

What if Life Mastery is the Core of Human Existence?
Could it Really Be the Source of all Our Joy?

We Are Human

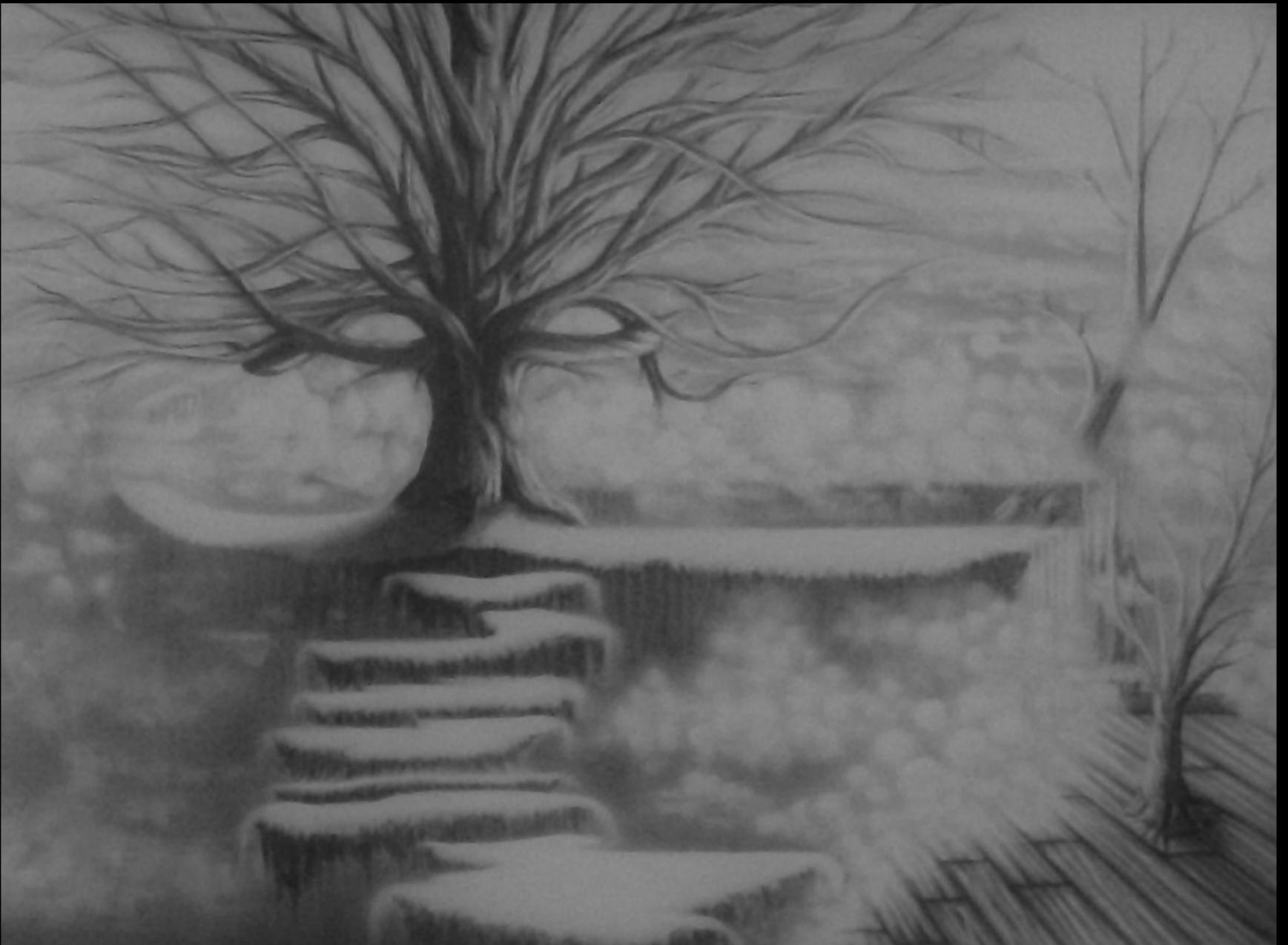
CHAPTER 16

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Chapter 14

EPIC GROWTH



"INNER CREATIVITY IS A VEHICLE TO LIFELONG PERSONAL GROWTH. IT'S MEETING THE QUANTUM SELF AND RISING."

