and graduation event. Remember, theory does not cover the price of admission to the higher levels of conscious awareness. Read that again ☺ I therefore have a special invitation for all of you, but more on that later. Let me give you an overview of my first week and then we'll get into some key learnings and insights that relate to you and that you can learn from through the work I'm doing here.

Walking down the stairs after court to the holding cells, the first thing I noticed was how low the energy was around me. No real surprise. But being and feeling cheerful, I decided to see if I could make all the staff smile. It didn't take long. Although these people were used to angry and

complaining criminals, underneath they were just begging for permission to lighten up. It's a great reminder of how we judge people on their attitude, and then (usually) reflect back the very same attitude towards them, but then blame them for being negative. Then, it was time for me to go to Pentonville. A funny thing happened on the way. I was looking out the window and noticed a particular street we passed; it was run down with broken bottles, trash and homeless people and such. In that moment, I was reminded of a part of an interview David Hawkins had with Oprah, discussing one of my favorite books, *'Power vs. Force'*, when he said he saw a similar scene, but was struck by the raw beauty and perfection of 'what is'. It's on YouTube – a 20-minute radio interview and I'd encourage you to listen (search Hawkins and Oprah). But in that moment, boom - I really felt it too, somewhere between level 2 and 3, and a significant reminder that an event is just an event and that everything first just 'is', and then and only then, do we label it. You'll also see why I give a throwback to module 3 later on 😊 After arriving, I was checked in. As I was getting changed the officer said: "Are you a copper?" He said I was too calm and casual to be a con. I smiled but assured him I wasn't. Not the best label to be going in with LOL. I was put in a waiting room where I watched a few dozen or so inmates get checked in over around 3 hours. By this point, I'm already getting a strong sense as to why I'm here and how I can make a difference. It didn't take long before opportunities started to present themselves. One thing I'm grateful for from the background I had as a trainer for Tony Robbins for so many years is the fact we were trained to have a very high standard in sensory acuity; listening to the language patterns, body language, breathing patterns, pupil dilation, group dynamics and more. The point being is the amount of information that's available to most people, but is completely missed because we are either not looking, not aware, or busy focusing on our own egocentric agenda, or worse, judging them against our own model of the world. With that out of the way it was easy to see where people were at, i.e. those who were new; those who were repeat or serial offenders, and those who defined their identity through being in the system. One such man was Jamie. In his early 30s and already his fifth time inside as a self-proclaimed high-risk offender, was happy to use violence to keep himself in isolation because "he preferred not to share a cell". Like many in the waiting room, he held himself out to be a tough guy. He'd been transferred that day from another jail. He had a shaved head, black goatee, and was loud and opinionated as if he was challenging people to disagree with him. I listened, relaxed in my seat, observing the scene. It didn't take long for me to find the leverage and pick an opening. He was talking to another prisoner about how the food was bad, how he liked cooking and could do a better job. His dream one day was to own his own café or deli. He also mentioned his son, how upset he was (meaning angry) that the system had kept him from the kid that Christmas. I waited until he took a breath and casually asked: "How old is

your boy?" He broke his pattern and he looked over at me, saw I was sincere, and smiled (his first I'd seen) as he started telling me about his 3-year-old son, how he misses him, how it's the one thing he hates about his life inside, and how he feels he's letting him down. I concentrated on listening, as people can feel when they are really being heard, but also kept my peripheral attention alert to the rest of the room. After he finished, I came back with: "Well, imagine how proud he'd be of his dad after you got out of here and you started that deli, and despite what anyone else thought, showed him you can bounce back stronger from any challenge". He thought for a minute, and again, saw I meant it, then his face beamed and he said: "Wow, you think so?" I said: "Sure why not. Many people do it. It only takes a strong decision, and you look like the kind of guy who can stick with strong decisions". From that moment on, Jamie and I became friends and he helped guide me in some of the ins and outs of first time insiders. We also trained together a few times in the yard, where I kept watering the seeds of his dream.

