

Masterclass
with Michael Beckwith

Discover Your Life Purpose

Your Private Action Guide
with Michael Beckwith



Your Name: _____

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Welcome to Your Private Action Guide

8 Simple Tips To Using This Action Guide Effectively

1. Print out this guide before the class starts so you can write down your notes as you listen.
2. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. Review the preparation exercises so that you can best set the space and intention to experience this class.
4. Have a glance at the Masterclass Summary so you know what to listen out for.
5. During the Masterclass, write down interesting quotes, thoughts, ideas, and inspirations you get while listening — that way you won't lose the information most relevant to you.
6. Consider how you can quickly implement the secrets revealed in this session.
7. Refer back to this guide after the class is over to fill in any thing you may have missed, or to work on any exercise you'd like to explore deeper.
8. Use the space to be creative, expressive, and honest.

"Make each day your masterpiece"

- John Wooden

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Your Preparation Tips for This Masterclass

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- Be in a comfortable position so you can fully take part in any guided meditations or visualization exercises that may be a part of the class.
- Before starting, take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- Be open to the experience and to the learnings you are about to receive.

Pre-Masterclass Intention Setting Exercise

What was your intention for attending this Masterclass? What are you hoping to get it out of it? Set your positive intentions here.

“A good intention clothes itself with sudden power”

-Ralph Waldo Emerson

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MASTERCLASS SUMMARY

Part 1: The Friendly Universe

Part 2: The 4 Stages of Spiritual Development

Part 3: The 8 Life Structures

Part 4: Your Guided Meditation

Part 5: Self Assessment & Self Reflection

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Part 1: The Friendly Universe

1. Describe some of the laws of the friendly universe below:

It does not contradict itself

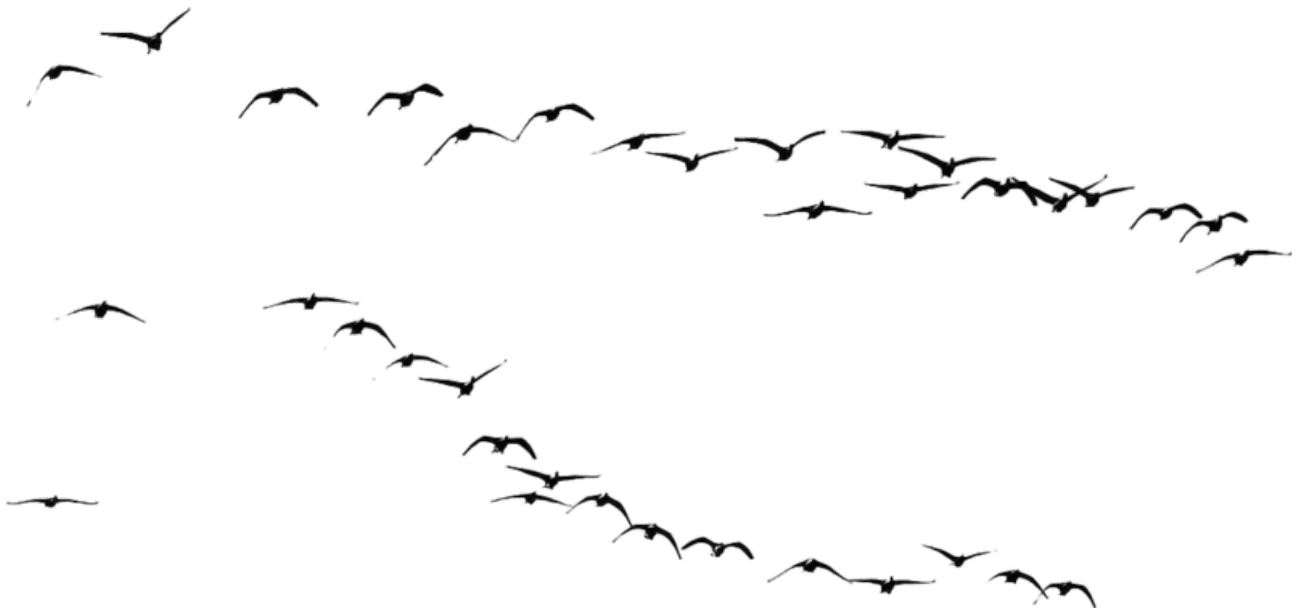
It is of divine love

It is progressive



The Chaos Theory:

If you step back back from anything far enough, you can see the underlying order that is trying to emerge



Remember:

There are no 2 things which are the same. You are a unique expression of

_____. You are here to unleash that magnificence by creating the right condition for the emergence of infinite possibility.

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Part 2: The 4 Stages of Spiritual Development

2. Fill out the chart below to explore each stage more in depth

Stage 1: Victim Consciousness

"Life happens to me"

Notes:

Stage 2: Manifestation Consciousness

"I happen to life"

Notes:

Stage 3: Channeling Consciousness

"I am a channel"

Notes:

Stage 4: Being Consciousness

"I am one"

Notes:

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3. What stage is the law of attraction associated with? _____

4. Which stage is the law of radiance associated with? _____

5. True or False: You must bypass through levels in a linear fashion

(ie. you must pass through stage 2 to reach stage 3)

TRUE

FALSE

6. During stage 2, motivation factors tend to be (circle one):

internal / external

7. During stage 3, motivation factors tend to be (circle one):

internal / external

8. Fill in the blank:

Motivation _____, Vision _____

Exercise: Affirmations

Use this space to write down the affirmations that will empower you and PULL you.

