



MASTERY

MASTERY in one's career and consciousness growth simply requires that we constantly produce results beyond and out of the ordinary. Mastery is a product of consistently going beyond our limits. For most people, it starts with technical excellence in a chosen field and a *commitment to that excellence*. If you are willing to commit yourself to excellence, to surround yourself with things that represent this and miracles, your life will change. (When we speak of miracles, we speak of events or experiences in the real world which are beyond the ordinary.)

It's remarkable how much mediocrity we live with, surrounding ourselves with daily reminders that the average is the acceptable. Our world suffers from terminal normality. Take a moment to assess all of the things around you that promote your being "average". These are the things that keep you powerless to go beyond a "limit" you arbitrarily set for yourself. The first step to mastery is the removal of everything in your environment that represents mediocrity, removing those things that are limiting. One way is to surround yourself with friends who ask more of you than you do. Didn't some of your best teachers, coaches, parents, etc.?

Another step on the path to mastery is the removal of resentment toward masters. Develop compassion for yourself so that you can be in the presence of masters and grow from the experience. Rather than comparing yourself and resenting people who have mastery, remain open and receptive; let the experience be like the planting of a seed within you that, with nourishment, will grow into your own individual mastery.

You see, we are all ordinary. But a master, rather than condemning himself for his "ordinariness", will embrace it and use it as a foundation for building the extraordinary. Rather than using it as an excuse for inactivity, he will use it as a vehicle for correcting, which is essential in the process of attaining mastery. You must be able to correct yourself without invalidating or condemning yourself, to accept results and improve upon them. Correct, don't protect. Correction is essential to power and mastery.

Stewart Emery