

TRANSFORM TO TRANSCEND

THE 7 STEPS TO A FREE MIND & SUPERCHARGED LIFE



SHAWN M. CARLIN

The Universe has a way of humbly intervening in life with incredible timeliness and intention.

And perhaps, that's what brought you here!

In my late 20's I had lost my way.

I had moved from the Midwest to Colorado with a girlfriend of about a year, with the hopes of a fresh start for my career and my life. The relationship didn't last long, after we moved to Denver. It came crashing to the ground, ending abruptly and shaking my confidence to the core. At nearly 30, I found myself in a new city, with very few friends, in a job I loathed and had no clue as to who I was or what I was doing with my life.

I was lost.

I recall a dark moment when I felt like life just didn't have purpose and I questioned the point of being here. I came home from a late night at the clubs. As I pulled into the garage on that cold night, I closed the garage door and was about to turn off my car. But I hesitated and a thought occurred to me to leave the car on and just sit in the garage, with the garage door closed.

Could I shake this feeling of helplessness?

I sat there for a while, knowing deep down I would never do something like that.

Inadvertently, I passed out.

What happened next I couldn't explain at the time but today I understand it was a divine intervention. Like a hand that gently touched my shoulder, it woke me, told me to get up, turn off the car, get out of the garage and go live your life. Life was providing a silent nudge, letting me know I have a greater purpose to serve on this planet.

This was the beginning of my journey of self discovery and personal growth.

On the surface, things didn't appear bad at all. I had a successful career, lived in a beautiful new condo, drove a nice car and a family that loved me. Externally, things looked ideal, but internally, I was struggling. I beat myself up with dialogue like,

"What do you have to be upset about?"

"There are plenty of people that would love to have what you have."

"Why can't you just be happy with what you have?"

"Do you know how lucky you are?"

"What is wrong with you?"

"Why does life feel like such a struggle?"

On the inside, I felt empty. I felt lost. I felt depressed

It was an internal struggle with myself I had no idea how to manage. I was lost, but didn't want anyone in my world to know, out of embarrassment, shame and perhaps a bit of pride.

I felt an expectation to be successful in whatever I pursued, but felt exhausted by the fact I always seemed to live my life for other people.

Fortunately, there is something about these "rock bottom" moments that seem to miraculously ignite a sense of clarity from the dense fog. In my darkness, there was a faint light of hope that continued to whisper in my ear that I was meant to do more, to be more. It was a faint light, but I was desperate enough that I clung to it with a trepid curiosity.

This curiosity is what kept me moving ahead, searching for something more. Deep down I believed there had to exist a life in which I was excited to get out of bed, motivated to find purpose and contribute to something far greater than myself. I was determined to find it. I will never forget the day this faint light of hope became my navigational beacon.

The most unexpected event that changed my life forever.

My family was coming to visit me in Denver from my home state of Wisconsin. We planned what all families do when they come to the wild west... visit a dude ranch to saddle up and ride our horses into the great Rocky Mountains, right? I decided to make a "pre" visit to the small ranch I had discovered to get a first hand perspective before committing my family for the week.

The day I arrived at the ranch, I was still feeling empty and lost from the breakup, but I did my best to hide my emotional state. Before we set off on the trails, Daniel, the ranch owner, wanted to do some basic riding instruction in the training arena.

When I got up into the saddle for the first time, I felt like a fish out of water. I had never really ridden a horse and I was teeming with anxiety and nervousness. But, being an athlete, I thought to myself, how hard could this really be.

I initially walked the horse around the outside of the arena, becoming comfortable with the feel and movement of this 1000 lb. animal. I got the sense I was not in control and could be tossed off at the horse's discretion. Daniel asked me to cue the horse to pick up his gait from a walk to a trot. I hesitantly squeezed my legs gently as instructed, but the horse wouldn't move into the trot.

"What is wrong with this horse?" I thought to myself.

