

**MANIFESTATION MASTER CLASS**  
**BY**  
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**Introduction**

This document contains all the information and instructions you will ever need to begin or improve your ability to consciously manifest ALL the people, resources and circumstances you need in order to **fulfill your Highest purpose** in this world.

It is not a “how to get what your ego wants” guideline but a metaphysical means of super charging your vibrational field in order to attract, **easily and gracefully**, the real substance of your yearnings and dreams. You have a very specific purpose in this world and it is my intention to help you fulfill it.

As you will discover the model this and all of my work is based upon is this:

You are **not** who you think you are. The reason you think you are something other than you actually are is because your ancestors believed the same thing. Because of this “case of mistaken identity” something called the ego has evolved throughout human history. The modern world is the modern human egos creation. The secret to success is to experience who you actually are (by relaxing and surrendering to the energetic presence or Spirit of Life) and to dissolve the residual energetic vibrations that are recorded within the psyche (in the sub conscious and unconscious aspects of the mind) and then adjust your thinking, speaking and acting to reflect this new improved sense of self. As this is achieved you naturally and effortlessly come more into vibrational harmony with the Spirit of Life and your reality undergoes a transformation **proportionate to the degree** to which you have surrendered your former ego attachments.

Don't worry if you don't fully understand what I just said. Try read it through again very slowly and allow the power of the words to sink in, then read on.

Throughout the following pages you will see reference to various products and programs that I have already created and they are all waiting for you to access on my website [www.nickgoodpersonaldevelopment.com](http://www.nickgoodpersonaldevelopment.com). Immediately below I am listing these resources so you know ahead of time exactly what they are for and how you can use them to improve your manifesting abilities.

Should you require the support of a global online community using these tools and more besides you can join an online training which lasts for 6-9 months and supports you through all of the transformational upgrades as these powerful strategies impact your life. You can find this community at [www.superherotraining.com](http://www.superherotraining.com)

## **The Support Tools**

### **9 Breaths of Amazing Grace (Relax and Surrender. Focus and Enlighten your mind)**

A collection of deeply relaxing audio files designed to immerse your psyche in powerful wisdom creating a new upgraded mind set and improve your ability to focus and concentrate and thus hold the new mind set in place as the living Truth of the wisdom being shared literally catalyses a neurological transformation.

### **Heart Soul Meditation (Relax and Surrender. Connect to the Spirit of Life)**

An ancient indigenous meditation practice designed specifically to directly connect you to terrestrial and cosmic energies which allows you to naturally re-align your spirit with the Spirit of Life.

### **SUNPOP (Relax and Surrender. Cleanse your psyche from the inside out)**

A powerful psychological conditioning protocol which dissolves the ego construct and replaces it with the new upgraded self identity (which you decide). The ego acts like a distorted lens through which the creative light of your own spirit shines. Whatever distortions the lens contains will be reflected in the reality you are experiencing around you. As we travel deep within ourselves we are able to dissolve deeply seated negative patterns and replace them with new visions of the upgraded version of ourselves. This program, in order to be effective, needs to be repeated daily for a

minimum period of 21 days.

**Angel Qi Gong (Empowerment. Purification. Enlightenment)**

Full body spiritual practice integrating all the major facets of wisdom I promote providing a very powerful method of full body DNA and gene code transformation.

## **An Introduction on Manifestation**

Before I gift you my master class on goal setting. Permit me to say a word about manifestation itself.

In order to experience an unlimited constant infinite supply in your outer world. It is absolutely imperative that you experience **a feeling of constant infinite supply in your inner world.** There is no genuine, sustainable, truly authentic progress in manifesting without this essential internal experience.

This is especially true for the spiritual warrior who is dedicated to bringing about significant change in the world by being the embodiment of that change.

You cannot fake this internal sense of wealth. You either feel it or you don't. This unshakeable sense of fulfillment is developed by **only one dynamic relationship.** It is the fusion through surrender in deep peace filled love to the Higher eternal power within you. The **purity of your integrity** with regard to this deeply intimate relationship in the breath of Oneself is the fundamental decisive factor which determines the degree of power you are able to access within you.

Any sense of lack or fear of disconnectedness on the inner plains is bound to manifest in the outer world. This is a universal law. Life works in this way. Everything we experience in the outer world is a reflection of what we hold within us. These holding patterns run deep. They are archetypal in their root sources. Patterns we have inherited from generations before. If we are truly committed to experiencing an infinite supply then we must be committed to dissolving the patterns within the sub conscious and the unconscious stratas of the mind. Without this deep internal cleansing there will be no lasting change in our outer world.

