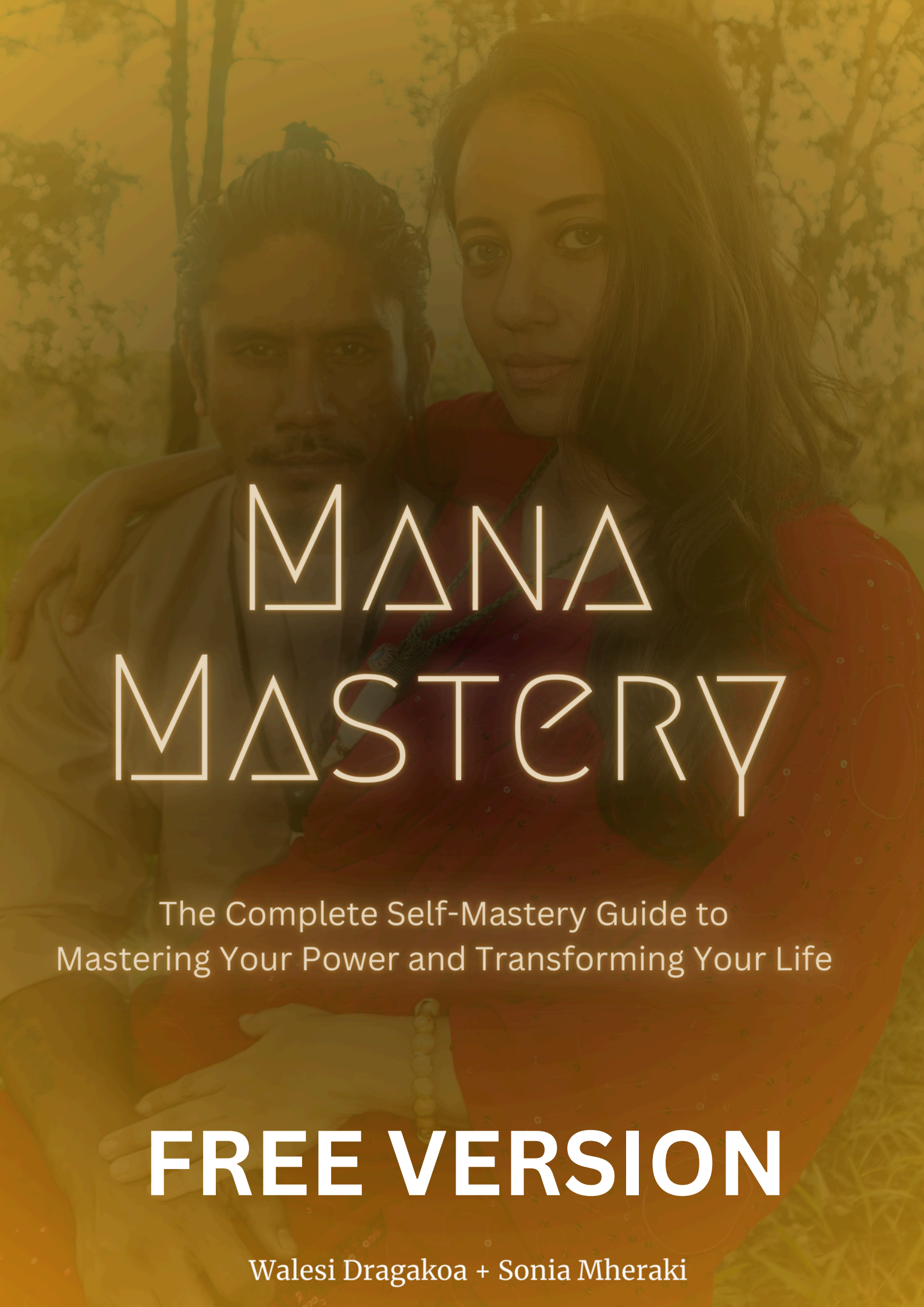




# MANA MASTERY

The Complete Self-Mastery Guide to  
Mastering Your Power and Transforming Your Life

## FREE VERSION

Walesi Dragakoa + Sonia Mheraki



# Mana Mastery

Discover the Secret Knowledge and Practices that the global elite do not want you to know about that will Harness Your Inner Power, Unlock Your Ultimate Form. Manifest Superior Health, Wealth, Mindset, Physical Performance, Relationships, and Discover Your Higher Purpose in this life.

*By Son Walesi Luí + Sonia Mheraki  
of  
Tribe Living Legacy*

**This Guide is dedicated to my extraordinary children, my Flame Sonia and to all our Sovereign Warriors and Guardians of Earth that brave adventure in discovering, evolving, uniting their higher self with their highest purpose in their most highest form.**

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# What does Mana Mastery stand for?

## Mana ~The Inner Power

## Mastery ~ To know Thyself

**Mana is Your Energy.**  
**Your Unique Inner Power that fuels your existence.**  
**Mastery is To know Thyself.**

**To Repair, Evolve and Ascend all areas of ourselves to embody our highest self and Purpose  
and manifest the life we desire the way we want it.**

Why Mana Mastery?

You See...

You Manifest and Attract based on What You are Energetically and Metaphysically, not who you are.  
You Manifest and Attract What You are.

Mana Mastery is all about having Superior control over Your Energy by knowing and evolving yourself in every aspect. This is essential to having control over our selves, then our lives, discovering and living in our highest self and higher purpose. This is essential manifesting the life we want the way we want it.

Mana Mastery (or MM for short) is a Self-Mastery Training guide to unlocking your superior state of being that you were meant to live in. Higher Purpose in Life, Supercharged Health, Higher Consciousness with Control over your Thoughts, A Strong, Powerful, High Performing Body, Manifest superior financial freedom, Master your gifts and talents to create and contribute a better world, Attract, strengthen and forge loving and meaningful relationships .

To achieve this, you must consciously and actively coach and train yourself for supreme control over your thoughts, feelings, and actions. This requires understanding each part of yourself. Through Martial Arts, metaphysics, epigenetics, holistic health, somatics, and high-performance training, you will discover your authentic nature and your purpose. You will understand how the mind, body, and spirit work as one. You will learn how to create yourself so that you can live authentically as who you want to be and live your life the way you want to live it!

This guide makes reference to the metaphysical, scientific and spiritual terms God, creator and source.

None of which is related to any religions of any sort. This guide provides natural health advice and physical training programs that you – the reader agrees to undergo at your own risk with the appropriate measurements of preparation made by you.

**There are 9 Realms of ourselves that make us who we are, why we are and what we experience  
in this life...**

# Manifesting the Whole Package.

## Health ~ Spirit ~ Mindset ~ Body ~ Gifts ~ Purpose

## Legacy ~ Abundance ~ Relationships

**You!**  
**Yes You!**

A holistically integrated, magnificent god of a creation can bring out the highest, most superior being that you naturally are in all aspects of yourself and your life regardless of what you have been through, are going through or have already achieved.

Most think the happy, wealthy, good looking, talented or whatever were all born to have the confidence and support to succeed in manifesting the life they want in this world.  
That is horse shit fed to you by movies, governments, corporate marketing, media and the elite families that own them all.

Everyone that is living their best life used specific information to unlock their inner power and used it to forge themselves into the superior version of themselves that was needed to have the life they desired to manifest. They simply embraced the one thing in life that we all have in common on this earth and that is the journey self-mastery.

You are ready to make epic shifts in yourself for a greater shift in your life permanently!

You did not come here to be anything less and you deserve to experience your best life.

For that to happen you must level up, you must up-skill, evolve and ascend your D.N.A, your soul's purpose, your spiritual balance, your consciousness, your body, your health, your relationships, your abundance, your money, your passions, gifts, talents and your mana so that you can easily and effortlessly overcome any obstacles in your way and enjoy all the experiences in life you desire to manifest!

This of this book as the Youuniversal training guide to unlocking your ultimate god state.

This book contains the exact practices, knowledge and wisdom that many of the most "successful" (whatever you define success in life as of course) have used and consistently master themselves by such as Tony Robbins, Juanpa global, Paul Chek, Will Smith, Dr. Joe Dispenza, Regan Hiller, Alan cohen, Lao Tzu, David Deida, Dr. Sebi and whole bunch more that I could go on about but I'm sure you get my point.

