



An Introduction to the

BECOME

YOUR MASTERPIECE

Concept

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Become Your Masterpiece

is

**The Ultimate Life Transformation System
for Releasing Past Negative Influences
and Achieving Peace, Prosperity
and Personal Freedom**



BORN TO LEARN

BORN TO TEACH

LEARN TO TEACH

TEACH TO LEARN

We are born to learn. We are born to teach. We learn to teach. And we teach to learn. We learn, we teach ourselves and others, and we grow and evolve. Even at the cellular level we are continually learning. That is how evolution occurs. We each come into this world with our unique set of challenges and lessons to learn and teach. And we continually add lessons as we progress along our journey to increased enlightenment, abundance, joy, and peace.

I've come to believe that we are all here to benefit from the experience of being here. There is no purpose to being here if we do not in some way benefit ourselves and others from our experiences while here. We are all here to help improve the human condition, and we do it through our individual and collective experiences.



The best way to accomplish that is to influence each other with our stories. We develop those stories from the experiences we have in this lifetime. The more experiences we have the greater the number of stories we are able to tell, and the bigger the impact we can have. If all we did was sit at home with our doors closed and never venture out into the world we wouldn't have many teachable moments to share.

We can experience life in so many ways that most of us never do. Too often in this day and age we get locked into a routine that hardly ever varies. Some spend an inordinate amount of time watching TV. Others dull their senses with drugs,

alcohol, video games, etc. Still others go from home to work to home again and never take the time to sample all that life has to offer.



Many of us become so singularly focused on the task of surviving, earning an income, getting rich, or even making a difference that we lose ourselves in the process. The mission is so all-consuming that we fail to recognize the importance of fully appreciating all other aspects of our journeys in this lifetime.

The obvious implication is that we maximize the benefit of being here by experiencing as many aspects of this life as we can to the fullest extent possible. That means pursuing and being fully conscious of each and every moment and aspect of projects, hobbies, relationships, journeys, education, spiritual development, leisure activities, etc. In short, it implies living as complete a life as possible and being fully aware of, and present in, every single moment of that life.

Of course, no life would be as complete or as meaningful without some amount of failures, disappointments, or tragedies. Those are the very cornerstones of the foundation of our existence. Failures, or disappointments, play a much more significant role than most of us realize. They are the means by which we learn to succeed. We don't come here with much conscious knowledge about how to do anything. We must learn everything by trial and error. Yes, it is important to be

taught how to do certain things. But we don't really develop the confidence of knowing how to do them until we have done them ourselves. And until we have successfully applied those lessons, it is easier to forget what we were taught. The bitter taste of defeat also teaches us to savor and appreciate the sweet aroma of success.

Nevertheless, we live in a culture that abhors failure. The typical response to failure and disappointment is a negative emotional reaction. We feel bad. We feel sad. We sometimes even feel defeated. This often prevents us from learning the lessons we're supposed to learn. More importantly, it also leads to fear. That can be fear of failure, fear of disappointment, or fear of losing our investment of time, money, etc. It can even lead to fear of the opinions of others.



And we may arrive at a place where we simply want to run away rather than face ridicule, or judgement.

We begin to think that others will view us as unworthy because of failing at something in particular. This internal dialogue negatively influences our ability to try again, to persevere. And so we do ourselves a disservice on multiple levels. In addition to the aforementioned, we also then deny ourselves the ability to have additional experiences, which would increase the lessons we learn from failing our way to success, as well as increase the number of stories we have to tell. In this way,

we render ourselves less effective at fulfilling our true purpose in this particular physical incarnation.

In his book, *The 7 Habits of Highly Effective People*, Steven Covey said that, “Learning is never complete until you have taught what you have learned.” The late Dr. Covey goes on to explain that if you approach learning with the intention of



passing on the knowledge to someone else, then you actually do a much better job of assimilating and internalizing the information. And when you hear yourself explaining the concepts they become much clearer to you.

That is a very astute observation. It also means that the student simultaneously facilitates the teacher’s learning simply by virtue of being the student and allowing the teacher to teach. And the roles of student and teacher become inseparable.