After numerous attempts, the horse reluctantly obliged, with his ears pinned back as a signal of his displeasure. Daniel asked me to transition to a canter (equivalent of a jog in horse speak). I reluctantly squeezed my legs again. Just as the horse began to compress his energy into a canter, he bucked his hind legs out, knocking me off balance and nearly throwing me to the ground. As my weight flung forward I grabbed the horse's neck to keep myself from falling, startling the horse and making him dart off even faster. I was eventually able to balance

myself again and gathered the horse in my reins and brought him to a stop.

"What the %\$# was that?" I shouted. My heart was racing.

Daniel, in a Zen-like manner, calmly instructed me to get off the horse and quietly hoisted himself into the saddle of my horse. What I observed next was humbling and amazing at the same time.

He calmly and confidently cued the horse into a walk, trot, canter and the gallop with ease. I was in awe. It was elegant and beautiful, as if they were one, communicating together in harmony. The horse looked and acted like a completely different horse than the one I had ridden moments ago.

How was it that this horse seemed so agitated with my every request, now performed so effortlessly with Daniel?

"I guess I know who the horse likes better. He wants nothing to do with me," I said naively.

Daniel dismounted the horse, looked me in the eye and said, "Shawn, it has nothing to do with the horse and everything to do with you."

Daniel started with a series of questions that turned my world upside down.

"What is going on inside of you that wouldn't allow the horse to move forward as you wanted?" Daniel said. "What is kicking inside of you that you need to let go of?"

What? How did he know this? I felt like he was able to see right through me. I felt exposed and vulnerable with nowhere to hide. Daniel went on to explain to me the energy dynamic between horse and humans and how the horse has an ability to mirror the emotions of its rider. What I learned was humbling and fascinating, all at the same time.

I began to accept this was not about the horse; this was about me.

I had a lot of things bottled up from the past 15 years. The horse was telling me he didn't appreciate me bringing this extra baggage onto his back and in the saddle. I have since learned that horses are incredibly energy sensitive, intuitive animals that have an uncanny ability to pick up on the energy around them. Their survival as a prey animal has depended on this fact for millions of years. Their ability to help humans heal is nothing short of amazing. That day, a horse put me on my path to healing and a lifelong journey of self-discovery.

That afternoon, I learned the energy I was giving off to the horse was palpable and creating a situation that was not good for either of us. It was as if the horse could see right through me. I felt vulnerable, exposed, humiliated, afraid, yet there was a part of me that connected with this horse because I knew he understood me and he was giving me an opportunity to get this off my chest. It was as if he could see right through my hardened exterior and could see to the core of my being. I was hurting and the horse felt it.

I spent some time with Daniel, grounding myself with some deep breathing, getting present in the moment, and letting go of what I was holding on to. It was a cathartic release. I got back up on the horse and centered myself. I could feel the shift in the horse, and he could feel the shift in me.

We cantered around that arena like we had been doing it together for years.

It was truly an awakening moment for me. This experience placed me on a personal journey of discovery of human potential, purpose and fulfillment.

Your Emotions Are Energy In Motion

The horse taught me the most important lesson that has transformed my life forever.

I slowly began to see the truth in things. If I wanted my life to change, I could no longer expect everything and everyone around me to change.

I was the one who needed to change.

I had been living as a victim of life. I blamed everyone and everything around me for what was happening around me. I needed to take back my power and I now understood, it needed to start with me. I needed to take accountability for my life.

That day, I decided I would no longer allow myself to be victim. Rather, I was the empowered creator of my own life.

My thoughts, beliefs and resulting emotions were affecting the world around me. Every thought you generate simultaneously generates an emotion. I realized if I continued to live oblivious to my limiting beliefs, I would continue to live someone else's life; a restless and unfulfilled life. I finally saw the impact and limitations of my internal dialogue which I continually allowed to dictate the outcome of my life.

It was not the outside world that was creating my conditions, rather, it was the limiting beliefs and the corresponding thoughts and emotions that were driving my outcomes. It was not an easy or convenient truth to accept, but the truth couldn't have been more transparent. That was the day I changed my MIND, forever.

The Wildest of Ironies...

Of the thousands of hours and dollars I had spent searching for the secrets of success over the past 20 years, I learned THE most powerful secret of life and success from a horse.

Here is the first SECRET to getting unstuck and moving forward towards the purpose-driven life you desire and deserve.