By now it was getting late and I still needed to be seen by the doctor for the standard check-up before being given a bed for the night. I got to see him at about 10pm and he was a great guy. After ten minutes he said: "Do you mind if I ask you something?" I said: "Sure". He said: "Are you under cover?" I laughed and said: "No", and he said he'd never seen anyone so relaxed and happy on their first ever day in prison. I smiled and shared with him some of my thoughts as to why I was there. Luckily, he didn't prescribe me any crazy pills ☺ which I took to be a good sign. It was now 11pm and I got called out of the waiting room with another guy called Ali, an Asian guy from Bangladesh who looked like his world had fallen in. We were to be cellmates. We were taken to A-wing and shown our cell. I couldn't believe it. It was like they had given me my very own meditation room complete with bed and a loo. EPIC. We put on our sheets and Ali and I got chatting... Soon it transpired why he was so depressed. He'd been in court that day to be given a trial date for a minor assault charge and was expecting to go home and prepare for whenever the trial would be. Instead, the judge placed him on remand. He had no priors. While this in itself may not have been too bad, the problem was, Ali had spent most of his life's savings on getting married. The next day, talk about a kicker, I spent 3 days with Ali in our cosy room before I was transferred to D-Wing (non-smoking). Without taking up your time with all the weekend details, his parting comment made my magic moment list (oh yes, I've started an insider magic moments list, up to 15 as I'm writing this) when he said: "I came here thinking my life had fallen apart, now I'm convinced I came to prison just to meet you", I nearly cried (but that wouldn't have been great in here, so I didn't, LOL). We also made a deal. I've invited him to my next event, he invited me to his wedding.

By Monday it had become apparent that there were two main areas I could really make a difference with. The first is definitely new and first time inmates. The shock of going from a home to here must be hard for the vast majority of people and especially so if they have no mental and emotional tools to fall back on. Apart from my commitment to the mission, I feel really fortunate to have the kind of toolset and skills to deal with this as easy as I have, and as part of this journey for you I am going to delineate them so you can see exactly how they work, what they are, and examples of how you can use them in your own lives. But more on that later ☺ For first-timers such as Ali, the deer-in-the-headlights effect is nothing short of traumatic. There are of course some support systems in place, such as Samaritans and some trained inmates called 'listeners', but my experience coming through the system is they are not availed that well and none of the people I've spoken to here have ever used them, or even understood how to do so. It's fertile ground for re-inventing their mental journey, but first, one has to understand it. It's not hard to figure out or surprising, yet it could so easily be addressed. First timers tend to cycle through the following of what I've seen: shock, denial, despondency, depression, despair, anger (at the system, the judge, themselves, the world etc.), followed by long periods of thoughts of 'what if' and 'if only' scenarios. That cycle will take anyone who even has a remote chance of facing their circumstance in a positive way and lead them down a path of low-level conformity at best- or mental self-destruction at worst. There are many ways to address this. The first would be to provide or facilitate the awareness of an alternative choice of how to think, along with an elementary skill set on managing their own state. One thing is for sure, if they are left with just an auto-pilot reaction it will suck most into a vortex of negativity. From there, it's an easy path into apathy (which puts many here on anti-depressants) or fear, which leads to more poor choices on how to cope with their new environment. It's no wonder that drug use in here is so rife, not just the prescription drugs, but many illegal drugs too, including crack, heroine and a new synthetic drug I've never heard of called 'spice'. Those who face their situation head on and try to deal with it in an empowering way are few and far between. Though in the last week with many interactions here, I 100% conclude that people are open to being helped. I'll address the existing cons in a moment, but for the new guys (like Ali) shifting into a new corridor of thought early on is a situation that is just begging to be addressed. Having given it some thought, the easiest way would be part of their induction: a new prisoner routine. I'd address this in two ways. The first would be a story that would enroll them through a third party. It would be a short story called prisoner X or prisoner Y. A survival guide for life inside, or something like that. It would chronicle a new inmate from sentence to arrival, then their journey through their sentence. It would be a sliding door type theme