Have you ever had a feeling that you are here for a special purpose, but you could never quite figure out what it is? Is there somewhere deep inside of you a yearning to make a difference in the lives of others? Ever had a vision or some sort of intuition, perhaps even a dream, that you should be involved in a certain line of work, pursue a particular career or hobby, or simply get involved with some specific cause?

Finding your purpose is merely a process of becoming aware of what is already inside of you. It may be buried deep inside. You may have known of it and

then forgotten. Or, it may be hiding in plain sight just waiting for you to focus your attention on it. But it is there, and at some point you become aware. Once you realize what your true purpose is, it is then simply a matter of defining your life mission in support of that purpose.

It is not uncommon for people to begin serving their purpose without realizing that is what they are doing, or even that there was a deep yearning to serve it. Many people become school teachers to satisfy the need to fulfill their ultimate purpose without realizing that is what they are doing. Some become mentors. This was the case with me, as I began volunteering in the junior achievement program, teaching middle school students, early in my career as a manager in Silicon Valley.

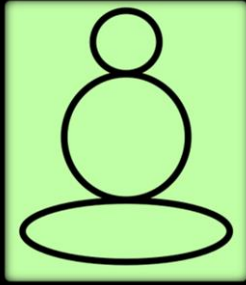
One of the most effective tools at the disposal of mentors and teachers is storytelling. Throughout history, tribal people have improved the lives of others and preserved their heritage through oral history, or telling stories. There were no life coaches in those days. The role of storyteller was more of a calling. Parenting is also, in many ways, the ultimate opportunity to fulfill our purpose by virtue of good story telling.



But in order to fulfill that purpose, we must first come to terms with what it is. And therein lies our dilemma. For most of us, how do we find the elusive answer to that age old question? Having survived multiple close calls with death, I had, at

some point, come to the conclusion that I must be here for a special purpose. But no amount of trying ever resulted in me figuring out what that was.


Then one day while meditating, I had an epiphany. I began to realize that I would never find what I was looking for because my efforts were misguided. It turns out that what I was actually trying to figure out was my mission in this lifetime. I, like so many of us, had confused purpose with mission. My greatest realization was that we all have the same purpose. And that purpose is to be the best possible version of ourselves and then, in one way or another, help others to do likewise. It had occurred to me that we each need to create our very own masterpiece.



And whatever we determine to be our missions in this particular lifetime simply serves as the means of fulfilling our purpose. Our missions, therefore, are the particular journeys we embark upon in fulfillment of our life's purpose. For many, that mission is increasingly turning out to be the story teller's journey.

You see, while we may not yet be aware, the preoccupation with success is completely intertwined with the whole notion of learning, teaching, growth and evolution. For the drive to succeed is nothing more or less than the need to create, whether we are creating a better circumstance for ourselves, our family, our community, our country, or the world at large.

We come from, and remain, an integral part of the ultimate creator. We are driven by a deeply embedded need to create. It's in our DNA. We create careers, business entities, meals, schools, institutions, curricula, shrines, art, musical compositions, books, vehicles, fantasies, etc. We even procreate.



Ultimately, that drive to create something better comes from the basic need of the universe to protect itself, to preserve life, to adapt to changing conditions, to improve, to evolve. And it gives itself every opportunity to do this by virtue of plant, animal and especially human life. So, we ignore the deep seated creative drive within us to our detriment.

Our greatest sense of fulfillment comes from creating something worthwhile. What greater creative journey could we possibly embark upon than one that involves passion and purpose – our purpose in this lifetime?

Understanding and embracing the relationship between our basic creative nature and the need to succeed is one of the critically important aspects of our existence. It is among the greatest lessons we can learn and teach. And it could become one of the most important factors in engendering the shift from mainly competitive to a more collaborative societal consciousness.

Success is not some status we suddenly one day finally achieve. The only way to achieve true success is to embrace the whole life approach. Success is a method

of living that must be pursued and experienced each and every day. It is a way of thinking, of feeling, of approaching life and of accepting and embracing one's own unique identity complete with its challenges, rewards, sorrows and triumphs. Success is a feature of life that must be totally embraced – a habit that must be developed and lived. Success is a personal growth journey.

