

The
Undercover Secret
to
A Life of Mastery™

The Beliefs (others gave you) Are Controlling Your Life!

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The Outrageous Mastery® trilogy
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Master Your Beliefs – Take Control Of Your Life™
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WHO IS SASHA XARRIAN?

Sasha Xarrian is the author of the Outrageous Mastery® trilogy, which has been read in over 190 countries.

Outrageous Mastery® is the true story of a woman who lost everything; her extended Mormon family, husband, home, money, friends and the set of beliefs she had followed since birth.

Taking sole custody of her six children with no way to support them, she struggled to create a brand new formula for life, a new set of beliefs that would give her the certainty to create the life she yearned for.

And she did.

Not only did she create a life of wonder and vision, but she healed her son from a lifelong illness, developed a system for instantaneous communication with God/Higher Power, created vast amounts of money in very short periods of time, increased the love in her life by 1000%, constructed a new modus operandi for her life, and created a legacy for generations.

Her story not only captivates people's hearts and souls but also drastically changes their lives. She receives emails from readers all over the world who are using her formulas to powerfully create in ways they never dreamt possible. (Many of them can be found at www.OutrageousMastery.com/testimonials).

Here are a few excerpts:

“Experiencing Outrageous Mastery is the most mind-blowing, life altering, Adventurous journey I could have ever dreamed!”

“What an incredible book... It took my breath away!”

“It blew my door to power off its hinges!”

The Outrageous Mastery trilogy will amaze you, shock you, fascinate you – and have you seriously wonder and inquire into your own powers.

Check it out! www.OutrageousMastery.com

The Undercover Secret to a Life of Mastery

Sometimes, no matter what we do, we can't seem to change certain areas of our lives.

We feel stuck. We can't seem to move forward. We can't change direction. We don't know where to go from here. And sometimes the road ahead seems too difficult to bear.

What if I told you that there was **ONE** underlying cause to your pain and confusion – and this cause had the power to CHANGE **EVERYTHING** in your life?

Sound too simple?

WHAT IF – this “cause” was because of no fault of your own?

WHAT IF – this “cause” was what created all your failures?

WHAT IF – this “cause” was the source of your pain?

WHAT IF – this “cause” up until now – was a complete mystery to you?

WHAT IF – this “cause” up until now - was hidden from you?

WHAT IF – this “cause” was *no fault of your own*?

WHAT IF – by radically amending this *cause*, your entire life began to change?

WHAT IF – no one has ever told you this before?

WHAT IF – the mystery of your pain began to unfold before your eyes?

WHAT IF?

The **one cause** that creates our pain, our failures, and our unhappiness is our **beliefs!**

It is our *beliefs* that cause our pain.

Our *beliefs* are what cause us to be successful and happy in life.

And – they are what cause us to be stuck and unhappy.

Our *beliefs* literally control our lives.

WHAT ARE BELIEFS?

When most people hear the word “beliefs,” they immediately think about the religion they either do or don’t belong to, what they believe politically, or some other major belief. These are *not* the beliefs I am referring to.

The beliefs that propel us forward into a life of love, success and happiness or a life that feels like failure and unhappiness are *hidden* much deeper inside us. We are not even aware of most of them.

These deeply hidden and integral parts of ourselves direct *every* decision we make and *every* action we take. They control how we feel about life, others, and ourselves.

To be very direct – they literally control us.

I don’t know about you but I don’t particularly like to be controlled. I want to be as free as possible and consciously choose and direct the course of my life. I assume you do as well.

The problem is that we are only as free as our beliefs allow us to be.

The larger problem is that we are *unaware* of almost all of our beliefs.

And the biggest problem of all is that we don't have a clue as to how to change them and therefore change our lives!

But here is the exciting news! If we *change* our beliefs, our lives will *radically change* on their own.

Successful and happy people have *radically different* beliefs than people who are unsuccessful and unhappy.

HOW DID WE GET THESE “HIDDEN” BELIEFS THAT ARE CONTROLLING OUR LIVES AND KEEPING US STUCK?

Lets look at our lives as if they were boats taking us through the river of life and *others’* beliefs as the anchors on our boats. (*Note that anchors provide stability and weight to a boat. They can, if entrenched deep enough, stop a boat from moving forward.*)

In the beginning of our lives, we started out with a brand new boat – new engine – shiny paint – gears that worked smoothly, and the excitement that comes with new ownership.

But along the way – very early on – others began loading anchors (*their* beliefs) onto our boat, one by one.

At first, this didn’t seem to matter much. It felt natural and it gave us our direction in life.

But, with the anchors, our boat became a bit heavier over time.

