



mindvalley academy  
masterclass

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**WORKBOOK**

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Discover Your Life Purpose

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*with Michael Beckwith*

# Discover Your Life Purpose

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## YOUR OFFICIAL MASTERCLASS GUIDEBOOK

### Four Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. 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. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- 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.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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## Eight Life Structures

The eight life structures listed below are the fundamental areas of your life that you can enhance with meditation, affirmative prayer, alignment with the governing principles of the universe, and other spiritual practices taught by Michael Beckwith.

During the Masterclass, please fill in the quiz below, following the instructions Michael Beckwith gives during the class.

On a scale from zero to 10, please rate where you are right now. A rating of zero means you're nowhere near where you want to be. A rating of 10 means you are exactly where you want to be.

| Life Structure  | Rating |
|---|--------|
| <b>Spiritual</b><br>How well you know yourself as a spiritual being? What is your awareness, understanding, embodiment of yourself as a spiritual being? How well are you connected with your true spirit?                          |        |
| <b>Ego</b><br>Are you trying to live in this world trying to be better than others, or inferior to others?  |        |
| <b>Relationships</b>  |        |
| <b>Relationship with yourself</b><br>How much do you love who you are? How well do you treat, accept and respect yourself for who you are? How much harmony, trust and stability is present?  |        |
| <b>Relationship with your personal partner, spouse or lover</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them? |        |
| <b>Relationship with your parents</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them?                           |        |
| <b>Relationship with your kids</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them?                              |        |
| <b>Relationship with your friends</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them?                           |        |
| <b>Relationship with your co-workers</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them?                        |        |

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|--|--|
| <b>Relationship with total strangers</b><br>How much do you love who they are? How well do you treat, accept and respect them for who they are? How much harmony, trust and stability do you feel with them? |  |
| <b>Body temple</b><br>How well do you treat and take care for your body? Are you giving it proper nutrition? Exercising it? Resting it? How healthy, stable and happy is your body temple?                   |  |
| <b>Finances</b><br>How well are you doing with your finances right now? Do you have enough, way more than you need, or is there a constant lack and struggle?  |  |
| <b>Beliefs</b><br>How well do you understand your beliefs? How aware are you of subconscious beliefs and programming you picked up from your childhood, parents, teachers, media and your environment?       |  |
| <b>Community</b><br>How well are you serving the world and others? How involved are you in bringing your skills, talents, gift and resources in service to the global community?                             |  |

## Takeaway Points

The next part is for you to take notes while you listen to the Masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Humanity suffers from an inability to see\_\_\_\_\_. They are basically living in a pool of \_\_\_\_\_.

2. People live in \_\_\_\_\_. They are always on the edge of \_\_\_\_\_ that generates lots of \_\_\_\_\_ in the body temple. It ages a person and blocks their \_\_\_\_\_.

3. The four stages of\_\_\_\_\_

4. Stage 1 (To Us): This is the stage of \_\_\_\_\_ individual who is living in \_\_\_\_\_.

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5. This person has a tendency to think that there is something outside of themselves that is determining \_\_\_\_\_.

6. Stage 2 (By Us): They are called the \_\_\_\_\_. This is where we actually learn that \_\_\_\_\_.

7. There are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_, laws that govern our life experience.

8. In stage 2, we learn the \_\_\_\_\_, we learn \_\_\_\_\_ and the art of \_\_\_\_\_.

9. You do not describe what \_\_\_\_\_, you see what \_\_\_\_\_.

10. If you describe your life as \_\_\_\_\_, you will eventually see that.

11. If you can receive it, you can \_\_\_\_\_.

12. Stage 3 (Through Us): is about \_\_\_\_\_, in this stage you \_\_\_\_\_.

13. The average person asks \_\_\_\_\_, but you have to ask \_\_\_\_\_.

14. If you ask yourself a disempowering question, the \_\_\_\_\_ will pull from the \_\_\_\_\_.

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15. Behind every problem there is \_\_\_\_\_, behind every question there is \_\_\_\_\_, behind every answer \_\_\_\_\_, behind every action \_\_\_\_\_.