BORN TO CREATE

*YOUR VERY OWN
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The most significant milestone that we could ever achieve is the completion of our transformation journey. That way we each become the greatest masterpiece that we could possibly create. As we do, we set an example by shining our light for



all to see. We become all that we were meant to be – Master-Servants shaping our destiny, living in abundance, compassion, joy and peace and serving humanity in every possible way, including helping others to become all that they were meant to be, fulfilling our ultimate purpose and thus helping to fulfill the ultimate purpose of the universe itself.

So, how exactly do we create that future? Would it surprise you to find out that the reality we are trying to create already exists? In fact, what's even more surprising is that the future actually controls the present. Once we understand the concept of non-linear time then we are able to come to grips with the fact that many possible futures simultaneously exist for each of us. We make a possible future our reality by focusing on it and trying to connect with it. That's what visualization is all about. Through visualization, we are in a sense reaching for it, and we propel ourselves toward it through those intensely focused efforts. But once we begin that effort, and sustain it long enough to make the connection, the most amazing thing happens. Like a gravitational pull, it actually begins to draw us toward it.

So, it is critical that we regularly visualize our ultimate objective, in order to keep it in our sights and use it as a beacon to draw and guide us safely into the harbor at the end of that creative journey. But just like sailing a boat, we need to focus on operating it and navigating a safe passage while at the same time not losing sight of where we are going.



Patience is important. One should never be in too much of a hurry. And while the irony of this next analogy is inescapable, in some respects it really is very much like shooting a gun. A person just learning to shoot has a tendency to try to make it happen by jerking the trigger. In so doing the shooter takes the focus away from the target, places it disproportionately on the trigger, shifts the gun, and misses the target.

But when properly executed, the trigger is slowly squeezed, appropriate focus remains on aligning the sight with the target, and the shooter is surprised when the round goes off. Likewise, when you patiently and carefully apply consistent effort in executing the required tasks, you will be pleasantly surprised when you reach your ultimate destination.

Many years ago, while working in middle management at a Silicon Valley firm, I had the good fortune of attending a Steven Covey Management Seminar titled *Principle Centered Leadership*. Among the key concepts introduced was the idea

that one of the best ways to accomplish an objective is to begin with the end in mind. In order to do that it is necessary to first have a clear vision of the desired state.

In his book, *Think and Grow Rich*, Napoleon Hill said that all things are created twice – first in the mind and then again in the physical world. He essentially took a different path to the same conclusion. Both these esteemed gentlemen made extremely valuable observations about the importance of visualization skills. Napoleon Hill went on to make an even more salient point; “Whatever the mind can conceive and believe it can achieve.”

If you can visualize it – actually see it clearly in your mind’s eye – and your belief in your mission and your vision is of sufficient magnitude to propel you to consistent and continuous action, you will achieve your objective. That is the essence of his conclusion, which was based on interviews he conducted with many of the world’s most successful people.

The way in which the future controls the present is a result of all of the above. By focusing, through visualization, on the possible future we want to become our



reality we are able to observe ourselves in that future respectively being and doing the persons and the things that are characteristic of ourselves in that future. We can then, in our present reality, begin being and doing

those persons and things we have observed through visualization. And if we are consistent and persistent in taking those actions, that possible reality will become our actual reality in the present because we will have already been living that reality. That is how we begin with the end in mind. It is also how the future controls the present. This is because it dictates the actions we need to take in order to have that future become our current reality.

Part of my purpose in writing this eBook is to illuminate a bold and unapologetic vision of a possible future for humanity – one that could be considered utopian by some. I believe that vision may be our last, best chance to change direction and reverse the downward spiral that will almost certainly result in catastrophe in the decades ahead. And if Napoleon Hill and Steven Covey are to be believed then changing course, averting disaster and arriving at a place where true compassion is the highest ideal, and also our guiding principle, may not be so farfetched after all.

