

Taking Charge – Ending the Self Help Hustle and Heartbreak

Hosted by Mark Januszewski

Podcast Guest Jason Houser

Mark [00:02]: Aloha and welcome to today's episode of taking charge ending the self-help hustle and heartache, of course we're not talking about the gurus, we're talking about you taking charge of your own thoughts and welcome to the call and the podcast from beautiful Hawaii. We begin by extending the Aloha blessing if you're not familiar with it.

Alo means the divine and ha means breath, so, may the breath of the divine be on you during this call and we hope you find what we're trying to give you on every one of these broadcasts, which is the same thing. These are all people who went from virtually nothing to a life second to none, I don't mean that they learned how to make money, or they learned how to have a good relationship, I'm talking about a life second to none and they all have two things in common.

Your job is to find out what those two things are. They're doing the very best they can, I've some great guests on here today, I'm joined by Jason Houser, I'll tell you a little bit about him in a minute.

Hey Jason, tell you a little bit about Jason in a minute but remember these two things are a shift in the way that they perceive themselves in the world. As the first thing, the ancestor of everything is thought, shift in the perception of the way that they see the world and this doesn't happen by buying a C. D or reading a book over the weekend and quoting some motivational speaker, that's all bullshit, not good for you, it just sounds good at cocktail parties. OK.

So, this is right in there with of course our favorite word, to tell you why you shouldn't be on this call trying, trying is planning to fail. So, if you're looking for magic or some freeze or some magic Web site or C. D. or book that's going to change your life, this isn't the place to be.

If you are earnest about learning how people have altered their life so dramatically that they don't even recognize themselves virtually to different people, you're in the right place and today again I'm joined by a most remarkable man and this is one of those great stories and we're going to have another guy on here in about two or three weeks by the name of Mike Boggs, same thing.

I met Jason Houser a few years ago online and he's been to quite a few times and Jason is one of those people who was a student of one of the information products that we offer and quickly over a very short period of time, just a couple of years he's become a teacher and a business advisor to me in my business and this is the beautiful thing about life and grow.

So, let me just tell you one thing about Jason because the credentials go on and on and on. He just completed his 21st deal, now we're talking about a guy like myself, that was in early life, like to drink, like to imbibe and other substances and things like that, within week to week, nice to be clean and sober. I think we're going about 50 or 60 years between the two of us but basically, basically, now is multiple seven figures and how many hours a week are you working?

Jason [04:07]: About four hours.

Mark [04:11]: About four hours a week

Jason [04:12]: Not counting the hours I put into thinking, of course.

Mark [04:17]: Multiple seven figure, that's even better than that. There's a cause behind it, completely changed careers, just a few years ago, in his revitalizing the entire downtown section of being Coover Washington not Canada, we're not ready yet for entire countries but we're starting a movement of positive reclamation and resurrection of wonderful ideas and people and in urban areas and this is just a really magnificent thing.

Jason thanks so much for taking so much time.

Jason [05:03]: Yeah.

Mark [05:03]: Thanks for being on the call man. How's the weather up there today.

Jason [05:07]: It's great to be here, the weather's nice this summer, man, after July 4th we get pretty dry weather and its start being a little bit Hawaii ish, so that's nice.

Mark [05:17]: So before we get really roll in here and into the whole thing because today what we're actually going to do with Jason, Jason is now about four or five years into a much deeper plunge and that's where we're gonna go today, this call is not for the faint of heart, it's really going to challenge the way that you see things.

Everybody knows, that's been on these webcasts or podcasts before I should say, anybody knows that's bought five or more self-help books, they don't work, if it's self-help why would you pay somebody else to help you and if you did it yourself, that's not help yourself right. Let's start to actually use the language that we've all agreed on but that's another story altogether.

Fundamentally what we really want to do first is welcome a few people, Karen thanks for being here, Christy Chapman, Aloha from the great state of Texas and please share this with your friends. Everybody knows in today's world that if your friends are happy, you're happier. This webcast will make you happy because what we're really going to talk about today. Everybody knows that, setting goals and taking massive action doesn't work because you're really the same person and you're really going to get the same results and this is where the journey

really began for Jason and myself in different ways and that's really the catharsis of what we do here, is why we're all intended to grow along different lines.

All these great people that you're hearing from that went from quote and unquote, rags to riches and I'm talking about mentally of course and then they manifested it.

That's the key because they had two things in common, they shifted their perspective and then they got off the couch every day and they moved mentally and physically every single day. Jason take us back to when it wasn't working and the early iterations of when you started to see that if you kept doing what you were doing mentally, it really wasn't going to work because I know you were in some other programs, that sort of were the early iterations of starting to think a little bit differently.