-LION

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I've always desired to be an artist. Naturally, I gave that up to become the art. My desire was never the problem. My shaky hands, poor hand-eye coordination, and lack of knowledge and humility stood in my way like a massive, immovable stone blocking the door to my ultimate desire. When I drew as a child, eventually tears would erupt from my frustrated eyes. Confusion, self-doubt and anger animated my body into fits of temper tantrums. No one could ever give me this ultimate desire and deep down I knew it. "I can't do it!" I repeatedly yelled and cried. My heart pounded and my skin tingled and as my palms grew sweaty. I said and believed two different things. I could do it. No matter what, I'm never giving up. I'm not going to give up what I know I desire most. No dream-killing talk about starving artists and pointless art phased me.

Why did Mrs. Folingore's statement anger me so much? Maybe the truth is, we all love that beautiful stone blocking our own growth and progress toward our true desires. We love to think that our opinions and beliefs are beautiful and true. We prefer them over the real truth, because it's easier. It's easier to be born with talent than to have to work so hard and sacrifice so much for our greatness, dreams or success. It's easier to believe, "I can't." Over failing 10,000 times to say, "I can." Mrs. Folingore enraged me enough to burst through the stone trying to prove its relevance. It's much easier to believe that which blocks us is a massive immovable stone than to realize it is weaker than a thin sheet of glass. Perhaps, this is the illusive shadow in Socrates cave.

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How do we turn away from the shadows? How do we plow through that thin sheet of glass? Maybe it is different for everyone. Maybe it's not so different as we like to believe. I can only speak from the insight gained from reflection of my own experiences and from the principles and methods I myself embody.

What if I told you the answer is curiosity? Anger? Gratitude and awe? What if I told you we all learn the same? Would you consider it? Or does that illusive stone stand in your way? Everyone learns the same in different ways. Now is your chance to stop reading. Get out now if that illusive stone is going to stop you—If you want it to be relevant. Get out now, while you still have a chance to remain in the shadowy cave of reality. Final warning; if ignorance is bliss then get out now.

If you want to believe that you just simply have it or you don't, that I'm just special and talented, then close this fucking book and never open it again because, it's not the watered-down bullshit you were hoping for. This is about vision, grit and tenacity. It's about sacrifice and pain—it's about tearing down those illusions that prevent you from achieving that which you desire most. It's about humility, blood, sweat and tears. It's not about luck and outliers. It's about investment and out-working everyone else that may embody such as thing. It's about harnessing our energies and dancing with them. It's about changing and realizing that (you) are limitless.

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I felt incredible, I felt empowered, I felt gifted and I truly felt like I was growing at an uncontrollable rate. I was a tree and I was branching out at the speed of light. I was growing faster than a humming bird could flap its beautiful wings. I was above the competition, I soared through the skies. My branches reached out in every direction like bolts of lightning and I flew high above the city. My classmates and teachers looked up to me, they were just as amazed as I was, if not more so. I called my first final project at the Art Institutes, "Epic Growth." Rightfully so too, because what followed suit was the first chapter of this book.

I'm going to be extremely real with you and you may even get pissed off at me when I tell you this, I sure as hell did when I was told. "You are not born with talent, talent is earned." These are the exact words of my 9th grade art teacher. Let me tell you, it lit a fire within me. I thought to myself, "Oh, I'll show her." I began to study every day, I wanted to prove her wrong, at my core I was a volcano of arrogance. I knew I was talented and that's what everyone else thought too, I grew up hearing it. They still think I'm talented. There's nothing wrong with that except for the fact that it fuels self-doubt and is absolutely false.

After a year of continuously studying and training, I came back to art class in 10th grade with a smug grin on my face as I watched my teacher's jaw drop to the floor. "I showed her!" I am born with talent! Oh, I thought I got her good! My high school career developed into a beautiful experience,

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I won awards and got news publicity for my artwork. I won a trip to New York and a scholarship to attend Ai. I was blossoming into a successful artist. Later, the same year I graduated, I began school in Arizona at the Art Institute of Tucson.

This is where I really grew and later came to the realization that my high school art teacher was right all along. I busted my ass for the skills I acquired! It wasn't an accident, and it surely wasn't a gift I was born with. I spent thousands of hours alone studying and drawing. I earned my talent and when I realized this, I sent a long thank you letter to my high school art teacher for lighting a fire inside of me. Still to this day, I credit her for all of my accomplishments. Thank you, from the bottom of my heart, Karen.