That is not to say that individuals who possess extra ordinary wealth have dissolved all distortions within their psyches and are the living embodiments of pure consciousness. Of course this is not so. On the contrary, very many individuals who have massive material wealth in the world are at a very low level of consciousness and are ego driven people.

So what is going on here? Have I contradicted myself? It is possible through lots of hard work, focus, determination, commitment, mind programming, visualization, emotionally charged affirmations, sex magic, hypnosis, NLP etc. etc. to direct ones creative energies and personal magnetism towards manifesting material wealth. Lots of people, in fact most people perhaps, who have created personal fortunes have applied some combination of these formulae.

These means of manifesting, however, **do not allow the individual to experience the genuine personal freedom that is the imperishable inheritance of a truly enlightened soul.** Neither do they allow the same individual to experience the deep sense of inner peace and bliss which **ONLY** comes from the integrity of a being surrendered in love to ones Source. There is a massive difference between the focused application of the aforementioned technologies and creating through ease and Grace. That difference is well illustrated in the comparison of any big human city and the beauty of nature, say a rain forest for example. Consider the way both systems function and you have a good idea of the contrast I am illustrating here.

It is very natural for all human beings to enjoy a life of fulfillment without lack in any department of their lives. However there is a fundamental shift required within those beings in order to become fully in tune with the natural order of things and to harmonize themselves with the very forces that are here to support them in every way.

What is needed in the world today is a new breed of spiritual warriors who are not only super charged by their internal relationship with their own Divinity but are also able to ground their dreams and visions in the world of form through a combination of dedication, perseverance, and the focused application of efficient creative technologies such as goal setting, vision-plan-action protocols and good old fashioned hard work.

This simple format has to be powered by the deeply introspective, deeply relaxed, blissful surrender to the Great psychic surgeon within. For it is when we truly and deeply, consistently and constantly, offer the impurities within us as a willing sacrifice upon the altar of our deepest inner being that indeed we are liberated from the frustrations and fears that besiege the average man and guarantee that all he creates be as lasting and as relevant as castles in the sand.

The whole essence of success can be neatly summed up as follows. Surrender in love to the Higher Love within, follow the path of inner peace through the doorways of forgiveness ever deeper down the eternal pathways of your psyche and soul.

With the creative energy that this blessed act releases do only good in the world. Let all of your actions, thoughts and words be for the uplifting of your fellow human beings.

When Jesus compressed the 10 commandments into only 2, little did we know He was releasing the ultimate success formula to the human race. I wonder what the world would have been like today if everyone had applied those principles? I wonder what world awaits as we do?

*Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and love your neighbor as yourself.*  
Luke 10 - 27

One thing I can guarantee, if you follow this guidance, is that your journey will be enhanced by a sense of self-esteem and inner peace that no amount of material wealth will ever be able to give you.

Please enjoy the Master Class on Goal Setting by Nick Good and have the Blessed Year Ever!

## 1. ESTABLISHING A POWERFUL LIFE CONTEXT

You are an incredibly powerful being, heir to all the ages in fact. Regardless of the way you have perceived reality hitherto it is time now to broaden and deepen the context of the life you are creating in. Why is this so important? Because if we carry on relating to each other in the same way based on the same limited sense of self with the same sense of separation from all that is then we are guaranteed to get more of the same in our world, only far, far, worse.

Recently I listened to a message from Tony Robbins, one of the most successful success coaches in the world. He was basically motivating people to think positively, try harder and use the same formula for success he has been promoting for years. The same formula that many individuals who have lost millions in the financial markets last year have been applying for years. You don't have to be a rocket scientist to figure what is going to happen if people keep using the same formula and try harder. What we need in this world is a fundamental paradigm shift beginning with the really big questions. Who am I? What am I here to achieve? How powerful am I really? What is the nature of Life? How big is this game I am playing? And what are the real rules?

One of the major challenges (I could say problems) facing humanity today is understanding why the modern world is the way it is and actually doing something effective about it. The big news is that more and more individuals are awakening to the realization that if they want to see change then that change has to **actually occur within them on the deepest levels of being.**

Fabulous times are upon us. Truly we are living in an epoch of unprecedented opportunity. As more and more individual souls awaken to the deeper meaning of life and embrace their purpose, commit to their mission and live less and less without fear, as they experience more and more of the wondrous power within themselves, phenomenal energies are unleashed into the collective consciousness - the great reservoir of human potential which we can all access deep within ourselves.