Jason [07:39]: Yeah, back in 97, I kind of started on this journey, what you think about goals and setting goals, so, I've always done pretty good at setting goals. Betty my former business, I was making really good money, I was touching people's lives and in the sense of employees lives but it definitely wasn't my passion, it wasn't my purpose and I kind of just thought of it like if I don't leave this and it was my own business if I don't leave my own business, it's going to be life or death situation. If I stayed, it was going to be like a spiritual death and leaving was going to be a spiritual life and then shortly after I left, I found MKMMA and started, that really was a catapulting for me into digging deeper into the way I thought and I soon realized that the way I was feeling at the former company was, had a lot to do with myself.

Mark [08:52]: Yeah, let's back up a little bit, MKMMA stands for Master Key Mastermind Alliance, on a master key, is actually a document that was written in 1912 by Haanel, the master key system and most of you are probably familiar with a book called Think and grow rich and if you read Think and Grow Rich thoroughly which is not really a book, it's really and an exercise, most people think it's a book, which is kind of sad but that's a podcast for another time but actually Hill who wrote the book and was laboring in obscurity, actually grafted the material from Haanel's book, The Master Key system, if you go back and reread Think and grow rich, we'll see the phrase master key or master key system or master key all over it and then the MMA stands for master mind alliance. Yes or no question, can anybody make it without a mastermind alliance?

Jason [09:00]: No way.

Mark [10:10]: OK so here's tip number one for all of you aspiring entrepreneurs or just anything you want to achieve in your life maybe your relationship, you really want to improve your relationships in your life, not just the primary one but with your kids, where you work in your businesses.

Without a mastermind alliance, you're dead in the water. Hill said no one makes it without a mastermind. No one makes it without a mastermind alliance, Jason can you tell us a little bit about a mastermind alliance, I think I know that you work with them, I know that a couple of people have asked you to mastermind, I've asked you to mastermind for me and I think it's really important it's a critical distinction.

So, let me say this again really clearly, you're hearing it from a man who's earning multiple seven figures in four hours, five hours a week, he's spent a lot of time thinking and we'll get to that but he has master minds. He's telling you no one makes it without a mastermind, Hill is telling you that and we've seen this through over three or four thousand years of history, no one achieves anything without a mastermind alliance, let's get this defined for people.

Jason [11:36]: Yeah, it's a really big deal for me and it's one of the most enjoyable parts of my life, it's really has to do with having an authentic connection with people and I think that that's one of the greatest purposes that we have, is just to authentically connect and truly be ourselves but as far as masterminds go I definitely, my business partner is totally a mastermind partner for the good of all, everything we do, we want it to benefit everybody who it affects in the business that we do.

I have a mastermind partner just specifically along the lines of finances and dealing with finances the emotions that go along with finances, all kinds of roadblocks and thinking about finance and then of course, like with you Mark, about all of these great wonderful habits that we do to change our lives and I have many other masterminds, a lot of them have to do with this master key experience and the work that goes along with it but one of the greatest things for me in a mastermind partnership and this, you can't get this with the fake masterminds like where you go meet, it's a big group of people, it's just not the same.

So, what I've experienced is, a mastermind partnership, a real true cynic one where there's a relationship can be amazing tool just to use the law of substitution on this larger scale, so, you can hook up with that person like, let's say for my business, I'll be feeling scared, I'll be maybe believing some just lies that I'm telling myself and I can get all worked up about that and really it's a story in my head that I'm believing in working up and sometimes I just am so thankful that I have a mastermind partnership that I can go to who can tell me like Cornell would say that foundational bare bones truth.

Here's the truth, Jason, here's the risk level, here's security level, here's this and here's that, just the truth and I can replace that negative story very quickly with the help of that partnership to substitute it out, So, that's one of my main blessings from mastermind partners.

Mark [14:12]: Right, So, let's get into a really simple definition, OK, because Jason have been doing this so long and I've been doing this for over 30 years. A mastermind is two or more people working in perfect harmony for a definite means of purpose, someone, a friendly alliance with people that will keep you on track with plan and purpose. In other words, it's not when he said fake mastermind, it's not a group of people.

Let's say you're with a network marketing company or you're selling insurance or you're running the fund raising or you're running the GC to raise money for uniforms for the kids, the basketball team. Folks, this is not a group of people that are feeling positive and want stuff, it has a singular purpose and these people, there's the purpose and then there's the plan and they keep you on track with plan and purpose. Is that how you define them, is that how you run them or you get run by them because they're both ways right?

Jason [15:25]: Yeah, I definitely define it exactly like how you're saying.

