



WARRIOR MIND TRAINING
Success in life is not a matter of chance; it's a matter of managed emotions, focused attention and deliberate action.

The 2nd Passage

A Vision Quest for Personal Meaning and Fulfillment



More and more people are searching for a “better way” of living. The problem with this approach is that you’re only looking at where you should live, or the type of job you should have.

So let me ask you...

- Have you ever felt a bit lost or out of alignment in your life and career?
- Do you enjoy what you are doing, but it just doesn’t feel right?
- Is there something just missing from your life?

If you answered ‘yes’ to the above, you’re most likely wondering around without purpose and meaning and are in need of a personal ‘vision quest.’

A ‘vision quest’ is a period of inward reflection where you reach important decisions about your life...like:

- What has brought me to this place in me journey, this moment in my life?
- Whose life have I been living?
- Why, even when things are going well, do things not feel quite right?

Throughout indigenous North America, the ‘vision quest’ is among the most sacred rituals. As ‘vision quest’ is a means through which your Higher Self contacts and advises you concerning you purpose and mission in life.

The ‘vision quest’, in the traditional Lakota community stands out as one of the primary rites of passage. The purpose of a vision quest is for the participant to receive guidance from the Spirit

world. Depending on the images and vision presented, the participant is guided to make important life choices. In many cases, a person experiencing a vision will receive guidance from their Inner Allies. Nowadays, trusted relatives and friends, as well as coaches, mentors and guides can assist after the quest.

As with all other aspects of indigenous rituals, the ‘vision quest’ is highly formalized. Unfortunately many of us in Western society “don’t have the time” or the connections to participate in an authentic Hanble’ceya (‘vision quest’).

This does not however dismiss its importance of a ‘vision quest’, which is exactly why I’ve developed “***The Second Passage – A Vision Quest of Personal Meaning and Fulfillment.***”

Tecumseh (Shawnee) Vision Statement

"Live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life.

Beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a

word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and bow to none. When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.

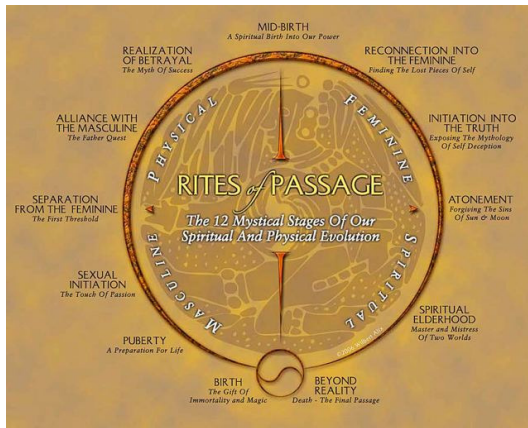
Abuse no one and no living thing, For abuse turns the wise ones to fools and robs the spirit of its vision. When it comes to your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home."

Ask yourself:

- Does my life seem like a disappointment, a betrayal, a ruin of my expectations?
- Is the life I’m living too small for my soul’s desire?
- Do I have the courage for me to answer the calling of my soul and accept the invitation to the second and much larger life?

“***The 2nd Passage***” represents a time when there’s a kind of collision that occurs inside of you, between the ‘sense of selves’; the one you’ve acquired, taken on and accepted, and the one you were born with - the true, natural and authentic self.

“Our culture has lost the mythic road map which helps locate a person in a larger context. Without a tribal vision of the gods, and their spiritual network, modern individuals are cut adrift to wander without guidance, without models and without assistance through the various life stages. Thus, the Middle Passage, which calls for death before rebirth, is often experienced in frightening and isolating ways, for there are no rites of passage and little help from one’s peers who are equally adrift.” (James Hollis: The Middle Passage)



The Twelve Mystical Stages

As described by one of my teachers (Wilbert Alex), the Twelve Mystical Stages is a Physical, Mental, Emotional and Spiritual Evolution. In this model one passes through the peaks or 'points of transformation' in one's life. These can be thought of as "Rites Of Passage" and they also clarify when and why we experience life "crisis", and more importantly, delivers alternative approaches to transforming these dilemmas into meaningful experiences.