An unstoppable momentum is gathering. One by one the flowers in the great meadow of human life are unfolding their unique petals and having a real go at living life the way they have always known, deep down inside,

that it could be lived.

This year, we have seen more and more shocking revelations as the facades of the old bastions of power crumble, revealing to us all that was underneath. No matter what the consequences are or how challenging they feel, this is very good news. To the degree you, as an individual, are attached to these old structures will define the degree of suffering you experience as they fall away.

Establishing a powerful context within which you consciously sculpt creation requires an opening of your mind, a purification of your consciousness (the energy within your psyche or soul) and a **daily re calibration** of this new mind- set.

You see, living your dreams and consciously creating the life that you choose, is all about **internal alchemy**. The way you feel and think, especially deep down inside, is actually a bio-magnetic alchemical solution which defines absolutely the reality you experience as your life.

I am going to repeat this in other words because it is so important to understand. Dr Maxwell Maltz put it like this: “What you feel, you attract. What you think, you become.”

You are a living, breathing, walking, talking magnetic alchemist. Twenty-four hours a day, every day, sleeping or awake, no matter what, no matter where, you are vibrating according to the way you think and feel. And, most importantly, to the way you have been thinking and feeling all your existence.

Every thought, word and deed, every feeling, every vibrational detail of all of your ancestry, lineage and soul history is stored in the ultimate microchip: your psyche, your soul and your DNA.

This fusion of thought and feeling, spoken word and action is a constant command by you (mostly unconsciously) to Life to give you something.

That something is the reality you perceive as your existence.

The good news is that no matter what the recordings within your psyche/soul, no matter how dysfunctional or disharmonic or for how long they have been there, you can totally reset them any moment of any day and **you have to** because **only you can do it**.

The most powerful means to achieve this end is to consider yourself and **experience yourself** as an eternal being of pure consciousness, a spiritual being of infinite possibility, a child of life emanating from the essence of Life itself and get in touch with the feelings that accompany these contemplations deep within you.

Seeing others in this way is a sure fired means to establish this new degree of awareness. Imagine yourself as a tiny point of light, a soul, in an infinite ocean of light. Consider the cosmos all around you, forever expanding. Consider the depth of space- time, the dimensions of possibility in Life. Consider everything that ever was, is or shall be, all possibilities and probabilities exist, even now, as pure potential inside of you. Consider the possibility that everything we are witnessing within the world today, no matter how shocking, is necessary so that we become acutely aware of the consequences of living in ignorance of our Divine potential. Consider the possibility that a great cycle of time is coming to a close and, as it does, energies of extraordinary power, sufficient to change the direction of civilization, are consistently impacting our lives.

Depending on the degree of purity of consciousness, **defined absolutely by my awareness of who I am**, decrees whether those energies impact me negatively or positively.

You may wish to read the above paragraph once again.

The awareness of these considerations is a very different state of mind to the normal waking state of the ego construct. It is this exact shift in awareness, this re-orientation of consciousness, that allows the juice of Life to flow and **will** supercharge your ability to live the life of your dreams.

This is a simple, natural consequence of harmony. In life there is one law. It is the law of love. Harmony is the nature of that law. As we come into an ever-deepening acceptance of the infinite possibility of ourselves and the nature of the playing fields of creation we become more in tune with the spirit and nature of Life itself and our own individual lives become a testimony of ease and Grace.

Along with this shift in awareness in order to experience perfect internal alchemy we need a corresponding shift in our personal attitude. The

journey of life, forever deepening the experience of self-discovery in love, follows the path of peace. The doorway to the path of peace, for most of us, opens with the key of forgiveness.

Forgiveness is the core of compassion. Compassion is the highest octave of human love. Love is the goal, the method and the way. Without deep personal forgiveness, self acceptance and love for ourselves, our ancestors and others, there is no actual movement forward, simply a recurring experience of the self same problems that, in one way or another, we have been experiencing for years.

The prayers of Howard Wills ([www.howardwills.com](http://www.howardwills.com)), the ancient Hawaiian practice of Ho O Pono Pono and SUNPOP, available at [www.nickgoodpersonaldevelopment.com](http://www.nickgoodpersonaldevelopment.com) are the most potent synthesis I am aware of to assist us in being able to maintain a constant optimal attitude **deep within us** in order to constantly attract the optimal reality experience.