It slowed down somewhat.

It became a little more difficult to maneuver in any direction we chose.

Some anchors were more cumbersome than others and even made the boat rock from side to side at times.

These same anchors made it difficult to maneuver *within* the boat.

There were times when we wanted to take visitors, friends or family on our boat but the anchors took up too much room.

And then there were times when we tried to fit our visitors, friends or family onto the boat and they fell over sideways because we couldn't take care of all the anchors and them also – or they felt our boat was too crowded so they left us.

There were opportunities for us to make more money or a steady income but our anchors began directing our boat and we just didn't feel like we had that much control.

We even came to points in the river where we threw some of the anchors overboard. They were now a very familiar part of our boat, our journey, and had gone everywhere with us, so we trusted them to do their job and anchor us in place through the storms of life.

BUT, as they dug into the riverbed, they slowed our progress even more, and in time we forgot they were even there.

We just couldn't figure out why we moved so slowly through life and seemed to be stuck. Stuck in unhappy relationships, stuck in jobs we disliked, stuck with financial problems, stuck in bodies we didn't like, and stuck in unhappiness, and dissatisfaction with our lives.

We were unhappier than ever.

Nothing seemed to work out for us.

We couldn't figure out why others could go where we couldn't.

What was the problem?

Didn't other people have anchors on their boats and embedded in their riverbeds?

As time went on, more and more of our anchors were tossed overboard, entrenched deeper, and our progress slowed – as did our excitement, hope, and happiness.

We knew we couldn't live without our boat - and we felt the anchors were permanently attached and part of our boat. But it almost seemed like we couldn't live with them either. We were confused.

Our boat was stuck in the mud and our anchors kept us immobile.

What happened to our dreams?

What happened to our opportunities?

What happened to our future?

Does this completely or partially describe your boat of life?

WHO PUT THOSE ANCHORS (BELIEFS) ON OUR BOAT ANYWAY?

Let me first say that this book is NOT about blame!

Those who loaded the anchors into our boats usually thought they were doing us a favor.

They thought the anchors (*their beliefs*) would help us steer our boat through the storms on the river of life.

They knew these anchors and were familiar with them.

They had used these anchors themselves – all their lives.

Why wouldn't they want to give them to you?

Maybe there was only one store on the island where they lived and only one type of anchor was sold.

Maybe they had never even heard of other anchors.

Maybe the other anchors available were too foreign to them. They were the unknown.

And anyway, everyone around them used the same anchors!

And - - their lives were all similar!

But now – here you are - - - - -

You've taken your boat out into the river of life.

You have heard and seen others that are more successful than you – that have more love than you – that are happier than you - - - -

- - - and you wonder - - - why?

I am going to tell you why – right now!

The reason is because they have COMPLETELY DIFFERENT BELIEFS than you do.

You see, the problem is that you have hundreds – if not thousands – of beliefs (anchors).

And the problem is that you are *unaware* of most of them.

But these beliefs **THAT OTHERS GAVE YOU** are causing your pain!

AND your failures!

AND your unhappiness!

Those who are happy, successful and speeding down the river of life with the wind blowing through their hair are the ones who have very different beliefs than you.

They are not better than you!

They are not more worthy than you!

They do not deserve more than you!

They just have *different core beliefs* than you do.

Their beliefs do not weigh them down

- or cause confusion in their lives
- or chaos
- or hopelessness
- or pain
- or failure.

Their beliefs give them freedom

- and peace
- and success
- and love
- and certainty
- and confidence.

Now, here is the good news!

You can *change* your beliefs.

And adopt new ones.

CHANGING YOUR BELIEFS MAY BE THE SINGLE MOST IMPORTANT THING YOU DO IN YOUR LIFE!

CHANGING YOUR BELIEFS WILL LITERALLY AFFECT EVERYTHING IN YOUR LIFE!

I have had to change almost all of my beliefs

- about love
- relationships
- money
- success
- certainty (or faith)
- being worthy or not worthy
- God's (or a Higher Power's) will for me
- health
- my power to create anything and everything
- my ability to create a life I love
- self-confidence
- my identity (who I believe I am)
- being a victim or not
- being a survivor versus being a creator
- the value of others' beliefs about me

- and many more.

And as a result – I have a **completely different** life.

The life I now have is so vastly different from the one I used to have that it is almost unrecognizable to me. In fact, it almost feels like my old life is someone else's life.

INDESCRIBABLE PEACE AND INNER AND OUTER POWER

I am here to tell you that there is an indescribable peace and inner and outer power that will come to you once your beliefs have been dug up, examined closely to see how they have and do affect every part of your life, and then cut from your boat of life and replaced with a brand new, powerful engine.