"Dude! Can you teach me how to draw?" Aaron's display of humility changed the course of my life and to him, I owe the credit of the system of learning that you are about to acquire. I peered into my habits of learning for the first time. What I found is a system of learning that everyone unconsciously uses to learn and apply anything they desire. Just like learning the Elements and Principals of Design completely changed my work by becoming aware of the terms; so did these basic principles of learning. By simply becoming aware of them, I began to use them mindfully.

You see, I wasn't satisfied with teaching my friend how to draw. I was more interested in how people learn because, I could then utilize how we learn to duplicate myself. If I was going to teach Aaron anything, it would everything I knew.

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Just as the year turned the corner into 2015, I had developed the Repeat Theory. It was an extremely simple program and consisted of 5 principals; Study, Practice, Rest, Test and Repeat. The theory is if you do these things repeatedly, you will inevitably face consistent growth. I discovered that I excelled because I constantly searched for the best information I could find. I watched videos and read books. Then, I directly and immediately transferred my knowledge into a set of practice exercises. Every month I had a set goal of 1 complete drawing and I required myself to grow each month. I vowed that each piece would be better than the next. This monthly goal was my test, it was the point of which my new-found knowledge and practice would shine. Each month, I repeated this systematic approach of execution and consistently saw growth. This was the first piece in which I was consciously aware of the steps I took. And it's exactly what I began to teach Aaron.

The Repeat Theory has evolved into a much deeper system since then. It is still quite simple, but more edgy, brilliant, I must say. It truly is. I'm humbled by the fact that I did not create this system, I only uncovered it. You already use this system but, I'm going to help you consciously use it because, that makes all the difference.

Repeat Theory lacked in various areas. First and foremost, it lacked depth. It lacked vision, an essential part of the machine of success. Although it called for goal setting and clearly enabled execution of these goals as well as consistent growth, there seemed to be no real reason for it.

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It was just a system of learning and as important as it is to understand how our mind learns, what we learn must be guided by vision and purpose.

Repeat Theory therefore, evolved naturally. This evolution was inevitable; Destiny is our vision of what we want in life. It gives the system purpose. I don't need to go any further with the topic of vision as you've read about it a few times prior to this chapter. In its simplest form, I present to you, The Staircase Principal;

Exercise your mind and body – Feed your mind knowledge from credible sources and repeat this knowledge among your peers and in your notes. Keep your body healthy and in shape; healthy body, healthy mind.

Train your mind and body – Use and apply the acquired knowledge, you need to tune your body to use this knowledge. Experiment, look for results. You do not, under any circumstances pass or fail. You simply see results. Information is not knowledge. Experience is key.

Success=Action/ Failure

Rest your thoughts - Visualize first, your True destiny including your perfect vision of the 5 Destinies. Health, Wealth, Love, Fulfillment and Unity. Do this often. Meditate in various ways including; visualization, quiescence of mind, waterfall of unjudged thought and following an idea to its roots. Meditation or Rest must become a HereNow exercise taking place in every passing moment.

Attain - Achieve small goals each day; these goals are balanced by the 5 Destinies and created deliberately to the success of larger goals including your True Destiny.

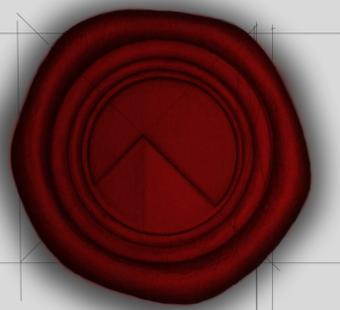
Repeat – Create the habit of success by doing these things each day. They are recursive and occur in no particular order or frequency.

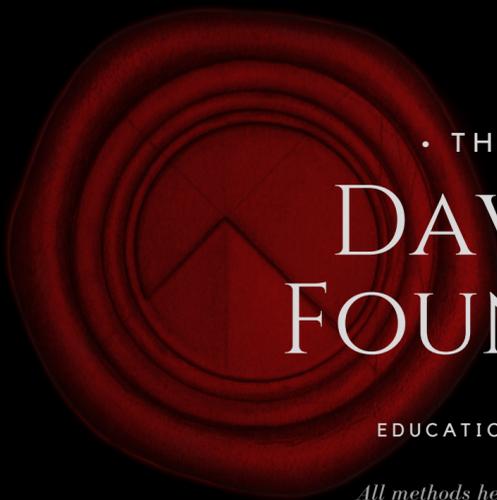
In closing, remember, fortune favors the bold. To get what you truly desire, you must be willing to do that which others are not.

Well done!

TAKING ACTION

I know the fire is in you too, doesn't this
feel great?