Check it out and practice, practice, practice.

### **So what can I do to expand my awareness and purify my consciousness?**

The most powerful, simple and natural means of super charging your consciousness is to fuse your mind with the mind of Source. In ancient Sanskrit this is termed *Manmanabhav*. Literally it means merging my mind with Gods mind. This is also the true meaning of the word yoga.

Union with the Divine over-lighting presence. This involves a simple act of surrender in love to the Higher power and is the secret to receiving the Amazing Grace referred to in Psalm 91 which begins with the words “ He that dwelleth in the secret place of the most High”. Our higher centers i.e. above and within our heads, contain the portals where we can meet “The Holy Spirit”. The key to open these portals is love. The breath is deep from the belly, the intention to union is pouring from the heart and the gaze is up and high within us.

According to a Course In Miracles the Holy Spirit is the natural super conductive medium with which we can interface to experience pure spiritual communion. I don't want to turn a goal setting master class into a religious or spiritual discussion. The terminology I have chosen are just language labels. Consider it this way – in life there is an underlying field of

unified consciousness in its pure and perfect eternal state. The quality of ones relationship with this field defines the level of harmony we can experience in our lives.

There is far more nourishment and information in the invisible world than there is in the visible. The trick to accessing it is to surrender in peace sufficiently to become One with it. At-one-ment or atonement with the Whole Spirit (the pure field of consciousness) is the secret to super charging success. This is enough theory.

Atonement is all about the practice. Simply surrender, in love, whilst breathing deeply and easily as you look up within, **smiling from the heart**. Do this over and over and over and take it deeper and deeper. Make relationship with your own Higher being priority number one and all will be well.

There are numerous resources at [nickgoodpersonaldevelopment.com](http://nickgoodpersonaldevelopment.com) to support you in this merging process. Remember it is an eternal process. Set the intention. Do your best and enjoy the peace. If you have any deep-seated issues at all (which most of us do) then take the surrender deep and use the magic of forgiveness to dissolve the distortions within the psyche. The SUNPOP program is specifically geared to achieve this end. You can find SUNPOP here:

<http://successultranow.com/index.php?p=prod/sunpop> and I recommend the prayers of Howard Wills as a super charging combination. The secret is take it deep.

## 2. Getting the Leverage

Take a moment now to reflect upon this past year and previous years. This is especially helpful for individuals who are stuck in a rut. Consider the repetitive situations and events that keep coming around for you that you wish could change. What aspects of your life, your personality are stuck? What will happen if you continue behaving or experiencing life in this fashion? What will be the consequences in one year, two years, three years, ten years? Think about this deeply. Make a list of these points. Take your time. Consider yourself deeply. Be very honest. Where are you going if you continue in this present orbit and trajectory? What issues, fears, challenges, hang ups, idiosyncrasies are preventing you from enjoying life to the fullest? What will happen if you don't do anything about these situations for another year or three or ten? Who will

you have become and what do you suppose your feelings and thoughts will be towards yourself if you realize that you had the opportunity to choose another path in life and you did not take it? Think about this deeply and **write a letter to yourself now** with as much integrity as you can muster, from as deep in the heart as you can, asking for commitment to the living of your dreams.

### 3. Accountability

If you have someone you can trust or are close to, perhaps it is someone you admire, someone who inspires you, a friend maybe, it could be anyone that will be willing to help you achieve your goals. The idea is that you are accountable to this person for regular check-ins as to how your strategy is progressing. You should share your goals with this person and let them read your letter and see your list of changes you wish to bring about and your perception of the consequences of not doing it. Ideally it would be perfect if the individual you are accountable to is also the one who is accountable to you for their progress report.

### 4. Commitment

On a scale of one to ten rate yourself as to how committed you truly are to bringing these goals to fruition. If it is anything less than 10, watch out! There is a sabotaging element in your psyche and you had better be ready for some interference and resistance. SUNPOP is designed to weed this component out and transmute its tenacity into a positive beneficial character attribute. Read the list and letter every day. Consider deeply the consequences of not shifting gears and get on with the action steps you will be writing down later. Surrender, very often, to the Holy Spirit and take it deep.

### 5. Present Tense Goals, Identification with BEING the Goal Itself

Goals should be verbalized in a present tense already complete way. "I will do this and I will do that" are weak verbal commands. The most powerful verbal command is "I am That I am". By actually identifying with the goal as I am That Goal we harness the maximum power of our spirit and soul. This is a very advanced technique which one needs to be comfortable with. You choose. Either affirm in the present tense, for example, if the goal is to enjoy financial freedom and unlimited supply by June 26 2013 then say or write either : "I am enjoying financial freedom and unlimited supply now and every day of my life" or say "**Financial freedom, unlimited supply. Now I am that I am.**" Which feels stronger?