that would show both paths and the difference in their circumstances as a result of the mental choices they make. I see this as a leaflet/ booklet given to them with their kit, but it could also be given by the doctor on their initial medical checkup, or if I don't manage to influence that then I will work with the existing charities here, as at least they have distribution. The good news is, not only have I been helping several inmates as part of my research, but I've also been asked to write an article for the prison magazine, which will act as an initial draft. It's been a busy week 😊 The second opportunity to build on that article would be at the induction each inmate gets (mine was Monday), a classroom, power-point presentation. I'm writing to the counselor this week on my thoughts and offer on how to make this happen. OK, STOP pause - I just got letters from Silas, Oliver and Maurizio delivered! Awesome guys. Thank you so much. I feel ALL of your love and oh - Magic Moment Number 17! Anyway (still smiling from the letters) I'll keep you updated on the progress, but this reality should be an easy way to make a big difference to the newbies, and if some of the reactions I've had so far to some 'stealth interventions' are anything to go by then this whole adventure has been worth it already. I'm just warming up ☺

One example was Dell, my second cellmate. A 59-year-old Jamaican who is serving 3 years for cannabis related offences. Turns out he was quite a spiritual man and a deep thinker, and on our first night together our conversations also made my magic moments list. However, he was feeling down, negative and depressed when I first moved into his cell in D-wing on Monday evening. His basic problem was resistance. I worked with him on how to get to acceptance (one of the tools I'll share as a critical part of the induction process). His transformation has been profound and beautiful to watch. He always comes by my cell now to chat and tell me how his whole experience in here has been changed since the time we have met. However, the most touching part was about his son. During our first night's chat, he told me that his son was a champion amateur boxer called Romario Wallace, but he has a problem. Young Mr. Wallace had been virtually unbeatable as a youngster but had suddenly developed nerves on the adult level. Plus, if he'd lose, he would get angry at himself, and then depressed, and sometimes not speak for several days. Not only that, but he'd now lost interest in training. Dell really wanted to help his son, but he couldn't. Firstly, because he was in here and secondly, because he didn't know what to say to him on the phone. It was another reason he was so down and was resisting being in here (note: this is a good example to show how negativity will escalate also known as stacking if not kept in check). I shared with Dell my thoughts. Pretty basic and most of you would spot exactly what is going on with Romario and what role GOOP was playing in his projections and expectations (especially parental). Tying winning to self-worth, future pacing negative and 'what-if' scenarios, feeling

disempowered in advance, having the heart and mind aligned in fear and then not having the energy he's using to deal with all that be available to him in the ring. Self-fulfilling prophecy 101. I gave Dell some key points to make and also told him how to steer his son's thinking, plus suggested a couple of YouTube videos his son could watch. On Friday Dell came into my cell beaming. He spoke to his son the day after, and he had just found out he had started back training. I told Dell he was amazing and that he'd just proved that no matter what happens, there's always a way (that was Magic Moment Number 15). Incidentally, Dell was moved after our first night together to a cell further down the wing.