Mark [15:28]: OK

Jason [15:28]: You got to be going after a purpose and a lot of that group's mastermind partnerships that I have are for inner, spiritual personal growth but like I said, I have financial ones specifically business real estate things like that.

Mark [15:47]: OK, so, Mary Lou, let's say she's in the beauty shop business, she has a beauty shop and she wants to increase the amount of heads that go through that shop a week from 200 to 300, so, she forms a mastermind with a couple of people to help her drive more heads into that shop that she has to find a way to create some compensation or benefit for those people for helping her out. That's how it works. Yes, they also derive a benefit.

Folks, you heard it from a guy that's working four hours a week and making multiple seven figures. I went from, struggling to pay rent to live in beachfront here and we're both telling you the same thing, the mastermind made all the difference in the world, so, there's a huge tip for you, get a mastermind it's not a feel good group when you rub each other on the back and say we can do it, that's the fake thing.

And they always peter out because there's no direction, you need a friend, you need a purpose, great thing, you said something about the law of substitution so, I want to move in to because I want to get into your feelings manifesto and I think that, this is a great thing, so, it starts with this, in the master key system.

The master key system is really nothing more and nothing less, this meant marvelous document than the illuminated ones for example, Emerson, Thoreau, Disraeli, Socrates, Plato, Buddha, the Christ and so forth have all really expressed beautifully, slightly different vocabulary for three thousand years that fundamentally, this was between our ears and I like the way Haanel says it

because it's succinct and simple, the mechanism between our ears is perfect, so let's begin there but unfortunately the operator is what.

Jason [18:06]: It's not perfect, it's funny because everybody's using that mechanism in a perfect way, they just aren't doing it in a conscious way, they don't get to decide, here's how I'm going to use the mechanism.

Mark [18:21]: So, the mechanism is perfect because it's made by the architect to do with all things well but unfortunately the operator may be inept or inexperienced, that described me, I get this great.

The greatest mechanism on the planet, everybody listens on this call, the greatest mechanism on the planet, everything on the planet was created by this thing, even the bad stuff.

Jason [18:50]: That's the truth right there.

Mark [18:56]: OK so, we need to learn how to use this thing and Jason learned how to use it and then brought it to another level with his feelings manifesto. So, learning how to use this it's really run by seven laws and you mentioned the law of substitution. What are the seven laws? Can you briefly explain the seven laws because you master those and tell us how you mastered all these laws and then these habits?

Jason [19:24]: Oh, there's law of forgiveness of course, that's a really big thing for me, for everybody I just have to forgive people, I don't want to be weighed down by unforgiveness and the law substitution is just to be able to replace any negative side with the positive constructive thought and hopefully you have a mastermind partnership that when you can't do that on your own on a smaller level with one thought at a time that you can have someone help you substitute that out and there's law of dual thought sort that you can attach any feeling to any thought that you want.

Mark [20:06]: And there's the monster right

Jason [20:08]: yeah, that's a super powerful thing because it has so much to do with perspective and just seeing things in a way that everything's perfect and evolving right and the law of relaxation and relaxed calm state of mind allows me access to infinite intelligence to guide. I'm just kind of forgot all of a sudden.

Mark [20:33]: We've got a law of growth.

Jason [20:34]: Law of Growth, law of subconscious and the law of practice which is the one I really love, which is the most boring of the laws but I feel like it might make the greatest impact to just perfect practice prevents poor performance that I'm always practicing the other six floors. Things are always changing for me, it's awesome.

Mark [20:57]: So, this is how we become better operators, the mechanism and I'm I like yourself; I've been stunned over the years we've put the seven laws in people's minds and all the courses that we teach and they ignore them, you didn't.

Jason [21:12]: Yeah

Mark [21:13]: You actually, when Jason learned how to write this statement of purpose, he actually included the seven laws in there. What's the point of having a statement of purpose if you don't improve how the mechanism perceives the purpose, huge tip from Jason here, if you don't include how to improve how this works, how can you think what you write on a piece of paper exactly going to work any differently. Tell us about how did that happen for you, how did you figure that out or what inspired you, what did you do on a daily basis to start to have ideas like that.

Jason [22:04]: It's really that law of practice and just the hardcore consistency and another really big thing that really changed my life with the master key experience was to actually idealize the habits. I think this is such a big thing that people don't usually do, is to really visualize and idealize these different exercises that you learn and really believe how powerful they are, really talk to yourself and affirm, these things are awesome, these things work for me, these things are amazing because there's always that little fact in the back that what if it doesn't work for me but you have to, that will always be your thought, if that's your thought you have to change the thought, right, you have to substitute that out so, you have to start saying yes, these do work for me.