**So without further adieu, get ready to say goodbye to your old self because you are about to go on an epic ride deep within and emerge as your superior state of being and the power to forge and manifest all the experiences you desire in every aspects of your life!**

I believe in this Self-Mastery Training Book with all my heart as it has transformed me into a powerful and liberated man, compassionate and supportive human being. scaled my businesses to \$250k + in the last year, lead me to my beautiful and loving twin flame, made me a more conscious and nurturing father and provider to my children in all aspects, I've traveled the world for the first time ever in the last 6 months. I'm in the best physical shape i have ever been have won many martial arts competitions. I am surrounded by more like-minded and like-hearted people everyday, my connections are growing stronger. All because I have mastered my energy,made it stronger, can manifest faster, ahh enough about me.

It has lead me to succeed and elevate all 9 realms of myself and my life along with my clients I have been coaching and training over the past decade.

I know you will too.



# The Results



**The results always vary from person to person. You are not a clone nor can we see into the future.**

**However if we could and you really put the work into yourself, it would look something like this...**

- You will have a Superior Mindset to overcome all, achieve any goal while experiencing true inner peace, joy, courage, happiness and confidence.
- You will be a Master of Your Health to Stay Young, Youthful, Energetic and Vibrant Longer and Easier.
- You will Build and Maintain a Powerful, Sexy, Athletic, Lean, Strong High-Performing Savage Body.
- Your Energy will be under your control at all times no matter where you are or who is around you.
- You will master the art of manifesting abundance and wealth easily and effortlessly.
- You will Master your passions, gifts and talents and achieve REAL Financial Wealth and Liberation from the system of men once and for all so that you can do what you came here to do and be effortlessly.
- You will discover and spend your days fulfilling your souls purpose with greater confidence and energy.
- You will Find your Soul Mate and build a powerful relationship with them.
- You will Be highly conscious, Confident and nurturing Lover, Friend, Human being and Parent.

**Amongst many other EXTRAORDINARY SHIFTS.**

# **Before You Start, it's important to understand Where, How and Why our Self-Mastery truly began...**

## **In the Beginning.**

When you came into this world, you had no idea who you are, what anything is, how you got here, and more importantly why. Perhaps you have the ability to remember being in the womb with the sound of your bones cracking as you were being molded. You may have strong memories about a past life where you were just living your life happily growing food in the fields with a beautiful wife, children, then those Romans appeared, snatched you up, enslaved you, made you kill for entertainment amongst other things, you escaped, raised a rebellion, won many battles yet got speared in back by some spoilt little Roman boy with father issues. Maybe you were charged with protecting the emperor but got caught slipping and messing around with his wife and now here you are.

Regardless, from birth to five years old, we are completely ignorant, a blank slate observing and absorbing everything within our immediate environments: our parents, relatives, school, television, technology, and every conversation around us. We are given a name, a race, a religion, vaccinations, and then told to think and behave in a certain way based on our place of birth, the family we are born into, the people our family associates with, their beliefs, and the place in the world where we live and grow up. Our minds and bodies begin to mold around these influences, along with the DNA of our most recent 4,000 ancestors, which holds all their memories, experiences, and attributes.

However, as the years go by, regardless of how well you were nurtured, you eventually find yourselves asking the biggest question of all:

Why are you here? ...

What is this thing called life? ...

How do you find the answers? ...

Then, as life unfolds, something happens—something inside of you awakens. Something in your lives stirs something that has always been there. You begin to feel it.. see it and hear it through all the trauma, struggles, pain, loss, love, and success.

And so, you begin to seek your higher purpose, your true selves, and your soul's purposes. You begin to understand that there is more to you than you have been told.

So, here you are. Perhaps you are already aligned with your soul's purpose and seeking further assistance. Regardless of where you are in life right now, this guide is here to assist you in your journey to mastering yourself so that you can be the master of your own destiny!



You are not just a single individual, you are greater, larger and more epically designed. The Youniverse made us in its image because you are the Youniverse in your own form. This guide will take you on a path back to the source of all existence. Everything in existence comes from the source of all creation, the Youniverse itself. MM (Mana Mastery for Short) is based on the metaphysical laws of nature which merges ancient and scientific methods on how human beings are designed and how we can take control and program our mind, body and spirit ourselves to work together as one to its full potential in all areas of life. The most common definition of Mastery means to have supreme control, harmony, ownership over your own Energy through your consciousness, thoughts, feelings and actions. Mana mastery is a journey of you mastering yourself as a creation of the universe. A lifelong journey of conscious practices that grant more power and control of the mind, body and spirit, bringing lifelong ease, simplicity and control over your own fate and destiny.

However, MM isn't about simply deciding to have super control over oneself. It is a conscious choice to commit to a constant journey of healing, evolving and ascending towards becoming greater than our resistances that seek to pull us from what we naturally are, who we aspire to become and what we aspire to do. It is a way to form our own destiny and create a fulfilling world for ourselves by using self-development practices that improve our psychological, emotional, physical and spiritual awareness. Many go through life assuming you must chase and obtain to be complete, the truth is that you are already filled with the infinite knowledge of creation. Being able to create and destroy life in various forms is simple evidence that you are already complete divine beings. Mana mastery is embracing the perfectly designed creation you already are and was always meant to be. Taking an oath to better yourself gives you the confidence to see solutions around your struggles, mental blocks or the lack of this and that, that causes resistance to move forward to live a fulfilling life of purpose. MM isn't about controlling or overriding your fears, doubts and traumas but rather putting them on the table into the light so that you can acknowledge them for what they are, learn from them and transcend beyond them.

***“We cannot control the world and everything in life, but we can choose how we think, react and behave with others and the world by learning to Master Ourselves”.***

Mana mastery means to understand your Energy and your role in the universe by understanding how you and the universe operate in synchronicity, as one integrated holistic unit. Mastering yourself in all the realms that make you, you. Your conscious thoughts that feed your subconscious mind which connects you to the universe and manifests your thoughts into your reality. Your physical and verbal reactions and behaviors, your spirit and its desires, the right kind of nutrition and fuel for you, your body type, how it works and how to enhance its performance level so that you can experience and enjoy your life with greater function, freedom and mobility, your position within your immediate family and how you bond and grow family and the community, your archetype and the specific gifts you came here with, your essential connections with the elements, with nature and last but not least, your legacy, your contribution to all. When you make a conscious choice and put in conscious effort into bettering ourselves to live a better life, we become better at everything in it. You can handle setbacks and obstacles with confidence and ease. These practices and guides of Mana mastery will assist as a source of support, inspiration and empowerment. Learning about You does not and should not end when we finish school or a course to get a job. We must be a student and teacher of congruent self-learning and developing to master yourselves and all that you integrate with in life.





# The 3 Advice's of Self-Mastery

## **Advice 1: The Roadblocks of Growth and Solutions.**

There are many roadblocks on the road of self-mastery. Abraham Maslow explains there are two powerful sets of forces within the human condition: a drive for growth and its opposing force, a drive for safety. One force seeks growth, the other seeks comfort ability and safety. While both are essential to obtain balance, the biggest force that stumps our growth is our ego. Ego (Latin: Í'), according to Freud, comprises the executive functions of personality by serving as the integrator of the outer and inner worlds as well as of the id and the superego.

The ego gives continuity and consistency to behavior by providing a personal point of reference which relates the events of the past (retained in memory) with actions of the present and of the future (represented in anticipation and imagination. The ego is not coextensive with either the personality of the body, although body concepts form the core of early experiences of self. The ego, once developed, is capable of change throughout life, particularly under conditions of threat, illness, and significant changes in life circumstances. Many assume the ego is inherently bad, maybe even evil, however it is simply a force or worker for constructing our character to see ourselves in a specific way based on what makes you feel dominant over our environment. We human beings are programmed by our environments first, then our experiences second. Another essential fact to know about the ego is that it is there to support our heart and souls' desires, such as a support actor to the main actor. The ego is not meant to be running the show and important decision making.