You are 100% responsible for everything you have or have not created in your life.

Everything you have created in your life is a direct result of your level of consciousness. Your belief system is the architect of your life's results. Your biggest obstacle to overcome is not your problems, your career, your relationships or your health; it's your MIND. If you want to experience real change in your external life, you need to focus on changing your internal beliefs. You alone, can alter your own reality through the power of your mind.

Your thoughts literally have the power to shape your reality.

The first step to awakening is awareness.

With some intentional personal investigation, I started to become aware of so many beliefs that were hidden deep in my subconscious mind; many I never knew existed nor did I understand the extent to which these beliefs were holding me back from living the life I desired. My subconscious beliefs, most of them blind spots, were driving the car and I was just along for the ride.

I wasn't in control of my life.

I decided to do some deep mind work on myself and identified two limiting beliefs I traced back to my childhood. These were beliefs established as part of my past experiences that haunted me throughout my entire life, unknowingly. They were thoughts I was not consciously aware of before this moment, but had a profound grip on my outcomes.

If you want to transform your Life, transcend the MIND.

The more I researched, the more I began to realize this is no secret. The power of the human mind to manifest reality is an idea that has been known and discussed for thousands of years by history's greatest influencers.

"A man is but a product of his thoughts. What he thinks, he becomes."

- **Gandhi**

"Whether you think you can or you can't... you're right"

- **Henry Ford**

"A man's life is what his thought make of it."

- **Marcus Aurelius**

"A man is what he thinks about all day long."

- **Ralph Waldo Emerson**

"The greatest discovery of my generation is that a human being can alter his life by altering his attitude of minds."

- **William James**

"The mind is everything. What you think, you become."

- **Buddha**

"You must learn a new way to think before you can master a new way to be."

- **Marianne Williamson**

I AM LESS THAN I DON'T BELONG HERE

I realized, this had become my story and I was the author and the main character.

I had experienced life for nearly 40 years through a lens of “less than” and “I don’t belong here” for so long, it had virtually become my reality and I didn’t even realize it. This was the lens I view everything, and it had been holding me from greatness for many years. They call them blind spots for a reason.

To be honest, as I look back, I am shocked I had the success I had to that point, considering the grip I realized these beliefs had on me. I was playing small and for the first time, I could finally see why. The lid on my potential was starting to come off.

I had become stuck in what I now know as a “psycho cybernetic loop.”

My limiting beliefs were creating poor thoughts, which evoked negative emotions, which led to less than optimal actions, creating the outcomes of my life. As my outcomes continued to cause disappointment, the more I reinforced the belief that I was less than or I didn’t belong. I was stuck in a loop.

Writing a New Story For Myself

With a deep curiosity and a burning desire, I learned to become aware of my blindspots and replace these limiting beliefs with new and more empowering beliefs. I became obsessed with the potential of the human mind and spent the next 20 years with some of the greatest teachers of mind mastery, leadership, psychology, spirituality and neuroscience.

With this new awakening, I began to live what I refer to as my *purpose-driven life*. I transformed my mind and it changed my life! I was able to align my quality of thinking to the quality of life I wanted to lead and I began to find a flow to my life.

I now live with a purpose and a vision of a life that I am continually creating for myself.

Life is no longer happening *to* me, rather life is happening *for* me, and I am in complete control of my results.

Enough about me.

I am here to help you create the life you desire.

I realize trying to undo years of beliefs and emotions that are controlling your life is a tall task through this short e-book, but I do believe it can provide a new perspective, at a minimum, and provide some real and lasting change if you follow the steps and commit.

Take a moment to examine what has come up for you as you read this.

Can you relate with my story in any way?

Are there any thoughts or feelings that bubbled to the surface as you read this?

Dissolving Limiting Beliefs Holding You Back From Accomplishing Your Goals

Where Do My Limiting Beliefs Come From?

Our belief system is influenced by our experiences from the time we are born and is established at an early age. . Many of our beliefs are established early in our childhood from our parents, teachers, friends, coaches and communities. In fact, science has shown that much of our subconscious beliefs are programmed by age seven. Our culture, our traditions and the rules we were brought up with, all have an impact on the beliefs that have shaped our outcomes. The positive, constructive beliefs have served a positive purpose.