These are amazing and so when I started telling myself that more and understanding the power of it all and just doing the pure repetition of the law of practice on all of this, it just opens up such a big realm of seeing things in a different way.

Mark [23:24]: So, the world within creates the world without, we know, Buddha under the Bodhi tree discovered this or whatever it's called and if you're not familiar with Buddha in the Bodhi tree what really happened there was he actually had a moment where he realized the entire universe was in that tree and he was connected to the tree and the entire universe in him are one, okay. This happens when you live in a state of gratitude and this is the same message that the carpenter brought and it's the same message, the illuminated ones and so, that's what Jason's telling you.

One of the things that he did daily was he sat every day, made the time to think so, if the world within create the world without, what could be more important than making the time to practice these seven laws with your mind on a daily basis until they move from being mechanical to habit to intuitive right.

Jason [24:35]: Yes

Mark [24:35]: You've become a maestro with them.

Jason [24:46]: I don't know about that but just doing them all the time, that repetition means so much and it does it becomes like artists playing a piano, being able to masterfully play a piece on the piano while having a conversation because they put so much time and effort into practicing the law of practice for that song and I feel like that from the very beginning starting, five years ago that if the inner world really was what creates my outer world and especially what creates the way I see the outer world, that nothing was more important because I wanted to be happy more than anything right.

Mark [25:35]: so, I want to challenge all our listeners right now because I'm going to tell you when we lost 30 to 60 percent of our listeners mentally, when I said multiple seven figures in four hours a week, we lost them, their perception, their consciousness isn't there so really what happened to Jason from smoking dope and drinking like me. I think it's a rite of passage so I'm not advocating it but I'm glad it's behind me.

Jason [26:13]: Yeah

Mark [26:13]: This is about raising consciousness, let me explain something the number one group for bankruptcy are lottery winners because they don't have the consciousness to receive, if that's true then there, that would mean because universal law and balance or the law of large numbers always applies, if you will, that would mean the antithesis has to be there which means there are people that can receive millions for doing virtually nothing known also as the law of least effort which Chopra wrote about.

Well, you might have missed those of the 30 to 60 presenting that said this guy's full of shit or he had to have millions to make that kind of money, he must have a whole bunch of peons working for him, he doesn't, what you missed is, he spends a lot of time thinking. Read less, think more, Wallace Wattles tell us about that and how you've applied that principle to create this lifestyle and wealth where you're enjoying yourself.

Jason [27:30]: Wallace Wattles.

Mark [27:32]: Well, just the fact that you're reading less but thinking more and then applying it because this let's face it, everybody has said it, back in the Bible, it says faith without works is dead. Haanel said, knowledge doesn't apply itself so you're not just thinking but you're applying, yes but it's not just four hours, you're thinking and applying in four hours.

Jason [28:00]: The application is the number one thing that you have to do and I really did take that to heart to read less, think more and act more. A good story is my dad who is a successful business guy, he is not a reader at all but he read two books one about doing me which he started a business because he decided to

act on that knowledge of one book and then he did the same thing with wine and he decided to act on that knowledge from one book.

So, that was something that really hit me, not that long ago, just a couple months ago, here's a guy whose action on knowledge it wasn't the quantity of knowledge, it was actually his intensity of acting on the knowledge that he actually already had gained and so that's the biggest thing that I think you can do even with all this stuff.

I had read about investing in real estate for a good 10 years before I actually did it and there is always every reason in the world not to do it and one thing I've learned through all these five years and these processes is that there's always no matter what is going to be that point where you aren't the thing and then the next moment you are, the moment after I wrote the check for my first deal then I was a real estate investor before that, I was only, gathering knowledge I wasn't applying any of it and, there's it's good to be prepared and do due diligence and everything like that but the application is really where the money's at, yet you apply it.

Mark [29:46]: Right, so it's in the application.

Jason [29:49]: It's all in the application man, you can know about that these exercises and you can know about the affirmations and you can know about these different laws, you can talk like about what the law of substitution is but until you become proficient because you've practiced it a thousand times to stop telling yourself that you don't like yourself or that you can't make money or that you're sad today or whatever, I even did it today, I was like I'm really bummed out today and you just say no, I'm not going to think that, I sell it but you just substituted it out, you got to act on it.

Mark [30:29]: So, I wanted to take a couple of side trips here to bring us to the manifesto, so, let's go to the gurus but we don't want to beat him up. We all know about the bullshit, the wonderful personalities from stage, you've got to have a goal, you're going to have a dream, you're going to take massive action and we know that's all bullshit and we all set goals but we're setting them because we've been conditioned to think that way and no matter when we get the goal, we get the goal and then they say, you hit this achievement level well, that's great, congratulations and now you need to be definite in this and they keep moving the fucking goal posts and all that bullshit and you're never know you may never win, the moving goal posts folks, if you haven't woken up to the moving goal posts, wake up OK.