My next, and current cellmate is Mark. Mark is a 42-year-old father of 5, serving 10 months for assault. It's his first time inside and probably one of the most negative people I've met. In fact, he makes Eeyore out of Winnie the Pooh look happy. Not surprisingly, he was also a news addict and serial Jeremy Kyle watcher. He was also upset about his weight and massively upset that in the 5 weeks he's been inside, his wife hasn't visited or written, and he'd been moved from 2 cells already as no one got on with him. He's a big guy too, with a large frame. Over 6-feet two, with a body he admits has been built on late night kebabs and a lot of Guinness. Needless to say, Mark has had quite a shift in his thinking. Our cell is a strictly news and Jeremy Kyle free zone. He's inspired on a new health goal and we are training twice a day in the cell together and he's now pushing me too, LOL. We have a rule on the no negative talk and I wrote him a letter for him to copy to his wife and send. I'll let you know if she responds. As I said underneath, everyone wants to live a more positive life. They've either never been shown how, or never been given permission through conformity. That brings me to my next point - existing and repeat prisoners. For prisoners like Jamie and the countless other 'Jamie's' in the system, conformity is king. In fact, the overwhelming force of negativity that ebbs and flows through prison life is so prevalent, it has tested me several times. If I'm off my game (sleeping awake) or if my Torus is low, it's easy to start being tugged at by the undercurrent of low-frequency thoughts. It's as if the candle of hope I'm trying to strike is forever subject to a flicker wind that wallows through the corridors like a bad draft. What I know for sure is that unless the right insulation is applied, the deterrent of jail is nothing more than a euphemism for 'see you back inside again soon'. Again, I see two quick wins here. The first is as obvious as it is available and that is an educational channel on the cell TV's. Something that helps program the mind to a more positive direction with a mix of interviews with inspirational people or stories of hope and possibly mixed with lessons in personal development (like London Real TV channel). Anything as an alternative to the standard mind-fudge of mainstream TV. Next would be education in class. The prison offers a variety of standard classes

which while definitely useful in the context of basic employment, does little to change the thinking habits of those studying. A basic class on 'Life skills' would act as personal development foundation course, which could really help them make a shift. Of course, a section in the library would be useful too, but the challenge is that few are encouraged to read. Getting to visit the library requires an application which can take one or two weeks. I'm still waiting. In regards to classes or work related skills, each inmate takes a math and English test (which I've heard is usual). I got a note pushed under my door within 3 hours, telling me I would start in the business class the next morning. I've had two lessons so far (third is today). The main teacher is Jose, and as you would expect, he is really trying to make a difference. He and I are getting along great. I've already been asked to be the classroom assistant, and I'm helping some of the guys with their business plans in my spare time (not that I'm getting much spare time, LOL). My point being is that I could easily design a course here for educating the guys here in a different way. Something I intend to start this week and present the outline for to the staff and the counselor. Stay tuned. Ok, so those are the two main areas I've been focused on. One, the new prisoner journey and two, the serial cons who see being here as normal and even part of their identity. So let's shift gears.

At the beginning of the letter I promised to share with you the tests and techniques I've been using to stay on track. As part of the invitation I have for you to join me on the journey, I'd like to outline them so you can see the list of available options. Each time I write, I will drill down on certain ones. This will not only allow you to see how I'm using them in here, in the context of this exciting little adventure I'm taking away from our usual class, but more importantly, see how you can apply these to your own life, or as I've done with others, such as Dell. Use the skills and insights to help others who are literally prisoners of their own thoughts, problems and self-imposed limitations. Here's an initial list. I'll work through a couple of them with you now and then the others as we progress. This is so that: A) you don't get overwhelmed (reminder: the common emotional route of paralysis is overwhelm which leads to confusion which leads to inaction) and B) you actually have time to digest, reflect, apply and practice. I'm also going to split them into two levels. The main one, which I will share with you all, but also there are certain aspects and techniques I'll be covering just with the Master's Circle as their level of syllabus has a different foundation. Also knowing, where EMF4 are in their journey, I'll aim to tie in the learning to their relevant modules, though as this is a somewhat of a dynamic situation, bear with me if there's not a total overlap, as I feel this opportunity is just too good to miss to try to fit into a fixed container etc. ☺

The initial inventory skills and techniques that we'll be covering for the **Elite Mentorship Forum and Master's Circle** are:

- 1) Solid Psychological Foundation
- 2) Acceptance vs Resistance
- 3) Contrast Frames
- 4) Gratitude/ Emotional Transformation
- 5) Supportive and Go To Affirmations (known to MC as amalgams)
- 6) Sex Energy Transmutation
- 7) Ethnocentric Purpose
- 8) Active and Passive Meditation