So what does this grand vision look like? First, it is a world based on collaboration rather than competition, compassion instead of condemnation, and reconciliation, not retribution. It will be a place where life is once again valued



above material wealth. Disputes will be settled amicably, wars will be a thing of the past, and our priorities will be respect for all life, protection of our environment and

a greater understanding of our oneness with the multiverses, the galaxies, the stars, and all the objects, spaces and energies between and beyond. It will also be a time when there is no longer any child abuse, abandonment, neglect, or human trafficking. And we will value, nurture and protect at all costs our most precious resource, our children, for they are our future.

There is no time for a theoretical discussion about the merits of taking action or studying the problem further. The future of humanity depends on what we



immediately begin, or fail, to do. You think it is bad now? Just wait until another generation passes the baton after having done nothing to alter the course of history in a positive direction. Is an even graver version of this sad state of affairs the legacy you want to leave for your children and their offspring?

If not, I urge you to begin thinking seriously about the power of story, your story. Then I implore you to please carefully consider what you can do to make a difference and get involved by beginning immediately to take some of the suggested actions. Your life matters and your story matters. Understanding how it has shaped you and how you can change it, and then helping others benefit from that knowledge will make all the difference in the world. Thank you in advance for your time, your attention and your commitment to making a difference. Your contribution will most certainly have a positive impact on the effort to usher in the age of compassion.

”We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.”

– Mahatma Gandhi



This quote from Gandhi has been variously paraphrased as “Be the change you desire.”, “Be the change you want to see in the world.”, “We must be the change we wish to see in the world.”, “You must be the change you wish to see in the world.”, “For the change you wish to see in the world, you must be the first to change.”, etc. Others have interpreted it to mean that by being the source and facilitating the manifestation in the lives of others that which we want for ourselves, we allow it to manifest in our own lives.



Michael Jackson rendered his interpretation of essentially that same concept in his famous song, “Man in the Mirror”. If you’ve never really paid attention to that song it is worth doing some research. Yes, his rendition is masterful. But carefully examine the lyrics and you will encounter one of the most powerful and salient messages of all time. And let’s not lose sight of the fact that this was his version of story.



Imagine one day succeeding in changing the abundance mindset of the entire world simply through starting a chain reaction by first changing your own mindset. How much more quickly could that be accomplished if others were simultaneously working toward the same goal – a goal of abundance in peace, prosperity, and personal freedom for all?

Unfortunately, it is not always as simple as changing the abundance mindset. Many, including myself, were programmed to fail through child abuse, or some other means. For those, that programming must first be reversed if they are ever to get to a place where they can love themselves and have compassion for themselves, which they must do before they can have love or compassion for anyone else. And all that must occur before they will be able to move to the next level of transformation and be able to live a life of abundance, compassion, joy, and peace.

Whitney Houston told us, in her exceptionally beautiful and soulful voice, that the greatest love of all is the love you have for yourself. Was she ever able to find

that love and compassion? If she did, was it fleeting? Did it last? Or did she go to her grave desperately trying to find a way to love herself?

While that may be an extreme example of a very public figure's tragedy, it is nonetheless indicative of the pain and suffering of a great deal of the world's



population. Shame and guilt prevent countless numbers of people from being their true authentic selves and loving themselves exactly the way they are. It doesn't have to be that way. Compassion is the key. Finding compassion for ourselves and others is the beginning of a journey that will ultimately allow us to transcend the limitations that bind us to our unenlightened ways of thinking, believing and behaving. It truly is the key to the continued survival and advancement of the human race. But compassion in our hearts alone will never be sufficient. We must also take compassionate action. And sharing our stories for the benefit of others is an integral part of that compassionate action.

I was only able to transcend the limits of healing and personal growth even I once thought impossible for survivors of child abuse because of compassion. I could not heal myself without first learning to love myself. And I could not do that until I had learned how to have compassion for myself. In the process of healing myself, I stumbled onto a process, which I have since formulated into a method that anyone

can use. It has made all the difference in my life and the lives of others who have utilized it.