In a world culture where we have ego driven unfulfilling, meaningless trends constantly coming in from every direction, it is no wonder our egos have been conditioned to serve our outer environments more than our inner environments. Today's ego, which primarily descends from western civilization, manifests thoughts of fake unrealistic fun, fake love, fake success and exaggerates negative thoughts to make us feel good about it. This keeps us distracted on purpose so that we do not gain confidence in ourselves, discover what we love and have the capability to go after it. The real work to achieve real joy, love and fulfillment. The manipulated ego does a good job at making negative thoughts sound logical, validated and practical without any real knowledge or experience to back it up.

Today's ego can take what it thinks is best for us from our outer environment to then make it our inner environment, when in fact it is meant to be the opposite way around. The ego says " I need this to be loved and acknowledged as successful! Because that's what all the people around me aspire for and if they see I have it they will admire and respect me. Then I'll feel worthy" – on the other hand our spirit guides us to real fulfillment and success as it says " I am successful because I have the courage to be doing what I love and what I love is bringing success to me".

Instead, the ego is to be trained to be the most loyal and supportive assistant in what the soul inherently wants and needs.

"I am one with divine creator, God supports the best of me, I see the marketing of how doing that will make me happy, but my heart and soul does not feel it, therefore I will make a stand for what is right by my heart and soul no matter the cost!".

Once you become consciously aware of this you can make better decisions internally which will manifest externally as you'll begin programming your subconscious mind to begin reacting this way naturally. You will become more aware of when your ego is looking out for your best interest and when it is not.

The best way to train your ego to be your soul's biggest supporter is to give it clear instructions on what you want it to do and not to do. Here is an example, talk to your ego and give it clear instructions when you become aware it's assuming too much control over your thoughts "Ok ego! Listen up! I have a job for you, I want you to sit back for now until I need a positive boost of energy. When my energy starts to get low and I get doubtful, stressed, I want you to show me a positive outcome involving us, a result that our spirit will be proud of."

Repeat this spell whenever you feel your negative thoughts growing or when you begin to fantasize about things that bring no soul alignment and fulfillment.

You will consciously program your subconscious mind to rely on your heart and soul for answers, not the ego.

**"Be a student with a Black Belt mindset and the journey of great growth and solutions will be yours".**

## **ADVICE 2:**

### **Taking responsibility for choices is the first step in taking ownership of yourselves and your life.**

Taking responsibility is the most essential component for obtaining and maintaining growth. Taking responsibility means taking full ownership over all the decisions that you make, the way you react to things, the way you show up, everything! This allows you to become honest and honorable in the way you live which will align you with your higher self, your most powerful self. Taking responsibility for yourself gives you back your power! You can determine how you show up, how you react and more importantly, you have the freedom to make your own choices in life. When you don't take responsibility, you leave the outcome of your life in the hands of other things and other people. You also place yourself in a constant state of stress, constantly worrying what will happen, what might not happen. You end up blaming the results you didn't want on other people and things and when things do go right for you, you leave yourself vulnerable and open to even more random problems from not being in a state of responsible awareness. Failing and succeeding by your own choices feels far greater than receiving both from lack of participation. When you take ownership, you are the master of your destiny! You feel more confident and courageous every time you take responsibility for your life because you can see, think, feel and move in a direction that fulfills you the way you want it too.

Many people avoid taking responsibility for many reasons. The most common reason is that it is easier to leave important decisions to someone or something else as it requires little to no effort. It also relieves them of any pressure from whatever may come from making important decisions. If something goes wrong it's on us, if something goes right, more of it is expected of us. That fear of taking responsibility for our own choices, decisions going wrong and having to own it is hard. This usually comes from having had parents or figures around as a child yelling at us in anger and frustration if we ever did anything that triggered them.

***“Take Responsibility for everything in your life to claim ownership of your growth and destiny”.***

Get clear and honest with what is holding you back from taking responsibility. Are there any fears that have been put there by other people and other things? Ask yourself straight and have courage to see and know the answer for what it is and how it is. Put it all out on the table and place awareness on it all without any self-judgement! This will allow you to know the truth and will allow you to begin getting confident with your truth. Get rid of the victim mentality! It doesn't matter if you've been hurt or not, the victim mentality keeps you in a lower vibration and frequency with weak energy. When you approach life with a genuine heart, you do things for the right reasons because you're operating from a stronger energy source. When you do things for the right reasons you become more confident and fearless in whatever comes your way. Approach your life with courage and conviction. Take your time to respond. Taking ownership and responsibility means to get comfortable with knowing that you can take as much time as needed to respond. You are the master of you! It is ok to be arrogant and strict with making the right decisions for you! Set the boundaries on any urgencies placed upon you. Know and be aligned with your core values. Respond and make choices in alignment with your core values. This will keep you honest and allow you to be discerning in maintaining an honorable and fulfilling life.

### **3. Growth isn't Easy, it's Necessary.**

**There is an old saying when it comes to growth.  
“Some seek growth, some seek safety and security”.**

When one is used to safety and security, one does not seek growth. When one seeks safety and security, one realizes they must grow. Many people go throughout their lives seeking safety and security. After all, it's a primal instinct. For us human beings to do so. To seek shelter, sources of food and a good, safe environment. In today's present times these things come across as easy for most. It may be a human right for all to access but it's not always the easiest to obtain. Especially when we can have all the basic essentials to survive comfortably in life but still be in survival mode (making poor life decisions from a place of fear, trauma, insecurities, addictive behaviors and lack of self-control).

When we look at the essentials of life and the cycle of how everything is connected, we can begin to understand how to create a life that's filled with abundance and lifelong fulfillment. Which then takes care of those 3 essentials. Many things must be learned and experienced. In the beginning days of our lives, we are completely dependent on our guardians to nurture and guide us until we become capable of being independent and can make our own decisions for ourselves. Once we reach a certain age and become consciously aware of knowing what we want and what we don't want, we start making our own choices. thus begins our journey of mastering ourselves. Everything we do once we become conscious is a journey to discovering ourselves, learning about ourselves and finding what it is we are here to do and what we must become to experience what we came here to do and be. Regardless of our purpose, everything requires us to master ourselves in some way, shape or form. Even the most basic primal essentials to get food, water, shelter, security require us to master ourselves to provide, nurture and protect ourselves to obtain these essentials. The only way forward is to seek growth and to accept that all things change. The times change, our environments change, people change, you change. Accepting change is essential for your self-development.

***“Everything in our lives is defined by the perspectives we consciously choose to believe and take Action on”.***

Become adaptable to embrace growth. Purposefully choosing to grow out of what we are used to is hard. We must confront a lot of things about ourselves that we would otherwise distract ourselves from or build up walls around to keep those things at bay. The most common reason people do this is that there is a lack or non-existing energy of self-love. When we give love to ourselves, we speak better to and about ourselves. This is how we generate courage to overcome our fears and press forward into our true potential. To commit to growing into a new and better way of being we must summon the courage to do so. You need to have courage in starting to talk to yourself and about ourselves in a much more loving way. Key point here, LOVE YOURSELF! You are worthy of all the abundance, happiness and fulfillment life has to offer! The universe created out of love; you are love! You were not born to just struggle and suffer! It may take a minute to get comfortable with this but once you begin just loving yourself more the easier it becomes. When you want to strengthen a weak muscle, you do the technique that will make it strong repetitively. The more you exercise that weak muscle the stronger it becomes. The same goes with your thoughts. Simply train yourself out of the habit of self-doubt, self-sarcasm and self-hate by focusing on more Self-Love for yourself. The more love you give to yourself the more courageous you become, the fear of growth will diminish in the light of a more powerful energy, Love.





# Core Values to Elite Mastery

**A master is someone who not only has developed their abilities and skills but more essentially has embodied a way of being to do so. A Master of the self is someone that consistently lives with specific core values or virtues that amplify their experiences in life. Every coach, teacher, practitioner, man, woman and even child who has had the privilege to learn and observe has these 6 core values, virtues or Attributes that made them who they were, which allowed them to be great masters of themselves and the things they set out to be great at.**

**The 6 core values that are naturally made to master yourself are:  
Honor, Courage, Love, Mana, Leadership and Patience.**

## **Embodying the 6 core values of Self-Mastery**

Start by sitting or laying down to engage in meditation. Make sure you're somewhere comfortable where you will not be disturbed by anyone or anything that will make you want to get up. Somewhere where you will not feel the urge to fall asleep, smell anything cooking and no way to be interrupted by any pets or children.

