

MANIFESTING

TO THE MAX

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BY MR TWENTY TWENTY

INTRODUCTION TO THE 18 INCH ADVENTURE

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INTRODUCTION TO THE 18 INCH ADVENTURE

So right now I'm sitting here in what was once just a dream. I am in this little mud-brick cottage that's at the back side of our property. And back in the 1960's, there was a potter and a very big, very hairy man that reminds me of my father. And these two squatted on this land.

This was council land. This was government land, that wasn't owned by anyone essentially. It was just here, and they squatted here with a dream. And what they did first was they made this lovely cottage out of mud.

The land in our little town of Eltham is mud. It's clay. We really don't have much top soil. Instead we've got heaps of clay, and that's what they made this cottage out of. Mud brick homes in this area - they're not common, but they are a part of the common heritage here. And this fellow, the big hairy man, became known as the mud “bricky” of Eltham.

He made mud-bricks for a living and the lady was a potter. So essentially I'm sitting right now in the potter's house, the potter's original house. We've got a little stove in the corner, we just put it in. It's a wood burner stove. Its winter here right now in Australia. Today it's about 55 Fahrenheit, so it's a little chilly but not too, too cold. And the wood burner was made in New Zealand and it's called Pittsburgh. That's the model.

I grew up in the States in Pennsylvania, just a bit outside of Pittsburgh and I'm sitting here in this dream, this cottage that was dreamed up by this old couple. Well they were a young couple then, probably much younger than me and Victoria are now. And I'm sitting here in their

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dream, which has become our dream, and I'm sharing with you what we could call the technology of dreaming.

We are finding after years and years of playing with Neurolinguistic Programming and Traditional Native American wisdom teachings, there are some very simple truths about life. Some things are easily seen and often overlooked, and when you learn how to easily see, and easily perceive what's often overlooked, your life changes.

I am continuously amazed at the struggle that people insist they have to go through. Being happy really doesn't even come in to the equation for most people from what I can tell. Seems like “not being frustrated or angry” might be where they are seeking.

But what I want to share with you is several Technologies, several observations that we've developed with the help of some of my mentors, and a lot of what we called dirt time.

Dirt time is getting dirty - doing. As Neville would say, “I need you to be a doer, not just a hearer. You need to do this stuff, not just to hear about it”. And that's what we call dirt time.

Dirt time is me taking the time to rub two sticks together over two thousand times to make fire. Dirt time is Victoria and I planting trees in the garden for the first two years I'm here, and almost every one of them dies because they didn't have nutrients. They didn't have nutrition. And so a big part of our mission in the garden has been to make soil. And we buy truck loads of cow manure, pea straw and lucerne, and we've got a cement mixer to mix them in. And we've got a couple of different ways that we approach it. Sometimes we use the permaculture method.

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But what we are doing is we are making soil. We are making nutrition, and that's what this is. Because the trees that we've been planting, and the trees that were still barely surviving, when we decided our job is to make soil, they are growing like crazy now. We are getting some crazy amazing growth here in Australia where we live, and it's because of the soil that we are making.

So let's start making some soil here for you today: What I want you to do is imagine an 18 Inch adventure the most nobody goes on, but this is the adventure that would change your life in ways that you can't possibly imagine.

We started sharing this on our Feel It Real Fun videos on Facebook, and we've gotten two really amazing responses. Once people are doing this, they are noticing this first of all. They are noticing that most people never complete an 18 inch adventure with something that they love, and they are also noticing that they need more. The people that are getting it right off the bat, are getting some really insane results.

This is to help them get even more crazy cool results, and this is for you as well to learn more about it. To get results. To get more results, lets just dive in.

So We've got the head, we've got the heart, we've got the belly. And the head, and the heart and the belly each have a very particular job that they do/ They've got a function that they are really good at, and my guess is it's probably easy for you to notice that we live in a culture where the head is worshiped.

By the way, none of these are good or bad. All of them are useful, but we have to let all of them do our job. So the head has a really simple job.

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It's job is to say yes, no, good, bad, this or that. White or black, male or female. The job of the head is to postulate between one or the other: Do you want a pizza or ice cream, Chinese or Japanese, do we want to eat in or take away, do we want to go to a restaurant or get take away?