Some asshole telling you when you just achieved something then they move your numbers up again, walk away, OK, anyway so, let's forget those guys, OK and let's forget the moves and action people, OK see, let's assume you've started

to figure out, you've started to hear your heart a little bit, that's what you need to do, not what mommy wants, not what daddy wants and you get it.

You get in with some people that are helping you break through the conditioning you've had since you've been six years old, the girl, the gold watch and everything is one of the reasons you don't believe that a guy like me is making 40, 50 thousand a month in 10 hours a week or Jason's making when he's making in four hours a week because you're locked into what the institutions want you to do, so, you don't have time to think, OK and let's go to what you said about what I got all excited about the law of dual thought.

Did you know we're the only creature or life form on the planet that can attach pain or pleasure to whatever we want?

Jason [32:38]: It's amazing, that's amazing man.

Mark [32:41]: It's amazing, we can attach pleasure to eating or not eating two sacks or nuts or abstinence, to me, this is so powerful because it gives you control over the two pillars that run everybody's life. Let's get down to it, let's get out of the Psychology Department and psychiatry department. It's all run by two things, Pain and Pleasure like, pleasure feels good, we migrate to it, pain feels bad but what's cool is you can decide what's painful and pleasurable.

Jason [33:19]: Yeah.

Mark [33:20]: I made a shift, when I was in network marketing, I hated picking up the phone, I shifted that with a thing called narc neurological associate reactive conditioning and I made it psychologically painful to not pick up the phone, OK and pleasurable to pick up the phone and I got addicted to picking up the phone and the checks started coming and then it was good and then positive reinforcement which leads to habit, so where am I going with all this.

Well, what happens is Jason gets in, he starts to change his life and he sets what he said to purpose and he creates some smart goals and they start to happen for him, he becomes a real estate investor and his life starts to manifest and he starts to think differently, this leads to an entirely different frontier or world that I want to share with you through Jason and it blew my mind and I said man, you've got to share this.

So, tell us about the feelings manifesto which is an entirely different way to set goals because when you get in that car and you turn the key, it feels good, that new car or that trip but does it really last, it was really the journey, what will last, tell us what you discovered and how it were, this is incredible people.

Jason [34:57]: It's funny when I first came up with this idea of the feelings manifesto, it actually was because of the Guru and I had watched a video, he's like a 500-million-dollar guy. He's a proponent of real estate investing and he was such an asshole, just the things he said offended me so bad, so, I visualized him in

a set on his deathbed in the hospital next to a poor person, a homeless person or someone that didn't have anywhere near 500 million and realized that the death was the great equalizer in that situation, they were equal and they it wasn't money that could have done anything for them.

So, I started thinking, how I want to perceive my life when I'm at the end of it. Am I going to wish I made more money, I heard from my mentor back in 97 that nobody says on their deathbed, they wish they made more money, I understood that logically but still the conditioning in my heart is always like more money is more happy, more money is everything's better.

So, in writing this definite major purpose over the last five years and becoming through the practice of the habits and super consistency and just really never missing, I learned how to really achieve the smart goals that I put in there and that became a non-issue. It's kind of like, if you were to ask somebody, what would they do if they won the lottery, money is not an issue anymore, well, what would it be like if your DMP wasn't an issue, what would it be like if you knew that was handled, that was playing the piano, that could be in the background, new programming that you've put in your mind and what are you going to do then, you don't have this chaos, you don't have these goals to look forward to or whatever.

So, I just thought about the feelings manifesto and how do I want to feel when I wake up in the morning, how do I want to feel when I walk into a room, how do I want to feel and have people feel when they're around me, like, what was really important, it took me about a year to figure out how to write it up and it's similar to a definite major purpose but there is no timeline and there's no smart goals, it's a very powerful and emotional description of how I want to feel each day.

And if you put that to use with the law practice and it starts getting in there into your subconscious because I want to feel autonomy, I know that creating enough wealth will not make me feel it, another concept that really kind of blew me away about the feelings manifesto is that, why am I expecting, I'm even using feeling words to connect to my smart goals in my DMP, so, I'm connecting still these feelings to the smart goal like I'm going to get it when I get that smart goal but I realized that if the achievement of the goals is just a symbol of my power, why do I feel like these goals or sayings are going to create the feeling, I created those things, I created the achievement of wherever the smart goal is and it dawned on me, that means I have to create the feelings.