The Outrageous Mastery[®] world is all about having the direction and power to create outrageous mastery[®] in *your* world.

It is impossible to be a masterful creator without owning powerful beliefs; beliefs that serve you, honor you, create respect and love for you, empower you in *every* area of your life – and that feel good to have as part of your world.

Once your beliefs have been examined closely and either revamped or dumped out and replaced with completely new ones, you will change. Others may not recognize the powerful, self-confident, smiling person standing before them.

You may not recognize yourself.

I am here to promise you that life can be different.

I am here to show you the way to a new and better life.

I am here to let you know that you are worthy of your dreams and desires.

I am here to let you know that you were born to be more – and have more. It is your destiny.

And it is within your reach.

I want to take you down the path I have traveled. I want to show you the way to the better life.

Discovering your old beliefs and creating new ones will be an exciting journey.

On this journey you will discover that some beliefs will have a dramatic effect in your life and others will be subtler, but you will begin to feel and know that every belief affects your daily life in either positive or negative ways.

And we all feel these effects deeply.

The beliefs we have affect how we feel. They affect every emotion we experience.

To put it mildly – beliefs are *powerful!*

The first question you are probably thinking is, “If my beliefs are causing my pain, how do I change them?”

But that isn’t the most important question to ask.

The most important question is, “What are my beliefs about _____?”

It is important to take one area of your life at a time and explore it like you were an archeologist digging for lost artifacts.

We will need to dig deeply to find as many beliefs as possible in this area.

Let’s do this now.

Which area do you choose to explore?

Write it down here: _____

Now, write down your experiences in this area. I assume it is an area that has brought you pain or/and confusion. Write in detail what this area of your life is like right now and what it has been like in the past.

Grab a few sheets of paper and begin. Just reading this book will not change anything in your life! Writing and exploring as you read will begin to have a dramatic affect.

The more you write the better.

It would even be advantageous to take *several days* to do this. Carry the sheets of paper with you everywhere you go and add to them whenever a new thought

or remembrance creeps to the surface of your brain.

Go back in your memory as far as possible, including when you were a child.
(These may be the most helpful of all!)

This exploration is not to cause you more pain or guilt! Become a scientist in this regard and just explore your life as if you were looking at it from the outside – observing what has occurred and how you felt about it.

Stop and do this **now!** Remember, you are now the archeologist exploring your own life.

Once you have completed writing down your life experiences in this area of your life, go back and read it very slowly - looking for the beliefs you have had about them.

Remember you are the archeologist of your life as you go through this process.
Dig deep!

Ask yourself as you read your writings, “What were my beliefs about before, during, and after these experiences?”

Write as many as you can.

Write the small beliefs, the big beliefs, the funny beliefs, the sad beliefs, and every kind of belief you can come up with about that area of your life.

Be a scientist. Figure them out. Explore every inch of your brain – and your heart.

Stop and do this **now!**

A NEW EXPEDITION OF DISCOVERY

After you have thoroughly completed your discovery process, you will be ready to start on a new expedition.

This one involves your parents. They were the first to imprint their beliefs into your head, heart, and lifeboat.

What were/are your parents beliefs about this area of life?

Think hard!

Remember well!

Write them all down – as complete statements.

Then call and ask them what they believe about that area of your life.

Write down everything they say.

Who else has been influential in your life?

What are their beliefs about this area of life?

Write their beliefs down – as complete statements.

REMEMBER, the more thorough you are, the **easier** it will be for you to create a **new** life in this area!

Don't cheat yourself out of life.

Let's begin to throw out the anchors that are keeping you stuck in the mud (or quicksand)!

Do the process.

Now!

And, oh yes, have a little fun with it.

You should have many beliefs about this area of your life written down.

Think about them.

Deeply.

Have any of them surprised you?

Were you consciously aware that you had these beliefs/anchors?

Can you see how these beliefs have affected your decisions and experiences in life?

It is important to know that they are more than skin deep. *They are heart and soul deep!*

Every experience you have had in this area of your life has been deeply affected by your beliefs.

Everything people have said to you or the ways they have acted towards you has been interpreted (by you) through these beliefs.

You have reacted to people and to life through these beliefs.

Basically, these beliefs have controlled you.

Yes, you read correctly.

They have *controlled* this area of your life.

You have been a prisoner to them.

Your freedom and success in this area of your life were controlled by the beliefs you have written down.

And it is very important to note that – you did **not** choose these beliefs!

Others loaded them into your boat as you went through life. And they have become anchors that have weighted you down and kept you stuck in the mud.

