

*And he has filled him with the Spirit of God, with skill, with intelligence, with knowledge, and with all craftsmanship, to devise artistic designs, to work in gold and silver and bronze. Exodus 35:31 - 32*

Have you ever felt so connected to what you are doing that you were filled with energy, joy, and creativity? Have you ever felt moments of mastery? It is possible to use these feelings to bring new energy to a new life endeavor or an area of your life that feels uninspired or dreary.

Today's lesson is titled *Experiencing Mastery*. Mastery is the ability to draw forth wisdom and skill from within that will propel us to go beyond our imagined limits. When we are masterful, we can use our innate gifts to achieve extraordinary physical, mental and spiritual achievement and satisfaction. Being masterful, as I am using the term in this lesson, is not about worldly competition, but rather rising to our personal best.

It is possible to transpose mastery from one activity to another as Lee did in his Ski Racing story when he applied his mastery of painting onto the activity of skiing. Neuroscience is asserting that there is a one-to-one mapping between mental and neural activities. It is a two-way street: as your brain changes, your mind changes; this means that what you pay attention to, what you think and feel and want, and how you work with your reactions to things all sculpt your brain in multiple ways. The key point is simple: how you use your mind changes your brain, for better or for worse. Here is a technique that you can use to sculpt your mind so that you can be the master of your consciousness:

*Give no thought to the idea that you cannot do something.* Best Selling author Ally Carter writes, *Not knowing you can't do something, is sometimes all it takes to do it.* Often what holds us back is not developing new thoughts but focusing on the old ones. Let go of the belief that you cannot do something. Byron Katie asks, *Who would you be without the thought?* Who would you be without the thought that you cannot do something?

*There is no such thing as failure; failure is just life trying to move us in another direction.* Oprah said this to new Harvard graduates. An essential part of mastery is not being afraid to fail. Edison, who famously said of his countless fruitless attempts to create a feasible lightbulb: *I have not failed, I've just found 10,000 ways that won't work.* Keep in mind, the Stone Age did not end because they ran out of stones.

*Remember a time when you have experienced mastery.* Remember the feeling of being totally present, helpful, creative, loving, purposeful, mindful, imaginative or powerful. Be aware of the experience of that positive characteristic. Explore the body sensations, emotional tones, attitudes, and viewpoints that go along with it. Let these things sink in. Let them fill your heart. Recall the feeling of being masterful.

*Transpose your mastery to another situation.* Decide on a current situation or opportunity where you want to experience mastery. Recall the thoughts and feelings that you had when you experienced mastery. Imagine that you can apply the same mastery state of consciousness to the current opportunity. Visualize dropping your mastery skills into the new circumstances. Imagine the positive thoughts and feelings you will have when you are experiencing mastery in the new endeavor.

*To Experience Mastery, Love Life.* Osho wrote *To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.*

*Practice.* Erich Fromm wrote *I shall become a master in this art only after a great deal of practice.*

Affirmation: *I align my thoughts with God, and I am Masterful.*