But what about the negative beliefs you have identified? How are these mental constructs serving you? How will they serve you going forward?

These thoughts get hardwired deep into our consciousness and continue to play in our minds like a song stuck on repeat, playing over and over again, some holding us back from what we truly desire. These thoughts and beliefs become the “story” we tell ourselves so often that it literally becomes our reality.

What “story” do you keep telling yourself and others that is potentially sabotaging the life you deserve?

Are you ready to end this story and begin a new one?

Remember, your reality is a direct link to your belief system. If you had a difficult time identifying your limiting beliefs in the earlier exercise, simply take a look at your life. Your life is a direct reflection of your beliefs so you can easily locate your limiting beliefs by taking a look at your life.

For example, If your reality is that you don’t have the money or wealth you desire, you may have a “blind spot” or limiting belief that money is hard to come by.

Why is this an obstacle?

You won’t attract money into your life (your conscious mind) if your underlying belief is money is it’s hard to come by. At a deeper level, you likely have a belief that you are “not worthy of money or success” so therefore, your life has no other option than to reflect scarcity, a lack of money and lack of success.

“Life is an amazing system that will create a life that matches our beliefs, flawlessly.”

- Shawn M Carlin -

The world of personal growth is vast.

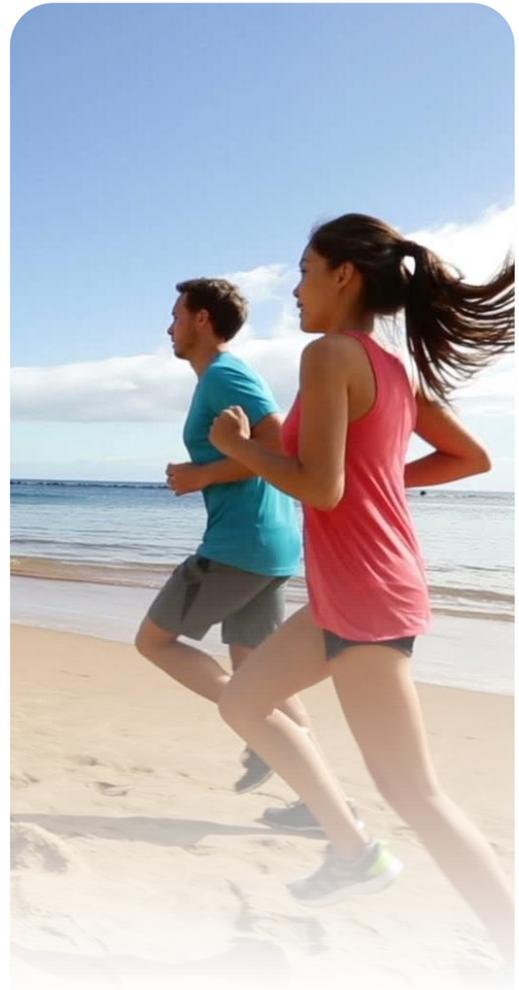
If you are anything like me, you have spent hundreds, if not thousands of dollars on books, online programs and live events. Each provided a newfound energy and enthusiasm, ready to take on the world... only to find the magic fizzle after about 30 days.

I have nothing against these programs, as I feel that all served a purpose in my growth and evolution as a human being. But, something was missing. I wasn't resonating with the "hustle and grind" culture of the personal development gurus and often felt even more guilt and shame when I found my enthusiasm waning.

I knew there was something more. I wanted to go deeper into the human psyche. I wanted to go beyond "rah rah" motivation and inspiration and understand what truly drives human potential. I wanted to look into the human mind and understand where my limitations and inadequacies actually came from and understand how I could rid my life of them forever.

I found all of this at the intersection of personal growth, psychology, neuroscience and spirituality. This is where I decided to live and study for the next 15 years in an effort to heal myself and to help others heal in the process.

In my work with some of the world's leading thought leaders in mindset, I came up with my own proprietary system for dissolving subconscious limiting beliefs holding you back from your pure potential.