As each stage is experienced and understood, we develop a growing wisdom and intelligence that serves as the foundation for living an enriched life and creating a balanced society.

The good news...we live in a contemporary culture. Our technological advancements have given us a quality of life unimaginable just 100 years ago.

The bad news...simultaneously we have separated ourselves from the same enriching life that our technology was originally meant to enhance. Today we live in more comfort, yet we suffer through personal experiences that disempower our lives. We struggle to gain clarity about a purpose for our living. Values such as honesty and integrity are compromised for security. And all too frequently we never get to really experience any of these stages consciously...that is until now.

"The 2nd Passage" will help you pass through your 'midlife' consciously, rendering your life more meaningful and the second half of life immeasurably richer.

The question of The 1st Passage of life is essentially this:

"What is the world asking of me?" That is, what do I have to do to respond to the expectations of my parents, teachers, bosses, friends and spouse?

The question of **"The 2nd Passage"** of life is quite different:

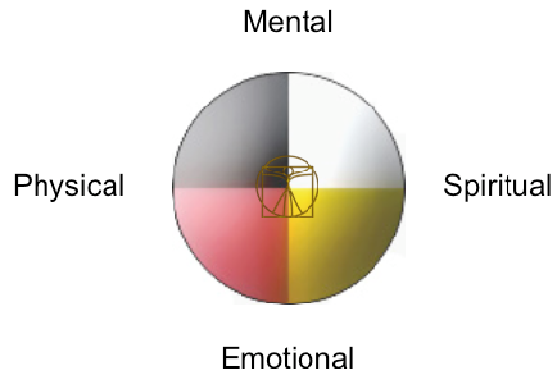
"What does my soul ask of me?"

"The 2nd Passage" HAS NO AGE RESTRICTION OR LIMIT...it's more a state of being and feeling. **The 2nd Passage** is a time to bring balance to your "four directions."

In the Lakota Medicine Wheel one of the representations of the Four Direction is:

- Mental – North – White
- Spiritual – East – Yellow
- Emotional – South - Red
- Physical – West – Black

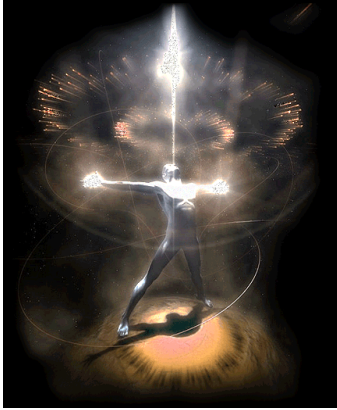
It was believed that you are in the center of the wheel and we are in control of these four energies....instead of these four aspects controlling you.



“The 2nd Passage” was created so that we can work more personally and in-depth together and helping you live a life with power, purpose and passion!

In ***“The 2nd Passage”*** you can expect...

- **Physical**
 - Discover exactly how “strong” you really are
 - Understand how physical fitness determines your level of physical success
 - Realize how the foods you are eating can be killing you
- **Mental**
 - Learn to manage and control your monkey brain
 - Develop the courage start strong and finish stronger
 - Instill determination for lasting persistence
- **Emotional**
 - Release “black bags” of negative emotions of anger, sadness, fear and guilt
 - Neutralize past limiting decisions
 - Transform disempowering beliefs into amazing empowering beliefs
- **Spiritual**
 - Identify your vision and create your mission
 - Connect with your trusted adviser’s (allies)
 - Unleash your creativity



The Design of The 2nd Passage

This program is designed to deliver:

- A step-by-step plan to assist you aligning you physically, mentally, emotionally and spiritually
- Create power, purpose and passion in your life
- Develop a specific one year personal success plan and the exact steps to take to make it a reality
- A high level of support, accountability, coaching, guiding, mentoring and

With “*The 2nd Passage*” and the one year of follow-up support you can expect:

Guiding

Guiding has to do with providing support with respect to the environment in which your change will take place. As your guide I will **direct you along the path leading from some your present state to a desired state.**