I know! It's good isn't it. Dr Gabriel Cousens is really into the **I am that I am** mantra. If you want to research more about its application in goal setting then check out **The Moses code** by James Twyman . For more information on present tense goal setting David Wolfe explains it very well in our literary collaboration **Amazing Grace**.

#### **6. Vision. Plan. Action.**

In order to achieve the goals you are setting yourself you need a vision, plan action formula. The vision needs to be written down along with a plan and action steps that you need to be accountable for getting done every single day.

The whole vision, plan and action protocols need to be reviewed DAILY. In fact, twice daily. Morning and night. That means actually looking at the VPA package on paper or your computer twice daily. For the first month you should **also review daily the letter and list** from above which illustrates the probable outcome of NOT following through with your action plan. You should use the power of fear here. Fear is a powerful motivating force as anyone who has ever ran for their lives will tell you. The idea here is to harness it and use its energy to propel you towards the life you truly deserve. In fact all emotion is power. Even if you are stuck in extremely negative emotional patterns you can use that energy as leverage to people you in a new positive direction. Just take the action I am outlining here and your life will change.

The vision itself can also be transferred to a mind movie, a vision board and, my favorite, the MIND MAP. Mind mapping is particularly effective if you are a visual person. The brain is a holographic super computer and loves to absorb images, colors, forms, shapes, flow, symbols and words. Do a Google search on mind mapping it is awesome.

Whatever way you choose, you should be able to see it regularly and spend time looking at it and using the imagination to bring to life all aspects of the vision. It is very important you become a powerful visionary. The inner world should become just as real as the outer world. Visioning, ideally, needs to be taken deep. The SUNPOP program I mentioned before takes visioning as deep as it can go. All of the world's most successful people are expert visionaries who have developed the habit of following through with the action steps to anchor the dream. The beauty of SUNPOP is that it allows you to commune with Source then

take that light deep into your being through immense compassion and forgiveness, dissolving the distortions of archetypal patterns embedded in the psyche, as the patterns dissolve we are free to project powerful visions upon the screen of consciousness. These visions are planted like seeds in the fertile gardens of the sub conscious mind.

We can see very clearly from a tremendous number of role models in the world that it is possible to have constant and continued material success and yet be devoid of morality and completely out of touch with the more subtle and endearing attributes of human being. The world is full of hard working ego-maniacs, hungry and driven to succeed. We should not confuse their achievements for success itself. As I mentioned earlier a complete shift in interpretation of life and our very sense of self is required to truly experience what it means to be a successful human being.

### **The Plan**

Write a detailed plan being very specific about how you are going to bring this vision into reality. Be as detailed as you can be. The more detail the better. Make it clear, colorful and bold.

### **Action Steps**

List the daily, weekly, monthly action steps required to carry out the plan and manifest the vision. **Prioritize these action steps.** Again make them as detailed as possible and get on with doing it in the **order of priority.** This is the most important part of the plan. Actually doing it!

### **7. Deadlines**

Set yourself realistic deadlines to achieve what it is you are visioning. If things don't work out within the time frames you set then evaluate why. If the reason they did not happen was to do with you then hold yourself accountable. Consider and/or discuss with your accountability partner what can be done to improve the performance. Be gentle yet firm with yourself. Rather like you would a teenage child with a history of unruly behavior.

### **8. Material goals versus Performance Goals**

Tony Robbins always emphasizes how important it is to know your outcome. In other words to be very clear about where you are going and exactly what your goal is. It is FAR more important to be focused on performance goals.

**The style in which you do what it is that you have to do in order to get to where you desire to go is really the most enjoyable and significant part of it all.** In other words the ability to do the baby steps and daily donkey work necessary to the best of your ability. Performance goals raise your game every day.

Performance goals are really about **qualities of human being**. As you focus more upon becoming a better person, by expressing higher qualities of being through your thoughts, words and actions, you naturally attract the Grace of Life and really it is that wondrous magical presence of Life that we are all yearning for. That really is the underlying drive behind all of our yearnings to achieve. There is a very powerful experience awaiting us all. As we sync in harmony with the Spirit of Life itself something extraordinary occurs and as it does our lives become more magical and effortless reflections of what it means to be truly human, truly alive.