I have now resolved to make a difference in as many lives as possible, even as I continue to transform this life of mine. Amazingly, my decision and my efforts to pass on the knowledge I was acquiring resulted in my realization of almost immediate and significant changes.



New insights began coming at an incredible rate. It is a distinct possibility that the very act of sharing rather than hoarding clears out the clutter and makes room for even more insightful messages. And of course, it is important to not just pass on the insights but also help others learn how to access them directly from the universe. The information is out there – all around us. All we have to do is pay attention and allow ourselves to connect with it.

For many seekers, it is important to understand that the answers they seek are already right inside of them. So, they need to learn how to go deep inside and see what is currently hidden from them. Learning to do that is not difficult. Once we are shown how to do it we will realize just how simple it is to do. We will then understand that we gain access to that knowledge that is in, and out and all around us by virtue of insights. It is critical that we learn to recognize true insights and then trust that they are precisely what we have been searching for and will get us exactly where we are trying to go.

So, how exactly do we learn to recognize those insights? According to the Greek travel writer, Pausanias, the words, “Know Thyself”, were inscribed in the



forecourt of the Temple of Apollo at Delphi in ancient Greece. Through the intervening centuries, various meanings have been ascribed to them in literature. But

present day usage pretty much centers around the concept of self-knowledge.

In certain segments of the self-improvement community the term, “mind hacking”, has become the latest rage as people continue their search for shortcuts. Don’t get me wrong. Shortcuts are a good thing when they work. And I’m fully in favor of benefiting from the latest technological advances. But sustainability is even more important. And if we do not build the proper foundation chances are any change we implement in our lives will not be lasting.

It is vital that we learn whom we are before aspiring to become someone else. And the best way to gain that knowledge of self is through solitary introspection. In days gone by, some became hermits. Today, practitioners meditate in the comfort of their homes, or venture out into nature to their favorite places of peace and tranquility.

Putting yourself in a place of solitude and then stilling the mind enables you to be more receptive to insights from your higher self, as well as to directly access the universal



currents of wisdom and knowledge. That knowledge is all around us and is totally free. All we need to do is take the time to be still and allow it to flow through our subconscious and into our conscious minds. Then it's time to internalize and act upon it, or begin living it.

So, take some time every day to be still. Observe and understand the rhythms of the universe. Become one with it and you will be laying the proper foundation for



sustainable improvement in all areas of your life. Then build on that foundation by carefully reviewing the history and stories of your life. Seek to understand the

important lessons from each. And document important aspects of all the different stories you deem critical to your previous, or continued growth.

If you were abused, neglected, or abandoned as a child you will need to release the pain of those experiences before you can even begin to think about transforming your life. Yes, that is correct. You must first reclaim your life before you can transform it. That reclamation project is the initial healing process through which you reconnect with your banished spirit, thaw out the numbness and begin to feel again, and release the pain of those past negative influences from your childhood. Then, and only then, will you be ready to move to the next project – transforming your life.

Our stories must include all aspects of the lessons we learn from the adversity we face. That is so because, if we truly grow from overcoming adversity, helping those we mentor to see how that growth has come about is perhaps the most important lesson that we can pass along. In short, we must truly care about the wellbeing of those we mentor and not just show them how to make money, or achieve material success.



Whether or not we have been abused as children we all come into this world to achieve some amount of growth. And the families into which we are born have everything to do with our growth and the growth of every individual in that family. If we examine our family history closely enough, and go as far back as we can into the family history of our ancestors, we will begin to discern dysfunctional patterns that have persisted throughout generations to present day. And unless we break the cycle in our generation they are going to persist.

Whatever one generation tolerates becomes the norm for the next. But even that bleak assessment belies the true nature of this unfortunate legacy. The ugly truth is that the perceived acceptability of certain behaviors and conditions, by virtue of the absence of actions designed to effectively reverse the dysfunctional behavioral patterns, actually causes each successive generation to experience increasingly severe and negative impacts.