Coaching

Coaching is focused at a behavioral level, involving the process of helping you to achieve or improve a particular behavioral performance. As your coach I will **observe your behaviors and then provide tips and guidance on how to improve in specific contexts and situations to achieve your personal success.**

Teaching

Teaching relates to helping you develop cognitive skills and capabilities. **As your “teacher” I’ll help you develop new strategies for thinking and acting. The emphasis of teaching is more on new learning than on refining previous performances, so that you will reach NEW heights of personal performance**

Mentoring

Mentoring involves guiding you to discover your own unconscious competencies and overcome internal resistances and interferences. As your “mentor” I will **help you to shape or influence your beliefs and values in a positive way by aligning your values with your vision and mission, by releasing negative and disempowering beliefs and unveiling your own inner wisdom.**

Sponsoring

“Sponsorship” is the process of recognizing and acknowledging the essence or identity of you. **As you sponsor I be actively involved in seeking and safeguarding your potential personal power, focusing on the development of identity and of your core values and strengths.**

Awakening

Awakening goes beyond coaching, teaching, mentoring and sponsorship to include the level of vision, mission and spirit. **As your “awakener” I will support you by providing contexts and experiences which bring out the best of your understanding of power, passion and purpose and as well as love, self, and spirit.**

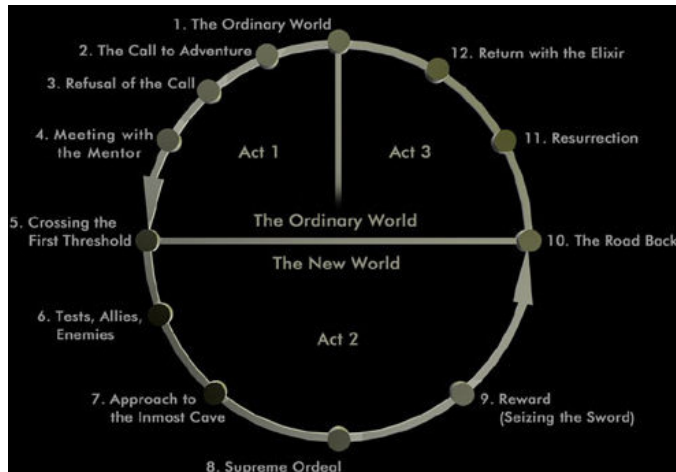


By the end of our time together you will:

- Have a **clear vision** of your future
 - Uncover **your mission** so that you WILL live into your vision
 - Have established **empowering beliefs and values** that will support you on your journey
 - **Specific strategies and tactics** and the courage to action on them
- Have **released negative emotions** like anger, sadness, fear and guilt that have been holding you back
 - Placed **your mission and vision** into your future to ensure its fruition
 - Have aligned your **power, purpose and passion** to live a life full of meaning

As you contemplate what the rest of your life holds for you and if “**The 2nd Passage**” is something you’d like to learn more about, consider these words from Kevin Spacey:

“To ‘want’ and to be ambitious and to want to be successful is not enough. That’s just desire. To know what you want, to understand why you’re doing it, to dedicate every breath in your body, to achieve . . . If you feel that you have something to give, if you feel that your particular talent is worth developing, is worth caring for, then there’s nothing you can’t achieve.”



Stages of the Heroes' Journey

Joseph Campbell talked a lot about The Heroes Journey as follows:

The 1st Passage

1. *The Ordinary World*

The Ordinary World allows us to get to know the Hero and identify with him before the Journey begins.

2. *The Call to Adventure*

The Call to Adventure sets the story rolling by disrupting the comfort of the

Hero's Ordinary World, presenting a challenge or quest that must be undertaken.

3. *Refusal of the Call*

A Hero Refuses the Journey because of fears and insecurities that have surfaced from the Call to Adventure. The Hero is not willing to make changes, preferring the safe haven of the Ordinary World.

4. *Meeting the Mentor*

The Hero Meets a Mentor to gain confidence, insight, advice, training, or magical gifts to overcome the initial fears and face the threshold of the adventure.