16. Stage 4 (As Us): This stage is about \_\_\_\_\_  
\_\_\_\_\_.

17. These practices create the condition for what we are \_\_\_\_\_.

18. We are all \_\_\_\_\_ beings.

19. A lot of people have a practice of \_\_\_\_\_  
\_\_\_\_\_.

20. Spirituality means \_\_\_\_\_  
\_\_\_\_\_.

21. Livelihood is \_\_\_\_\_  
\_\_\_\_\_.

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## SELF-REFLECTION

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

What is the universe's idea of my life? Why I was born? What's the true reason for my existence?

How would it feel if the universe were supporting me and I could achieve anything I wanted easily and effortlessly?

What can I do today to start making everything available for me in terms of purpose, health, career, relationships and health?

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Use this space for any additional notes you have:



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## SUCCESS STORIES

### Inspirational stories and case studies

Get inspired with real-life stories of people, from all walks of life, who achieved life-changing positive transformation following Michael Beckwith's teachings and recommendations.

#### “Helen recharges her kidneys.”

**Client Request:** Helen requested a counseling session, during which she requested prayer for healing her kidney disease, along with being repositioned higher up on the list for a kidney transplant.

**Beckwith Teaching of Principle/Practice:** I recommended to Helen the practice of affirmative prayer for her perfect positioning on the transplant list, while simultaneously accepting a healing of her existing kidneys, along with being open and receptive to applying the following:

To participate with me in an energy field of affirmative prayer, declaring and accepting her true nature of wholeness in body, mind, and spirit; to know and embody that her inner alignment with this truth-principle activates the Law of Manifestation into tangible form; to pause throughout the day and express gratitude for all the areas of her life in which she is thriving, and transmit that positive energy directly to her kidneys; and when urinating to give thanks for her kidney functioning — after all, the bathroom is a great place to pray; and to read on the relationship between our neurological perceptions and healing, knowing that since there is no time or space in the realm of ultimate reality — her healing was not a future event, and that in fact, it was occurring in the now moment.

**Results:** Following our initial two sessions, I had no knowledge of how consistently or profoundly Helen was applying these practices — until a few months later when she tearfully informed me that her kidneys spontaneously began normal functioning and a transplant was no longer required.

#### “Chris discovers a higher vision for his life.”

**Student Request:** Chris, a student in my Life Visioning Process (The Life Visioning Process is a seven-step trademarked spiritual technology, originated by Michael Bernard Beckwith) class, was taught in childhood that his life and its entire circumstances were predetermined by the will of God. 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.

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**Beckwith Teaching of Principle/Practice:** I shared with Chris that his enrollment in my 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. Our next steps included:

Counseling sessions during which 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 As Chris progressed, we continued private Life Visioning sessions consisting of centering his awareness in the heart center, deep inner listening, and intuitively catching the highest vision for his life.

**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.

**“The power of collective consciousness.”**

**The Challenge:** Upon outgrowing our Santa Monica location, the Agape Board of Trustees and I were guided to the ideal facility for our rapidly growing spiritual community. The required remodelling meant conducting services in a hotel at the cost of \$25,000 a month, while simultaneously paying on our new lease. Within five months, we had spent our entire budget.

**Beckwith Teaching Principle/Practice:** Pressed against the financial ropes, I individually asked each board member, “Can you join me in a collective agreement that, regardless of not knowing how the funds will come, it is absolutely possible they will?” We agreed to hold a space of acceptance that the means for fulfilling our vision and mission in the world would be met by:

Unconditionally trusting that it was not only a possibility, but embodying the principle that the Law of Manifestation would meet the mental equivalent of our collective agreement; gathering regularly to affirm our vision and conviction in an atmosphere of “Yes.”

**Results:** The bank approved our loan application, so that we could continue remodelling. Our building contractor, who was not an Agape member, increased his hours without charging overtime so that the building inspector could sign off on the job in time to open our sanctuary doors and celebrate our yearly anniversary. Thousands gathered to inaugurate our new facility, and the loan was paid back sooner than its due date. Now, 17 years later, when new challenges arise, it is this day that we reflect upon to invigorate our unwavering faith in spiritual law.

**“Shapeshifting in the midst of the unexpected.”**

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**Request:** The healing of a deep, bloody gash in my right knee and painful limp which occurred out walking my dog, Sheba, while endeavouring to separate her from a dog that lunged out of nowhere and began a fight.