It's called the ***I.D.3 Mind Method***.

- | | |
|----------|---|
| I | Identify the limiting belief |
| D | Dissolve the limiting belief |
| D | Download a new, more empowering belief |
| D | Discover new evidence to support the new belief |

It's time to get to work.

Let's take a look at any potential subconscious beliefs that may be holding you back.

STEP 1: IDENTIFY

What limiting beliefs do you carry with you that may be holding you back from a life of fulfillment or purpose?

Here is a sampling of common limiting beliefs or blind spots, to help get you started.

I'm not enough... smart enough, thin enough, pretty enough, funny enough

I'm not loveable

I don't matter

I am less than.

I'm a fraud-- how long before they figure me out?

I don't belong here.

I am damaged.

I'm not safe

I'm not going to be OK.

I'm not worthy.

I'm not important.

Success isn't for people like me.

I don't have any confidence.

My dreams aren't realistic.

I don't have the skills to do that.

That will never happen to someone like me.

Money is not for me.

This is the hand I was dealt.

Who am I to think I can do that?

Do any of these resonate with you?

Are any of these limiting beliefs holding you back or keeping you from living the life you want to live?

If so, welcome to being human. This is normal.

The good news is none of these beliefs are your fault. Nope. They have been hiding in your subconscious, controlling many of your outcomes, for a long time. More on this later.

If you don't immediately identify a limiting belief that may be holding you back, what core limiting beliefs, from the list above, generate the strongest emotional response for you?

You may not see it in your thinking, but perhaps it struck an emotional “chord” when you came across it on the list?

I know this can often be really revealing, sometimes really hard to see.

You are doing great!

This is where the real mind transformation begins.

Let's put these ideas into action to help you change your mind and start on the path to living a purpose-driven life!

1. List ONE limiting belief that stands out to you that has kept you feeling limited, inadequate or insecure?

2. Let's look at the origin so we can release it and get a new jumping off point:

Where did these beliefs come from?

Can you think of a time in your life when this feeling first occurred? When did you first experience this? (think back to your childhood for any clues)

3. With distance and time between that event and now, what new context and perspective can you give to the younger version of you?

What would you say or what advice would you give to the younger version of yourself?

STEP 2: **DISSOLVE**

4. Now... It's time for transformation.

I want you to examine the limited belief in detail. Put it under a microscope.

Is there any TRUTH to this belief you have of yourself?

Ask yourself... "Is it true that (insert the limiting belief)?"

Can you see that this is not WHO you are, rather a thought (a lie) you have been carrying around with you for many, many years that has made you feel awful?

Are you ready to let it go?

STEP 3: **DISCOVER**

5. It's time to Rewire your brain (A concept I like to call "neuro shaping"):

What's a new, empowering belief you can replace the old belief with? Hint, sometimes it can be the opposite of the limiting belief.

6. Life will move you in the direction of your new and empowering belief as long as you **commit** to that new direction.

Read this new belief out loud.

Say it again.... But this time I really want you to put feeling into it. Really mean it.

STEP 4: **DISCOVER**

7. What evidence do you have to support your new, empowering belief? If you can't think of or find anything right now, that's OK. I want you to start looking for it over the coming days.

It will reveal itself when you truly commit to it.

Journal.

How did this process feel?

What came up for you?

Spend time with your new empowering belief every day.

Sit with this in meditation and read it to yourself.

Smile. Repeat. Believe, this is who you are.

How Do Our Thoughts Become Our Reality?

Many motivational speakers and professionals in the personal development industry speak to the concept of how your thoughts can actually shape reality. It is true, you have the power to bend reality, but it's not as simple as just having a thought and making it come to life.

The frustrations I had when I first began to study the human mind and peak performance are best described as tons of material discussing the "what" but very little that was able to explain the "how" or the "why." It is no longer good enough to simply know, rather we need to know how and why. Our thoughts don't become reality just because a thought crosses our mind. It's not that easy.