The 2nd Passage

5. *Crossing the Threshold*

Crossing the Threshold signifies that the Hero has finally committed to the Journey. He is prepared to cross the gateway that separates the Ordinary World from the Special World. The Crossing may require more than accepting one's fears, a map, or a swift kick in the rear from a Mentor. The Hero must confront an event that forces him to commit to entering the Special World, from which there is no turning back.

6. *Tests, Allies, Enemies*

Having crossed the Threshold, the Hero faces Tests, encounters Allies, confronts Enemies, and learns the rules of the Special World.

7. *Approach to the Inmost Cave*

The Hero must make the preparations needed to Approach the Inmost Cave that leads to the Journey's heart, or central Ordeal.

8. *The Ordeal*

The Hero engages in the Ordeal, the central life-or-death crisis, during which he faces his greatest fear, confronts this most difficult challenge, and experiences "death".

9. *Reward*

The Hero has survived death, overcome his greatest fear, slain the dragon, or weathered the Crisis of the Heart, and now earns the Reward that he sought.

The 3rd Passage

10. The Road Back

The Hero must finally recommit to completing the Journey and accept the Road Back to the Ordinary World.

11. The Resurrection

The Hero faces the Resurrection, his most dangerous meeting with death. This final life-and-death Ordeal shows that the Hero has maintained and can apply all that he has brought back to the Ordinary World.

12. Return with the Elixir

The Return with the Elixir is the final Reward earned on the Hero's Journey. The Hero has been resurrected, purified and has earned the right to be accepted back into the Ordinary World and share the Elixir of the Journey.

You are standing, right now, at the gates of ***The 2nd Passage***. You have found your mentor...me, now you're ready for the adventure...aren't you? The One Full Year of Coaching is The 3rd Passage; I will be with you every step of the way. From emerging from the "new world" back to the "ordinary world", to "the road back" and all the way till you "return with the elixir."

Your answers to the following questions will be an indicator whether you're ready for The 2nd Passage.

- Are you hungry and ready for a change, but you're not sure what it is?
- Are you looking for balance and synergy in your life?
- Are you courageous and willing to pay the price to get what you want?
- Are you committed to finishing what you start?
- Are ready to open your mind and check your ego at the door, be coachable no matter how much you think you know?

Success in life is not a matter of chance; it's a matter of managed emotions, focused attention and deliberate action, and all of these habits are tied to a clear vision.



Your Vision

Visions have always held an important part in living a life with meaning and purpose.

When a person has their vision they have the help of a “wing man”...like in the first episode of Stars Wars. Remember when Jedi fighters were in the channels of the Death Star and were being attacked from behind from the evil Empire’s fighters? As one of the Jedi fighters got closer to the air vent he started to get distracted by the Empire’s fighters get closer and

closer. His wing man kept saying “Stay on target...stay on target.”

That’s exactly what happens when you have your Vision. If you start to get distracted you have your wing man...me (and your unconscious mind) to help you stay on target.

When you’re unsure of what actions to take, why you’re taking the actions or even where you should be taking actions, this is a good indication of a lack of vision. The good news is all this uncertainty will dissolve as soon as you have your vision.

Vision was so important to Native Americans that it was one of the sacred ceremonies, as described in the book “*The Sacred Pipe*” by Black Elk. The term for this ceremony was “*Hanblecheyapi*”, or ‘crying for a vision.’

Even back in Biblical times it was quoted that “*Without Vision the People Perish.*” I interpret this as not a physical death, but more of an emotional and spiritual death. That is, without a vision we can’t live our mission...who we are here to be.

Sure, without a Vision you can reach small personal goals. But with a Vision you can reach big audacious personal goals and in the process you’ll develop the inner strength and mental strength to help others.

When your Vision is clear everything else falls into place.

As Joseph Campbell said, “*Follow your bliss and the universe will open doors where there were only walls.*”

When you find your Vision you can then move down to the specific actions to take to realize your mission.

Neurological levels
Gregory Bateson (1972, 1979)



Levels of Development within an Individual

In normal situations or for specific goals the levels of development move from the base: Environment - to the top; Spirit. This is an approach and process of helping individuals achieve success in a specific area of life.