**Practicing What I Preach:** This event occurred shortly after a trip to West Africa and my encounter with Baba, a shaman from Ghana, with whom I spent three days in the bush, and from whom I was blessed to receive a shamanic transmission. Staring at my knee, my experience with Baba burst into my awareness like a mystical directive, instructing me to add his shaman's medicine to the healing principles I teach:

Cutting through the mind's illusion of being a solid entity, I felt into my energy body and began communing with my formless Spirit-soul; then, consciously placing my awareness on my healthy left knee, I directed the energy of my healing intention to my injured right knee; by attuning myself to the wholeness in my left knee, I accepted that same wholeness for my right knee.

**Results:** By the time I reached my front door — approximately 20 minutes away from the scene of the dog encounter — my knee had stopped bleeding, the throbbing was greatly reduced, and the limp barely noticeable. The rest I was able to handle with a good-sized bandage and no further medical treatment.

**“Frank makes friends with his subconscious.”**

**Client Request:** Frank, a triathlete with 28 years of sobriety, requested a method for working with the subconscious at the mental and soul levels because, in spite of his outer successes, his mind-chatter continued to undermine his sense of self-worth.

**Beckwith Teaching of Principle/Practice:** First, I encouraged Frank to open his heart to himself and take ownership of having fulfilled his intention to remain free from addiction, and for positively directing his energy into athletic achievement. Secondly, to work with the subconscious from two perspectives:

**Reframing subconscious mind-chatter:** Just before going to sleep, to write down and memorize an affirmative statement such as, “My mind is my friend and speaks the truth to me about my inner wholeness as an individualised expression of Spirit.” Begin by repeating the affirmation at a normal volume, gradually lowering it to a whisper while falling into the sleep state. During the waking state, deliberately pause throughout the day and repeat this affirmation; and

**Evolving at the soul level:** Take up a meditation practice which allows you to peer into your heart-soul and its pure intention to evolve; and to express your gifts, talents and skills creatively and intentionally.

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**Results:** Approximately three weeks later, Frank called to let me know that his faithful practice of affirmation and meditation were lightening his heart, creating more restful nights, and that the individuals in his life were taking notice of his newly found self-assurance.

**“Shawna learns trust in the fundamental goodness of the universe.”**

**Client Request:** Shawna, a massage therapist, expressed frustration that, upon intuiting her inner guidance directing her to move from Massachusetts to New York and begin ministerial studies, her home wasn't selling as quickly as she wanted it to — so that she could immediately begin her new life path. “I'm beginning to lose faith,” she said. “What am I doing wrong that's sabotaging the sale of my house?”

**Beckwith Teaching of Principle/Practice:** I counseled Shawna to trust in the intelligence of the fundamental goodness of the universe, where right timing for her highest good is concerned. I told her that Spirit's intuitive guidance doesn't always coincide with, nor conform to, our human timing, but this doesn't make it less trustworthy or undependable. Practical steps for her to apply included:

Understanding that her current profession as a masseuse is a means for funding her move and to wholeheartedly infuse her healing art with compassion and gratitude to her clients for choosing her as their caregiver;

Holding her vision in consciousness and inviting in the perfect person to find and purchase her home by affirming: “This home now belongs to someone else and I call that individual forth according to divine right timing”; and

Trusting Spirit and accepting that every step is unfolding with grace and ease; and when she finds herself feeling doubtful, to gently remind herself of this truth.

**Results:** Shawna emailed me to say that, within two months, her clientele began to dwindle and that three-and-a-half weeks later, the perfect buyer purchased her home. She was already packing and had enrolled in a ministerial school in New York.

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

**Client Request:** 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. “How can I convince my client to take more conscious steps towards healing, and how can I stay positive when he doesn't take my advice?” he inquired.

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**Beckwith Teaching of Principle/Practice:** None of us knows what is truly unfolding within another person's innermost being, or the ways in which Spirit is working with them. I encouraged him to:

Let go of his opinion of how his client *ought* to be reading inspiring books, watching positively-themed DVDs, or doing affirmations; to hold his client in prayer; and to apply his own medicine for getting out of a mental slump, as this would uplift his own consciousness, invigorate his energy and therefore allow him to be a vehicle of healing for his client.

**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 soon shared with me that during an introspective moment, he caught that through his daily meditation, affirmative prayer, and compassionate action he was transmitting a healing energy to his client. He became so inspired, he began infusing even the most ordinary tasks of care-taking with the spiritual energy of loving kindness.