The head has that job to do. The head is good at sorting things out, BUT what the head wants to do is control everything in the whole universe. It wants to sort it all out. And if you've ever known or ever been someone with control issues, I've been one and I have known them.

Life gets a little crazy when we decide the head is right. You know the head knows it's right. The head says "I'm right, you are wrong". The head says "I think, therefore I am". You get it?

I think therefore I am. A lot of people live by that and they can't shut up. They can't turn their head off because they live by I think therefore I am.

But the rest of us knows, I am therefore I can think, I can also feel...

The job of the heart, by the way, is to feel.

I love the movie "Love Story". I love the Indiana Jones movie. Those will make you feel. I love movies that make you feel.

I love being around Victoria because she makes me feel something, I love taking our dogs to the dog park and watching them play. The heart wants to feel. By the way, the heart also wants to feel, you know, gun control, politics. The heart wants all of that too. The heart doesn't care what it feels. The heart doesn't care if it's up, the heart doesn't care if it's down. The heart just wants to feel.

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If you think of the movie “Love Story”, there is love. It's beautiful. There is tragedy - it's terrible, and the hearts going yes, yes.

The head, we are going to sort some things out here. The head says “feeling good is good, feeling bad is bad” and the heart is just going “wait I'm in here. I just want to feel. Because if you got to sort everything out is that good?”

Yes I can feel if it's bad, no I don't want to feel that. The heart is put in play; the heart just wants to feel. It wants to feel right now. And then there is the belly.

The belly is about being present. The belly is really about what is. The belly is being. With the belly you've noticed that you've arrived because you've never ever left. With the belly you are. There is eternal silence and knowing in the belly. In the belly you know you are ok, there is no time like the present, eternity is now.

And then the heart notices, suddenly there is a thought in the head; that was nice wasn't it? Oh my god it's over, it's terrible, it was lovely, it was terrible and the head sorts things out...

That's what I wanted. That's why we meditate. Takes in silence so the head makes an observation and the heart. The heart can celebrate. We just experience silence (of the belly) but the heart can also. Oh my god I wish I could get back there. There is a longing in the heart, and there's an anger that the head intruded on the belly.

The belly just takes it on as it is, and we sit in the belly. As you are going to discover in the series of recordings, the belly is where it is at.

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Let's talk about money for a second. Let's get extremely practical. How much money do you want? We will talk about this one day and it will be fun. So my client tells me he wants a million. And he goes on...

"I don't mean like a million dollars. I mean a million Euros because it's worth more. But a million pounds is worth even more than a million Euros, and well make it a million after taxes..."

You get it... the head keeps going. The head makes up a figure, the head makes up a currency, the head makes up another currency, the head says well that's after tax so make it after taxes...

What I really want and the heart might not even come in unless we start asking questions..

What do you want the money for, what's your ideal day like, what would you do with that much money, who would you become, what would be different about you, how would your friend respond? Lets talk about congratulatory conversations. How would your friends look at you differently, how would you see them looking at you with admiration on your success? Of course someone is going to envy you but that's alright. It feels ok with that, the heart will be ok.

Now we've moved from the head down to the heart and now the belly. There is a lot of silence when you know that you are the source of wealth. When you know that you have plenty, silence.

When you know that you have plenty of money you are not asking questions like do I get the peanut butter I want or the peanut butter that's on sale?

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Oh my God we are back up in the head, where the endless conversations go. “Do I get the peanut that I want, or the peanut butter that's on sale?”

“Do I get the coffee that I want or the coffee that's on sale or do I wait and get coffee next week that might be on sale, the kind that I want? I might have enough to make it...”

And then the heart kicks in (and you FEEL something like), “Oh my God look at you. This is ridiculous. I'm not going to do this anymore”. The heart is feeling something and it might drag you to feel it real. And when you feel it real there is a knowing down in the belly.

So this is our introduction to this 18 Inch Adventure. We are going to cover all kinds of cool ways to explore this in the rest of these recordings, but I want you to listen to this a lot. Because in these tiny little recordings we've covered it in a number of ways, and I promise you you are going to start hearing and noticing and seeing and feeling it so much more. Listen to this recording again and again, and the other ones too, because we are really going to dive deep and discover silence. Come back for the next part of Manifesting To The Max.

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