However, when an individual is searching for the meaning of their life the “opposite” approach is taken, i.e. top/down – Spirit to Environment. This is the key to living a balanced and fulfilling life.

• “**Spiritual**” factors relate to people’s view of the larger system of which they are a part. These factors involve *for whom* or *for what* a particular action step or path has been taken. This in effect is where you find your **vision**.

• **Identity factors** relate to people’s sense of their role or **mission (purpose)**. These factors are a function of *who* a person or group perceives themselves to be.

• **Beliefs and values** provide the reinforcement that supports or inhibits particular capabilities and actions. They relate to *why* a particular path is taken and the deeper motivations which drive people to act or persevere.

• **Capabilities** relate to the mental maps, plans or strategies that lead to success. They direct *how* actions are selected and monitored.

• **Behavioral factors** are the specific action steps taken in order to reach success. They involve *what*, specifically, must be done or accomplished in order to succeed.

• **Environmental factors** determine the external opportunities or constraints which individuals and organizations must recognize and react to. They involve considering *where* and *when* success occurs.



My role is helping you through these levels. I can be thought of 'from coach to awakener.'

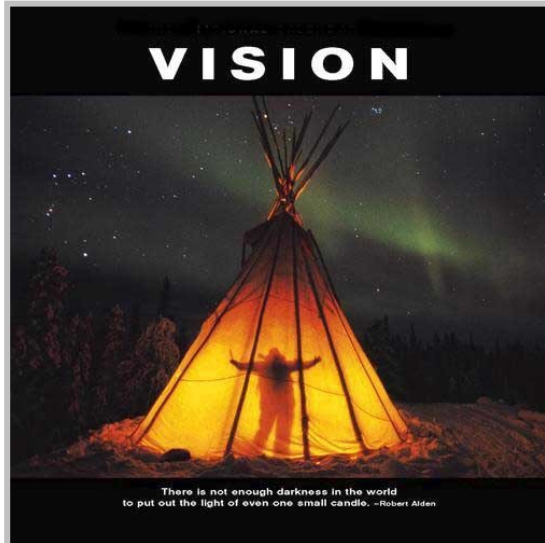
“Awakening goes beyond coaching, teaching, mentoring and sponsorship to include the level of vision, mission and spirit. An awakener supports another person by providing contexts and experiences which bring out the best of that person’s understanding of love, self, and spirit. An awakener “awakens” others through his or her own integrity and congruence. An awakener puts other people in touch with their own missions and visions by being in full contact with his or her own vision and mission.”

When you have your Vision it will direct your mission, and then migrate all the way down to where you need to be or be around to realize your vision - the environment.

Having a vision gives us the juice for personal growth; so that we can become the person in the vision, i.e. our mission.

I know you can now appreciate the power of a Vision and how it can change your life.

You’ll be able to experience peak personal performance (flow), have the feeling of contribution and meaning...as well as a sense of bliss.



The 2nd Passage - A Vision Quest for Personal Meaning and Fulfillment

If you're feeling lost, empty, confused or even emphatic towards life, this quest is for you!

The 2nd Passage is designed to give you the skills to manage your emotions, focus your attention and motivate you to take deliberate action so that you will live your mission into your Vision.

As your Warrior Mindset Coach I will assist you with specific mental training techniques and process that will cause a dramatic shift in perspective and disintegrate any barrier that stands between you and your personal power.

When you're finished with the session you'll have created the inner strength and personal power to take on any challenge facing you! You'll feel the exhilaration of peak personal performance associated with achievable goal setting and reaching them!

By the end of ***The 2nd Passage*** you'll experience one or more of the following:

- Finally removing any obstacle's that have held you back from achieving your personal goals and living the life you desire and deserve!
- Realizing your true potential, personally, professionally and financially!
- Make quantum leaps in personal performance!
- Have the personal power and motivation to achieve your goals!
- Experience immediate and lasting changes without having to follow a specific program for months on end.
- Finally stop all those negative thoughts and voices in your head that tell you can't do it or you're not good enough.
- Release the negative emotions stored in your body such as anger, sadness, fear and guilt.
- Erase limiting beliefs that have prevented you from realizing your true personal power.
- Reprogram your past and personal history to eliminate unsupportive behaviors that have held you back from reaching your dreams.
- Integrate any conflicting parts that are causing you to want to one thing but do another.
- Align your mental, physical, emotional and spiritual parts of yourself to live in your true power, purpose and passion!
- Much more!