It is also important to note that many times these were the only anchors those around you knew – and they thought they were doing you a favor by loading them into your boat of life.

They usually did it because of love – or survival – or because that is all they knew.

It is now your opportunity to throw out the old, heavy, rusted anchors and begin steering your life down a different river.

Take a deep breath.

Get ready for a blood transfusion.

Get ready to explore the unknown.

Are you ready?

If you are ready - - - then go back to every belief you have written down and create a new belief. It will probably be the **exact opposite**.

This will probably take you *out of your comfort zone*.

That's okay.

For now, you are merely a scientist, exploring ideas and thoughts.

Go ahead and begin! Have fun. Laugh a little.

Do it **now!**

Guess what?

People who are successful in this area of life - - **own** the new beliefs you just wrote down (or ones similar to them).

You read correctly.

Even though these beliefs may sound foreign, silly, crazy, or completely untrue to you, they are the powerful engines that propel and create others' successes.

Now, please take the time to play a little game with yourself. Go off by yourself somewhere where you won't be disturbed and where your imagination can run wild.

Once there, imagine a person who was born with the new beliefs you just wrote down. Imagine everyone in their life had the same beliefs. Take an hour or two (or a day or two) and dream about what their life would look like – in this area.

Do it before proceeding!

Right now! ∫

Now, I want you to imagine what your own life would have looked like if these beliefs had been part of your mind, your soul, your lifeboat - from the beginning – if they had belonged to you and not someone else.

Take a few days to let the feelings sink in. Let them go **deep**.

Then ***imagine*** what your future life would look like if you decided to ***own*** these beliefs from this point on.

Write it all down - everything you can think of – on several sheets of paper.

Do this **now!**

What are you feeling?

Write your feelings down in detail.

DECISION TIME

It is now time to decide – right now – to keep the beliefs you currently own (the ones that have kept you in pain and confusion).

Or - to try on the new ones.

Think about it for a while.

Play with the thought.

And then – **decide.**

What have you decided?

Say to yourself, “I have decided to try on and possibly own these new beliefs. I love and care for myself enough to do this.”

Know that the new beliefs will feel uncomfortable.

They may require you to go outside your comfort zone. (As **all** powerful change causes us to do.)

And it may frighten you to take them on.

Know that they won't change overnight. The old beliefs have become part of your cells.

But they can be changed.

And you can change them. You have that power.

This book has given you the knowledge to begin to unlock the keys to your inner power and desires. It is imperative that you knew that your beliefs were controlling your life! You now know that!

You now have a new vision.

You have new wisdom.

You have understanding.

You have power and much more control in your life.

- - *because you have begun to discover the hidden beliefs that have kept you stuck and unhappy.*

THIS IS ONLY THE BEGINNING!

But it is the beginning to a new you - - and a new life.

This time it will be the life *you* decide to create.

You will get to choose your own boat.

You get to choose the river(s) you want to journey along.

You get to begin building a new powerful engine that can carry you through any storm and take you to any port.

The fun has just begun.

The full adventure awaits you.

This is the time – right now – to begin creating the life you desire.

It is possible.

It will begin taking you on the ride to outrageous mastery.□

Hold on tight – and enjoy the ride!

To help you and give you detailed instructions (and hand-holding) as you go through this process in the most important areas of your life, I have created an audio series, “**Master Your Beliefs – Take Control of Your Life**,” that will give you the power, instruction, and format do this.

I will take you through the exact process I use to deeply and thoroughly transform my own beliefs.

This process is mind-blowing!

I use it to create whatever I want in my life.

I will go with you into every area of your life and help you create new empowering beliefs for that area (self-confidence, money, love, feeling worthy, success, creating a life you love, going from a victim or survivor to a powerful creator, and two surprise bonus audios that will transform your life almost immediately).

You will receive the detailed help all along the way as you climb out of your anchored boat to a nice new speedboat.

You are worth the investment in your life. It is your life!

An investment in your life will be the greatest gift you can give not only to yourself but also to those you love and care about. This is a fundamental truth.

Trust that I know wherewith I speak. I have experienced beliefs on both ends of the spectrum.

My boat was loaded with anchors that kept me stuck. I hated it. And I didn't know what the problem was.

They say knowledge is power.

That is not always true.

In this instance it is absolutely true.

I promise to give you the knowledge and power to change your beliefs and create a new life.

Put a smile on your face, hope in your heart, and **Go For It!**

Right now!

WWW.MASTERYOURBELIEFS.COM

Your Mastery is My Life's Mission!

With Love and Mastery,
Sasha Xarrian

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