

the
INNER
MATRIX

*Leveraging the Art & Science of Personal Mastery to Create Real
Life Results*

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CHAPTER 1

THE POWER OF THE MATRIX

“I am the master of my fate.
I am the captain of my soul.”
—William Ernest Henley,
from “Invictus”

When I ask people to identify the most important relationship in their lives and the one with the greatest impact, almost everyone points to someone they love deeply, such as a child, spouse, parent, mentor, or best friend. It comes as a shock when I tell them their answer is wrong. The truth is that for everyone, no matter who you are, the most important, most impactful relationship you have in your life is with yourself. The fact that so many of us are unaware of this is an indicator of just how off base we are with our perceptions, and that’s why so many of us are unhappy. We’re either putting our focus on the wrong things, or we’re not focusing on much at all, and that is a major opportunity lost.

The reality is that your mind, emotions, body, and intuitive aspect comprise a matrix that shapes your inner experience. In turn, that *inner matrix* determines how you process and define your reality. The inner matrix influences every aspect of your life, from your experiences to your relationships, and it dictates your ability (or inability) to thrive. Everything passes through the lens of your inner matrix.

Most of us assume that because we eat, breathe, sleep, and generally get from one day to the next, we have some understanding of who we are and know how to *be* in the world. We never pause to consider that if we want to do anything exceptional—from creating a top-earning business to nurturing a thriving family—we need training and practice. Would you hire an attorney to represent you who’d never been to law school? Would you hire a mechanic who’d never repaired a car? Maybe it seems like managing your inner matrix should be something you just know how to do instinctively, yet few things (if any) worth striving for come without education, training, focused effort, and support from others, and that includes happiness and success.

Or perhaps you’ve already achieved a life that others dream of, with a wonderful partner, happy family, or a thriving career or business, yet something’s missing. You’re not sure how to take things to the next level—the place where you’re able to feel that love and fulfillment you so

desire. It all comes back to you—to your relationship with yourself and your awareness of the unconscious programming that's functioning inside you.

You wouldn't expect to just be gifted with a fit, healthy body. It requires consistent effort. Similarly, you have to train to achieve the life you want, to learn how your thoughts, emotions, and actions work to influence your experience of life. Just like you must train to achieve physical fitness, you can train your inner matrix to live the life of your dreams.

Your inner matrix defines the quality of your life and sets the parameters for what you can achieve, yet you've probably spent little to no time developing it. You're not alone. Most of us simply don't realize that we can consciously shape all aspects of our being. We tend to believe that we're set up or structured in a way that creates peace, well-being, and success in life, or we're not. You either got lucky or you didn't. The truth is that if you learn and practice the skills and tools to master your inner matrix, you can shift your mental, emotional, physical, and intuitive state to realize any vision you have for your life. When you learn how to align your inner matrix with a vision, in that instant, that vision becomes your reality. If you wish to create a life of love, peace, and joy, you can. When you learn how to live in a state of excellence, you begin to evolve your inner matrix in a way that allows you to live your highest potential.

Most of us have at least one area in our lives that doesn't feel optimal, or where there's pain and suffering. Maybe you have a relationship that is filled with conflict (or perhaps several relationships). Perhaps you're not fully engaged with your work or believe your skills aren't appropriately utilized. It could be that your finances are an ongoing source of struggle and anxiety. Or maybe things appear fine on the outside, yet you just can't seem to connect with a sense of meaning and purpose in your life.

When you were born and throughout your childhood, chances are no one around you knew about their inner matrix or how to work with it. As a result, you've gone through life trying your best to make things happen the way you'd like them to. But without an awareness of your inner matrix, you were left to do what most of us do—copy what others are doing and hope for the best. You were never trained to look inside and optimize your state of being. You weren't educated about the impact your internal state has on the experiences you create in this world, or even the fact that you do create your experiences. Instead, you believed, like most of us, that life just sort of happens to us and we make the best of it. Because of this lack of education and awareness, instead of being able to purposefully create your reality, a random set of experiences conditioned your inner matrix, and as a result, you react to your environment in a series of specific ways. Life becomes chaotic, confusing, and painful, and you have no idea how you ended up in such turmoil. Certain incidents, actions, and even key phrases, facial expressions, or tones of voice set in motion predictable patterns of reaction in you. As a result, you operate in your life without fully understanding who you are or how you function, why the same things seem to keep happening, or why you get into relationships with the same types of people over and over again. (If you sometimes feel like your life has become like the movie *Groundhog Day*, now you know why.) You never realize the true extent of the influence you have on the world around you, as well as the influence the world has on you.