For the **Master's Circle**

- 1) Collapsing Powerful Egregores
- 2) Energy Projection and Logarithmic Counterbalance (as per Hawkins Model of Consciousness)
- 3) Hacking the Virtual Reality Model Using Quantum Alignment to side step the Materialism Based Rule Set.
- 4) Using Consciousness and Entanglement to Energetically Connect to Thea and the Dogs Non-Locally.
- 5) Remote Viewing
- 6) Virtual Workouts
- 7) Refinements of Fusing QI and NI outside of the DMO

Let's start with Number 1 on the main syllabus:

### **Building a solid Psychological Foundation**

Now this may seem obvious, but what are the key components that go into it? First one has to have a series of what I call 'Governing Beliefs'. These are the beliefs that form the blueprint of many other beliefs, kind of an over-arching umbrella that beliefs would fall under, be influenced by, or follow. I'll share some examples of mine so you get the idea. The first is in response to Einstein's famous statement that said the most important question a person could ever answer in their lifetime was whether or not they lived in a friendly or hostile universe. Straight away you can

see the complications of these two answers and the very different lives that would result. No surprise as to which answer I subscribe to. You may have heard me refer to myself as an 'Inverse Paranoid', which basically means I'm convinced the entire universe is involved in a secret conspiracy to make me happy and successful ☺ Now, when you take into account the benevolent nature of the field, the feedback you get, when you are in harmony vs disharmony and the fact that every spiritual teacher taught 'Love over Fear', you begin to realise it's not really that much of a 'secret', let alone conspiracy, but rather a statement of subjective reality for those who chose to believe. My second belief centres on what kind of life, with a capital L, I want to live. As we all star in the movie of our own life, my question to you all is, *what kind of movie do you want to make?* Let me give you a clue as to my answer by asking you a different question. Would you pay good money to watch a bad movie? Likely no. My point being is, if I walked out of a cinema I want to feel 'Wow, now that was a movie!' And what makes a great movie? Drama, Romance, or even tragedy, Intrigue, comedy, unpredictability and a feel good factor at the end. So if I'm living my movie, why would I only want to act in the scenes that were easy? In fact, if I wanted to get better as an actor, why would I not want to challenge myself? Think of classics such as *Rain Man* or the *Who Framed Roger Rabbit*. Ground breaking, not only for film, but also for the actors themselves who were taken way past their comfort zone. Being in here, not only do I get to test my 'acting skills', but I also add depth to the script. Another way of looking at this is that in the buffet of life, I want to try as many dishes, as I can as long as I'm not hurting anyone else. I also know in advance that I'm going to like some more than others and some I'm just never going to try again. But that's not the point. At least I get to try. The safe boring dish for the rest of my gastronomic life is just not for me and would make for a safe boring movie no one would want to watch. Being here has in just one week been an amazing experience and one I am honestly and thoroughly enjoying. An experience that even a month ago I thought I would never get to have, but now I get to see things I've only ever seen in movies AND I get to help people at the same time. Why would I complain instead of celebrate? These are just two beliefs and I could give many more, but you get the idea. Let me share one more, and then we'll move on. The classic GOOP- aka the good opinion of other people. I can openly say that in my 20's, GOOP ruled my life at a level where most of the decisions I made (consciously and unconsciously) were influenced by my addiction to GOOP. Luckily, I've grown out of that. But if I hadn't, my journey here would have been harder as I'd be thinking things like, 'Oh, what will everyone think, blah blah' and focus on certain consequences of what may or may not happen to my reputation etc. As I said, I am grateful to have escaped the strong gravitational pull this pattern of thinking has and that traps SO many people on planet misery. But, let's look for a moment. Currently, half of the United States hates

its own elected leader. The fact that Donald Trump is so immune to GOOP is the very reason he's starring as the most powerful man in the world in his own movie. For that alone, you've got to hand it to the guy. Politics aside, he offers a powerful lesson in living by his own values and rules independent of criticism and GOOP. Hopefully with just those three beliefs, you can start to see the role a strong psychology plays in avoiding or even being immune to many of the negative influences of the prevailing energy and thought patterns of many people here. If we add to that a conviction that everything happens for a reason, that it serves my best interests, then you can appreciate why I chose this as number one.

