

# Effortless Transformation:

“How To Leverage “The Seven Laws Of The Ego” For A Lifetime of Inner Peace, Personal Freedom & Lasting Happiness...”

# **The Law Of Effortless Transformation**

Module 1

# Laws vs. Beliefs

- Great ideas and empowering beliefs are the basis of most 'Personal Development' courses

# Laws vs. Beliefs

- Great ideas and empowering beliefs are the basis of most 'Personal Development' courses
- Psychology is still a 'pseudo-science' because of lack of foundational principles

# Laws vs. Beliefs

- Great ideas and empowering beliefs are the basis of most 'Personal Development' courses
- Psychology is still a 'pseudo-science' because of lack of foundational principles
- The Seven Laws of the Ego are those foundational principles.

# Laws vs. Beliefs

- Great ideas and empowering beliefs are the basis of most ‘Personal Development’ courses
- Psychology is still a ‘pseudo-science’ because of lack of foundational principles
- The Seven Laws of the Ego are those foundational principles.
- Note: we do not mean ‘rules’ to follow eg. Stop at a red light. We mean laws that can’t be contradicted eg. Gravity

# To Be A Law of Human Experience...

- Objectively true in all circumstances

# To Be A Law of Human Experience...

- Objectively true in all circumstances
- Doesn't depend on faith or belief – it's true anyway



# To Be A Law of Human Experience...

- Objectively true in all circumstances
- Doesn't depend on faith or belief – it's true anyway
- All human beings are already 'implementing' all seven laws, they just don't realize it.

# The First 3 Laws...

- Are psychological constants, true for all human beings, all the time...

# The First 3 Laws...

- Are psychological constants, true for all human beings, all the time...
1. The Law of Effortless Transformation (Thought = Feeling)

# The First 3 Laws...

- Are psychological constants, true for all human beings, all the time...
1. The Law of Effortless Transformation (Thought = Feeling)
  2. The Law Of Consciousness

# The First 3 Laws...

- Are psychological constants, true for all human beings, all the time...
1. The Law of Effortless Transformation (Thought = Feeling)
  2. The Law Of Consciousness
  3. The Law Of The True Self (Mind)

# The First 3 Laws...

- Are psychological constants, true for all human beings, all the time...
1. The Law of Effortless Transformation (Thought = Feeling)
  2. The Law Of Consciousness
  3. The Law Of The True Self (Mind)

These 3 are the foundation of human experience. When you clearly see that these are 'laws', the other 'laws of the ego' are universal 'implications' of these 3 laws...

# The Next 4 Laws...

- Are implications of the first 3...

# The Next 4 Laws...

- Are implications of the first 3 laws...

## 4. The Law of Inner Peace



# The Next 4 Laws...

- Are implications of the first 3...
4. The Law of Inner Peace
  5. The Law of Separate Realities

# The Next 4 Laws...

- Are implications of the first 3...
4. The Law of Inner Peace
  5. The Law of Separate Realities
  6. The Law of Presence

# The Next 4 Laws...

- Are implications of the first 3...
4. The Law of Inner Peace
  5. The Law of Separate Realities
  6. The Law of Presence
  7. The Law of Inner Wisdom

# Biggest Mistakes That Slow Down Transformation...

- Trying very hard to 'get' or understand these laws

# Biggest Mistakes That Slow Down Transformation...

- Trying very hard to ‘get’ or understand these laws
- It’s so simple, you might miss it!

# Biggest Mistakes That Slow Down Transformation...

- Trying very hard to ‘get’ or understand these laws
- It’s so simple, you might miss it!
- Trying to ‘remember it all’ – don’t take notes or practice any ‘techniques’ to implement these laws

# Biggest Mistakes That Slow Down Transformation...

- Trying very hard to ‘get’ or understand these laws
- It’s so simple, you might miss it!
- Trying to ‘remember it all’ – don’t take notes or practice any ‘techniques’ to implement these laws
- It’s about realizing that you’ve been doing this automatically your whole life

# Biggest Mistakes That Slow Down Transformation...

- Think you 'already know' this, or taking my word for it



# Biggest Mistakes That Slow Down Transformation...

- Think you already ‘know’ this, or taking my word for it
- It’s not about whether you ‘know’ it’s true, it’s about finding places in your life where you’ve been acting as if it’s not true.

# Biggest Mistakes That Slow Down Transformation...

- Think you already ‘know’ this, or taking my word for it
- It’s not about whether you ‘know’ it’s true, it’s about finding places in your life where you’ve been acting as if it’s not true.
- When that happens...

# Biggest Mistakes That Slow Down Transformation...

- Think you already ‘know’ this, or taking my word for it
- It’s not about whether you ‘know’ it’s true, it’s about finding places in your life where you’ve been acting as if it’s not true.
- When that happens...
- Relax – your mind is a self-correcting system.

# Biggest Mistakes That Slow Down Transformation...

- Think you already ‘know’ this, or taking my word for it
- It’s not about whether you ‘know’ it’s true, it’s about finding places in your life where you’ve been acting as if it’s not true.
- When that happens...
- Relax – your mind is a self-correcting system.
- You may go quiet for a few moments and appreciate the new life-changing realization

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”
- “I know this is just my thinking, but...”

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”
- “I know this is just my thinking, but...”

Are all just different ways of saying



# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”
- “I know this is just my thinking, but...”

Are all just different ways of saying

- “I don’t know that.”

