

The Plot

Graduating from the Plot

1

1

The Plot

Your relationship with people, and your *relationship with money*, reflects the *Plot* that's playing inside of you.



That's why people can go to seminar after seminar and *never* substantially advance their position.

2

2

The Plot

Look at any show, book, program, movie script, and the lives around you and you'll discover the *victim*, *villain* and *hero* roles playing out. When you think or act differently...



...than those around you, you'll subconsciously trigger fear in the emotional selves of others.

3

3

The Plot

Rejection, fear and dislike are sparked by differences; love, connection and acceptance by similarities. As long as people continue their performances in the *Plot*...



...their emotional selves continually seek greater *feeling* through increasing *drama*.

4

4

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In their increasing search for *stimulation*, emotions tend to lose their ability to feel *compassion*.

Ekchart Tolle notes that, "Compassion arises when you realise that all are suffering from the same sickness of the mind, some more actively than others."

5

5

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Inner hero

Connectedness, compassion and freedom arise when you no longer fuel the dramas playing out around you.



6

6

The Plot

Remember that your choices revolve around becoming the **hero** of your own story, or remaining as the **victim** of someone else's story/plot.



As an **inner hero**, your role is consciously acted. You can now sensitively sit with, but not judge, others as they play their roles.

7

7

The inner hero

Behavioural **flexibility** belongs to people who have ventured forward on their own **heroic journey**.



Powers of **flexibility** (flex score) can be used to comfort victims, defuse villains and support emerging heroes.

8

8

The inner hero

Flexibility allows you to swerve when you see conflict coming. The adrenalin high of a near miss, allows **you** to feel the thrill without actually engaging in the conflict.



Inner heroes guard their secrets, travel their own emotional pathways and thrive in anonymity.

9

9

The inner hero

Inner heroes are prepared to put relationships at risk every time they determine that they will no longer co-create their roles by participating in conflicts.



Instead, they resolve differences in a calm and peaceful manner when emotional charges are triggered.

10

10

The inner hero



Your goal is to abstain from arguments or confrontation, and not engage the drama when conflict arises.

Never place yourself in an environment that doesn't *respect* you. When you *hurl* emotional energy at another person, the unconscious emotional aspect of that person simply *gets stronger*.

11

11

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In addition to their own energy, they're now receiving yours and their emotional selves *relish the drama*.

It's important to realise that people of low energy and capacity are generally "*numb*" and take delight in pushing the buttons of partners, or other people, in order to *feel*.

12

12

13

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13



The *victim* or the *villain* then uses this energy to get themselves motivated and energised to fight back.

Inner heroes learn to stop giving away their power... which leads to feelings of being *drained* and *unmotivated*. Productivity drops and time is wasted in the "*lag*".

13

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Whether it's your partner, your friends or your children, if you don't wish to *remain a victim*, you can no longer allow yourself to accept the *conflict, abuse* or *aggression* that's directed towards you.

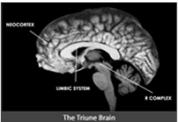


A clear line must be drawn and don't let anybody cross it so they can *feed* their *emotional selves*.

14

The Plot

When you allow yourself to beat yourself up, you're continually proving your *victim* status. When emotional drama is near, oxygen drains from the neo cortex in order to more actively engage *emotions*.

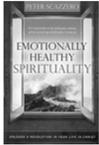


When triggered, the *inner hero* is silent, conscious and breathes.

15

The inner hero

Your *inner hero* emerges when you finally gain the ability to *disconnect* from someone else's emotional *feeding/drama*...



...even if it's your emotional force being directed at yourself... *Beating yourself up*

16

16

Self mastery

Economic and *personal freedom* are born from a bedrock of *self mastery*. If you're not able to master yourself, the *Plot* becomes your way of life.



Social engineering is designed to get you to play *conditioned role* over and over.

17

17

The Plot

It's important to understand that your relationships with others and with *money* are mirrors of the *Plot* that's playing inside of you. Or they're mirrors of your ability to graduate from the *Plot*.



Graduation allows for greater *productivity* because you've got more energy for it

18

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Inner hero



Your *inner hero* stops using personal technologies that create inertia.

You reinvent your "*inner story*" and no longer deny, fake, rationalise, fabricate, and cover up just so you can use money to *feed your emotional needs*.

19

19

The Plot

Your ability to move beyond the *Plot* is strengthened by your ability to *unconditionally accept* yourself and be OK with who you are. It's part and parcel of your journey towards mastery.



Mastery discards *tools of contraction* such as denial, justification, excuses, projection, defensiveness and *right way thinking*.

20

20

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Contraction technologies prevent progress and *deny freedom*. If you're not operating at your *true potential*, the most important personal technology..



...to discard is the *lie* that you're not good enough because this lie hurts you and those around you.

21

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7

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Your environment *conditions you* to the lie but it's not the truth. Your *greater potential* is gained through truth. When you remove yourself from the *Plot*, you finally begin to realise...



...that you're much more capable than the game you've been playing.

22

22

Inner hero

In the final act of the *Plot*, you're encouraged to conquer the *villain* and connect through heart with the *victim*. Unless you create harmony between these primary roles, you'll be plagued...



...by the *toxins* of inner turmoil and continue to feed off *drama* for *emotional sustenance*.

23

23

Inner hero

Your emotional strength and cleverness can increase through *dramas*, but you can't experience joy, fun, love connection or happiness because they're not part of the *Plot*.



The *Plot* can only lead to, and strengthen, your vulnerable and disowned selves.

24

24

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“In the end, the ultimate character role of the show is the *inner hero*, which requires a great deal of personal growth and maturity.”

Don Phin and Loy Young. *Victims, Villains and Heroes: Managing Emotions in the Workplace.*

25

25

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When you accept and return your *disowned selves* to love, you'll no longer depend on others for your brief moments of *connection* and *happiness*. You can now work on being an emotional whole.



Freedom is a place where you no longer *need* family, others, stories or *drama* to sate your emotional needs.

26

26