Close your eyes and take 10 deep breaths in and out. Breathe in through the nose and out through the mouth with a temp of 3 second inhale and 3 second exhale with no pausing in between. After you have done your 10 breaths, hold your breath on the last exhale for 10 seconds and squeeze your lower abdominal muscles in comfortably. Now relax and go into the observer state of mind. Observe your body. Observe any thoughts that keep rushing through. Observe how your organs are feeling, mainly your heart. Now! Begin observing the You that you don't want to be anymore. Give that old self a name to separate yourself from that old identity. Once you have done this now begin asking;

"Who would I happily Be with more Love inside of me and around me?!"

"How would I Feel walking and talking with more courage?!"

"What would I be able to achieve by honoring my words and my life every day?!"

"How would I Act and React in life If I had unlimited Patience with myself and my environment?!"

"What desires, feelings and success could I experience if I accepted my Mana as unlimited potential?!"

As you ask these questions immediately focus on visualizing and feeling your ideal answer as if you were taking over another mind, another body, another identity. As you experience these new feelings and visuals of yourself you have created new experiences which create new neurological pathways in the subconscious mind. You have now successfully created a new foundation for a new and improved personality. Now, focus your intention on feeling and visualizing your ideal self that is more loving and caring, compassionate, patiently wise and practical, Honorable to your words, Courageous when standing and speaking your truth and as a spirit of unlimited power and potential.

Rise out of your meditation when you feel that you have obtained the sense of embodiment as someone new. Remember how you want to feel as someone that lives these 6 core values. It may take time but all you must do is practice until these core values are your natural state of being.



# Love

*“Love is the ultimate experience, influence and ensures suffering becomes obsolete”.*



Emotions are energy in motion. Love is the most powerful force of energy, that's why we desire the feel of it more than anything else. The energy of love makes our brain produce the chemicals for the body to begin feeling it and then promotes us to express that energy into action. Sub-emotions such as Compassion is derived from love, and it is this attribute that I found to be the most powerful sub-emotion of love. Having compassion is essential to healing, evolving and ascending yourself. Compassion is how we attune to the nature of our most optimal state of being and when we attune to a state of humbleness, we let go of all ego attachments, traumas, fears and the lack of not having. All these things that hold us back simply fade away when we give compassion to ourselves. We also become stronger than our environment and life challenges by being compassionate. Love raises our self-awareness to experience life in ways we could not imagine without it. Love makes us do what is necessary without any other emotion attached. Love can blind us from being practical and making the best decision even if we don't initially like it. Love pushes and pulls us out of our comfort zones. Love guides us to peace and liberation. Love also gives us the confidence, courage and strength to fight for what we love. Love is friendship. Love is companionship. Love is a connection between us and something that brings our souls ultimate fulfillment. By now you have the picture of how love has its place in all aspects of ourselves. It is literally the driving force to live, to exist. However, love is simple while extremely complex and diverse at the same time.

## **The lack of Love.**

Many things in today's modern world promote people to love people and things for the wrong reasons. Even evil loves to gain pleasure through other beings suffering. A lot of the time we pick up or cause our own suffering without even knowing it. If we don't receive the love we needed in our early years we grow up feeling a lack of it which can cause us to feel as if we are never meant to have it. Mental, emotional, physical and generational trauma in our early years grows stronger in our adult years due to not having an environment that was safe, nurturing and filled with love. The results of this as we grow comes in the form of lack of emotional maturity, trust issues, anxiety, easily depressed, reacting with narcissism, lack of self-confidence, negative thinking, uncontrollable violent and aggressive behavior and addiction to name a few. Yet the answer to all comes back to Love. If the lack of love causes all these trauma responses, then the embodiment of love will heal and bring the opposite.

## **Embodying Love.**

When you choose to embody love no matter what happens your mind and heart frequency shifts into a more coherent state. When the mind and heart are in coherence you enter what is called the flow state. Your focus is clear, you feel content, you become present, you make better choices and hold more control over maintaining positive, empowering and optimistic thought patterns. You become more attractive to be around. You learn and pick things up easier. More importantly, Love brings you into your creative space where you become the creator of your own reality, your own world.

# Embodying Love

## **Practice Self-Love.**

We attract what we are. The Love you have for yourself is a reflection of the love you can give to others such as your family and community. This is a universal law. When you make a mistake or fail at something, be compassionate with yourself and be reminded that it is an essential process in life to grow. This will allow you to give more compassion to others, making you an even greater source of Love. Love yourself by looking after your mental, emotional and physical well-being. Have strong standards and boundaries to protect your energy and always remind yourself to speak nothing but loving thoughts about yourself. Take yourself out, do things for yourself that bring you meaningful joy. Know that you are more than worthy of all the love you desire. It is your birthright.

## **Compassion and Release Meditation:**

Sit or lay down in a quiet space where you will not be disturbed or have the urge to get up or fall asleep. For 5-15 minutes or longer focus on just observing everything that's led to where you are now in life and how you have become who you are now. Focus on being the observer of your thoughts. Put everything out on the table with no judgement or shame. It may be hard but in order to become greater than our negative thinking we must understand where it truly comes from so we can clear it and make space for new and better energy to enter the subconscious mind which will then allow us to program a new set of healthy, strong, positive thinking patterns. Once you have observed it all take 10 deep breaths in (3 second inhale and exhale with no pause). Then speak these words: "I see now that my past is the result of many things out of my control, I am grateful that I know that none of it was my fault." "I give my love and my mana to this pain for making me stronger, smarter and more loving and caring." "I give my gratitude to how much more powerful I am aware and not afraid anymore now that all these events have left my mind, my body and my spirit". Now create and speak any affirmation (not affirmation) that promotes inspiring thoughts and feelings within you. Affirmation is about acknowledging something as it has already taken place: example, How am i getting so much better at being more affectionate to my family.

## **Follow The Love.**

Where you place your attention is where your energy goes. Continue to place your attention on the forms of Love you desire to have in and around you and your loved ones. You'll slowly find yourself finding and attracting the kind of love you desire around you the more you specifically focus on it.

## **Your Love language.**

There are many ways to show, give and receive love. Knowing your love language is essential to understanding how to give, show and receive love the best way you know how to. Find your natural love language and practice speaking and communicating it fluently.

- Do things out of love, spread it, speak it, embody it in a way that only you can.
- Hug and Kiss your Family and friends often.
- Tell your loved ones you love them often.
- Show Love by doing things without expectation often.
- Be vulnerable and open your heart to the great Mama and Papa, the Sun, the creator often to feel and fuel yourself with the full power of Love daily.

# Honor

**“The quality of knowing and doing what is morally right with high regard and great respect”.**

Honor is the inner badge of self-respect. Honor is standing in our truth. Honor is the discipline we have in our beliefs. Honor is caring with the highest regard for ourselves and other people. Our honor is our means of integrity and to live with fortitude above all else. Your Honor is the foundation for the way you carry yourself through life. Your honor is the fabric of your codes or core values that define you. Someone who lives with honor is someone that stands by the duties they have sworn to serve at the highest regard. Every time we honor our words, our home, our family, our friends, our mind, our body or anything we do to the best of our ability we become more respected and gain great influence ourselves. Your honor is your sword and shield to uphold your authentic self, your truths, your beliefs, your commitments. Honor that which is good for you, and you will find yourself obtaining great abundance and fulfillment in your life.

## Living with Honor

### **1.Strengthen your sword and shield with a bunch of small wins.**

Start with small things such as making a promise to tidy your room before you leave every morning and actually doing it will improve your ability to honor yourself and your commitments even more.

### **Always choose the option that benefits your overall well being.**

The more often you do this the more it becomes a natural habit.

### **2.Do what is right and stand for what is true from your heart regardless of whether you are supported by others or not.**

The Great mother and Source of all has always got your back no matter what and when you honor what you believe in so will she.

### **3.Follow the path that fulfills your Heart and Soul.**

You will be happier, experience more joy. You will be more fearless and empowered to become even more successful with the things you are passionate about in life.

### **4.When you say you're going to do something, DO IT!**

All the small white lies, not committing to what you say you're going to do, not practicing what you preach add up over time and downgrade your level of integrity and self-respect. Honor yourself and the words you have spoken. This will make you become more reliable at doing so and you will be more respected. Even if something does come up or it takes longer than you promised to deliver, later is greater than never.