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”
- “I know this is just my thinking, but...”

Are all just different ways of saying

- “I don’t know that.”
- “I don’t get that” and...

# The Biggest Mistakes That Slow Down Transformation

- “I know that intellectually, but...”
- “I get that logically, but...”
- “I know this is just my thinking, but...”

Are all just different ways of saying

- “I don’t know that.”
- “I don’t get that” and...
- “I don’t know that this is just my thinking.”

# The Law of Effortless Transformation

# The Law of Effortless Transformation

- Thoughts and feelings are one.

# The Law of Effortless Transformation

- Thoughts and feelings are one.
- Your feelings come from your thinking in the moment and nowhere else. Ever.

# The Law of Effortless Transformation

- Thoughts and feelings are one.
- Your feelings come from your thinking in the moment and nowhere else. Ever.
- Every thought has a feeling attached to it.

# The Law of Effortless Transformation

- Thoughts and feelings are one.
- Your feelings come from your thinking in the moment and nowhere else. Ever.
- Every thought has a feeling attached to it.
- Whatever you are feeling right now in this moment is coming from a thought



# The Law of Effortless Transformation

- Thoughts and feelings are one.
- Your feelings come from your thinking in the moment and nowhere else. Ever.
- Every thought has a feeling attached to it.
- Whatever you are feeling right now in this moment is coming from a thought
- You are always living in the feeling of your thinking.

# Thoughts => Feelings

- You intuitively know this is true

# Thoughts => Feelings

- You intuitively know this is true
- It might seem ridiculously obvious: where else could feelings possibly come from?!?

# Thoughts => Feelings

- You intuitively know this is true
- It might seem ridiculously obvious: where else could feelings possibly come from?!?
- And yet you are living some/most/all of your life as though the opposite is true.

# The “Mind-Virus” / “Illusion” Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...

# The “Mind-Virus” / “Illusion”

## Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...
  - Ice cream makes you happy

# The “Mind-Virus” / “Illusion” Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...
  - Ice cream makes you happy
  - Go to school, get a good job, then you’ll be secure

# The “Mind-Virus” / “Illusion” Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...
  - Ice cream makes you happy
  - Go to school, get a good job, then you'll be secure
  - Find the right person, get married, then you'll feel loved



# The “Mind-Virus” / “Illusion” Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...
  - Ice cream makes you happy
  - Go to school, get a good job, then you'll be secure
  - Find the right person, get married, then you'll feel loved
  - You make me so mad/sad/happy etc.

# The “Mind-Virus” / “Illusion”

## Humanity Is Trapped In...

- Since you were small you were taught (by people who are trapped in the same illusion)...
  - Ice cream makes you happy
  - Go to school, get a good job, then you'll be secure
  - Find the right person, get married, then you'll feel loved
  - You make me so mad/sad/happy etc.
  - When I make more money, get more clients, automate my business, then I'll be free!!
  - Etc. etc. etc.

# Permanently Free Yourself From the Illusion...

- You only need to see this once clearly, to change your life forever. Write your answers out...

# Permanently Free Yourself From the Illusion...

- You only need to see this once clearly, to change your life forever. Write your answers out...
- What is a problem/goal you have been struggling with?

# Permanently Free Yourself From the Illusion...

- You only need to see this once clearly, to change your life forever. Write your answers out...
- What is a problem/goal you have been struggling with?
- How does having the problem/struggling with the goal make you feel?

# Permanently Free Yourself From the Illusion...

- You only need to see this once clearly, to change your life forever. Write your answers out...
- What is a problem/goal you have been struggling with?
- How does having the problem/struggling with the goal make you feel?
- How would solving the problem permanently/finally achieving the goal make you feel?

# Permanently Free Yourself From the Illusion...

- What will your next thought be? What will you be thinking 5 minutes from now?

# Permanently Free Yourself From the Illusion...

- What will your next thought be? What will you be thinking 5 minutes from now?
- If feelings come from thoughts only , and thoughts are totally unpredictable, which of your previous answers are totally FALSE?



# Permanently Free Yourself From the Illusion...

- What will your next thought be? What will you be thinking 5 minutes from now?
- If feelings come from thoughts only , and thoughts are totally unpredictable, which of your previous answers are totally FALSE?
- Quiet your mind, look inside, see for yourself that those problems/goals can't cause those feelings.

# When you free yourself from the illusion, you realize...

- Only thoughts cause feelings, so...
- The worst thing that can happen is a thought
- The best thing that can happen is a thought
- You are only 1 thought away from happiness
- You are only 1 thought away from sadness
- Your thoughts have already changed thousands of times today.

# So what's left to do...?

- You don't need to change your thoughts (they change all the time anyway)

# So what's left to do...?

- You don't need to change your thoughts (they change all the time anyway)
- You don't need to change the world (you can't and it wouldn't change how you feel)

# So what's left to do...?

- You don't need to change your thoughts (they change all the time anyway)
- You don't need to change the world (you can't and it wouldn't change how you feel)
- You don't need to solve your problem or achieve your goal (you might want to, but doing so wouldn't change how you feel. Relax & Enjoy the process.)

# So what's left to do...?

- You don't need to change your thoughts (they change all the time anyway)
- You don't need to change the world (you can't and it wouldn't change how you feel)
- You don't need to solve your problem or achieve your goal (you might want to, but doing so wouldn't change how you feel. Relax & Enjoy the process.)
- Point yourself in the right direction, and *do nothing*