For example, if you have a thought that you would like to be wealthy but simultaneously have a subconscious belief that money is hard to come by, the belief will dictate the outcome and you will find that money will continue to be hard to come by. Belief always wins over vision. The subconscious mind is 1,000,000x more powerful than the conscious mind. It's as useless to command the earth to stop rotating as it is to think you can outwit your subconscious mind.

The subconscious belief that is running on auto-pilot in your mind will always overcome a fleeting thought, no matter how often you repeat it or want it to come true.

There are complexities to understanding the relationship between the mind, energy, frequency and vibration, and the use of the Laws of the Universe to shape a purpose-driven life. At the intersection of science, spirituality and personal development was where I found the answers, and most importantly, the results I was seeking in my life.

I grew up in Wisconsin where there is no shortage of farm fields. As the saying goes, "We reap what we sow." The human mind is much like a farmer's land. The farmer may choose to plant whatever he or she chooses. Corn or Soybeans? The land doesn't care what is planted, it is the farmer's choice. The land will produce whatever is planted. The mind, very much like the land, will return what was planted but cannot and does not discriminate.

Similarly, the human mind doesn't care what thoughts or beliefs we plant. Thoughts of joy, happiness, gratitude, compassion and growth or... thoughts of doubt, fear, anxiety, anger, jealousy or limitation. Whatever is planted, the land must return back to us. Life has no choice but to reflect back your thoughts and beliefs about it. This is an immutable Universal Law.

The good news is that these limiting beliefs are not your fault. The better news is that our beliefs are a *choice* and we have the power to make a new choice the minute we shine a light on the darkness of our limiting beliefs. Once you see it, you can't "unsee" it and now you have the decision to live into a new and more empowering decision.

Once you learn the origin of your limiting beliefs and change a limiting belief into an empowering decision, you will be on your way to living a Purpose-Driven Life.

I have discovered the tools and methods to help my clients not only become aware of the limiting beliefs keeping them stuck but help create new and more empowering beliefs, creating new emotions, which create new experiences and outcomes. This is the practice of mindfulness on a whole new level!

These new and exciting, cutting edge methods of creating new levels of consciousness have helped my clients clear the limiting beliefs keeping them feeling stuck, limited and inadequate and create a new sense of freedom to live a life of purpose, fulfillment and joy on your own terms. You stop living life as a victim and start creating the life you want, on your terms. This is FREEDOM.

Success, joy and happiness, abundance, growth are *choices* available to us all. In fact, it is a birthright.

But, we have to understand it is an internal game. The challenge is we typically look for the answers in all the wrong places. We look externally for the answers.

When we stop looking to our external factors for happiness and realize that happiness is an inside game, we can truly start the process of connecting with purpose and find more fulfillment in life.

“The belief system of your unconscious mind is the control center of your life’s results. No belief can exist unchanged once it is brought into the light of your own awareness.”

- Shawn M Carlin -

Let’s summarize:

- * Your subconscious beliefs are the architects of your life results.
- * Everything you have created to this point in your life is a direct result of your thoughts and beliefs. Think internal not external.
- * Your belief system was likely established early in your childhood, typically from early influences like your parents, teachers, friends, coaches, peers or your environment.
- * The pattern of our thoughts goes something like this... Thoughts to Beliefs to Emotions to Actions to Outcomes.
- * You are not your thoughts or your beliefs. This is not WHO you are.
- * You can override your limiting beliefs and download new, empowering beliefs.
- * Do the work. Spend time everyday with your new and more empowering belief.

YOU were born to be a success, to be happy, to live a life of purpose and fulfillment. It is your birthright. We are all created from the same source energy, consciousness or intelligence which means we were ALL created from the same image of greatness. No exceptions.

Somewhere along the way, you were taught to believe that greatness is not for you; that happiness is not for you; or love is not for you and you began to change your behaviors to get the love and acceptance you craved and desperately needed.

Welcome to the human experience.

The great news is that you are in control now. Science has shown that you can literally change your brain. Like a computer, we can download a new program into our mind with the right software. By becoming *aware* of the internal beliefs that are keeping you stuck and making a *decision* to create new and more empowering beliefs, you can literally change your external reality. It takes work, focus, commitment, concentration and intention, but change is possible.

Are you ready to make a change?

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