### **5.Do not be afraid to admit when you are wrong, make a mistake or when you fail.**

It takes true honor and courage to admit to these unfavorable experiences and yet they provide the biggest jumps in our growth. Be Humble and show humility to not only others in these situations but more importantly, yourself. The wisest men listen and learn from failures and mistakes the most.

# Courage

“The strength to overcome adversity despite fear”.

Courage is by far one of the greatest attributes we can all attest is an essential attribute to live with. Courage is what we call that form of energy that we create to become more powerful than any form of energy that is consuming or preventing us from going forward in ourselves and in our lives. When we approach life and all the challenges in between with courage we either level up or we learn. Both are beneficial to our own mastery of the self for without it we would simply be in constant survival mode. The influence of fear, judgment, shame, rejection, failure and unrealistic expectations in our environments hinder our confidence to grow with courage. However, these experiences can also be used to strengthen our confidence, our courage when we choose too. One must all know the difference between confidence and courage. Confidence is knowing what you're capable of based on past experiences. Courage is the will to still choose to be your authentic nature and to thrive despite uncertainty. Courage is to stand firm in what you believe in because you embody what you believe in, that is the way towards living a courageous life. Take a look at the most highly successful in their fields throughout the ages of mankind's history, all of them persevered with courage. Sure many were confident, yet all of them faced unknown circumstances and still chose to push forward with the act and will of courage. You too have the same courage of the universe within you. All you have to do is practice the art of being courageous until it becomes naturally a part of you as breathing.

## Living with Courage

**Practice regularly thinking, feeling, speaking and doing things that make you feel uncomfortable.**

Becoming naturally comfortable with your authentic self. Find a comfortable quiet space where you won't be interrupted for at least 10-15 minutes where you can meditate and actively practice how you want to think, feel, act and react as if you were creating a new scene in a new movie about you.

**Meditate on the confidence you want to feel in situations that would normally trigger you.**

Then practice embodying this confident state until it is natural. New thoughts will create new neural path waves into your subconscious mind for a new feeling which will lead to a new experience that will replace your old thought and experience patterns.

**Find a mentor that fits with your learning style.**

A mentor that will push you out of your comfort zone to become more confident in the areas of yourself you seek more courage in. If its relationships find and learn from a relationship coach. If it's business or something deeper and more personal, find a coach that makes you feel more courage and learn. A mentor, coach, Books, podcasts, seminars, a martial art that promotes healthy personal development will teach you to develop more courage.





# MANA

## The Power and Energy Source of one's spirit.



To live with Mana means to understand yourself as a being of energy. Energy that connects you to the source of all energy. The source of all being the great mother, the great father, the universe. To live by the power of the spirit is to understand that we are more than our physical body. The power of the spirit supports us in literally every aspect of our existence. It gives us guidance towards what fulfills us most and what doesn't. More important It gives us power, confidence, and self-awareness whenever we are in situations that call upon our most authentic self. Many cultures of people have referred to this inner power in many different forms. Ancient cultures revered our Mana as our very being of existence. What we are as an energy source and our connection to the source of all energy. Our Mana is what defines specific characteristics about who we are and what we came here to do. Our Mana is our internal power that comes from a higher source, the creator of all.

Scientists today acknowledge that not only is the human being made up of all light particles, but everything is. the earth, the sun, air, water, your car, your shoes, your phone, your food, all the other animals on mother earth, mother earth who is one big conscious living being of energy. Everything is light in different densities and with light being a form of energy thus energy being pure information. Information that is constantly sending and receiving out into the universe as energy waves.

The more connected we are to our spirit the stronger the power of our spirit flows within us and all around us. Our Mana guides us to know and feel what is good for us and what is not. Our Mana guides us to knowing what is right and what is wrong. When our beliefs are challenged or empowered it is our spirit, our Mana that gets triggered to react first, if we are consciously aligned with our spirit. If we only lead and think with our mind it becomes very easy for such things as the ego to take over which may lead to many bad choices that we don't actually want deep down.

Our core dis-empowerment with our spiritual nature is the programming that we are separate from our body, spirit and heart. Our journey here is a reclamation of that knowing and remembrance that we are not. When we live in our head, we can be controlled. Connecting back to our heart and our true essence requires us to feel more and the acknowledgement that we are more than just flesh and bones.

# Amplify your Mana

## **Morning Meditation for Abundance, Peace and Energy:**

A simple way to form full connection with your Mana is to begin each day with a morning prayer meditation for just 3 minutes giving Gratitude to the creator, source, god, great mother which every name you prefer, for all the good you have experienced in your life you feel relaxed, enthusiastic and content. Then focus your awareness on the abundance, Peace and Energy you want to feel today. Visualize how it would feel. What would it look like? How would you be as that new version of yourself? Do not open your eyes until you feel the embodiment of your desired state of abundance, peace and energy. Then focus on maintaining that frequency throughout the day.

## **Ask for Help from the Creator:**

When challenges arrive in life, ask the creator for guidance. The subconscious mind has access to all the information there is in the void. It is the bridge between your conscious mind and the creator. Ask and you shall receive. Your answers may not come straight away, they may come randomly through conversations you have with people, other things you start thinking about and then bang! There it is. There's no magical moment as it happens in the movies, your help will come to you in the form it needs too. so pay attention.

## **Create a Sacred Space in Your Home:**

Create an altar with things that promote your spiritual health and well being. Place it where you can easily access it every morning and night. Place an incense, candle, photos of your loved ones or vision board, an ornament of some kind that represents your connection with the universe. Make it a space where you and the universe connect each morning and night.

## **Cultural Guidance:**

Many of our cultures give us great power and inspiration as they're foundation is built upon the natural laws of nature, the Youniverse in one form or another. Go and learn from them all and Adopt what is meaningful to you.

## **Nature Ritual:**

Consciously Spending time outside in the sun getting some fresh air with your bare feet on the earth, Stargazing and regular swims at the beach or in a water hole will realign you with your spiritual nature. Early mornings are the best times to get outside. Be present with nature and immerse yourself into the void taking in its beauty. Focus your awareness on going inwards as you gaze outwards and you will feel your Mana in full power!



# Leadership

“We can only lead others as well as we lead ourselves”.



Taking ownership of yourself means to accept the position of being your own leader. Leadership is necessary when trying to achieve a goal whether it be individually or collectively. To be able to lead ourselves into good situations and to be able to lead ourselves out of negative situations. Developing and having the attributes of Leadership is essential to mastering the self. Leadership is the balance of being the student and the teacher. It's required when we have a goal or mission to achieve, for no goal or mission can be completed without a good sense of self direction and collective comradery. When we develop our leadership qualities, we become a lot more confident in taking the risks needed, we gain more support from others, and we become more responsible in how we manage our time, energy and behavior. We grow more confident, strong and wise as an individual in making better decisions, taking risks and failing which allows us to support and aid others better.



## Being a Great Leader.



### **Up-skill Your Leadership experience and attributes:**

Learn from the highest and the lowest. Learn from God and the shepherd. A great leader is always working on strengthening their mind, their body. A great leader never settles with what they know, they are always studying new ways to improve knowledge and wisdom so that they can make better decisions for the good of themselves and those that look to them. Read, listen, watch and study daily to improve.

### **Meditate to Create the Leader You want and Need:**

Focus your awareness on embodying a leader that leads with Love, Honor, Courage, Patience and Mana. People are more attracted to leaders who lead by these core values and are more likely to succeed in their mission. Visual how you talk, how you would think, how you would want to feel when being challenged, how you want others to feel around you.

### **Follow Your Heart, Lead with Your Head and Trust Your Gut:**

A good leader leads with their head, not their heart. Be an intelligent leader. A good leader constantly works on his ability to control their emotions so that they can observe their tasks at hand fully and see the best path forward for the bigger picture. They always look at the bigger picture at hand. A leader's biggest responsibility is to lead themselves and their people on the right path.

### **Developing Healthy, Empowering, Supportive Habits:**

A good leader can only lead others as best as he can lead himself. Practice leading yourself towards making choices that benefit your overall well being. Start with something simple and begin with being stern, kind with yourself and others when giving instructions. Be Decisive when making decisions. If you find yourself constantly messing around with making decisions on what you're going to do or how you're going to do something, just stop yourself, make a firm choice and go with it.