Concentrate massively on performance goals. These make up the biggest part of your life. If there is a way of living in style that means with joy, ease and Grace then you have cracked the code of what it means to be human.

As you go further along the road of consciously creating you will realize very quickly that everything you are striving for is actually available **RIGHT NOW** as a feeling experience within you. The drive to achieve, the aspirations for greatness are, mythologically speaking, the rise of the Hero within us. That Heroic component yearns for union with its Source.

This is an internal journey which the ego misinterprets as drive to achieve in the outer world.

An enlightened individual recognizes the impulse and uses it to achieve performance goals. I guarantee that if you increase focus on the inner dynamics whilst playing the game of life your whole life journey will become far more magical, enriched and wonder-filled as a result and your ability to achieve and express creatively in the material world will become a great deal easier.

Performance goals are all about style. Your way of being. Pay attention to them and improve your performance daily. Ask yourself **EVERY** day,

“How can I raise my game and do what I do with more style, ease and Grace? How can I improve on today’s awesome achievements?” When you are walking on water you can drop this to a weekly check in ☺.

## 9. **Short, Mid, Long Term Goals**

Your vision, plan and action strategies are being played out over a certain time frame. It may be months or years. Organize your goals into short term i.e. this day, week and month and mid term i.e. 3 – 6 months and long term 6 -12 months or longer you may increase the time frames but I am sure you get the picture. Either have the short, mid and long term goals on separate sheets of paper, pages, boards or files or color-code them on the same one.

Review IN DETAIL the short-term goals daily, the mid term goals weekly and the long term goals monthly. Personally I love to have a white board or several white boards in my primary creative space with bold, bright mind maps illustrating the vision, plan action strategies for the whole year. I love to sit back and vision whilst looking at the boards, absorbing the details, feeling excited about the possibilities, getting focused on the essence and giving thanks for the outcomes.

## 10. **Prioritizing**

Once you have created your vision, mapped out the plan, identified the action steps and coded the short, mid and long-term facets you should prioritize the action steps. This will be the most important thing you have to do is always number one. Again you can color code this. The more detail you have in the visual representation of your goal file and the more ordered and separated that detail is the easier it is for your brain to absorb the information and neurologically respond to the instructions.

Remember top priority is always to be in the optimal state of being no matter what you are doing. If you have been putting the time in on the inner plains in bliss filled surrender and especially if you have been following it up with SUNPOP then a few gentle deep breaths, with the eyes closed and your trigger word spoken softly, immediately re-connects us with the power. Remember being truly empowered is a lot more to do with relaxing and surrendering in peace filled love than it is about getting pumped up.

## 11. **Passive v Active Manifestation**

Mainly due to the popularity of the work of Dr Hew Len and the Hawaiian method of Ho O Pono Pono Individuals often ask if they should not just be cleansing their psyches and allowing life to unfold rather than taking a pro-active approach and applying reality creation protocols to consciously manifest their visions and needs.

My answer is simple. It may take years, even decades to purify your psyche. Especially when we consider that the deeper we go the more connected to the collective consciousness we become. The truth of it is there is no such thing as “my stuff”. We are always working on the human stuff. Consciousness is a singularity. On some deep level there is actually only one of us here.

With this in mind we need to just get on with the very pleasant, deeply nourishing, ultra inspiring, immediately illuminating, always fun, forever new, powerfully energizing experience of simply surrendering in the deep inner peace through forgiveness, self love and acceptance and super charge our souls. This power then of course has to be GIVEN. It has to be SHARED. The circuit is complete when we share the love. Too much inner work without the outer creative expression and giving of ourselves fries the circuits because energy is stuck and overload within. We become neurotic, narcissistic and dysfunctional in various ways. Too much outer work without the inner nourishment and we become burned out, hyper active, entertainment junkies, uncomfortable with stillness and lacking in elegance and poise.

So a balance between the internal activity and the external expression is required. Inner work harnesses power. That power then needs to flow through the most efficient reality creation mechanism one can develop. This goal setting master class is to assist you in developing your own unique way of gifting your creativity to the world.  
Enjoy in joy.

With many blessings, love and appreciation from Nick Good Costa Rica  
December 2013.

**To find out more about me visit**

**[www.nickgoodpersonaldevelopment.com](http://www.nickgoodpersonaldevelopment.com)**

**[www.mysuperherotraining.com](http://www.mysuperherotraining.com)**