**“Evelyn graciously blesses and releases a relationship.”**

**Client Request:** Evelyn had just experienced a breakup of a long term relationship with her life partner, and wanted to know how to accelerate the process of grieving its loss and moving on with her life.

**Beckwith Teaching of Principle/Practice:** Intimate relationships are one of the greatest mirrors of ourselves, significantly contributing to our inner growth. When a relationship has fulfilled its purpose and it becomes necessary to release it, we must be gentle and compassionate with ourselves as we grieve its loss. To support Evelyn in this process, I offered her the following guidance:

The stages of grieving cannot be bypassed, forced, or rushed. Instead of running from the discomfort, embrace it as a friend and learn from it, because what you resist persists. Our sense of loss is actually an opportunity to realize that we have direct access to the love and happiness we most long for, which resides in our own essence of being.

Harvest the good from the relationship — the insights, the tender times, the lessons learned, and to carry them with you into your interactions with others, and with life itself. Forgive, release, and bless yourself and your partner as you move forward into the next stage of your evolutionary process.

**Results:** Evelyn contacted me about a month later, and let me know that she and her former partner had an open-hearted discussion wherein they expressed gratitude for their time together, and felt that they experienced a conscious uncoupling in a space of sincerely wishing the highest and best for each other.

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**“Diane midwifes a sacred rebirth.”**

**Client Request:** Diane, a therapist who volunteered for a counseling program in Kenya for girls under 12 years of age who had been raped, sought guidance on how to balance her heartbreak over their abuse, the burnout in treating them, and spiritually holding them in a consciousness of healing and wholeness.

**Beckwith Teaching of Principle/Practice:** After conveying to Diane that Spirit, intimately knowing the gifts of her heart and soul, handpicked her for this assignment, I supported her understanding that she too needed to maintain her own physical, emotional and spiritual balance by:

Understanding that despite these experiences, the soul of each girl remains fully intact, and that it will come forth in partnership with Diane to impact the healing process on the physical/mental/emotional levels;

Trusting the power of the soul, and affirming its action in her life prior to her treating each girl, which will provide the inner and outer stamina required in this endeavor, especially in moments when it seems like progress has taken two steps back;

Blessing herself and each girl prior to and after each session, which will energize her and fully fuel her body, mind and spirit for transcending burnout; and taking the time during quiet hours to meditate and connect to Spirit which will continue to spark the joy of midwifing the rebirth of these girls back to their innate wholeness.

**Results:** When time and phone connection permitted, Diane called to check in and keep me posted on her progress. However, it was the pictures she sent of a group of girls playing and smiling that said it all. She was so inspired by her experience that upon returning to the U.S., she soon left to contribute her gifts in other underserved countries.

**“Jeffrey attunes to his right livelihood.”**

**Student Request:** Jeffrey, a student in my Life Visioning class, was seeking to identify his true livelihood, and scheduled a one-on-one coaching session to accelerate his practice of this spiritual technology.

**Beckwith Teaching of Principle/Practice:** By turning within and applying deep inquiry into one’s life purpose through Life Visioning, the practitioner aligns with his/her dharma, which is both one’s life purpose and the path to fulfilling it. Livelihood, of course, is an integral aspect of that purpose. Since we had already completed the first two steps in class, I tutored Jeffrey on the practice of Steps 3–7:

Centring within, mentally place this question before the intuitive faculty of the Higher Self: What is the highest vision of my right livelihood? With the inner ear of intuition, listen with reverential alertness.

Ask: “What qualities must I cultivate for its expression?”; “What must I release to manifest this vision?”; and “What talents, gifts, skills and qualities do I already possess that will serve this vision?” Without judgment, remain open to what comes through.

Remember that no matter how completely or incompletely the vision comes through, give a sacred “yes” to it with full trust that more shall be revealed as your vision already has been activated.

**Results:** Jeffrey had absolute trust that he would receive the intuitive guidance he sought — and indeed he did. After three weeks of committed practice, he enrolled in a culinary school specializing in vegetarian and vegan cuisine, and now makes his living delighting in providing nourishing, life-enhancing meals.



To sign up for ***Visioning***, Michael’s new course on Mindvalley Academy, **[please visit this page](#)** for more information. But wait until **December 22, 2015** to sign up for the course. Near the end of the Masterclass, his new course will be offered at a special price as a thank-you gift for class attendees.