I have to create the feeling so, that's why I wrote the feelings manifesto and I'm really pounding into my mind because I want to feel those things regardless and I feel like eventually, you can really follow your heart, just go on with this.

Mark [39:15]: I want to try to explain a couple of things that Jason just said definitional leak and then kind of delve into what he's saying because folks, I

believe that we're on the precipice of a breakthrough that's so huge that is going to begin a movement inside the master key movement which is already in motion. OK. We're changing thousands of people's lives to get over the masterkeyexperience.com.

Just Mr. Dowling from Ireland, we're so glad you're here by the way, thanks for getting the word out about the Libra more invasion from Zuckerberg MasterCard Visa, please share this with your friends, this is a big call, there's a huge thing that he's talking about, so, what's a smart goal.

SMART stands for Specific Measurable Achievable Realistic and Timed, so, it's a specific thing like a trip to Italy on, June of 2020, with my family or a brand new yellow Jeep Wrangler or whatever, it's all great stuff and of course, if you don't attach feelings to it then it's never gonna happen, so, how would that make you feel, so, that's how it all started and of course you want to read these with enthusiasm because thought plus feeling creates a belief and that little try Oka, is what really is the seat of habit and Jason talked about how we are our habits, we're not our intentions, we're our habits. OK.

Jason [40:58]: It's pretty amazing because with the smart goal and then you attach feelings to it, that is necessary, that's how the whole idea of the feelings manifesto came about in the first place. If I hadn't done that consistent action, reading with enthusiasm several times a day but that does create the addiction in your mind making new neural pathways to actually achieve your goals but what will happen when you get to where you actually want to be, which is always being able to achieve your DMP smart goals, right, you're going to be able to do that, that's definitely something that can definitely happen.

Mark [41:37]: It's easy but here's the trick, here's the thing about the feelings manifesto that Jason and I have been kicking around his idea, here's the deal, the supposition here is what you really want to feel and guys, we need to get in touch with our feelings, we need to access that feminine side of ourselves.

It's easy for Jason because he's what's known as a blue personality and blues are in touch with their feelings, right, a little more than reds red types and white touch but anyway, we'll give you a place we can go and learn a little bit about your personality, give that to you in a minute but fundamentally, the theoretically what we're working on here and it seems not just to hold water it seems rock solid, is that your subconscious mind never forgets anything, we all have photographic memories, we just don't know it.

And that by identifying the feeling and writing your statement of purpose when he says DMP, he means Definite Major Purpose, it's just a little bit of shorthand because of the film already we have with each other, so, smart goals are a specific measurable achievable realistic and time and DMP definite major purpose, that's

OK, That's my job, my job, so by identifying and writing a purpose statement about how you want to feel.

We're telling you that your subconscious mind has already seen the things that you're going to want to do that will trigger those feelings and it is in the doing of those things, not the acquiring of stuff that's going to make you feel that way and you're going to be happy and he's going to say, well, what are you doing, why are you happy.

Jason [43:50]: It's just the true desire to experience your life, not be a bystander not be live in someone else's life but just truly experiencing your life, it's a grand thing that the roller coaster of the hero's journey and everything that there is we want to experience that and it's so easy to miss the point even when you're going after amazing authentic heart driven goals. You could still miss the point and that's what I really didn't want to do.

I can't hear you Mark

Mark [44:42]: Hi Danny and I know that he has a job in a paper mill and he just joined a network marketing company because he wants to get his wife home, a wonderful woman named Kim who is working cleaning homes for the wealthy on Amelia Island very exclusive area and what I want Danny to focus on is how it's gonna feel for Kimmy to get home but don't think about getting Kimmy home, Just think about how you want to feel, waking up with your wife home and her happy, just think about that, that'll get going, and that's the deal. So, this is really a critical thing.

Those are you that are here and those are you that aren't here, catch this at another time, how do you want to feel and if it has anything to do with security, get rid of it because all security desires are fear based, OK. The institutions, the banks, Facebook, Social Media owns your ass OK, you need to think for yourself, the big shift and this is a big takeaway as Jason shared his history a little bit with you and I, shared a little bit of it, sort of cobbled together between the two of us.

He's thinking for himself; he's creating a new way to look at how he wants to approach himself on a daily basis, do you see how powerful this is, how he wants to feel as he goes through his day. Why do you do the things that you do Elaine, why do you do them, so, that you have to feel what, peace of mind at the end of the day, you got through the day, how do you want to feel, how do you want to feel because in the end now you remembered and like you were saying how much money you made or whatever all that stuff's great to pass on and I really know what people are going to remember in the final analysis. The spirit, your integrity and your personality.