Such was the case for me in my late teenage years. Not finding examples of happiness and fulfillment in my parents or teachers, as soon as I was able, I set out to seek my own path in the world. My best friend and I moved out of our parents' homes and got an apartment together with our girlfriends. But our sense of freedom and excitement quickly morphed into something we neither anticipated nor intended. Instead of focusing our energy on finding a better way, we used

it to rebel against the old one. I was trying to find a solution by focusing on the problem—on the life I didn't want—and as I know now, that's a surefire way to create more of the same.

My new world was chaotic and ended up being filled with even more suffering than the place I'd just come from. I worked a meaningless job by day, and by night we partied. Before long, my inner world was flooded with hopelessness and despair. I started to numb myself with drugs and alcohol to avoid the pain of my circumstances and choices. The more I numbed, the worse things got. My girlfriend and I broke up and my relationship with my best friend plummeted into ongoing conflict. My attempt to escape the suffering of a meaningless life had actually made things worse. Even though I was aware of the patterns my parents and others engaged in and the pain and dissatisfaction these patterns created in their lives, I had fallen into the same ones. It was as if my awareness, rather than saving me, had put me on a fast track to suffering. It had done nothing to move me toward creating the happiness and fulfillment that I wanted so much for myself. Instead, my life became unbearable.

Eventually, as these situations typically go, I hit rock bottom. An evening of partying began like any other, but this time I spiraled out of control. One night of heavy drinking and drugs turned into three, with no food or sleep to help restore me. Well into the third night, I was watching a movie with friends when suddenly a band of dancing bears appeared, cavorting around the living room. I was delighted, but none of my friends seemed to share my enthusiasm. I couldn't understand why no one else wanted to dance with the bears, but of course it was because I was the only one who could see them.

Finally, I began to process the horrified looks on some of their faces and realized I was hallucinating. I excused myself and went to my room to get some sleep. I lie there on my bed awake and eventually decided to get a glass of water, but when I went to sit up, nothing happened. I couldn't move my body. Suddenly I became aware of the sound of my heartbeat, and the fact that it was slowing down. Moments later I experienced the sensations of hovering above my own body, looking at my motionless form on the bed. Then, with a jolt, I was back in my body.

By the next morning, I had made a decision. After what I'd experienced the night before, I knew beyond the shadow of a doubt that if I stayed in my current situation, I would soon be dead. I also knew that I hadn't come into this life to waste it living in an alcohol- and drug-induced haze. I had no intention of living a mundane, meaningless existence. I was here to accomplish something more. I had to make a decision. And so, I said goodbye to what I'd thought was going to be a fairytale existence out on my own and went back to my parents' basement, where I began my journey into my inner matrix.

No matter where you are in life, you probably have an intuitive knowing that you can develop yourself beyond where you are now. You just haven't developed the skills you need to create the life you know, or at least sense, is possible. This book provides practical information and easy-to-apply tools that you can use to evolve any aspect of your life. You're about to gain the power to change every experience you have in this world.

If your mind is focused, your emotions are peaceful, and your physical body is strong, you will have one experience of the world. If, on the other hand, your mind is chaotic, your emotions are frenzied, and your physical body is weak, the exact same world will feel radically different to you. When you train yourself to pay attention to and interact purposefully with your mind, emotions, body, and higher self, the world becomes a different place. If you want to change what's happening outside you, you must start with what's happening inside you. Then you'll automatically see your external world—your relationships with friends, family, and coworkers, your financial situation, even your sense of self and purpose—shift.

To truly thrive in life, you must first understand how you work, and that requires building a relationship with your inner matrix. Once you gain this understanding, you can execute the changes in your internal state, your mindset, and your actions that will eliminate suffering, define your dreams and clarify your vision, and create a truly extraordinary life. First, you'll have to undergo some deprogramming, because many of the approaches we are commonly taught to achieve happiness and success in life simply don't work.

During the course of my studies and work, I've found myself challenging many of the longstanding methods our society typically offers as solutions to our human suffering. For example, lots of people go to a coach or therapist and are told that if they can simply become aware of what they are doing and why they are doing it, they can change their lives for the better. Unfortunately, as I found in my youth, awareness of a problem does not offer a solution. A lyric from a popular Depeche Mode song from the 1980s summarizes the experience most of us have: "Never again is what you swore the time before." We see what we're doing. Holding the best of intentions, we vow to change and never do it again. And yet then, to our dismay, we find ourselves engaging in the same destructive behaviors over and over. And the cycle continues.

Far from providing a solution, scientists show that when you think about a pattern you wish to change, neurologically you reinforce that pattern. Again, the brain functions similar to a muscle, so the more you "exercise" a pattern by thinking about it, the stronger it gets. When you dwell on how you feel and try to think of the reasons behind your emotions, you engage the neurological patterns you're trying to escape. As a result, your attempts at thinking your way out of a problem fail. That's what happened to me when I moved out of my parents' house and spent all that energy focused on who I didn't want to become instead of creating a powerful vision for my life. You have to train yourself to approach life differently—to focus on what you want, not what you don't.