• THIS HAS BEEN A •

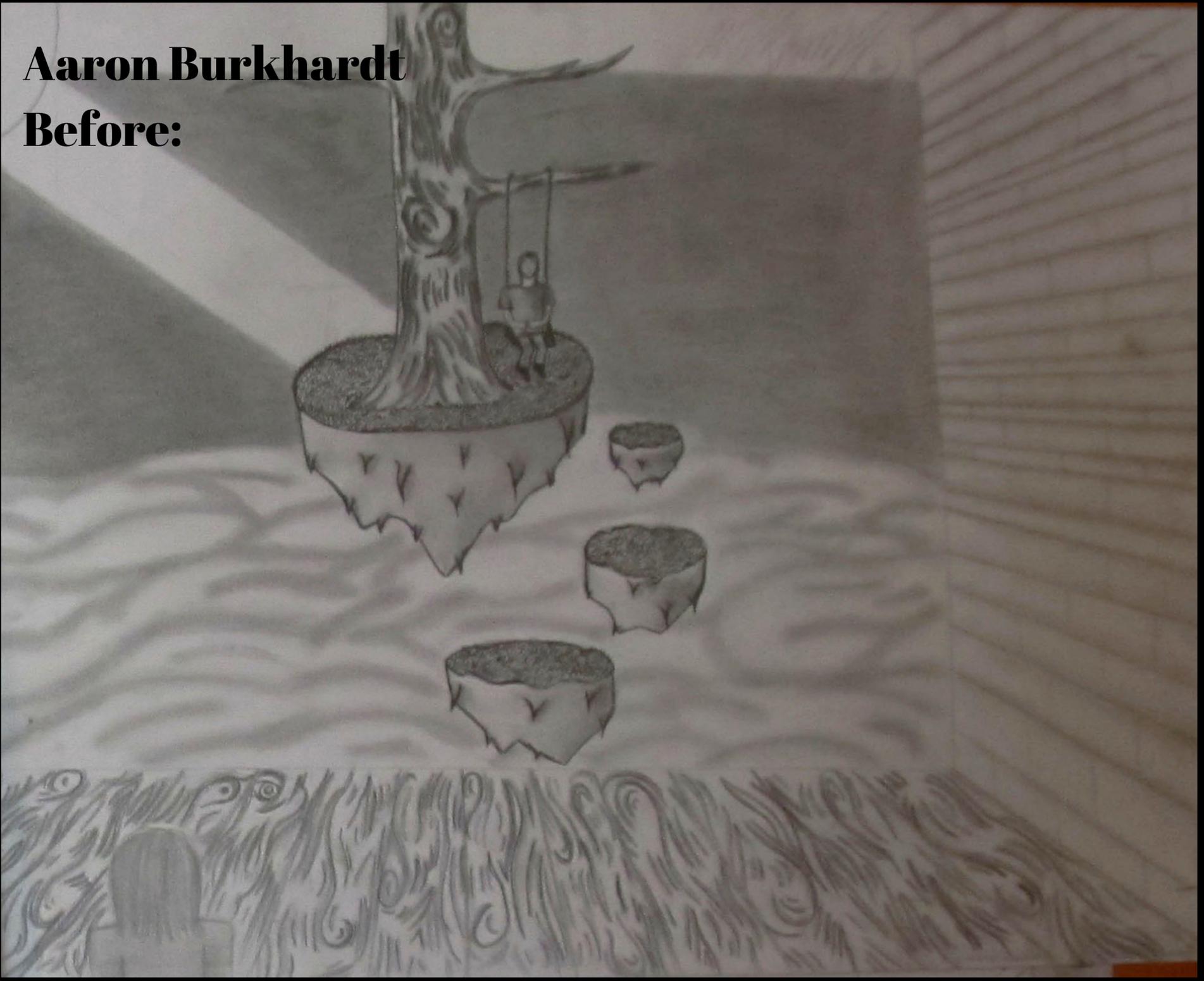
DAVID LION FOUNDATION

EDUCATIONAL RESEARCH PRODUCTION

All methods herein are experimental, results may vary.

Aaron Burkhardt

Before:



Aaron Burkhardt

After:



THIS CHAPTER IS DEDICATED TO

AARON BURKHARDT



YOUR EPIC GROWTH WAS ONE OF THE MOST
INCREDIBLE EVENTS I'VE WITNESSED - WHILE
MY EPIC GROWTH TOOK YEARS, YOU PROVED IT
COULD BE DONE IN JUST A FEW MONTHS.