I aren't never had a bad word to say about anybody, why he doesn't go, is good natured or whatever, what kind of feelings do you want to have, I think this is really important, I think what I'd love you to share about your experience at this

point is the contrast between then and now basically he's implying that we won't even recognize ourselves. Is that true for you.

Jason [48:01]: Its a 100 percent true I can say that with such full confidence, I often think of it as a painting of what my life was, it was a certain painting and it's not even the same painting, it's like the painting was switched. My life is so different now that the people that I've met now through different networking events and just going places with my awesome wife Lisa, it's like they don't even know that person, it's literally that much different and not only in like my time freedom, the business I'm in is totally different, the money I make is done in a completely different way, the people I know, the type of people the attitude of the people, the loving careness of the people that I know now has nothing to do with the people that I knew five years ago and I've changed in such dramatic ways and I think that the ways I've changed add up to so much more than the business aspect, the money aspect which those are all great but like you said security it doesn't offer a lot of the security that you really want to feel.

So just these habits, in doing them every day it really changes you from the inside out and this whole awesome and amazing journey really comes down to me, these small beautiful occurrences and happenings in your heart, it's Chin of change, doing these habits have to change your heart, they're going to change your heart and mind, this is going to change the way you see the world, this is going to change the goals you set and it's all going to evolve into this amazing picture that is so far better than what you could ever imagine.

Mark [50:10]: Right now as far as business goes point five with the blueprint builder which is a document that Jason and myself we read all the time individually and it covers all ethics and do no point, do you have any in your head or should I go forward or you got it.

Jason [50:38]: I fully realized that no wealth or position can long enduring less built upon truth and justice.

Mark [50:45]: Therefore, engage in no transaction which doesn't benefit all of whom it affects. I will succeed by attaching myself to the forces which I will use the cooperation of other people, I will induce others to serve me because of my willingness to serve others, I eliminate hatred, envy, jealousy, there's the first law Jason mentioned was forgiveness, I eliminate hatred, envy, jealousy, selfishness and cynicism by developing love for all humanity because I know a negative attitude towards others could never bring me success cause others to believe in me because I believe in others and I believe in myself. I say my name below to this formula. It's a memory.

So, anyway, this is the thing, he doesn't engage in any transaction that doesn't benefit everybody.

Jason [51:49]: I've definitely said no to deals that were great deals, really good things but they just didn't quite meet that point five in my perception and my perspective at that time to benefit every single aspect and person that it could affect. That's so important and although it can seem odd in a lot of business realms and worlds, there's always is a high level of respect when you live that way.

Mark [52:22]: Yeah, so, there's a lot of idiots out there and our job is to find them crack the code and get them to think for themselves but if anybody tells you that you're an idealist and that's ridiculous and you can't change the world and this is human nature, don't tell them that they're in it, don't tell them that they are idiot but don't give up your ideals. So, I think an important question is as we start to come in, we start to get into the fly zone to come in for a landing here, how much time a day, the thinking I know that you sit and meditate absolutely still every day. How much times a day, every day, how much time and all the people that we've had on here and all the people we all have on here, they sit and think still every single day, how much time a day on average do you put in to these habits.

Jason [53:36]: it can vary, depending on how long the sick goes and you could certainly do it in less time because I do extend it but I would say like three hours a day.

Mark [53:50]: Two to three hours a day.

Jason [53:52]: Yeah.

Mark [53:54]: And was it that way in the beginning.

Jason [53:55]: It was not that way in the beginning, I did that three times a day, everything I did it perfect and that's more like an hour and a half. I would say earn or an hour even. It just I'm a pretty slow reader and I don't try to hurry through reading, I can say it by memory a lot faster than I can read it so, I just read slow so, it takes me a little longer, people who read fast can be done a lot quicker than that but I never stop there.

I do it when I'm in the car and I'd love to share a little technique that I use to get the habits done if I could please do it. One thing that I've, I think really helped me get the habits done was to think of the law of substitution on this grander scale using chunks of your life, so, for me, the shower was the place that I thought a lot of negative thoughts when I was in my former business, so, it was a place that I developed a habit of thinking bad things, fearful things, I would get a little bit anxious there, so, I decided to use the law of substitution for this block of my entire day, the shower.

And you can either take your paper stuff, laminate it and put it in there, memorize it so, when I go and take a shower every time without fail now, it's an absolute habit, I do my habits, I do my positive affirmations, I say my DMP, I say

the blueprint builder, I do this every day in the shower. So, I was able to use that law of substitution on a bigger scale with the whole chunk of time in my day and make sure that I was doing something and doing these habits and connecting it to another habit that I knew that I would always do, I love to take a shower, I'm not going to go without one.

