

Table of Contents

Introduction	1
Section One: A Holistic Perspective	8
Reclaiming Full Self-Responsibility	17
Knowledge of Self and Reality	18
Genesis	24
Inception	56
The Fall	59
The Perpetual Balancing Process	88
Progressive and Regressive Consciousness	94
The Operating Conditions of This Reality	100
The Rules of Engagement	122
Choosing to Lead a Purposeful Life	134
Section One Summary	138
Section Two: A Holistic Approach	141
Soul's Desire	142
Self-Mastery Target Areas	143
Potential Challenges and Obstacles	155
The Foundational Perspective	159
The Foundational Physical State of Being	163
Implements of Self-Mastery	167
Tools and Practices Checklist	175
Processes Checklist	194
The Fourfold Element	212
Understanding Emotions	214
Overcoming Fear	222

Stepping into the Flow of Progression	225
The End of Suffering	228
Section Two Summary	234
Endnotes	237
About the Author	242