### **Acceptance vs Resistance**

This is an absolutely critical part of the whole process of emotional maturity. If done properly, it's one of the fastest ways out of anguish and into mental freedom. Seriously guys, when I think of the amount of energy that is wasted resisting things that have already happened, it makes me feel so much compassion for those who are so naively blinded to the futility of their own thoughts. One thing I immediately implemented as soon as I got here was zero tolerance to any 'what if' or 'if only' scenarios. These thoughts operate at and perpetuate grief, guilt, suffering, resentment and false hope, and usually always lead to increased frustration as the mind and the body are powerless to go back and change anything. The very first step to dealing with any adverse conditions is to totally and fully accept that which has already happened. When you do this, two things happen. First you stop giving (wasting) energy away pointlessly. Second, you can use the energy that you save to make better decisions with the moment right now. Acceptance is also the first step in transitioning from 'By-Me' to 'Through-Me'. Whereas 'By-Me' does not accept what is and tries to change it by resisting the current, 'Through-Me' recognises the futility of trying to control the flow and instead concentrates its energy on better positioning itself IN the flow. People resist everything from bills to weather - pointless! Accept, then act appropriately to that which is. Now, if you want to step up your game and take it a step further then try this. ACCEPT WHAT IS, AS IF YOU HAD CHOSEN IT DELIBERATELY. This shifts the thinking from complaining about being given a bad deal to recognising it's a gift sent by your future self and wrapped in a thin layer of paper, disguised as a problem to stop people from stealing your gift. The magic in this is that it also allows you to do something that Steve Jobs said could not be done, and that is to join the dots going forward.

## Contrast Frames

Contrast Frames are one of the most powerful ways to re-contextualise experiences such as this. The basic premise is that meaning is only ever given in relation to other things. At least certainly at consciousness levels calibrating below 600 (99% of the planet). The wider the contrast, the bigger the shift in context. For example, if you get in a car and drive at 10 miles per hour for a while and then suddenly accelerate to 50 miles per hour, it will feel and seem much faster. But, if you are cruising at 100 miles per hour and then drop down to 50 miles per hour, that same speed will now feel slower. A good example of this is the paper I wrote called '*Lessons From My Skiing Accident*', where I cried with happiness at breaking my face instead of my neck (I'll ask the team to share it). In here, the contrast frames have been easy, in fact probably the easiest thing. Many of you know I ran the Marathon des Sables - the toughest footrace in the world that stretches nearly 250 kilometres across the Saharan Dessert. The conditions were extreme. At night the temperature dropped to freezing (in contrast to 135 Fahrenheit in the day, 52 Celsius) we were lying in our sleeping bags, freezing and shivering, exhausted each night and we could feel the scorpions and camel spiders crawling over us (note for squeamish people, never ever Google camel spiders). Oh man, what we would have given to have the kind of luxury I'm in right now. The only pets we get are mice and cockroaches (many in here), and they aren't even poisonous (yawn).

Next we come on to some of my heroes. There are many. The obvious ones are Nelson Mandela, Commander Koffe and Victor Frankel. Take Mandela, 27 years in prison as a convicted terrorist, and all I get is a few months for contempt of court? Give me a break! Or Commander Koffe, who served several years in a Vietnam prison that had the footprint of a coffin. Yet, he's one of the nicest, happiest men I've met. Or Victor Frankel, who wrote one of the most impactful and important books of the 20th century '*Man's Search For Meaning*', which, if you have not read it, is a MUST. I challenge anyone to read that and not burst into tears with gratitude at being lucky enough to have the life I have in here. You get the idea. My cellmate Mark was complaining at the fact that he got 10 months for punching someone when he was drunk. I said: "imagine if he had fallen, hit his head on the pavement and died. You would be serving 6 years for manslaughter – easy done. Would you be grateful for ten months instead?" He hasn't complained since 😊 Anyway, again, you get the idea. Ok, last one before I sign off (before my writing gets too bad, LOL).