Example: "What I want also wants me"

"When I run after what I think I want, my days are a furnace of distress and anxiety; If I sit in my own place of patience, what I need flows to me, and without any pain.

From this I understand that what I want also wants me, is looking for me and attracting me.

There is a great secret in this for anyone who can grasp it"

- Rumi

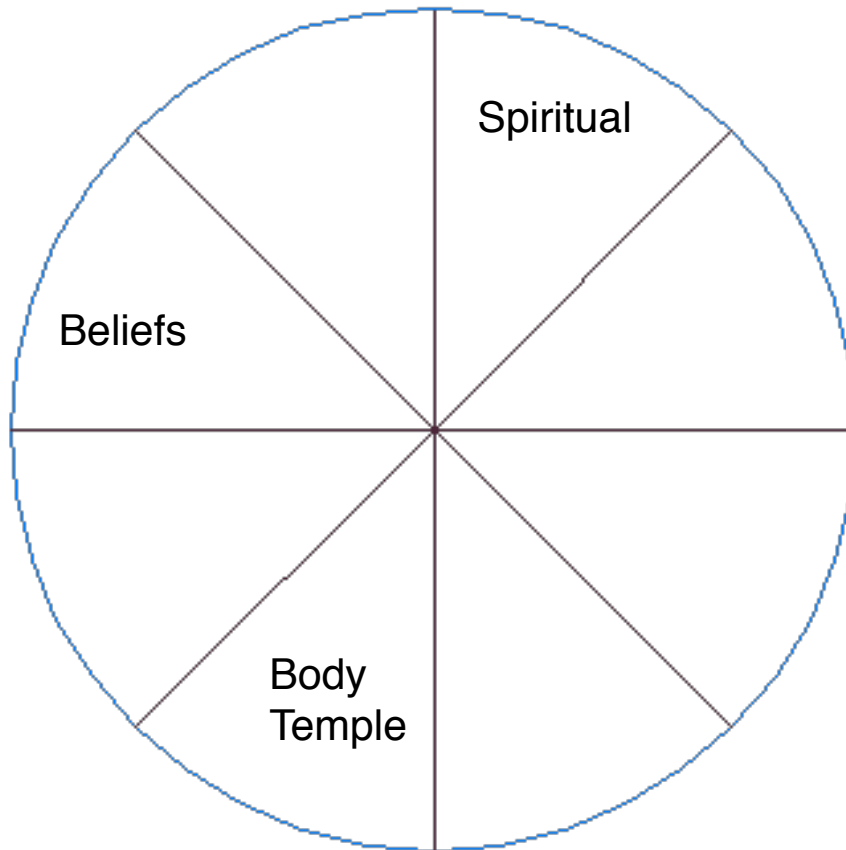
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Part 3: The 8 Life Structures

The Life Structures are the fundamental areas of living where our growth and development are revealed. We may be more evolved in some structures and less evolved in others. The stabilization of our life structures keeps pace with the evolution of our consciousness.

8. Identify The 8 life Structures in circle below (a few have been done for you).



Additional Notes:

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Part 4: Your Guided Meditation

Describe the feeling you got during this meditation when you practiced gratitude for the things you love most

Write down 3 things that you were grateful for during this meditation that had to do with a current challenge



Your Quick Daily Gratitude Practice:

Stage 1: Be grateful for something wonderful in your life.

Stage 2: Be grateful for the challenges in your life.

Stage 3: Be grateful for nothing at all.

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Part 5: Self Assessment & Self Reflection

Consider *The 8 Life Structures* below. Based on the teachings in part 3, and trusting your intuition, discern what stage you are in.

The 8 Life Structures	Level (1-3)
1-Spiritual	
2-Ego	
3- Livelihood	
4- Relationships	
5- Body Temple	
6- Financial	
7- Beliefs	
8- Community	
TOTAL:	_____ /24

If you aren't sure in which level you fall in for the following structures, use the guided questions below to help you identify where you might stand.

Level 1: Victim - Do you feel like a victim in this area? Do you feel that someone is to blame for your situation?

Level 2: Manifester - Are you relatively successful in this area? Can you see what you want and make it happen?

Level 3: Channel - Are you in flow? Are you available to good things happening beyond your imagination?

Level 4: Being - Are you available to a continual emergence of grace without your mental effort?

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Highlight the life structure(s) in which you scored **the highest**. Write a few words about what it feels like to operate in that space.

Now, consider the structure(s) in which you scored **the lowest**. What might it feel like to be operating at “level 3” there?

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The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

What would your daily life look like if you could operate at a level 3 or 4 in all 8 structures of your life?

~ A Thought to Take Away

Write down a quote or phrase here that you heard in this Masterclass that resonates the most with you.