# Patience

**“Patience is a Conquering virtue”.**

Watch water drop onto the rock beneath it. One drop does nothing, but many drops over time create a hole in the rock. Such is the power of patience.



Patience is a skill that when consciously practiced allows us to better process challenging situations. It helps us sort out our thoughts and bring our feelings under control demonstrating high levels of emotional intelligence. Patience gives us clarity, improves the quality of our decisions and ultimately the quality of our relationships and lives. Those who have patience can remain calm and avoid impulsive actions when faced with challenges. Practicing patience is all about how you act. It involves internalizing your emotions and interpreting the situation you're in. When you're being patient, you'll stop and take a moment to look around while thinking about the bigger picture.

That is, you won't just think about your actions in the present moment but what they'll mean down the road as well. It allows you to lean in and trust that you may not have the results and answers that you seek in the moment, but it allows you to have the inner sense to find the best solution for the best result. It is an exercise in self-control and builds persistence for instant gratification. History's greatest minds and most successful people in the world have mastered patience. You too have a great mind and are destined for success. By making patience as one of your highest core values to live by, you too will become more successful in your everyday life both personally and professionally. As you develop a conscious awareness of embodying patience you will find yourself being able to hold a well-balanced state of mental, emotional, physical and spiritual state of being. You will have greater control over your energy which will grant you better performance in mastering yourself to master your life.

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# Having Superior Patience



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## **Sit in your favorite meditation position:**

Let your thoughts flow and focus your awareness on just observing your thoughts specifically for 10 Minutes or more. Patience is an act of self-restraint to react before thinking. No matter what cat video is playing in your head, how sex deprived you are, how content you are with settling for less than mediocre you are. Practice being an intelligent thinker while you're meditating. Focus on being the most mature and practical person there is in the entire world. Maturity, Practical, Intelligent Thinking is the key to improving your patience.

## **When anything triggers you, tell yourself to stop and think about the best way forward in that situation:**

Sometimes we lack patience because we go into auto reactive mode from years of conditioning to do so. Especially when things are going wrong or not as we wanted something to happen. It takes courage to have patience as it's easy for our emotions to get the best of us. Have faith in yourself, have compassion for yourself, live with courage and mana as the source of your power and you will begin to feel more confident at being patient.

## **Before acting on a decision:**

Take the time to think about the ideal result you want to achieve. The consequences for your decision should benefit you 100% more than anything else. Be smart, plan accordingly, lead with your head and not your emotions and will find the best way forward in any situation. do not let others and their emotions lead you, most don't even know what they want beyond what they're feeling right then and there. they are still in a child state of mind, be nice and patient with the children. They will learn through you at the same time.

## **Patiently Communicate:**

Avoid using filler words such as "Like" and "Umm". Don't be in such a rush to have to talk and get words out. Focus on being present and talking with patience. Even if someone is rushing you too. Most people in today's modern world use filler words for 3 reasons. 1 - they feel the urgency to get everything out at once to avoid getting interrupted or they are overwhelmed. 2 - They don't have confidence in what they are speaking about so they use the main filler word "Like" as a way out if someone doesn't agree with them, judge them or ridicule them. It gives them a way to change what they have said. "No I meant like that but not like that though" 3 - Their ability to think and talk isn't coherent. Some talk faster than they can think, some think faster than they can speak. Take your time, talk as the elders do and be patient when you speak.





# Unlocking Your True Potential

**Mana Mastery is about harnessing your Divine life force energy ,your “mana” to shape your reality and fuel your self-mastery in these 9 key areas of your life:**

**Mindset, Health, Spiritual Balance and Alignment, Physical Performance, Your Natural Passions and Gifts, Your Soul’s Highest Purpose, Manifesting Abundance, Relationships, and Legacy, your contribution to the collective world.**

**When you improved one area of your life it will channel into the others.**

**Mindset  
Health  
Spirit  
Physical Performance  
Passions and Gifts  
Higher Purpose  
Relationships  
Abundance  
Legacy**

This will help guide you towards knowing where to begin. Although this guide is set out in a specific order that I recommend newbies to personal development to follow. You can skip and go straight to specific sections that you want to begin working on more. This is your guide to be the master of yourself and your life, not a high school test to see how fast you can read through it all, remember nothing and end up buying another book, course or seminar that you don't need. I want you to follow this book of Mastery so you can actually start making Elite, Superior progress. The best order of Self-Mastery is the order that works best for you and suits where you are now for where you want to Repair, Evolve and Ascend.



# PROGRAMMING YOUR MINDSET FOR SUCCESS:

The best time to meditate is when you are in the state of hypnagogia. Hypnagogia is the state of mind when the bridge between your conscious mind and subconscious mind is open the most. It is the state of complete calmness where you are drifting into sleep at night, coming out of sleep in the mornings. These are the best times to meditate.

**Morning Meditation:** Focus on embodying your highest self throughout the day in as much detail as possible for at 17 minutes..

**Evening Meditation:** Focus on the goals and life you desire to manifest in as much detail as possible for at 17 minutes.

**Transmuting negative thoughts to Positive thoughts at Will:** To turn negative energy into positive energy you must raise your Self Awareness to catch those negative thoughts before the feeling from those negative thoughts grow stronger and cut them right there. Then consciously focus your awareness on the positive thoughts you would like to have instead. Repeating this will make your Self-Awareness stronger and faster at counter reacting with more empowering thoughts.

**Heal Your Trauma, Lack of's and dive deep** to the core of your Self-Sabotaging behaviors that are holding you back so that you can clear the path forward to growing and forging an unshakable Mindset.

**Take Full responsibility over everything in your past and life now.** This will prevent you from giving your power away to others and other situations and thoughts that are not benefiting your progress.



Realm 2:

# The Health and Wellness of your Energy

## MASTER YOUR ENERGY

Our Mind, our body and our spirit function and operate at their highest capacity when fueled correctly. When the the mind, body and spirit is healthy they perform at their highest which then allows us to manifest and experience our highest quality of life. The human being is a highly advanced, highly complex system of majestic organisms that all integrate as one whole system. Therefore We need to fuel our bodies the right sources of fuel to operate and perform at our highest state. Everything in life is energy and all energy is information. We are an Energy body first and a physical body second. The better our Energy levels are physically the better our Mind and Energy body can truly perform, evolve and ascend in this life. Repairing - Evolving- Ascending your Health begins with embodying the healthiest version of yourself first. this will then lead to you becoming more health conscious. the more health conscious you become the more you begin to embody healthier habits.

### Begin with:

**Controlling Your Stress** - Maintain low stress levels by spending time outside in nature, spend more time doing the things that make you happy while personally developing your mind to handle all the things in your life with greater comfort and ease. This is key for the rest of the guides below to happen.

**Clearing out your fridge, cupboards and pantry of all processed foods.** Eat more simple and basic foods and meals.

**Eat organic** as often as possible to get the highest sources of quality nutrients.

**Embody the healthy version of you** that loves eating healthy and making healthy choices in all areas of life. Visualize and feel the energy of that version of you feels like then embody it.

**Discover what Your Metabolic type is** to understand what macro nutrient ratios you need for your specific nutritional needs for your unique body, lifestyle and metabolism.

**Spend time in Environments and around those** with calm yet strong, humble, compassion energy.

**Meditate on the type of energy** you want to embody and feel within you daily.

**Get as much Sun on your skin and in your eyes** throughout the day to rejuvenate your Energy body and optimize your sleep and wake cycle.





Realm 3

# Spirit

## Aligning & Balancing Your Energy Body

# REALIGN AND TAKE BACK YOUR POWER THAT GOD GAVE YOU

Our first form of existence is our Energy body. Our Soul, our Spirit. All things are made of light and all light is energy and all energy is information. Your Mana is your unique energy code and signal that fuels your spirit, your energy body to achieve anything you set your mind and body to achieve. When you know how to harness your Mana at will you are literally energizing yourself and your life with the power of God. Your Mana, your inner power is the God energy within you. It can Create great change, shifts and abundance in life and it can destroy anything that no longer serves your best self.