So, I thought well if I can connect this addiction of taking a shower to the addiction of seeing these habits and growing my mind, then I'm never going to fail, I will for sure get one whole set of my stuff in every day and I have. I've been able to do that with several different areas in my life so I can do my three times a day but I have three or four other things that I do that I have now only met.

Mark [56:21]: Right, so, what he's saying is he's linking things that he's normally doing, enjoys doing, likes doing, he's already addicted, to right, like taking a shower or having a cup of coffee at Starbucks or whatever it is and he's doing these habits, let's not worry about the documents blueprint builder, 7 habits or whatever but he's talking about documents that are carefully written out, so, I'm just going to give you one little quote here and that is words are the highest form of architecture and the passport to the future, now that sounds wonderful, it's not, it depends on what the words are, in the beginning.

A master mind alliance, you better be with some people that know what the hell they're doing, Okay, and these nice people in network marketing companies and direct sales companies that are showing you how to write out a goal statement, they don't, let me give you a simple example.

Let's say you want to lose some weight or whatever and I lose 41 pounds and I'm in great health by December 17th. What you're doing when you read that three times a day is you are telling yourself you're in terrible health three times a day and even if you lost the weight, you have told yourself you're in terrible health three times a day, drilled it into your subconscious and even if you lose the waist you'll gain it back, this is known as an affirmation deficiency.

In other words, when you say you will be in good health then you are saying you're in bad health now. This is part of also the feelings manifesto because you're in a way saying I'm going to feel this when I get this, instead of feeling good now.

So, I wanted to do that and with Jason's help with this manifesto, what's happening is I feel healthy happy and terrific and I do the things that healthy people do and I'm shredded at 70 and I am. Anyway, huge take away for me besides the feelings manifesto, just really great stuff folks, get a mastermind alliance, they just gave you another reason.

By the way I know Jason's mentioned the Masterkey experience a few times. We're not pitching you on anything here. You can't buy that course at any price. Okay. We take a certain amount of new members in every year, their tuitions

already covered by last year's members who had such a great experience, they wanted to pay somebody else's way through just like Jason did and so many thousands of members out. So, stay tuned for that get to masterkeyexperience.com. If you want early notification, share this with your friends. One of the great studies from Chopper now shows we have moved from villages to a global village and the one thing good that's come out of social media is they've been able to track that when your friends are happy, you're a 15 percent happier and when their friends are happier you're another 10 percent happier.

So, share this with your friends if you see value. I know you do and have them share with their friends; sharing is good. We'd like it helps us, it's a nice way to thank us. Nice way to think Jason and we end again two things.

Aloha again, is the divine breath on you. We hope there's a nugget here for you. OK, stay skeptical but stay curious. Keep looking. We're telling you change of thought and work. That's the shortcut, so, we end with these nine questions.

Best thing you ever eat pizza.

Jason [1:01:03]: I love pizza place in Vancouver called Smokey's pizza, its close, it's a different place. I love it.

Mark [1:01:13]: I got my plane ticket, I love it, I love a good beach. Best place you ever visited.

Jason [1:01:24]: Its Hawaii, Hawaii is my favorite place, Hawaii exactly.

Mark [1:01:29]: OK, I know you love the Big Island too

Jason [1:01:30]: I do love the Big Island

Mark [1:01:34]: Your favorite word or sound.

Jason [1:01:38]: I love the sound of a synthesizer; I like Chariots of Fire.

Mark [1:01:46]: Yeah, your least favorite word or sound.

Jason [1:01:52]: Well, I have my least favorite word or sound but I can't say.

Mark [1: 01:55]: Yeah you can.

Jason [1:02:00]: I'm not sure, I'm not sure what the worst word sound is as an employer, former employer is, can I talk to you for a minute? I hate that word.

Mark [1:02:12]: No, that's never good. OK, Complete the following three phrases, Love is

Jason [1:02:23]: Kind.

Mark [1:02:25]: Money is

Jason [1:02:29]: Valuable.

Mark [1:02:31]: Life is

Jason [1:02:33]: precious.

Mark [1:02:36]: If God exists, what would you like to hear him say when you get to the Pearly Gates?

Jason [1:02:45]: Well done good and faithful servant. I love you and I'm glad that you knew that I was a helping hand along the way.

Mark [1:02:56]: From my experience with you, that's the lock, my brother, love you. Thanks Jason. Peace be the journey, by the way, those you that are here today. Well, anyway, the notes for this will be up at masterkeyexperience.com shortly. We love you guys, please spread the word masterkeyexperience.com peace be the journey and we'll see you soon. Ciao.

Jason [1:03:23]: See you later.