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Additional Notes:

To sign up for [Life Visioning](#), Michael Beckwith's course on The Mindvalley Academy, please visit [The Mindvalley Academy](#) for more details.

TIP: Near the end of the Masterclass, his new course will be offered at a special price as a Thank-You Gift for class attendees.

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STUDENT STORIES

“Life Visioning is a game changer”

“Life Visioning is a game changer. It is not only filled with deep spiritual insight; it **provides a practical, step-by-step system that can help you enter what I have called the ‘miracle universe.’**”

Life can be easier, clearer, and more inspiring than we humans have ever thought possible, and now the precise information for living in this reality is surfacing in our time. This helps us all **get in alignment with the true spiritual design of the universe!**”



~James Redfield, Author of *The Celestine Prophecy* series

“A master work from a master teacher”

“Life Visioning is a master work from a master teacher. Michael Beckwith writes directly from his life experience as a spiritual pioneer to the heart and soul of every person, no matter what the situation or immediate condition.



He guides all of us through deep contact with the evolutionary impulse within, the dynamic source of creativity. **Through his teachings we are able to release our illusions of separation and fear, and invite the life process to animate and guide us.”**

~Barbara Marx Hubbard, Author of *Essence: The Shift from*

Ego to Essence

“[He] unfolds the secrets of deep inquiry”

Michael Beckwith eloquently unfolds the secrets of deep inquiry for spiritual development, which leads to infinite possibilities in our lives.

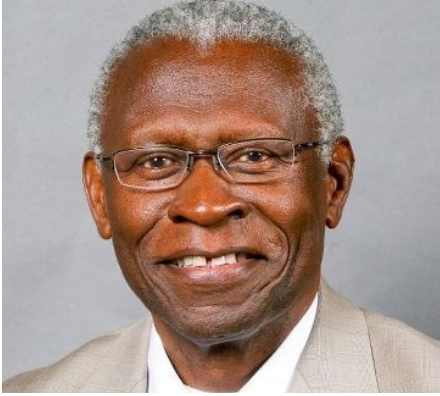
~ Deepak Chopra, MD, Author of *Super Genes*



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“He takes us to a level of insight on spiritual development seldom achieved.”



“Michael Bernard Beckwith is a leading teacher of non-exclusive spirituality, a mature cosmology and metaphysics.

He takes us to a level of insight on spiritual development seldom achieved. With exceptional clarity and poetic power he sets down the stages and steps in spiritual awareness and growth.”

~ Lawrence E. Carter, Author of *Ethical Global Options*

“Profound commitment to spiritual Truth.”

“I’ve known Michael Beckwith for many years and I’ve never known him to waver from a profound commitment to spiritual Truth.

~ Marianne Williamson, author of *The Age of Miracles*



“His writing and teaching touch a place in the soul.”

“With an unparalleled depth of insight and clarity of voice, Michael Bernard Beckwith is truly a gift to the world. His writing and teaching touch a place in the soul that calls forth divinity, nobility, and joy. I, for one, am grateful to be a recipient of his generosity of spirit and love.”

~ Iyanla Vanzant, author of *Tapping the Power Within*

“He has inspired me to do so many things.”

“The teachings espoused by Michael Bernard Beckwith and the wisdom that he imparts are for everyone, no matter what their circumstances. He welcomes us all into loving ourselves and loving one another. He has inspired me to do so many things.”

~ Hill Harper

CASE STUDIES

Chris discovers a higher vision for his life.

Student Request: Chris, a student in the Life Visioning class, was taught in childhood that his life and its entire circumstances were predetermined. He longed for freedom from the mental torment that if he followed what he sensed was his true spiritual path, he would go to directly to hell at the time of death.

Beckwith's Teaching of Principle/Practice: Michael shared with Chris that his enrolment in class indicated he was ready to grow beyond the concept of a punitive God into realizing he lives in a friendly universe governed by unconditional love and universal law. Chris began taking dominion over his life, empowering himself through self-love; meditating to align with his Essential Self; spiritual study; daily practice of Life Visioning; and

Results: As he continued visioning, Chris eventually received the consistent intuitive response that his path of choice would accelerate his evolutionary progress, and that returning to college for an advanced degree in social work was his right creative expression. His relief was so tremendous it literally brought him to tears as he released earlier false beliefs and actualized the higher vision for his life.

Reginald let go of “How it ought to be.”

Client's Position: Reginald, an assisted living caregiver, was upset that his client wasn't following his suggestion of what he considered to be holistic healing modalities, and he was becoming downcast in his own spirit because of it.

Results: Being a sincere spiritual practitioner, Reginald immediately turned the searchlight within himself and recognized his tendency to want to control the process by determining how others ought to be, and how they ought to achieve their goals. He became so inspired he began infusing even the most ordinary tasks of caretaking with the spiritual energy of loving kindness.

Helen recharges her kidneys

Client's Position: Helen requested a counseling session with Michael during which she requested prayer for healing her kidney disease along with being repositioned higher up on the list for a kidney transplant.

Results: Following the sessions, Helen, a few months later, tearfully informed us that her kidneys spontaneously began normal functioning and a transplant was no longer required.