This is About You

Because this is YOUR vision the 2 ½ days are designed around your “flow” and not a predetermined program. You’ll begin the journey even before getting here though.

You’ll have some assessment and questionnaires to complete so that we both have a good understanding of where you are now. Then when you get here we’ll start working on your vision, mission and

purpose.

We’ll release negative past emotions, find your “trusted source,” create a compelling future and a plan to make it happen!

What’s Included

Included in the 2 ½ Day *The 2nd Passage - A Vision Quest for Personal Meaning and Fulfillment*:

- Lodging at a secluded and very peaceful retreat (specific location dependent on availability and time of year)
- 3 Meals per day and snacks
- 3 personal assessments
 - Values
 - Personality
 - Values in Action
- Transportation to and from airport
- Two (2) Audio Programs - Custom personalized audio programs featuring the exclusive Meta-Sync© sound process. Incorporating carefully selected sounds, brainwave hemisphere synchronization and empowering self-development messages, these programs are an easy-to-use meditation that will help facilitate your desired outcome. They are designed to empower, entertain and enlighten
- Multiple Breakthrough Experiences
- Personal Journal
- Your Vision and Vision Statement
- Your Mission and Mission Statement
- Freedom from past negative experiences
- Power, purpose, passion and presence
- A clear bright future
- And...many surprises!



Questions and Answers about The 2nd Passage

Q: *How is it conducted?*

A: The session will be conducted in person and I'll be with you the entire 2 ½ days.

Q: *Are there any other people there?*

A: No - The 2 ½ Day **The 2nd Passage** is a **private one-on-one “vision quest”** that is guaranteed to blow you away! It will take places you've never experienced. You'll come back a completely new person. We take care of the lodging and food and airport transportation. You just have to get to the location. Locations vary depending on the time of the year, and include Los Gatos, CA, Kona, HI, and Bend, OR.

Q: *What happens before?*

A: After you make your reservations, you'll receive a questionnaire and a couple of assessments that you'll need to finish and deliver back to me at least 5 business days before **The 2nd Passage**. I'll be available via e-mail and phone should any questions or concerns come up.

Q: *What happens during the session?*

A: You'll have one of the most outstanding experiences ever! You'll notice yourself getting enhanced at an unbelievable rate, and you'll see the changes happen in front of your eyes like magic!

Q: *What happens after the session?*

A: Integration! Give the experience sometime to sink in. Then when you're ready you'll have a FREE bonus follow up session where we'll do any fine tuning, if really required, for the long term results. You might even choose to work on another quick issue during your bonus session. This session will last 30 minutes. You'll also get 3 support e-mails that you can utilize however you prefer.

Q: *What should I bring*

A: Comfortable clothes, prepare for a variety of temperatures, light hiking boots or sneakers. Favorite snacks, supplements, etc. If you forget anything we'll only be a few minutes from town.

Q: *How much is the investment?*

A: To find you vision, mission and life's purpose? Only \$3,000, add One Full Year of coaching (normally \$1,200) for only \$700! Total for finding your vision and mission and creating a specific plan to achieve it over a full one year period of time – only \$3,700.00

Remember: results are %100 guaranteed, but as everything else in life, you are responsible for taking the action.

Because of the highly personal nature of ***The 2nd Passage***, I can only accept 15 clients per year. If you'd like more information about the 2 1/2 day ***The 2nd Passage – A Vision Quest of Personal Meaning and Fulfillment***, with a one year of coaching, or discuss it to see if it's right for you send me an [e-mail](#) to receive the application and set-up a time to talk.

I look forward to hearing from you and helping you on your ***2nd Passage***.

To Your Inner Strength,



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