**Gratitude and Emotional Transformation**

I gave a shout out to module 3 at the start. Now this is not something I needed to do in order to transform as I have not had a negative association to coming in here. However, I thought it would be a good opportunity to at least share with you the exercise, so I've attached it as my last page.

All right Ladies and Gentlemen, that's probably enough for now. We'll carry on in my next letter as I want to devote some time now to my new prisoner induction article and education course. Before I write off, I just want to say thank you for your energy, love and support and the fact you get to walk curiously alongside me on this detour to help others. You can of course email me in here. It would be great to hear from you (Thea will give you the details). I'm really proud of all of you and look forward to sharing more stories soon and hearing yours too. Keep shining your light and I'll be back soon.

Huge hugs and lots of love,

Peter X

### **Emotional Exercise from EMF Module 3**

#### ***What actually happened?***

I got an 18 month's sentence for contempt of court.

#### ***Which means what?***

Unless I appeal, I'll serve 5-8 months.

#### ***What can I learn from this?***

- In terms of law, it's not who is right or wrong but who can tell the best story. Fair play is not fair result, but of course it's not meant to be.
- When it comes to your own convictions and values vs society's rules and compositions, the current framework will support society in a head to head, irrespective of the common sense nature of the challenge.
- Indigo children (well, I guess adults now) will usually seek to disrupt and challenge the status quo of the existing system as a natural disposition.
- The river of life has a higher-level agenda than my left-brain.
- Theory will never cover the price of admission to the higher levels of consciousness, and no matter how hard the lesson or the exam appears or from how left field it comes, I'll always be happy to step up to the plate 😊

#### ***What are at least 10 reasons why I can be grateful this has happened?***

- That I really get to work and make a lasting difference to those who need it. From what I've seen so far, God knows, they really need it.
- I get to test my interpersonal and intervention skills in one of the toughest environments you can think of.
- I get to be a secret agent of change 😊
- I get a chance to not only walk my talk but to do it live with the MC and the EMF following along, with additional learning and distinctions not previously available.
- That I get to really trust life and the flow of the river, knowing it will always look after me as long as I practice non-resistance and focus on serving the greater good.

- For being able to embrace uncertainty at a higher level than usual and practice letting go of everything I fear to lose.
- For the chance to grow through challenge so that I can continue to contribute with the new emotional and spiritual muscles that will develop as a result.
- That I get to practice joining the dots going forward instead of backwards and be grateful in advance for whatever amazing journey is lying in wait around the bend.
- For the fact that life is so smart. It found the ONLY way in law that allowed me to be smuggled into jail without ever being accused of committing a crime or getting a criminal record. Genius.
- That I have the quiet quality time I've been looking for (asking for) so I can focus on my own growth, my book and more quality content for the business / Academy.
- That after canceling the last three meditation retreats over the last 2 years due to schedule commitments, time pressure and such, life finally allows me to meditate for several hours a day without distractions.
- I get to deeply relax with no email, no messages, no battery life, no schedule, none of the usual constraints to worry about.
- That Thea and I get a chance to have our own space and a break in proximity before we get married, and allow a real test of adversity to prove we can become stronger, and lay an even deeper foundation on which to build our future together.
- That Thea is finally able to prove how independent she is outside of my influence and shadow, something she knew was needed.
- That she gets to form a stronger bond with the dogs as resident alpha.
- To see how well the team members cope with me being away temporarily and see who steps up and walks their commitment they gave, who bails at the change of circumstances, and also see how the leadership team acts in terms of integrity vs politics, power struggles, personal agendas, allowing me to move forward with people of character, not conversations.