### **Aligning Your Spirit and Tapping into your Mana - Inner Power**

**Make time to have your bare feet on the earth** to become grounded and centered.

**Take a cold shower** to regulate your nervous system for 2 minutes and to activate you back into the present, the here and the now.

**Meditate out in nature for 15 minutes a day** and focus your awareness on connecting with your higher intelligence by surrendering and opening yourself to the universe for guidance.

**Heal any Traumas, Lack of's and Self-Sabotaging behaviors** you still carry to clear the path forward for gaining complete control over your Power.

**Meditate for complete calmness and detachment** from all internal worries and external situations.



# Realm 4: Your Physical Body and Performance

## MASTER YOUR BODY

The body is our material vehicle that allows our energy body to exist in this world. Our body carry's us through life. Our Body allows us to feel our experiences. Our body is our material signature in the world. It is our temple that that allows us to express our unique energy, character and personality at its highest form. Our Body's Health and Performance level determines how well we can express our our Mana and our authentic self in the world and live a superior life.

Having a healthy, Strong, Powerful, Energetic, Vibrant, High Performing body is essential to living our best life in our most superior form. When our body is healthy, strong, vibrant and energetic we think and feel even more confident, powerful and resilient in life. Our sex is better, our energy around others is better, our gifts, talents and passions grow and strengthen better, our relationships are better, everything in life is better when our physical body is in its healthiest, most superior shape and form.

**To Repair - Evolve - Ascend Your Physical performance and Body you must know exactly what state it is in and have a specific goal on how you desire it to look, feel and perform.**

**For this you must have the basic Primal  
Strength & Conditioning  
Flexibility for Mobility  
Functional Movement  
Power and Performance**

**I have given you my 2 Starting points that are essential to begin your journey on the next 2 pages.**



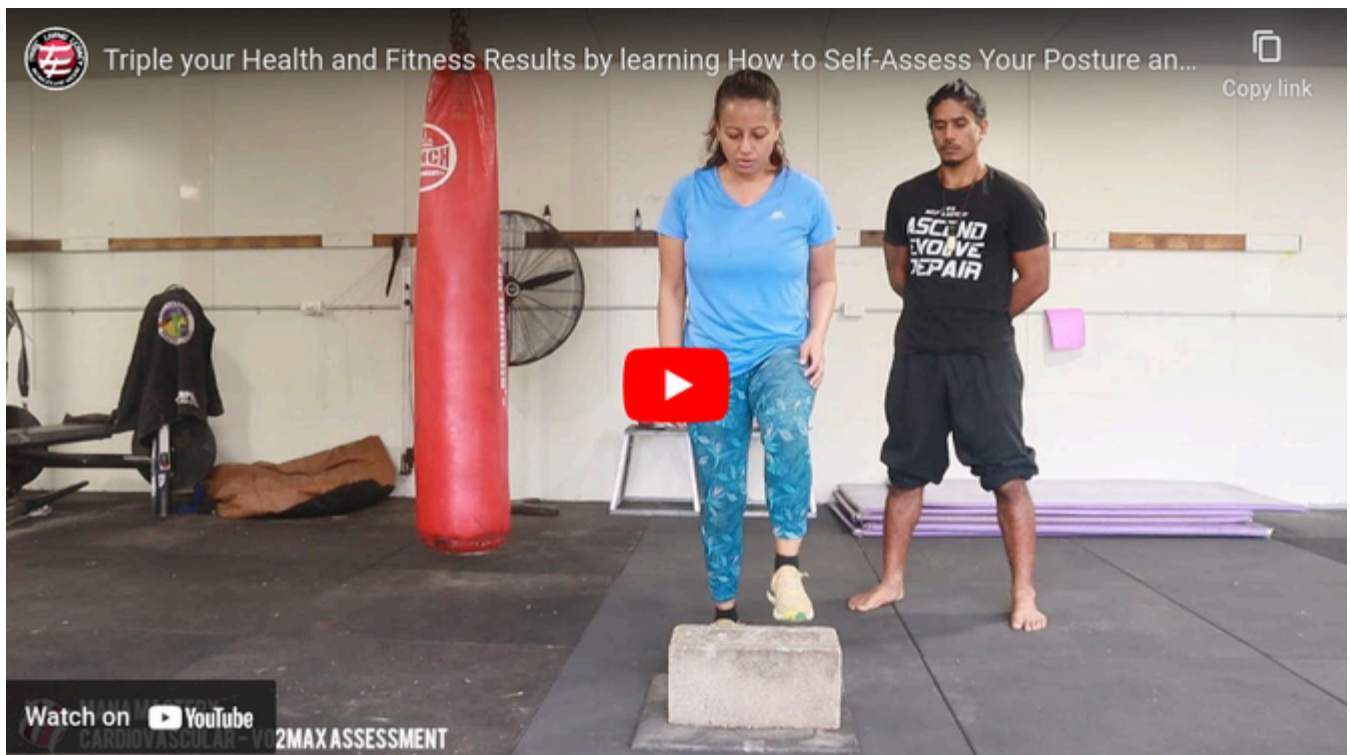
## Getting Your Posture Straight and Strong.

Your posture plays a crucial role in how your body functions and how you present yourself to the world. Today's focus is on improving your posture for physical balance, functional movement patterns, alignment, confidence, and energy flow. Healthy posture allows your organs to function optimally such as your breathing. Healthy posture reduces strain on muscles and joints as you can move with correct form, and promotes better energy flow throughout the body. It also boosts confidence and contributes to an overall sense of strength, allowing you to live more courageously, joyfully and powerfully through your Mana.

### Posture Assessment.

Here is a Posture assessment you can use to find any muscular imbalances you have and how you can correct them. click the link to download the health screening assessment Form for you to fill out.

[Health Screening Assessment Form](#) - Download



## Getting Mobile and Flexible.

Mobility and flexibility are key to maintaining long-term physical health and preventing injury. Having superior Mastery over your body elevates no matter what age you are when you focus on improving your range of motion and enhancing the fluidity of your movements. Being mobile and flexible reduces stiffness and pain, improves posture, and increases athletic performance. It also helps you recover faster from physical activities and maintain overall body balance.

### Flexibility Training Program: Beginners.



### Routine

#### 1.Stretch Daily:

Make stretching a daily habit to improve flexibility over time. at least 15 Minutes a Day. Use a combination of Static and Dynamic movements.

#### 2.Feel free to hold and extend each stretch longer:

Focus on areas that need more attention than others while also ensuring you stretch the primary areas you will be using in your Physical Training programs.

#### 3.Use Foam Rollers:

Incorporate foam rolling into your routine to release tension in tight muscles.

#### 4.Play as the Children Do:

Child play activities such as climbing, crawling, wrestling, swinging are the best forms of natural movement to maintain great mobility and range of movement.



## **Animal Mobility Training Program: Beginners.**

**Use this program as Your Warm Up and as a Primary Mobility training Program.**



**1 Round of 12 Repetitions for each exercise as a Warm Up.**

**- 3-4 Rounds as a Primary Program.**

**- 3-34 Second interval between each round.**

**- Perform 1-4 rounds of each exercise on its own before integrating multiple exercises together.**



Realm 5:

# Master Your Passions, Unique Talents and Gifts

You don't just have one or a few Passions, Unique talents and gifts, You have many and they are the keys to unlocking all that you desire to have, be and contribute in this life.

The first step is writing out a list of 20 things you are genuinely passionate about from your core. Then choose 3 and stick with those for the next 3-12 months. Now write out a list of all the things you are gifted and talented at or with. Now choose as many as you like and set intentions to make time to master them every day for at least an hour.

## You Don't Need to Know Everything, Just Start.

Many people wait to pursue their passions until they feel fully ready. The perfect time to start is and has always been NOW without the need for complete knowledge or perfection. Waiting until everything is perfect often leads to procrastination and missed opportunities. Starting before you're fully ready allows you to learn as you go, build momentum, and discover your true potential.

**Write Down a List of All your Passion, gifts and talents** that you would love to spend your days mastering and contributing. Then pick 3.