Those dysfunctional patterns could have to do with abuse, neglect, abandonment, negative thinking, limited thinking, envy, hatred, stress, poverty,



violence, etc. So, breaking the cycle doesn't just have to do with abuse. Breaking the silence is equally applicable to all other family

dysfunctions. Most people do not realize that these patterns exist in their families. And entire families repeatedly go to their graves without understanding this concept.

That is why the world needs more of us to speak out. It is the only way change will come about. You must first transform yourself and then help others to do the same. And you don't necessarily need to wait until you think you're an expert before beginning your effort to help others. Even



if you only tell your story to one person, or a few, you will be making a difference in someone's life.

The first priority is to begin, and continue, your transformation journey. Be the first in your family to declare that you will no longer be a victim. Stop being controlled by fear, guilt and shame. Make a decision to take control of your life. Then it is important to help others do likewise. Once you put your story out there



there is no longer anything to be ashamed of. Shame only controls you when you are worried about people finding out your deepest,

darkest secrets. And that is so because you feel that they will think less of you. You are held hostage by your ego and the false pride that it generates.

Your story about all the negative influences that you overcame is actually your best asset and the most important information you can communicate to those whose lives you touch. We need voices speaking out all over the world. Please join me with yours. Together we can create a chorus loud enough to be heard in every corner of the world and elevate the collective consciousness to a higher level of vibration, so that everyone can understand what we are doing to ourselves and all of humanity when we program children to fail.



Now that we've established the power and importance of transforming our lives and telling our stories, let's spend some time identifying how exactly we get started. Here is an overview of the process we must go through. There is, of course, much more that must be known and mastered. Feel free to contact us for more info.

www.BecomeYourMasterpiece.com

Become Your Masterpiece Total Transformation Process

The “**Total Transformation Process**” has 3 major components, 1) “Reclaim Your Life”, 2) “Transform Your Life”, and 3) “Transcend Your Past.”

Total Transformation Process – 3 major components

1. Reclaim Your Life – 3 major processes

a) Awakening

- Recovering repressed memories and beginning to feel again

b) Healing

- Re-experiencing, grieving, and releasing the pain of past trauma

c) Reconnecting

- Restoring optimal vibrational frequencies for mind, body, and spirit

2. Transform Your Life – 3 major processes

a) Assessment / Visioning / Gap Analysis

- Understanding where you are & determining where you want to go

b) Vision / Mission / Goals / Action Plan

- Tools and strategies to get you from here to there

c) Persistent Action / Manifestation

- Implementing your plan & utilizing the right habits for best results

3. Transcend Your Past – 3 major processes

a) Love and Forgiveness

- Learning to forgive and to embrace genuine unconditional love

b) Truth and Reconciliation

- Truth telling, reconciliation, and claiming your shame

c) Subconscious Reprogramming

- Replacing failure programming with success programming

The Become Your Masterpiece Total Transformation Blueprint I created identifies:

- 5 stages of transformation
- 5 key transformation strategies
- 9 essential elements of a successful transformation
- 3 reasons to transform your life
- 3 pillars of a successful transformation
- 6 items you will need to have before you get started on your transformation journey

It is time to become all that you were meant to be – time to:

Become Your Masterpiece

Don't delay. Begin today!

info@becomeyourmasterpiece.com

And now, I leave you with this gift.

The Present

*It's been said that today is a gift – the present
 But it doesn't last
 Is never re-sent
 And leaves you holding onto the past
 Yearning for something greater to be
 Hoping it will set you free
 You close your eyes
 And fantasize
 To see what you can see
 You sense you're here for a special purpose
 Not to be glamorous
 Neither bourgeois
 Yourself you try to hypnotize
 To discern what it might be*



*Numerous possibilities immediately appear
 Several vivid, others unclear
 All attractive you must agree
 You try your best to recognize
 Which one holds the key
 Suddenly, you receive the greatest insight
 Simply focus on what feels right
 Whether just one or a potpourri
 Then it's time to actualize
 And turn it into reality
 Make the best use of your reverie
 And design a gift that keeps on giving
 Postmark it for future delivery
 Then return to the present to begin receiving*



Carlton J Buller

Transformation Specialist – Life Coach – Author – Poet – Speaker

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