Another popular approach to guiding yourself out of suffering is to follow your gut. The common misperception is that your intuition lives in your gut and if you follow its guidance, things will get better. As scientists in the emerging field of neurogastroenterology have discovered, a significant portion of our emotions lives in our gut. Many refer to the gut as your second brain, however this second brain doesn't control any higher intellectual functioning. Instead, the gut's neurological purpose is to serve as a site of your emotional patterning. You've probably felt butterflies in your stomach when you were anxious or excited, or have gotten a bellyache when you were feeling sad or angry. Science now understands that the reason we have these common experiences is that some of our emotional neurology lives in our gut.

Your gut is a source of emotion, not reasoning. When you "follow your gut," you're accessing lower, often destructive emotional patterns rather than higher-level intuition. Yet because you've engaged these patterns over your lifetime, their familiarity feels comfortable (even the negative ones). They feel right, and you mistake this feeling for an "intuitive hit" that you're on the right path. In reality, you're just on a familiar path. We find comfort in the familiar—even if it's painful—so we're tempted to follow the same path over and over, even though it will lead to continued suffering. When you don't understand the difference between accessing your emotions and accessing your higher intuition, you make the choice that feels comfortable and are left wondering how your intuition failed you.

Inner Matrix Systems teaches you how to train your thoughts and feelings to discontinue destructive patterns and engage your considerable internal resources in ways that will help you create and fulfill the most powerful of visions for your life. For nearly 20 years as of this writing, over and over again I've seen people who've consistently engaged this approach achieve incredible results. People who were on the brink of divorce developed stable, loving relationships with their

partners. Individuals who faced professional challenges achieved career and financial success. Clients who suffered from serious, even debilitating physical illnesses shifted into states of health and vibrancy. (You'll read some of their stories in this book.)

The world is full of examples of how those who master their internal states are capable of looking tragedies in the face and thriving, while those who do not are crippled by life's challenges. World-famous physicist and author Stephen Hawking—who was diagnosed with amyotrophic lateral sclerosis (ALS) when he was 21 and was not expected to live beyond age 23—is a powerful example. As Hawking once wrote on his website, “I try to lead as normal a life as possible and not think about my condition or regret the things it prevents me from doing, which are not many.” The scientist, who lived to the age of 76 and was married with three children, was not able to walk or talk for most of his life, but his work as founder and head of the Centre for Theoretical Cosmology at the University of Cambridge literally changed the way humanity sees the universe and our place in it.

In the course of my work, I've trained individuals from all socioeconomic backgrounds, religions, cultures, and ethnicities. People from every walk of life have benefited from the practices in this book, and in its pages I'll share some of their stories. Their names and certain identifying details have been changed to protect their privacy. As you will see, conscious evolution is possible for anyone if you meet it with a spirit of openness and possibility.

Knowledge alone is useless. Evolution requires that you apply this knowledge thoughtfully and consistently. While you engage with this book, I challenge you to drop your preconceived notions of who you are, how you function, and what it is that will evolve your state of being. Dive into your inner world with a spirit of openness and exploration and a willingness to see what's really there. As Socrates famously declared, “The unexamined life is not worth living.” Set an intention to stay open to what you learn about your inner matrix and the patterns at play in creating your current reality. Entertain the idea that your world and your past may be different than you imagined them to be, and that your role is much more powerful than you realized. If you are willing to drop your current worldview and allow the possibility of a different one, a grand journey—one that takes you to the depths of your being—will unfold before you. If you engage with this quest fully, you will discover who you truly are, along with a radical new ability to create the experiences you desire.

It takes courage to embark on such a journey and determination to see it through. I encourage you to as much as possible see your experiences through a lens of love and humor—it will help, I promise you. What I am offering is a no-risk proposition. If you choose to commit to taking the journey into your inner matrix, you'll access a totally new way of experiencing life. If, however, you choose not to engage, your old existence will still be right there waiting for you.

Whether you are plagued by stress and anxiety, searching for greater meaning, purpose, and fulfillment in your life, trying to break unhealthy habits or drop things that just are not serving you, or are plagued by self-criticism and doubt, you can become the architect of your mind, emotions, and physical body. You can develop your ability to access your intuition. And you can have the life you want, whatever that looks like. By reading this book, you're making the first of many powerful choices that will change your life.

Tens of thousands of people around the world have learned that they can have the life of their dreams, and that they can thrive even in the most challenging circumstances. They have learned that it is not pain that leads to gain, but shifting their inner matrix. Armed with the tools of Inner Matrix Systems, these people have stepped out of suffering and into states of joy, satisfaction, fulfillment, and love. You can too.