**Think about what could stop you** from acting and achieving your goals in this area. Be real, raw and honest.

**Find other like minded people** that share the same passions as you. Join a community or even build one yourself.

**Study and Research your Passions, gifts and Talents.** Become the one that knows everything in those areas and more.





## Realm 6: Living Your Soul's Highest Purpose

There is no experience greater than discovering and Living your highest purpose. Everyone, especially you, your spirit, your soul came here with a primary purpose that is filled many purposes. when you know what you came here to do everything in life begins to fall into place and becomes a lot more simple. Everyday challenges to overcome become a lot more easy to handle because you have a much bigger pull in a specific direction in life that transcends far beyond anything less. You are energized with greater commitment, focus and joy to something greater than yourself and this alone is a level of fulfillment that is positively indescribable. when you know why you are here you then know who you were meant to become, who you have always been. Mastering yourself helps you to to fulfill your soul's purpose a lot easier, effortless and enjoyable along the way.

**Discovering Your soul's Purpose is the Biggest and most Important thing you do in your Life. It determines the quality and direction of your life as well as everyone around you. Your Passions, Gifts and Talents are God's gifts to show you What Your Soul's Highest Purposes are and Why. They're also your guides to show you where to discover it and how to begin living your higher path.**

### **Meditations.**

**Meditate every morning and evening** and open yourself to the youniverse to know what your soul's highest purpose is and allow yourself to be open to the opportunities to know as you will not always get a clear and direct answer.

**Clear any Traumas, Lack OF's and Self-Sabotaging** to clear the path for you to know and see your purpose without distractions.

**Meditate and discover your optimal Soul frequency state and Higher Self.** When you have aligned your spirit into it your Soul frequency and tapped into your higher Self you will know exactly what your Highest Purpose is in this life and how to go about living it.



# Mastering Manifestation

Manifestation is often misunderstood as mere wishing or wanting. In reality, it's about knowing with certainty that what you desire is already on its way. It's about your energy vibrating at a specific frequency to match the things you desire to obtain, become, experience in life that match their specific frequency. If you want to manifest today, you'll learn the true nature of manifestation anchoring your desires in belief and certainty. When you shift from wanting to knowing, you activate powerful forces of attraction in your life. This mindset change allows you to align your energy with the reality you wish to create. You must energetically resonate with the frequency of already having what you want to manifest. Becoming an energetic match is about returning to your natural state of abundance. Your frequency is your energetic exchange with the universe. It is your currency for your manifestations.

**The key to manifestation is upgrading and programming your ENERGY BODY.**

You Manifest What You are. Be What You Want to Manifest

- Rewire Your Subconscious to Work for You.
- Upgrade Your Spirits Frequency and Access Your Mana.
- Improve Your Health and Wellness daily.
- Build a Strong and Energetic body to Facilitate the Work.
- Master Your Passions, Talents and Gifts Daily.
- Forge and Nurture Positive Relationships.
- Contribute the best of Yourself to the World.
- Set Specific Goals and Break them down to achievable steps to take action on daily.
- Meditate and See Yourself already having what you desire to Manifest.



Realm 8:

# Relationships

## Real Connection: Love: Strength

Life is filled with a lot more joy, happiness and fulfillment when our relationships are nurtured as such. Human beings are emotional beings first thus why our connection with others is so important. We thrive and experience life much better when we are with those that make us feel joy, happiness, security and fulfillment. However it is a 2 way connection. When we better ourselves and our relationship with our-self internally we can Give, Do and receive better in our Relationships.

**Here how you can begin Attracting and Forging Stronger, Empowering Relationships:**

**Become what you want to attract.** Embody the energy and mindset of the type of person/people you want to attract in your life.

**Discover your Love Language.** Know the kind of love you wish to attract and experience within yourself and towards others and work on embodying that version of yourself.

**Communicate Clearly.** Communication is essential to consistently building strong, healthy and happy relationships.

**Don't guess or assume just ask.** Guessing or assuming just leads to creating scenarios and situations in our head that will most likely never happen or haven't actually happened. To avoid an unnecessary stress or misunderstandings must the courage and effort to just ask.



# Contribution

Connecting with the Collective ~ Social Interacting ~ Building a Legacy

Human beings are social creatures. We are a Tribal Species. We need others for growth, support, inspiration, to share our joys and happiness with and receive great satisfaction and fulfillment within ourselves when we do. Your Soul's Higher Purpose, Your Passions, gifts, Talents and acquired skills are your most desired and needed contributions to the world. By contributing your unique gifts and passions to future generations, our community, and the global collective. Leaving a lasting legacy that reflects our values and aspirations to create a better world than how we found it. Creating a legacy involves using our talents and passions to benefit others also benefits ourselves. By contributing to something greater than yourself, we ensure that our impact endures and positively influences the world long after you're gone. While allowing you to live an abundant life right here and right now.

**Upgrade to the Full Version of this Book  
with all the practices and direct knowledge to  
Repairing, evolving and Ascending yourself  
in All areas Faster and Permanently!**



**Mana Mastery - The Complete Self-Mastery Guide**

In this book you will Discover the Secret Knowledge and Practices to Harnessing Your Inner Power,...

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# Meet Your Coaches



## **Walesi Dragakoa** **Self-Mastery Coach**

First off I want to express my Love, Mana and Gratitude to you for obtaining this Self-Mastery Guide book and I am extremely happy and excited to know that you are on this path to live your best life as your Highest, Superior self! It is not for everyone and many people give up and settle for less than their best life. But not you! I put everything I have learned to reach a High Level of Self-Mastery to overcome my own trauma, fears, lack of guidance, dark environments to build a great life of health, purpose, freedom, fulfillment and abundance for myself, my family and community. Over 15 years of acquiring the best of many trials and errors as a Holistic Lifestyle coach, Personal trainer, Martial Arts Practitioner, Man, Dedicated Father, Advent Lover, Primal Warrior and Earth Loving Human Being has gone into this book for the sole purpose of serving you and shifting the world into a greater future by repairing, evolving and ascend one Human into their Superior Form at a time.

I teach people how to heal themselves, evolve their mind and body into superior form and ascend to their higher purpose with greater freedom, fulfillment and abundance.

Walesi provides his coaching in his private 1 on 1 Master mentorship container and Group Ascension Camps.

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**Sonia Mheraki**

**Holistic Alignment and Somatic Coach**

I commend you for saying *YES* to yourself and taking the first step on your journey to self-mastery with us! By investing in the Mana Mastery guidebook, you've shown a deep commitment to getting curious about your growth and tapping into your highest potential. This is more than just a book it's an invitation to explore, evolve, and align with the power already within you.

As the Yin to Walesi's Yang, I am an alchemist, an unconventional mother, a beloved, and a multi-faceted, multi-dimensional creatrix. In my work as an alchemist, I guide individuals in transforming their raw, challenging experiences much like turning lead into gold, by helping them uncover the wisdom and growth hidden within their traumas and struggles. Together, we turn wounds into wisdom, pain into power, and breakdowns into breakthroughs. Combining my somatic approach with holistic alignment, I help clients achieve balance and harmony in all areas of life mind, body, and spirit by aligning their internal and external experiences. This allows them to transcend limitations and fully embody their highest potential, turning density, heaviness, and uncertainty into clarity, growth, and deep transformation.

I honor you for taking this important step toward mastering your mind, body, heart and spirit. Let this be the beginning of a transformative journey that leads you to a more empowered, authentic, sovereign and fulfilled life. Aho!

Sonia offers 1 on 1 Somatic Mentorship, Holistic Alignment Coaching, Cacao & breathwork containers and Root Revival retreats.

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# Join the Tribe

**A Tribe of people ready to support you and have your back and best interest all the way!**

Join our Tribe and Army of Warriors and Guardians who just like you are mastering themselves everyday to enjoy their highest version of themselves, manifesting their best life while making superior changes for a better world together.

***"If You want to go Fast go alone, If you want to go Far go together"***

**We have are Facebook Group Here: Self Mastery Training Community. | Facebook**

**Join our Community App called T.L.L - True Power.**

1. **Engage Actively:** Participate in community events, discussions, and activities to build connections and gain support.
2. **Share Your Journey:** Contribute your experiences and insights to the community, as this helps both you and others grow.
3. **Seek and Offer Support:** Reach out for help when needed and offer support to others, creating a reciprocal and nurturing environment.



**OUR LOVE AND MANA TO YOUR GROWTH AND SUCCESS FOREVER!**